

STERLING COUNCIL ON AGING

LIVING OUR STERLING YEARS TOGETHER



December 2016 Happy Holidays



**The COA Board cordially invites all seniors to
the Annual Christmas Party
1pm on Sunday December 11th
Refreshments, Gifts, Seasonal Music by Roger Tincknell**

COUNCIL ON AGING BOARD MEMBERS

Barbara Foster—Chair
Liz Pape— Treasurer
Sue Doucette— Secretary
Connie Cleary
Mary Higgins
Debra MacLennan
Charles Madden
Bob Bloom
Associates:
Kevin Beaupre
Angela Richards

Senior Center Staff

Director: Veronica Buckley
Outreach Coordinator: Nickole Boardman
Drivers: Pam Dell, Lou Massa, Denis Coughlin,
Robert Protano, Gloria Rugg

COUNCIL ON AGING

36 Muddy Pond Rd PO Box 243
MONDAY - WEDNESDAY 8:00-4:00
THURSDAY 8:00—8:00
FRIDAY 8:00-12:30
OFFICE: 978-422-3032 FAX: 978-422-9916

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Sterling Council on Aging, Sterling 06-5262

Senior Spotlight by Maureen Cranson

Seventy is the new 50!!! Those are the words and observation of Barbara Roberti aka the 'energizer bunny'!

Twenty seven years ago Barbara helped a friend move to Lake Waushacum here in Sterling. It was love. Immediately the Robertis kept a look out for properties on the Lake. Barbara was more than ready, willing and able to relocate from her home in West Boylston and become a Sterling resident! Little did she know then how entrenched she would become in our community. Seems one raised hand for volunteering led to many more from that day right up to now!



Barbara was initially curious about a feasibility study that suggested that Sterling contemplate buying available properties in Town. That curiosity brought her to Planning Board Meetings, then Conservation. Twenty three years later this transplant still occupies a seat at the Conservation table as well as a few others. Lake Waushacum is obviously one of her passions and she has been president of the Lake Association for years. The Land Trust, Historical Society, Town Fair Committee are just a few of her other volunteer commitments in Town! There's the other interests involving Commerce Bank, the Royal 50 and more!!! Travel is also on her list with Ireland ranking #1. Despite all of this involvement, Barbara remains a 'behind the scenes' gal. Not much different, probably, than her supervisory job at Umass Medical where she finished her career!

The woman made me breathless as we chatted! Her excitement for all that is Sterling and beyond is refreshing. The most beautiful part of our 'tete-a-tete' came when I asked Barbara what her favorite thing was about Sterling. The people she said. The wonderful people.

And the way Barbara met these people? It was by volunteering that many years ago and continuing until this day! Every day, being out and about, gives Barbara the opportunity to meet even more of Sterlings' most precious commodities...its people!

Senior Center Transportation

Can you take me to my doctor's appointment, the bank, the Post Office, for groceries, to vote? Meet the COA van drivers who will go the extra mile to meet your needs. With 32 square miles of narrow, winding roads and no public transportation system, the Town of Sterling presents some interesting transportation challenges. Our van drivers are up to the task and, with assistance from Nickole Boardman, they manage to juggle the requests and coordinate the trips - all that with a great sense of humor to boot!



Drivers; Gloria Sugg, Denis Coughlin, Pam Dell, Lou Massa and Rob Protano

between 9 - 2. Let us know how long you anticipate your appointment to take - especially important for out-of-town appointments. Keep in mind we reserve the van for our shopping trips on Wednesday afternoons. If you have a need but can be flexible, it helps us to coordinate your needs with the needs of others.

Vans are ADA accessible. Cost \$1 round trip in town, \$2 round trip out of town, Free to and from the Sr Ctr. No tipping allowed. Questions? Call us.

If you need a ride, try to let us know of your needs as soon as possible. Dr's appointments should be booked

DECEMBER UPCOMING EVENTS

Dec 1st 10 am—12 noon BP Clinic sponsored by Sterling EMS

Dec 2nd 10:30 am How to Destress Life Around the Holidays sponsored by Summit Eldercare

Dec 2nd 12 noon A Special Lunch to Honor our Veterans. Veterans Free. \$3 donation suggested for others. Sign up please.

Dec 3rd 6:30 pm Pitch Party sponsored by the Grange. All are welcome!

Dec 5th 1pm Aromatherapy & Hand Massage. Free but limited to first 15 participants so sign up early!

Dec 6th 8:30 am Men's Club serving homemade baked goods and coffee.

Dec 7th 9:30 am SHINE appointments. Last day of open enrollment!

Dec 7th 11:30 am Homemade Lunch featuring Chili and Cornbread. Yum! \$3 donation. Sign ups required.

Dec 8th 12:15 pm Birthday Cake for all celebrating December birthdays.

Dec 8th 12:30 pm Create your Holiday Centerpiece with flowers from Lilacs of Sterling. Sign ups required. \$10

Dec 8th 6 pm. Pot Luck! Back by popular demand one month early! We are collecting toys for children of military personnel ages 3—12 to replenish the toys lost in fire at Cape Cod Military Support Foundation's collection center.

Dec 9th 8:30 am Chocksett School Senior Breakfast

Dec 11th 1pm COA Annual Christmas Party

Dec 12th 1pm Christmas Craft Bag with Fallon Navicare. Sign ups required.

Dec 13th 9:30—11:30 Elder Keep Well Clinic. Medical and prescription questions answered by the VNA nurse. BP checks.

Dec 15th 12:30 pm Book Club "The Mistletoe Promise" by Richard Paul Evans

Dec 16th 7:30—9:30 am Pancake Breakfast sponsored by FOSS. \$2 per plate. All ages welcome.

Dec 16th 3—6 pm Farmer's Market indoor at the Center

Dec 21 12:30 pm Christmas Jingo

Dec 22 9—11:30 Foot Clinic By appointment only

Dec 29th 6pm Game Night and Food Drive to benefit the Wachusett Food Pantry

Dec 30th 11 am Senior Center New Year's Party featuring the bubbly, a special menu and our version of the Yankee Swap Re-gift.



Updates / Ongoing

**JOIN US FOR LUNCH
ON FRIDAY DECEMBER 2ND
AT 12 NOON
TO HONOR OUR VETERANS**

**JOIN US
Free Coffee
Free Wifi**



Muffin Mondays—Enjoy
our delicious fresh baked muffins
Crockpot Oatmeal—Served Tuesday
through Friday with toppings

HEALTHY LUNCHES

Monday—Friday 11:30 am.

Please make your reservations 24 hours
in advance (by 12 noon.) Your \$3.00 do-
nation is appreciated.

Enjoy your meal with friends!

WELCOME OUR NEW VOLUNTEERS!

Please say hello to the following new
volunteers:

Shelly and Sheila in the kitchen on the
lunch shift

Emma and Elaine at the front desk

HAPPY BIRTHDAY

Do you have a birthday in December?
Come join us for cake after lunch on De-
cember 8th at 12:15.

Call the day before and make lunch res-
ervations or just come for cake.

THURSDAY NIGHT POTLUCK

Our monthly potluck returns!

Thursday December 8th at 6pm

Come hungry as our Sterling seniors are
mighty good in the kitchen!

Nine mobile trailers used by the Cape Cod
Military Support Foundation Inc. went up
in flames last October. Lost in the fire
were the toys for the children of military
personnel. We are organizing a collection,
so please consider bringing a gift card or
unwrapped toy to ensure these children
have a Merry Christmas. Donations will be
accepted in advance of the event.

PHONE & TABLET TRAINING

For all seniors whose children have gifted
you with a laptop, iPad, Tablet, iPhone or
Android . . . Help is here!

Peter Cummings volunteers his time and
will give you one-on-one help with all your
new devices.

9am on Wednesdays

MEN'S CLUB

MONTHLY MEETING


Tuesday December 6th at 8:30

Coffee and fresh baked goods will be

NEW YEAR'S PARTY FRIDAY DEC 30

Yankee swap regifting party starts at 11.
Lunch sponsored by FOSS includes Cream
of Tomato Soup, Baked Spiral Ham, Scal-
loped Potato, Asparagus Spears, and
Brownie Sundae. Sign up, please.

December Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 - 8:00 Coffee/snacks 9:00-Strengthening Yoga 11:30- Pork dinner 2:00-Open Coloring 2:00-Mahjong 2:00-Cribbage 5:30-Yogalates	2 8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 9:00-Knitting and crocheting 9:30—Pilates 12:00- Veteran's Lunch—Special Menu CLOSED AT 1pm
5 8:00 - 4:00 Coffee /snacks 8:30- Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-Pollock 12:30-Zumba 1:00- BINGO \$1 a card	6 8:00 - 4:00 Coffee/snacks 8:30 Men's Club 9:30-Line dancing 9:30-Open coloring 11:00-Chair pilates 11:30-Grilled Chicken 12:30—Game day	7 8:00 - 4:00 Coffee/snacks 9:00- Computer class 9:30-Gentle Chair yoga 9:30 SHINE Appts 11:30-Homemade Chili and Cornbread 12:30-Van shopping trip to Whitney Field 1:00- Wii Bowling	8 8:00 - 8:00 Coffee/snacks 9:00-Strengthening Yoga 11:30-Beef Stew 12:15 Birthday Cake 2:00-Open Coloring 2:00-Mahjong 5:30-Yogalates 6pm Pot Luck	9 8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 8:30 Chocksett Senior Breakfast 9:00-Knitting and crocheting 9:30 Pilates NO LUNCH SERVED CLOSED AT 12:30
12 8:00 - 4:00 Coffee/ snacks 8:30- Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-Chicken Teriyaki 12:30-Zumba 1:00- BINGO \$1 a card	13 8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30-Open coloring 11:00-Chair pilates 11:30-Chicken with stuffing and gravy 12:30—Game day	14 8:00 - 4:00 Coffee/snacks 9:00- Computer class 9:30-Gentle Chair yoga 11:30-BBQ Pork Rib 12:30-Van shopping trip to Walmart WB 1:00- Wii Bowling	15 8:00 - 8:00 Coffee/snacks 9:00-Strengthening Yoga 11:30- American Chop Suey 12:30 Book Club 2:00-Open Coloring 2:00-Mahjong 5:30-Yogalates	16 8:00 - 12:30 Coffee/snacks 7:30 Pancakes 9:00-Knitting and crocheting 9:30—Pilates NO LUNCH SERVED CLOSED AT 12:30

19	20	21	22	23
8:00 - 4:00 Coffee/ snacks 8:30— Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-Chicken and Corn Stew 12:30-Zumba 1:00— BINGO	8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30-Open coloring 11:00-Chair pilates 11:30-Meatballs with gravy 12:30—Game day	8:00 - 4:00 Coffee/snacks 9:00— Computer class 9:30-Gentle Chair yoga 11:30-Turkey with stuff- ing 12:30-Van shopping trip to Target 1:00- Wii Bowling	8:00 - 8:00 Coffee/snacks 9:00 Foot Clinic 9:00-Strengthening Yoga 11:30— Chicken Parm 2:00-Open Coloring 2:00-Mahjong	8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 9:00-Knitting and crocheting 9:30—Pilates 11:30 Lunch CLOSED AT 12:30
26	27	28	29	30
Closed for Christmas Holiday	8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30-Open coloring 11:00-Chair pilates 11:30-Chicken Marsala 12:30—Game day	8:00 - 4:00 Coffee/snacks 9:00— Computer class 9:30-Gentle Chair yoga 11:30-Chunky Tomato Soup 12:30-Van shopping trip to Walmart Leom 1:00- Wii Bowling	8:00 - 8:00 Coffee/snacks 9:00-Strengthening Yoga 11:30— Lasagna 2:00-Open Coloring 2:00-Mahjong 5:30-Yogalates 6pm Game Night	8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 9:00-Knitting 9:30—Pilates 11:00 am New Year's Party CLOSED AT 1pm

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HELP WITH HOME REPAIR AVAILABLE

Do you know someone whose home needs repair serious enough that it threatens the homeowner's health or safety -- and the homeowner doesn't have the money to have the repair done?

Help is available to low income homeowners through a CRITICAL HOME REPAIR partnership of First Church in Sterling with Habitat for Humanity North Central MA. Applicants must meet Habitat's income guidelines, be able to repay the no-interest loan Habitat provides (which could be long term), and be willing to do "sweat equity" (help with the repair or assist Habitat in other ways).

Questions: call the Habitat for Humanity North Central MA office at 978-348-2749 or visit their [website ncmhfh.org/critical-repair](http://ncmhfh.org/critical-repair)

FIRST SATURDAY COMMUNITY LUNCHEES IN STERLING

Lunches will be served to the community by the First Church in Sterling on the first Saturday of each month January through June 2017. No charge. No reservations. ALL are welcome.

The first lunch will be Saturday, Jan. 7th, at 12 noon in the First Church's Parish Hall. The church and hall are handicapped accessible.

Please join us! Questions may be directed to the First Church office, 978-422-6657.

ON THE ROAD AGAIN TRIPS

Save the dates—

April 27, 2017— Wrights Chicken Farm and Bingo for prizes. More info soon.

September 1st-11th, 2017 - Mt. Rushmore. Call for more information.

Contact: Mary Lajoie 978 827 4882

THE HAPPY TRAVELERS TRIPS LIST

Contact: Gladys Merrow At: 508-835-4312, cell phone 508-612-5312 Or via e-mail: glady2@verizon.net
Flyers can be picked up at Shrewsbury, Sterling, or WB Senior Center

2017 TRIPS

Mar 17 (Fri) A Mystery Tour to a New England city with 2 attractions & lunch (FULL/waitlist)	\$89.00
Apr 08 (Sat) the Broadway Show "ONCE" at the Palace Theater, Waterbury, CT (seats on the second bus)	\$139.00
Apr. 23 (Sun) Daffodils at Blithewold Mansion & a tour of Linden Place, Beautiful Bristol, R.I.	\$99.00
May 13 (Sat) Albany, N.Y. Tulip Festival, buffet lunch at The Evans Brewing Co.	\$99.00
May 20-24 5 days Williamsburg, Virginia	TBA
June 17 (Sat) Tall Ships Parade of Sail, ships with their sail up & Sail Boston Festival (2 buses FULL/waitlist)	\$199.00
July 15 (Sat) Provincetown by fast ferry from Plymouth with dinner on return	\$115.00
Aug. 05 (Sat) Isle of Shoals (New Hampshire) Cruise	\$109.00

We are looking into a trip to Iceland next year. Please let us know if you are interested!
Do not hesitate to get on the wait list. Life changes!

Tour list is subject to change. All day trip pricing includes driver & escort gratuity and cancellation waiver. A \$5.00 cancellation waiver has been added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip. The refund will be minus the cancellation waiver. If you cancel after that date, the refund will only be sent if you or we can fill your seat.

WHAT'S NEW?

Chocksett School Senior Breakfast

The student council invites the seniors of Sterling for breakfast and holiday entertainment at the school on Friday, Dec 9th at 8:30 am. Please sign up before Dec 5th at the Senior Center.

The Wachusett Area Rotary Club

has scheduled their Annual Christmas Breakfast for Seniors for Saturday, December 10 ~ 8:30 a.m. at The Manor Restaurant in West Boylston. Elders from the towns of Holden, Paxton, Princeton, Rutland, Sterling, Boylston and West Boylston are eligible to attend. ALL RESERVATIONS are to be made through the Holden Senior Center by calling 508-210-5570.

**Create your
Holiday
Centerpiece
With Lilacs.
December 8th
12:30
\$10 Sign up!**



Game Night Thursday Dec 29th

A non-perishable food item is your ticket for entry to Game Night—Poker, Pitch, Kings in the Corner, Scrabble, Dominoes and more!) Food items to benefit the Wachusett Food Pantry. Refreshments and snacks will be served.

The more the merrier!



FootCare by Nurses is now offering a foot care clinic at the Senior Center the fourth Thursday of the month, starting December 22nd from 9 – 11:30. Welcome Jovy Bennett, RN, Certified Foot Care Nurse. She will trim nails, deal with fungal issues, debride corns and calluses, do a reflexology based massage and provide education on skin issues and edema. Diabetics are welcomed! Call for an appointment. The fee of \$35 is paid directly to the clinic.

Guided Meditation

With so much daily stress, where do you go to find peace? Learn how to use the tool of meditation to quiet the chatter in your mind. Guided Meditation with Bob Stickles will run the first Friday of the month at 8:30 am starting January 6th. Monthly themes will feature visualization, mindfulness, stress relief, health promotion.

You can read more about the instructor, Bob, at his website www.innerbodyhealingarts.com or check out his book, "I Healed my Crohn's Colitis - Free the Mind . . . The Body will Follow." \$5 class fee. This is a drop in program, but we are requesting sign ups for the first class.

FYI

Health & Wellness

Consider these facts:

- 1000 deaths each day in the US included high blood pressure as a primary or contributing cause.
- About 7 of every 10 people having their first heart attack have high blood pressure.
- About 8 of every 10 people having their first stroke have high blood pressure.

Take advantage of our wellness programs.

Blood Pressure Clinic

Thursday December 1st from 9:30—11:30

Elder Keep Well Clinic (New day & time!)

Tuesday December 13th from 12pm-2pm

**If your interest is arts, crafts, drawing,
painting, music . . .**

we want to hear from you!

Call Veronica at 978 422 3032 to discuss.

Check out the books at our entry table.

We have listings of area volunteer opportunities and another listing of items for resale.

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

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(Food pantry -Tuesday, Wednesday, Thursday from 10am-1pm)

St. Richard's: 978-422-8881

(Food pantry- Mondays and Thursdays 10am-1pm)

DECEMBER SHINE 2016

Medicare Open Enrollment

Oct 15th—Dec 7th

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Central MA Shine Website

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Medicare Website

www.medicare.gov

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SHINE APPOINTMENTS

December 7, 2016

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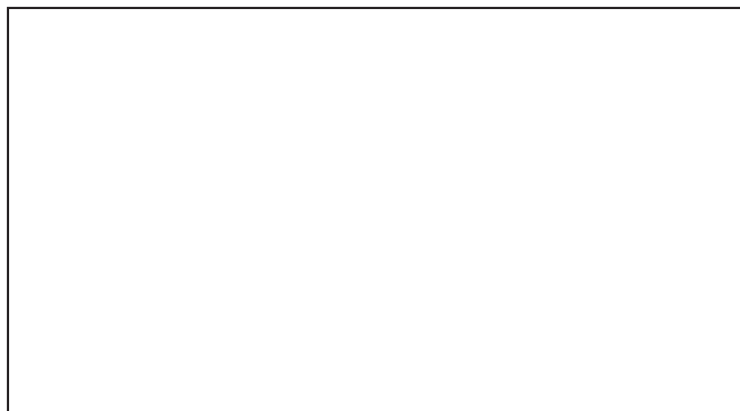


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Printing and mailing of this newsletter made possible in part by a grant from the Executive Office of Elder Affairs.


**Please
Join Us**
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In the
Spirit of
the Holidays

We are organizing a collection for the children of military personnel to replenish the toys lost in the fire at the Cape Cod Military Support Foundation's collection center. Please bring unwrapped toys for ages 3—12 to our monthly potluck on Dec 8th. Toys will be accepted at the Senior Center in advance of the event.

A non-perishable food item is your ticket for entry to Game Night (Poker, Pitch, Kings in the Corner, Scrabble, Dominoes and more!) on December 29th at 6pm. Food collection to benefit the Wachusett Food Pantry. Food items accepted in advance of the event.