

Sterling Council on Aging

June 2017

Bring a Friend to the Hello Summer BBQ

Thursday, June 15th 5:30-7:30 pm

Hot Dogs • Hamburgers • Salads • Chips • Relishes

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Fire Pit and more!

RSVP 978 422 3032

\$5 Please Purchase Your Ticket in Advance
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Father's Day Ice Cream Social

Monday, June 19th

12:30 pm

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Our Very Own Angie and Denis Are Teaming Up to Perform Country!

Wednesday, June 28th at 1 pm



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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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Charlotte Gildutis

Senior Spotlight by Pam Dell

Happy 100th Birthday, Charlotte! Born in Clinton to Charles and Rachel Patten on June 30th, 1917, Charlotte was one of five children.

At the age of 12 the family home burned to the ground and Florence Houghton took the family into her home while another house was built. Charlotte graduated from Framingham University with a degree in Home Economics and taught Junior High School in Athol, MA.

Charlotte proposed to Edward Gildutis during WWII and they were married on May 1, 1943 in Niagara Falls, NY. Ed was in the service and ready to ship overseas. They didn't know when or if they would see each other again - so let's get married! Charlotte moved to Sterling and lived with her parents during that time.

Charlotte has two daughters, Barbara & husband, Bill, who live in Northboro, MA and Gail & husband, Dana, who live in Goffstown, NH. She has 4 grandchildren and 1-1/2 great grandchildren.

When visiting the Historical Society I remember seeing a picture of Charlotte playing in a kitchen band. Of course that was 60 years ago. Charlotte was the historian of the Sterling Woman's Club until 2009. Charlotte enjoyed painting, sewing and needlecraft until her sight deteriorated. She remains a gifted storyteller and enjoys listening to books on tape.

Charlotte was a member of the Congregational Church, (which became the Federated Church) back in the day when there were three churches on the common. She continues to be a member of First Church. She started singing in the choir when her grandmother played the organ and stayed with the choir for 47 years. She also taught Sunday School. Today, most every Sunday, you will see her in church, same seat, along side her good friend, Marion Tuttle.

Until three years ago, Charlotte would be at the Senior Center for lunch a couple times a week. She told me that continuing to live in Sterling was important to her because the people are so friendly and she really appreciates that. She continues to live on Charles Patten Drive named after her family.

We are hopeful that Charlotte can join us to celebrate her 100th birthday at our pancake breakfast on June 30th.

JUNE UPCOMING EVENTS

June 1st 10 am -12 pm BP Clinic sponsored by Sterling EMS.

June 5th 9 am Garden Kickoff with Carl Hewitt.

June 2nd 8:30 am Guided Meditation with Bob Stickles \$5.

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

June 6th 9 am Dull Men's Club on Baseball Lore

June 7th 9 am Health Interviews by MCP. Sign up please.

June 7th 9:30 am SHINE appointments. Answers to your insurance questions.
By appointment only.

June 7th 11:30 am Home-cooked pasta salad with grilled chicken. \$3 donation.
Sign up please.

June 8th 9 am Foot Clinic by appt. \$35 to Foot Care Nurse. Sign up please.

June 8th 1 pm Pocket Billiards Exhibition w/ Roger Boucher

June 8th 5:30 pm COA Board Meeting

June 9th Coffee with ALFA. Advanced registration required.

June 9th 12:15 pm Birthday Cake for all June birthdays!

June 13th 9:30-11:30 am Elder Keep Well Clinic

June 14th 11:30 am Home-cooked soup and sandwich wraps. \$3 donation. Sign
up please.

June 15th 5:30-7: 30 pm Hello Summer BBQ. \$5 Purchase ticket in advance.

June 16th 8:30 am Guided Meditation with Bob Stickles \$5.

June 19th 12:30 pm Father's Day Ice Cream Social. Sign up please.

June 21st 11:30 am Home-cooked build your own taco. \$3 donation. Sign up.

June 22nd 9 am Foot Clinic by appt. \$35 to Foot Care Nurse. Sign up please.

June 22nd 12:30 pm Book Club featuring *Summer Island* by Kristin Hannah.

June 28th 11:30 am Home-cooked country BBQ. \$3 donation. Sign up.

June 28th 1 pm Country Music with Angie and Denis.

June 30th 7:30—9:30 am Pancake Breakfast. Sponsored by FOSS. Plain and
surprise pancakes, sausage or spiral ham, scrambled eggs, fruit cup, juices,
coffee. \$3 per plate. All ages welcome.

Check Out Our New Summer Breakfast Options!

Pocket Billiards Exhibition

By

Roger Boucher

Four time New England

Pocket Billiard Champion

Thursday June 8th

1pm



Dull Men's Club

Same date - First Tues of the Month

New time! 9am

**On Tuesday June 6th Richard Letarte
will be speaking on baseball lore.**

Pen Pal Get Together

**The annual pen pal get together will be
celebrated in June. Seniors and the
students from Mrs. Miller's 4th grade
class have been exchanging letters
throughout the year. Now is the time
for the pen pals to meet face to face!**

Garden Kickoff

**We are trying to ascertain interest
in raised bed or container gardening
here at the Senior Center.**

Join us out by the patio

Monday June 5th 9am

Rain date June 6th

**We will discuss future gardening
plans here while we plant some
herbs, tomatoes and cukes for our
kitchen.**

Computers

**We have two fully operational and
speedy desktops and one lightening
fast laptop available for your use.**

**Sign out the laptop from the front
desk volunteer! Perfect if you want to
sit at the library or if we have
another activity in the classroom.**

Summer Hours for Computer Class


2nd Wed of the Month 9-11 am

June 14, July 12 & Aug 9

Peer Writing Group - Mondays 9:30 - 11:00 Free

**Do you have a taste for writing? Come for a fun and safe place to develop your
craft. Bring your work for peer review and positive reinforcement.**

JUNE Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Like us on Facebook @ Sterling Senior Center</p>		1 8:00 - 8:00 Coffee 9:00 Strengthening Yoga 10:00 BP Clinic 11:30 Roast Turkey 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:30 Ukulele Club	2 8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Mac and Cheese CLOSED at 12:30
5 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Grilled Chicken 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	6 8:00 - 4:00 Coffee 9:00 Dull Men's Club 9:00 Walking Club (Cider) 9:30 Line dancing 9:30 Open coloring 10:00 Instant French 11:00 Chair pilates 11:30 Salmon Boat 12:30 Game day - dominoes, scrabble, bridge, cribbage, Wii bowling and more!	7 8:00 - 4:00 Coffee 9:00 SHINE Appts 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-cooked 12:30 Van shopping trip to Walmart WB 1:00 Wii Bowling	8 8:00 - 8:00 Coffee 9:00 Foot Clinic 9:00-Strengthening Yoga 11:30 Honey BBQ Pork 12:30 Art Workshop 1:00 Roger Boucher 2:00 Open Coloring 2:00 Mahjong 2:30 Ukulele Club 5:30 COA Board Meet- ing	9 8:00 - 12:30 Coffee Coffee w/ ALFA 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Salisbury Steak 12:15 Birthday Cake CLOSED AT 12:30
12 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Tilapia 12:30 Zumba 1:00 BINGO \$1 a card	13 8:00 - 4:00 Coffee 9:00 Walking Club (Cider) 9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 10:00 Instant French 11:00 Chair pilates	14 8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-cooked 12:30 Van shopping trip to Whitney Field 1:00 Wii Bowling	15 8:00 - 8:00 Coffee 9:00 Strengthening Yoga 11:30 Chicken Breast 12:30 Art Workshop 12:30 Book Club 2:00 Open Coloring 2:00 Mahjong	16 8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Beef Wrap 1:00 Wii Bowling Tourn

6 pm Meditation	11:30 Pasta and Meat-balls 12:30 Game day		2:30 Ukulele Club 5:30 BBQ	
19 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Lasagna Roll 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	20 8:00 - 4:00 Coffee 9:00 Walking Club (Cider) 9:30 Line dancing 9:30 Open coloring 10:00 Instant French 11:00 Chair pilates 11:30 Chicken White Bean chili 12:30 Game day	21 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-cooked 12:30 Van shopping trip to Walmart Leominster 1:00 Wii Bowling .	22 8:00 - 8:00 Coffee 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Grilled Chicken 12:30 Book Club 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:30 Ukulele Club	23 8:00 - 12:30 Coffee 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Broccoli and Cheese Bake CLOSED AT 12:30
26 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Chicken Mar-sala 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	27 8:00 - 4:00 Coffee 9:00 Walking Club (Cider) 9:30 Line dancing 9:30 Open coloring 10:00 Instant French 11:00 Chair pilates 11:30 Pollock 12:30 Game day	28 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-cooked 12:30 Van shopping trip to Family Dollar/Dollar Tree 1:00 Country Music 1:00 Wii Bowling	29 8:00 - 8:00 Coffee 9:00 Strengthening Yoga 11:30 Meatballs 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:30 Ukulele Club	30 7:30 -9:30 Pancake Bkfst 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates CLOSED AT 12:30

COFFEE WITH CAROL FROM ALFA ~ FRIDAY. JUNE 9TH, 9AM PRE REGISTRATION REQUIRED

ALFA (Adult Learning in the Fitchburg Area) is a lifelong learning institute that serves adult learners in Fitchburg and the surrounding communities. ALFA offers non-credit daytime classes, trips, special events, and a free speaker series. If you are interested in enrolling in an ALFA course or if you have an interest in bringing diverse educational courses to our Sterling Senior Center, please attend.

NURSING STUDENTS INTERVIEWS JUNE 7TH 9AM

We need 6 elder volunteers to assist the nursing students at Massachusetts College of Pharmacy and Health Sciences to develop their skills in taking health histories of seniors. This is a fun project that has always been well received by our seniors. Enrollment limited, so sign up early please!

INSTANT FRENCH

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Tuesdays at 10 am
Through
June 27th

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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

Aug. 06 (Sun) Isle of Shoals (New Hampshire) Cruise, lunch at the Warren Lobster House	\$109.00
Sep 10 (Sun) Connecticut Lighthouse Cruise with lunch (New Trip)	\$105.00
Sep 30 (Sat) Bennington, VT via the Molly Stark Trail	\$109.00
Oct 22 (Sun) Mystery Tour	\$110.00
Dec. 1-2 (Fri & Sat) 2 days New York City with Botanical Gardens, Radio City's Christmas Show & More	
TBA	

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.



Imagine being born a female in 1917, going to college and then proposing to your husband! Talk about being ahead of your time—that is the story of Charlotte Gildutis featured in this month's senior spotlight. Seniors all have stories to share and I am hopeful that this summer on the patio will bring us those relaxing opportunities with friends.

On another note, there are seniors among us who may be struggling to remember their recent stories or may be struggling to put these stories into words. Alzheimer's Disease and other dementias are often undiagnosed and unreported; however, recent studies suggest that 14% of the population over the age of 65 is affected.

The difficulty for friends and family often arises when trying to communicate with a person suffering from memory loss or dementia. We feel inadequate, uncomfortable and as a result, sometimes we avoid the person. At a time when the affected individual's world is becoming smaller and more confusing, your contact becomes even more important. Modern habilitation approaches recommend that you address the feelings behind the words, not necessarily the words themselves. For more information, read "Learning to Speak Alzheimer's" by Joanne Koenig Coste. There is a copy available in my office.

Community Lunch June 3rd

You are invited to lunch at First Church in Sterling on Saturday June 3rd at 12 noon. No cost. No reservations. Entertainment. All are welcome.

First Church is at 6 Meetinghouse Hill Road, Sterling. Questions? Call the church office at 978 422 6657

Walking Club

Join Elaine on the Rail Trail at 9am on Tuesdays or Janet at the Senior Center at 10 am on Wednesdays for our senior walk. Walk to your ability / weather permitting.

If you are interesting in a walking group on Monday, Thursday or Fridays, we could use your help!



"Everything you wanted to know about drawing and painting but were afraid to ask!"

If you think you can't do art or can't even draw a straight line, then you need to come and meet artist and teacher, Andrea Driscoll, who will change your mind! (and not being able to draw a straight line is not a criteria for good art!)

Behind every good painting is a good drawing and drawing is fun once you know some basic steps. Each week you will enjoy the process of learning new steps and practicing the ones you know. We will use colored pencils, drawing pencils, special drawing pens and acrylic paint (all provided).

Thursdays in June from 12:30—2 pm

SENIOR PLAY-GOLF PROGRAM

Attention all Seniors who play golf or would like to learn! The Sterling Recreation Department has organized a ***Senior Play-Golf Program*** with the Cyprian Keyes Golf Club at 284 East Temple Street, Boylston. This is a fun time where golfers of all skill levels come to enjoy a round of golf on Tuesday mornings at 8:00 am with friends on the 9 hole, Par 3 course.



Senior Play-Golf will start Tuesday May 9th and run through the Fall. There will be an 8:00 am tee-time. You can come as many weeks as you would like to play. Golfers will pay \$12 greens fee in Pro Shop each time you come to play. Carts are optional for an additional \$10.

If you are interested in playing, please contact the Recreation Department at 978-422-3041 or e-mail: recreation@sterling-ma.gov to register. Walk-ins are welcomed! Look forward to seeing you on the course.

TUESDAY GAME DAY IS EXPANDING

Cribbage has now joined our Tuesday game day! The Bridge players are welcoming players who may not have played for a while or players who have a background in whist. We also feature dominoes, scrabble, and Wii bowling.

Rumor has it that we may be obtaining some corn hole boards, too. Anyone up for that??

PANCAKE BREAKFAST SPONSORED BY FOSS

LAST FRIDAY OF THE MONTH!

Join us and our celebrity servers as we push to a new milestone of serving over 100 patrons each breakfast!!

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.

WE NEED SUPPLIES FOR OUR LENDER'S CLOSET!

The Senior Center's Lender's Closet provides durable medical equipment, such as walkers, canes, wheel chairs and bath chairs, for seniors to borrow. If you have medical equipment in good, clean condition, please consider a donation to us.

You can stop by to borrow medical equipment at any time. However, you may want to meet with Nickole Boardman, our outreach coordinator, to learn about other available services at the same time! Call 978 422 3032



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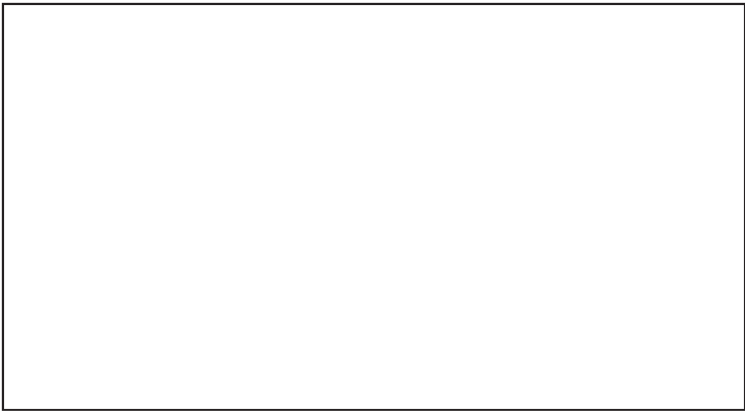


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