



Sterling Council on Aging

January 2017

Happy New Year!

A few words . . .

Seniors are not a homogeneous group. We don't think alike, dress alike, act alike, and goodness knows, we don't vote alike! Our diversity as a group should be celebrated and our goal as a senior center should be to meet the varied needs of our population. Please take the time to read the "upcoming events" (page 4) for new programming or once a month activities; then check the calendar for the weekly favorites. Surely you will find something that piques your interest. How about Wednesday's Home Made Lunch? Guided meditation? Exercise for the new year? The artist's opening reception?

We are committed to have you feel welcomed and part of the activities whether this is your first visit or you have been attending for years. What are you waiting for? I don't want to hear that you are not old enough. You are finally a senior - enjoy it! Veronica

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Debra MacLennan Charles Madden

Bob Bloom Kevin Beaupre

Associate: Angela Richards

Sterling Senior Center PO Box 243

36 Muddy Pond Rd 978 422 3032

Director: Veronica Buckley

Outreach Coordinator: Nickole Boardman

Drivers: Pam Dell, Lou Massa, Denis Coughlin,

Robert Protano, Gloria Rugg

Meal Site Manager: Melissa Cassata

Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.

Hours: Mon—Wed 8-4; Thurs 8—8; Fri 8—12:30

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Sterling Council on Aging, Sterling 06-5262



Kevin Lowe far left with family and friends serving Thanksgiving Dinner at the Senior Center

Senior Spotlight by Maureen Cranson

Our Senior Spotlight was an easy pick! We wanted to give a big thanks to Kevin Lowe and his family for the outrageously awesome Thanksgiving Dinner he provided for our Seniors on Thanksgiving Day.

His message is inspirational. When asked why he wanted to do the dinner, surprisingly, it wasn't just about giving. It was to show his family what they can do for others and still do for

themselves! A win/win in Kevin's mind. He feels as though he and his family have been blessed in this journey and wanted to do for others.

Kevin didn't show up with just dinner...he showed up with a posse! Kevin's wife and three children, as well as their children, did it all...and did it with unfaltering smiles. One of Kevin's goals in volunteering the effort was to be an example as to what can be done when a family (or a group of friends) pulls together.

A direct quote, "When people see what this idiot can do, maybe they'll see they can do the same! Just maybe someone will say 'hey, we can do a dinner or even a luncheon' for our Seniors!"

Kevin does have a slight advantage. He retired from a lifelong career in catering about ten years ago. Village Catering was a staple on Clinton Road.

Kevin is a Sterling original. He has often raised his hand when it comes to Seniors. He oversaw the Meals on Wheels prep before the State went in another direction. We thank Kevin for showing us all that age, retirement and a few ailments shouldn't put a stop to what we can do!!!

"Chance Encounters: Photographs by John Gaumond."

The photographs on display at the Senior Center in January and February are the work of John Gaumond, photographer and poet. We invite you to join John on Thursday January 5th from 6 –8pm for an opening reception.

Artist's Statement: My first experience with a camera came in 1953 when I was stationed in Korea with the United States Air Force. It was my way of bringing home experiences from another culture. I have taken photographs around Worcester and New England as well as in England, Scotland, Ireland, France, Italy, Finland, Denmark, Sweden, Estonia, Russia, Germany, Spain, Portugal, Iceland and Turkey.

Something catches my eye, which is my first lens. I "take" the picture as I see it, want to remember it and share it. I often try to find an unusual view of a subject to "make" it more interesting. Sometimes, even in my representational work, there is an aspect of abstraction. Patterns and angles, as well colors, contrasting shapes, and textures fascinate me. I find I am attracted to doors, windows, alleys, arches, rooftops and passageways. I prefer to shoot in color because I feel it reveals the special reality of a subject



JANUARY UPCOMING EVENTS

Jan 3rd 8:30 am Men's Club serving homemade baked goods and coffee.

Jan 4th 9:30 am SHINE counselor available by appointment.

Jan 4th 11 am Safety Presentation by Det David Johnson from the Sterling Police Department. Meet our liaison to the SPD. Topics on the agenda include pepper spray, sharps and medication disposal.

Jan 4th 11:30 am Homemade Soup and Sandwich (\$3 donation) Sign up please.

Jan 5th 10 am—12 noon BP Clinic sponsored by Sterling EMS

Jan 5th 6pm Opening Reception: photographic art exhibit of John Gaumond.

Jan 6th 8:30 am Guided Meditation with Bob Stickles. Sign up please. \$5

Jan 7th 6:30 pm Pitch Party sponsored by the Grange. All are welcome!

Jan 10th 9:30—11:30 Elder Keep Well Clinic. Medical and prescription questions answered by the VNA nurse. BP checks.

Jan 11th 11:30 am Homemade American Chop Suey (\$3 donation) Sign up please.

Jan 11th 12:15 pm Apple Pie and ice cream compliments of Foot Care by Nurses. A presentation on foot health and the foot care clinic will follow at 12:30.

Jan 12th 7pm Recreation Department Cribbage - First Session runs through Feb 9th. Sign up for 2nd session through Recreation Department.

Jan 13th 12:15 pm Birthday Cake for all celebrating January birthdays.

Jan 18th 11am Trivia, raffles and answers to your banking questions followed by free luncheon buffet sponsored by Clinton Savings Bank. Sign up please.

Jan 19th 12:45 pm Craft and games with Project Shine. Sign up please.

Jan 19th 6 pm. Pot Luck with Ballroom Dancing demo and practice! Sign up please.

Jan 24th 10:30 am Winter makeover with Summit Eldercare

Jan 25th 11:30 am Homemade Turkey Dinner (\$3 donation) Sign up please.

Jan 25th 12:30 pm Book Signing with Larry Stoddard! All welcome.

Jan 26th 9—1 pm Foot Clinic provided by Jovy Bennett, RN, Certified Foot Care Nurse. Call for an appointment. The fee of \$35 is paid directly to the clinic.

Jan 26th 12:30 pm Book Club featuring "On the Road" by Charles Kuralt.

Jan 27th 7:30—9:30 am Pancake Breakfast sponsored by FOSS. **Note change in price for 2017: \$3 per plate.** All ages welcome.

What's cooking?

Stop by and check out our dining room! In addition to free coffee all day long, we have added breakfast options including Muffin Mondays and crock pot oatmeal with a topping bar for the rest of the week. We serve lunch every day at 11:30. Your \$3 donation is appreciated. The 4th Friday of the month is the popular pancake breakfast at \$3 per person sponsored by the Friends of the Sterling Seniors.

This January we have stepped it up a notch with our "Home Cooked Wednesdays!" The menu is as follows: Jan 4th Ham and Bean Soup with Grilled Cheese Sandwich, Jan 11th American Chop Suey, Jan 18th Luncheon Buffet courtesy of our good friends at Clinton Savings Bank, Jan 25th Turkey Dinner.

No ride, no problem! Call and ask for a van pick up for lunch. There is no charge for rides to the senior center.

Melissa Cassata is our kitchen manager. Everyone else you see is a volunteer. Thanks to our volunteers we currently serve about 400 lunches per month. In addition we provide 260 "meals on wheels" monthly to our home-bound elders. Let us know if you are interested in being part of our team or if you are interested in sponsoring one of our lunches.

Additional kitchen volunteers (not pictured above) are Ann Maki, Carmela Emerald, Ginny Michaud, John Carter, Liz Pape, Liz von Sickle, Loretta Morgan, Marilyn Robichaud, Pat Contois, and Sheila Battles. Thanks to all for all the work you do!



Pictured from left to right: Maureen Cranson, Shelly O'Connell, Mary Higgins, Nancy Castagna, Kathy Ganczarski, Melissa Cassata, and Don Carter.



SENIOR CENTER INCLEMENT WEATHER POLICY

If the Wachusett Regional School District cancels school for the day, programs and meals at the Senior Center will be canceled also.

If Wachusett Regional Schools are on a delay, morning programs will be canceled. Please call the Senior Center and inquire about lunch and afternoon activities. Please call to verify van service.

The Senior Center building will be open unless all town offices are closed.

"BLOOD IN THE WATER"

Larry Stoddard! a lifetime resident of Sterling will host a book signing and short discussion on his book, *Blood in the Water*, a true story of the Vietnam War. 4 1/2 star rating on Amazon Book Review.

Wednesday Jan 25th at 12:30.

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

January Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED FOR NEW YEAR'S HOLIDAY</p>	<p>3</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>8:30 Men's Club</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair pilates</p> <p>11:30 Meatball Strogan-off</p> <p>12:30 Game day</p>	<p>4</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:00 Computer class</p> <p>9:30 Gentle Chair Yoga</p> <p>9:30 SHINE Appts</p> <p>11:30 Soup and Sand</p> <p>12:30 Van shopping trip to Ocean State Job Lot</p> <p>1:00 Wii Bowling</p>	<p>5</p> <p>8:00 - 8:00 Coffee/snacks</p> <p>9:00 Strengthening Yoga</p> <p>10:00 BP Clinic</p> <p>11:30 BBQ chicken</p> <p>2:00 Open Coloring</p> <p>2:00 Mahjong</p> <p>2:00 Cribbage</p> <p>6:00 Artist Reception</p>	<p>6</p> <p>8:00 - 12:30</p> <p>Coffee/snacks</p> <p>8:00 VSO Hours</p> <p>8:30 Meditation</p> <p>9:00 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>11:30 Meatloaf</p> <p>CLOSED at 12:30</p>
<p>9</p> <p>8:00 - 4:00 Coffee /snacks</p> <p>8:30 Tai Chi</p> <p>9:30 Peer writing</p> <p>10:00 Exercise</p> <p>11:30 Sloppy Joes</p> <p>12:30 Zumba</p> <p>1:00 BINGO</p> <p>\$1 a card</p>	<p>10</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>9:30 Elder Keep Well Clinic</p> <p>11:00 Chair pilates</p> <p>11:30 Chicken Piccata</p> <p>12:30 Game day</p>	<p>11</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:00 Computer class</p> <p>9:30 Gentle Chair yoga</p> <p>9:30 SHINE Appts</p> <p>11:30 American Chop Suey</p> <p>12:30 Van shopping trip to Walmart WB</p> <p>1:00 Wii Bowling</p>	<p>12</p> <p>8:00 - 8:00 Coffee/snacks</p> <p>9:00-Strengthening Yoga</p> <p>11:30 Chicken Teriyaki</p> <p>12:15 Birthday Cake</p> <p>2:00 Open Coloring</p> <p>2:00 Mahjong</p> <p>2:00 Cribbage</p> <p>5:30 COA Board Meeting</p> <p>7:00 Rec Dept Cribbage</p>	<p>13</p> <p>8:00 - 12:30</p> <p>Coffee/snacks</p> <p>8:00 VSO Hours</p> <p>9:00 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>11:30 Roast Pork</p> <p>12:15 Birthday Cake</p> <p>CLOSED at 12:30</p>
<p>16</p> <p>Closed in Observation of</p>	<p>17</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:30 Line dancing</p>	<p>18</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:00 Computer class</p>	<p>19</p> <p>8:00 - 8:00 Coffee/snacks</p> <p>9:00 Strengthening Yoga</p>	<p>20</p> <p>8:00 - 12:30</p> <p>Coffee/snacks</p>

<p>Observance of Martin Luther King Day</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair pilates</p> <p>11:30 Potato Pollock Filet</p> <p>12:30 Game day</p>	<p>9:00 Computer class</p> <p>9:30 Gentle Chair yoga</p> <p>11:30 Luncheon Buffet</p> <p>12:30 Van shopping trip to Family dollar / Dollar Tree</p> <p>1:00 Wii Bowling</p>	<p>9:00 Strengthening Yoga</p> <p>11:30 Mac and Cheese</p> <p>2:00 Open Coloring</p> <p>2:00 Mahjong</p> <p>2:00 Cribbage</p> <p>6:00 Pot Luck</p>	<p>Coffee/snacks</p> <p>8:00 VSO Hours</p> <p>9:00 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>11:30 Chicken Drummer</p> <p>CLOSED AT 12:30</p>
<p>23</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>8:30 Tai Chi</p> <p>9:30 VSO Hours</p> <p>9:30 Peer writing</p> <p>10:00 Exercise</p> <p>11:30 Kielbasa</p> <p>12:30 Zumba</p> <p>1:00 BINGO</p>	<p>24</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair pilates</p> <p>11:30 Coq au Vin</p> <p>12:30 Game day</p>	<p>25</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:00 Computer class</p> <p>9:30 Gentle Chair yoga</p> <p>11:30 Turkey Dinner</p> <p>12:30 Van shopping trip to Walmart Leominster</p> <p>1:00 Wii Bowling</p>	<p>26</p> <p>8:00 - 8:00 Coffee/snacks</p> <p>9:00 Foot Clinic</p> <p>9:00 Strengthening Yoga</p> <p>11:30 Roast Pork</p> <p>12:30 Book Club</p> <p>2:00 Open Coloring</p> <p>2:00 Mahjong</p> <p>2:00 Cribbage</p>
<p>30</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>8:30 Tai Chi</p> <p>9:30 Peer writing</p> <p>9:30 VSO Hours</p> <p>10:00 Exercise</p> <p>11:30 Chicken Chili</p> <p>12:30 Zumba</p> <p>1:00 BINGO</p>	<p>31</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:30-Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair pilates</p> <p>11:30 Roast Turkey</p> <p>12:30 Game day</p>		<p>27</p> <p>8:00 - 12:30 Coffee/snacks</p> <p>7:30 Pancake Bkfst</p> <p>8:00 VSO Hours</p> <p>9:00 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>No Lunch Served</p> <p>CLOSED AT 12:30</p>

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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.

WINTER MAKEOVER

Freshen up your look with a winter makeover! Learn your colors, try new makeup, practice your scarf tying with Sharon Nalli of Summit Eldercare. Tuesday Jan 24th 10:30 am

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
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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, Virginia, Jamestown, Philadelphia and more		\$879.00 PP Double
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.

Taking the Mystery out of Public Benefit Programs

Review the eligibility guidelines. If you think you may be eligible, you can call the program directly or you can call Nickole Boardman, Outreach Coordinator for the Senior Center, for confidential assistance with the application process.

Fuel Assistance through New England Farm Worker's Council (978) 342-4520. This program provides assistance through a fixed benefit amount for the cost of the primary source of heat including oil, electricity, natural gas, propane, kerosene, wood, or coal.

Eligibility Guidelines:

Family of 1 maximum yearly income \$34,001

Family of 2 maximum yearly income \$44,463



Prescription Advantage 1-800-AGE-INFO 1-800-243-4636 Prompt #2. This is a free State Pharmacy Assistance Program that works with your Medicare Part D or Medicare Advantage Program to provide assistance for prescription copays during the donut hole or coverage gap. This program also provides a once per year opportunity to change your Part D or MAP outside of the traditional open enrollment period.

Eligibility Guidelines for those 65 and over:

Income if single \$35,640 per year or less

Income if married \$48,060 per year or less



Frail Elder Waiver through Mass Health 800-841-2900 This is a program that provides Standard Mass Health and in-home care benefits to an individual over the age of 60 who is deemed eligible for nursing home admission by Montachusett Home Care, but prefers to remain in the community. One must meet clinical eligibility requiring assistance with daily activities and skilled assistance, such as medication management, in addition to financial eligibility.

Income \$2199 per month or less for the individual (spouse's income will not be counted)

Assets \$2000 or less not including home and car (assets may be transferred to the spouse)

The Frail Elder Waiver may help you qualify for the PACE program at Summit Eldercare or Senior Care Options Special Needs Plans.

LUNCHEON BUFFET COURTESY OF CLINTON SAVINGS BANK

Join us for luncheon meats, cheeses, salads, pastry, fruit, yogurt, juices, and more with trivia, raffles and answers to your banking questions.

11 am Wednesday January 18th

MEMORY CAFÉ STARTING HERE THIS SPRING

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. At the café, we forget about limitations and instead focus on strengths and enjoying each other's company. We are in the planning stages, please call and let us know you are interested. Be involved in the planning as we discuss times and activities.

MEN'S CLUB MONTHLY MEETING

Tuesday December 6th at 8:30

Coffee and fresh baked goods will be served

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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HEALTHY LUNCHES

HOME COOKED WEDNESDAYS

We serve lunch weekdays at 11:30 am. Every Wednesday we will be preparing our home cooked favorites. Please make your reservations 24 hours in advance (by 12 noon.) \$3 donation.

THURSDAY NIGHT POTLUCK

Thursday January 19th at 6pm

Bring a dish and your dancing shoes as we are treated to a ballroom dancing demonstration and an opportunity to learn a few steps!

JOIN US



Free Coffee Free Wifi
Muffin Mondays—Enjoy our delicious fresh baked muffins

Crockpot Oatmeal—Served Tuesday through Friday with toppings

GIRLS FROM THE CHOCKSETT MIDDLE SCHOOL NEED YOU TO COMPLETE THEIR COMMUNITY SERVICE PROJECT!

The Project Shine girls ages 10—14 have chosen to spend an afternoon with seniors at the Center, playing games and making snow globes.

Thursday Jan 19th 12:45—2:45 pm

Please sign up to work with the girls.



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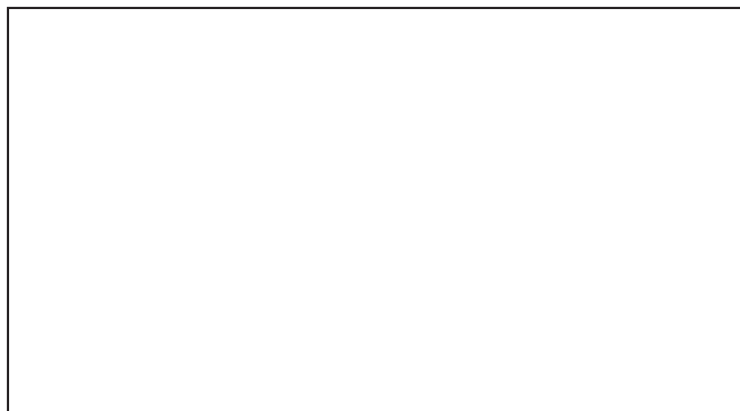


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