



Sterling Council on Aging November 2017

In Honor of our Veterans Veteran's Day Luncheon

Yankee Pot Roast

Wednesday November 8th

11:30 am

Reservations Required



Thank you for
your service.

So proud to be an American!



Kevin Lowe and family will once again serve a free traditional meal for those who may be alone or in need of a meal.

Dinner will be served at noon on Thanksgiving Day, Nov 23rd at the Senior Center.

For reservations, call the Senior Center at 978 422 3032 prior to noon Monday, November 20th.

COUNCIL ON AGING BOARD MEMBERS

Chair: Liz Pape

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Sterling Senior Center PO Box 243

36 Muddy Pond Rd 978 422 3032

Director: Veronica Buckley

Outreach Coordinator: Nickole Boardman

Maintenance Tech: Jim Ash

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

Senior Spotlight by Maureen Cranson

Those that attend the services and parades on Memorial Day and Veterans Day know these events don't just happen! It takes a dedicated individual to pull all the elements together. It's only fitting that we spotlight one such individual in this month where we honor our Veterans. Bob Temple is the push.

Bob is a lifelong Sterling resident who hails from a large family who all take pride in their personal service or that of their Dad and siblings. He is a vocal and very active lead for the Hiram Taylor American Legion Post 189 here in town. His advocacy for all Vets is admirable and welcomed in this day where our veterans, and their services, can be overlooked.

Bob attended local schools and will tell you he studied 'Grunt' at the University of So. Vietnam School of Warfare! Bob worked for, and retired from, Sterling DPW after many years. It wasn't unusual to see him behind the wheel of a truck and offering a friendly wave or a nod! His biggest smiles however come when his granddaughter is marching or standing beside him. Certainly he has pride in service, but pride in family makes him beam!

Bob easily fits the ideology that 'a happy life is about giving more than you take'. Bob gives hours of his time, day after day, to our community and seemingly wants nothing in return...except maybe that illusive Prime Rib luncheon!!!



Next time you come into the Senior Center, poke your head into my office and look at the blackboard. Normally used for motivational phrases, the blackboard will now highlight some of the varied volunteer opportunities you may find here. From a person interested in taking the AARP Tax Aide training to a person who wants to call Bingo occasionally, we can always find a "fit." A true fit means the volunteer loves what he or she is doing and the needs of the Senior Center are met as well!

Whether you are one of our 70 plus seasoned volunteers or a newcomer to the best volunteer force ever, we understand life happens! Care giving needs change, a new grandbaby or great grandbaby enters the scene, interests change — you get the picture. Our goal is to always have enough volunteers to work around anything, be it a one day interruption or your entire winter down south.

See Veronica or Liz for more information about volunteering.

Educational Programs

Nov 1st 9:30 am SHINE by appointment only. Answer your insurance questions.

Nov 3rd 12:30 pm Lunch & Learn Medicare Open Enrollment Presentation

Nov 15th 12:30 pm Book Club ***"Hidden Figures"*** by Margot Lee Shutterly

Nov 28th 9:00 am Application Assistance for Fuel Assistance

Wellness Programs

Nov 1st 10:30 am De-Stress Your Life sponsored by Summit ElderCare

Nov 2nd 10am-12 noon BP Clinic Sponsored by Sterling EMS

Nov 2nd 1:00 pm Last Day for Senior Strong-Congrats to All Participants

Nov 3rd 8:30 am Guided Meditation with Bob Stickles. Drop In \$5

Nov 9th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse

Nov 16th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse

Nov 17th 8:30 am Guided Meditation with Bob Stickles. Drop In \$5

Nov 27th 12:30 pm After Thanksgiving Try-it-Out-for-Free Zumba!

Special Events

Nov 2nd 6-8 pm Artist's Reception featuring Diane Pedersen

Nov 8th 1:30 am Veteran's Day Luncheon

Nov 17th 7:30-9:00 am Pancake Breakfast sponsored by FOSS

Nov 23rd 12:00 Noon Thanksgiving Dinner served by the Lowe Family

Just for Fun

Nov 4th 6:30 pm Pitch Party Sponsored by The Grange. All are Welcome.

Nov 9th 12:15 pm Birthday Cake for all November Birthdays !

Make & Take

Nov 6th 2:30 pm Moravian Stars with Karen Keefe \$5.

Nov 13th 2 pm Thanksgiving Centerpiece by Lilac's \$10.

**HOME-COOKED MEALS
WEDNESDAYS & THURSDAYS**

11:30 am \$3 donation

**Sign up at least one day in advance
please!**

November 1st Potato Soup

November 2nd BBQ (monthly favorite)

November 8th Veteran's Luncheon

November 9th Breakfast for Lunch

November 15th Chix Rice Casserole

November 16th Chili

November 22nd Pork Noodle Soup

November 29th Thanksgiving
Casserole

November 30th Lasagna

**INDOOR PICKLEBALL
AT THE FIRST CHURCH
STARTING IN NOVEMBER**

Mondays 4—6 pm

Newcomers always welcome.

**DE-STRESS YOUR LIFE
NOVEMBER 1ST AT 10:30 AM**

Sponsored by

Sharon Nolli from Summit ElderCare

Topics:

Being more thankful

Socializing Exercising

Eating healthy mood-boosting foods

Taking care of yourself

**MORAVIAN STARS
MONDAY NOVEMBER 6TH**

2:30 PM

With Karen Keefe



Let Karen take you through the creation of 2 Moravian Stars and be on your way to decorating for the holidays! \$5 includes supplies.

**THANKSGIVING CENTERPIECE
MONDAY NOV13TH 2 PM**


Design a mini
cornucopia
centerpiece
perfect for your
Thanksgiving
table with
Lisa of Lilacs.


\$10



Please sign up by November 9th so
supplies can be purchased.
Bring your clippers if you have them.
If not, we share!

November Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MOC Lunch Call for menu 978 422 3032</p>		<p>1</p> <p>8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Home-Cooked 12:30 Van shopping trip to Ocean State Job Lot 1:00 Wii Bowling 2:00 Harmonica Class</p>	<p>2</p> <p>8:00 - 8:00 Coffee 9:00-Strengthening Yoga 11:30 Home-Cooked 1:00 Acrylic Painting 1:00 Senior Strong 2:00 Mahjong 2:30 Ukulele Club</p>	<p>3</p> <p>8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 MOC Lunch 12:30 Lunch and learn</p>
<p>6</p> <p>8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 MOC Lunch 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation</p>	<p>7</p> <p>8:00 - 4:00 Coffee 9:00 Dull Men’s Club 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 MOC Lunch 12:30 Game day 12-3:00 Computer Technology Class</p>	<p>8</p> <p>8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Home-Cooked 12:30 Van shopping trip to Walmart W.B. 1:00 Wii Bowling 2:00 Harmonica Class</p>	<p>9</p> <p>8:00 - 8:00 Coffee 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Home-Cooked 1:00 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club</p>	<p>10</p> <p>SENIOR CENTER CLOSED VETERANS DAY</p> 
<p>13</p> <p>8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 MOC Lunch 12:30 Zumba 1:00 BINGO \$1 a card 2:00 First Aid Class 6 pm Meditation</p>	<p>15</p> <p>8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 11:00 Chair pilates 11:30 MOC Lunch 12:30 Game day 12-3:00 Computer Technology Class</p>	<p>15</p> <p>8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Home-Cooked 12:15 Birthday Cake 12:30 Book Club 12:30 Van shopping trip to Christmas Tree Shop 1:00 Wii Bowling 2:00 Harmonica Class</p>	<p>16</p> <p>8:00 - 8:00 Coffee 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Home-Cooked 1:00 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club</p>	<p>17</p> <p>7:30-9:00 Pancake Breakfast Sponsored by FOSS 8:00 VSO Hours 8:30 Meditation 9:30 Pilates CLOSED at 12:30</p>

8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 MOC Lunch 12:30 Zumba 1:00 BINGO \$1 a card 2:00 First Aid Class 6 pm Meditation	20	8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 MOC Lunch 12:30 Game day 12-3:00 Computer Technology Class	21	8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Home Cooked 12:30 Van shopping trip to Walmart-Leominster 1:00 Wii Bowling 2:00 Harmonica Class	22	CLOSED Happy Thanksgiving 	23	8:00 - 12:30 Coffee 11:30 Surprise Lunch! CLOSED at 12:30	24
8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 MOC Lunch 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	27	8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 MOC Lunch 12:30 Game day 12-3:00 pm Computer Technology Class	28	8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Home Cooked 12:30 Van shopping trip to Whitney Field 1:00 Wii Bowling 2:00 Harmonica Class	29	8:00-8:00 Coffee 9:00 Strengthening Yoga 11:30 MOC Lunch 2:00 Mahjong 2:30 Ukulele Club	30		



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The First Church in Sterling Community Lunch Saturday November 4th at Noon

These monthly lunches are open to all. No cost and no reservations needed. Enjoy a nice meal and good conversation with others. Lunch will be the first Saturday of each month through June at the First Church in Sterling 6 Meetinghouse Hill Road.

Van transportation available through the Senior Center.

FOSS Pancake Breakfast

November 17th

(Please note the date due to Thanksgiving)

7:30—9 am \$3 Donation No reservations!

Welcome celebrity servers, Lisa Coleman of Lilacs and Kevin Coleman of Helpful Hands Errands & Assistance

A SPECIAL THANK YOU

to all the volunteers,
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the town yard sale a
huge success!

THE HAPPY TRAVELERS TRIPS LIST— For the over 50 travelers

Contact: Gladys Merrow 508-835-4312 cell 508-612-5312 e-mail: happytravelers.gem@gmail.com

We wish to thank all of our travelers for your great support as all of the trips for the balance of 2017 are sold out.

Sun. Mar. 11, 2018 – Sunday Brunch at the Curtis House Inn and more- (60% of bus sold)

\$99.00 pp

Sun. Apr. 08, 2018 – Mystery trip (50% of bus sold)

\$122.00 pp

Sat. May 19, 2018 – “Something Rotten” at PPAC in Providence, RI with lunch at Spirito’s on Federal Hill \$145.00 pp

(50% of bus sold)

Sun. & Mon. June 24 & 25 - A 2 day Trip to “The Hamptons” and Long Island

\$409.00 double

(90% of first bus sold)

This trip list is subject to change. Most day trip pricing includes driver & escort gratuity and cancellation waiver. The \$5.00 per person cancellation waiver is 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.

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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CAN'T MISS EVENTS!**HOMAGE TO THE PAST:
AMERICAN FOLK ART PAINTINGS
by Diane Ulmer Pedersen**

Although Diane is a trained artist, she has painted in a style reminiscent of the early 1800s since the 1970s. It all started with a few folk art portraits of children that she created for the antique and decorating shop she worked in after college. Once she started studying the artwork and crafts of that era, she was drawn to the stylizations, colors and finishes, and the spirit they evoked. Her subjects expanded over the years to include landscapes, still lives, animals — many inspired by verses from the Bible. She paints in acrylics and overlays an oil glaze or crackled finish to add an old patina. Then she sets many of her works in hand-painted, faux grained frames.



Over the years her work has been licensed for framed prints, two wallpaper books, rugs, pillows, coasters, collector plates, cards & calendars, puzzles, tapestries and throws, and just recently for needlepoint scrims. She has exhibited in arts and craft festivals in the Northeast, as well as libraries, schools, restaurants, and with the Princeton Arts Society.

Diane also enjoys creating logos and graphic design, gardening, music and travel. She has lived in Sterling since 2000 and can be contacted through her website: DianeUlmerPedersen.com or by email: DUPedersen@comcast.net.

**View Diane's Exhibit at the Senior Center November and December
Artist's Opening Reception November 2, 6-8pm**

QUARTERLY LUNCH AND LEARN ~ FRIDAY NOVEMBER 3RD

LUNCH @ 12:30 PM PRESENTATION @ 1 PM

MEDICARE OPEN ENROLLMENT UPDATE ~ OPEN TO ALL!!

Medicare open enrollment is October 15th through December 7th. It's important to review your options EVERY year to make sure you have the plan that works best for you. Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans, they can also drop providers from their plan. Your Sterling Senior Center SHINE counselors, Pamela Threlfall and Veronica Buckley, will be presenting and they will stay after the presentation to answer any and all questions! Understand your Medicare!!

Please Register for this Program in Advance at the Front Desk!

Try-it-Out-for-Free Zumba November 27th at 12:30 pm

Do you enjoy exercising? For some the answer is "NO" because you find exercising boring. But Zumba, a dance exercise program, makes exercising fun!

The instructor, Amy, selects great music. She will get you off the couch and get you moving. This one free class will allow you to try out Zumba and will feature Amy's favorite after Thanksgiving dance, the Wobble! Drop in!

The Greendale Y Partnership with the Sterling Senior Center

If you would like to receive a full membership to the Y at a substantially discounted rate, you need to call or stop into the Senior Center for a referral. It is that easy!

This is a pilot program offered to seniors 60 years and older.

Dull Men's Club

November 7th 9am

December 5th 9am

Wii Bowling Wednesdays at 1pm

Our Tournament Wii Bowling Team has openings for a few players—new or experienced. Drop in and get started!

New England Farm Workers' Council Fuel Assistance Program

Eligibility Guidelines

Household Size	Maximum Annual Gross Income
1	\$34,380
2	\$44,958

Call Nickole Boardman, Outreach Coordinator, at 978 422 3032 to schedule an appointment with a representative of NEFWC at the Senior Center on Tuesday, Nov 28th.

Bring the following documents with you to the appointment:

Picture ID, SS card and dates of birth for all household members

Proof of address for person whose name is on the heating bill, eg utility, telephone or cable bill

Heating Bill and Electric Bill with name and service address on the bills

Rental info such as lease, rent, and full name, address of landlord or ownership info such as mortgage statement and water bill

If own home, bring property tax bill, homeowners insurance, and water bill

Proof of income for all household members for the prior 4 weeks



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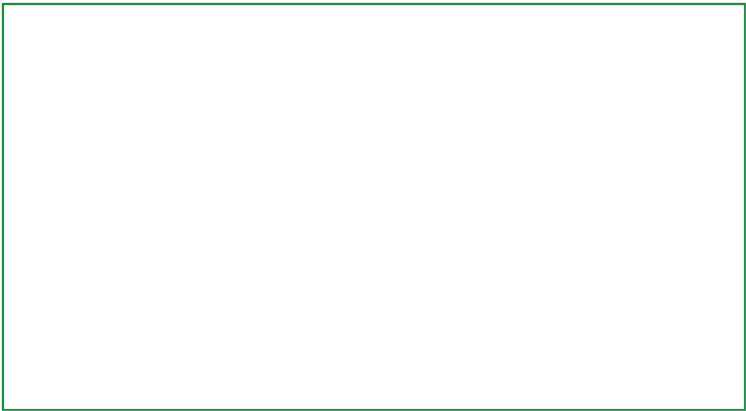
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Printing and mailing of this newsletter made possible in part by a grant from the Executive Office of Elder Affairs.

Fuel Assistance appointments available
at the Senior Center on Tuesday
November 28th



All the information you need including
eligibility guidelines, documentation
needed and how to schedule an
appointment inside this newsletter.



Thank you to all for a successful
classic car evening!!

