

Sterling Council on Aging October 2017



Apple Festival

**Wednesday October 11th
Pork and Apple Luncheon
Served at 11:30**

\$3 donation

Apple Dessert Bake Off

**Apples for take home courtesy
of Sholan Farms
Seating Limited
Reservations Required**

ITALIAN NIGHT

Wednesday October 18th at 5:30

Menu

***Pasta served with Italian Meatballs
and Marinara Sauce***

***Spinach Salad with Dark Espresso
Balsamic***

Tuscan Herb Olive Oil Italian Bread

***Peaches with Vanilla Ice Cream,
White Peach Balsamic and
Whipped Cream***

\$5 per person

***Purchase ticket by Monday Oct 16th
Sponsored by Open Door Real Estate***

COUNCIL ON AGING BOARD MEMBERS

Chair: Liz Pape

Vice Chair: Kevin Beaupre

Secretary: Sue Doucette

Treasurer: Bob Bloom

**Members: Nancy Castagna, Barbara Foster,
Debra MacLennan and Charles Madden**

Associate Member: Angela Richard

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 Pamela Dell

If you are 75 years or older you have probably received a birthday card from the Sterling Senior Center. Meet the volunteer who sends those cards every month, Shirley Rotti!

Shirley and her husband, Bernie, moved from West Boylston to Sterling 20 years ago after raising their three sons. Before retiring, Shirley worked 13 years for the Congregational Church in West Boylston as their Administrative Assistant. Shirley and her husband enjoyed trips in their motor home, traveling the country, spending winters in Florida and, on occasion, going to Germany to visit their son and his family.

Her volunteer work at the senior center began in the kitchen in the basement of the Town Hall packing Meals on Wheels and serving lunch for our congregate lunch program. Shirley has been on the Board of the Friends of the Sterling Seniors (FOSS) since its inception. She told me that the most rewarding volunteering she does is with her husband at the FOSS monthly pancake breakfast.

Shirley is also a member of the Sterling Garden Club where she is a member of the Civic Committee. She enjoys chair yoga and flower arranging. Shirley is also one of our bakers for special events. Shirley has a saying, "As you get older life deals you lemons, but you need to turn those lemons into lemonade."

The opportunity to do something for someone else is important to Shirley. We appreciate you so much, Shirley! Thank you.



Happy Trails to You!

Are you interested in bird watching, in wildflowers, in Sterling History? Do you enjoy views of streams, ponds and meadows? Do you value the benefits of gentle exercise in fresh air? If yes to any of the above, we'd like to introduce you to *Sterling Trails*, consisting of seven local trails chosen for their scenery, history and/or nature. The trails are as short as half a mile, but typically around 2.5 to 3 miles in length. Sterling's Open Space Committee has prepared trail brochures for each of these seven trails. You will find information about trailhead and parking, route description and pertinent history, flora & fauna near the trail. Look for the Sterling Trail brochures in the Senior Center.

On Heywood Reservoir Trail you can undertake a delightful, easy hike walking the first 3/4 of a mile to the southern end of the reservoir, and from there return the way you came. It is advisable to hike with another person, bring water and a phone.

OCTOBER UPCOMING EVENTS

- Oct 2nd 6:00 pm** Meditation with Gina. Drop in weekly on Mondays.
- Oct 4th 9:00 am** Computer Help Session. Drop in weekly on Wednesdays.
- Oct 4th 9:30 am** SHINE appointments. Answers to your insurance questions.
- Oct 4th 2:00 pm** Harmonica Class Begins! Drop in weekly on Wednesdays. \$5
- Oct 5th 10 am-12 noon** BP Clinic sponsored by Sterling EMC.
- Oct 5th 12:30** Painting with Acrylics. Drop in weekly on Thursdays. \$5
- Oct 6th 8:30 am** Guided Meditation with Bob Stickles Drop in. \$5
- Oct 7th 6:30 pm** Pitch Party Sponsored by the Grange. All are Welcome.
- Oct 9th COLUMBUS DAY CLOSED**
- Oct 10th 9:00 am** Dull Men's Club featuring "Two for the Law."
- Oct 10th 9:30 am-11:30 am** Elder Wellness Clinic sponsored by the VNA.
- Oct 11th 11:30 am** Apple Festival Luncheon. Reservations Required. \$3 donation.
- Oct 11th After Lunch** Apple Dessert Bake Off.
- Oct 12th 9:00 am** Foot Clinic by appt. \$35 to Foot Care Nurse.
- Oct 12th 5:30 pm** COA Board Meeting.
- Oct 13th 12:15 pm** Birthday Cake for All October Birthdays!
- Oct 16th 2 pm** First Aid Class Part 1.
- Oct 17th 12:30 pm** Trinity Big Band.
- Oct 18th 5:30 pm** Italian Night. Tickets must be purchased by Oct 16th.
- Oct 20th 8:30 am** Guided Meditation with Bob Stickles . \$5
- Oct 20th 1pm** Wii Bowling Tournament at Sterling. Go team!
- Oct 23rd 2 pm** First Aid Class Part 2.
- Oct 25th 12:30 pm** Book Club featuring *The Obsession* by Nora Roberts.
- Oct 26th 9:00 am** Foot Clinic by appt. \$35 to Foot Care Nurse.
- Oct 27th 7:30-9:00 am** Pancake Breakfast sponsored by FOSS.
- Oct 31st 11:30am** Halloween Party.



Kevin Lowe and family will once again serve a free traditional meal for anyone alone or in need of a meal. For reservations call before noon on Monday Nov 20th. Dinner will be served Thanksgiving Day, Nov 23rd at noon at the Senior Center.

Thank you, Kevin & family!

MARK YOUR CALENDAR

HOME-COOKED MEALS WEDNESDAYS & THURSDAYS

11:30 am \$3 donation

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

October 4th Chicken Mac & Cheese

October 5th Meatloaf Dinner

October 11th Pork and Apple Dinner

October 12th Cheese Steak Subs

October 18th French Toast Casserole

October 19th BBQ (monthly favorite)

October 25th Spaghetti & Meatballs

October 26th Kielbasa & Rice

PICKLEBALL

For October, Monday Pickleball

Time change to 3-5 pm

West Sterling Courts

New members always welcome.

On the court training provided.

Indoor pickleball starting in November!

BACK BY POPULAR DEMAND!

TRINITY BIG BAND

Tuesday Oct 17th

12:30 pm



Toe
Tapping
&
Dancing
Music



HALLOWEEN PARTY

OCTOBER 31ST

COSTUMES ENCOURAGED

Join us for lunch (\$3 donation and sign
up requested).

What ghost or goblin does not like
pizza?

Stay for a spooky dessert and a
Halloween themed game day!

Monster Corn Hole Tournament

Halloween Jinx / Monster Movie Trivia



DULL MEN'S CLUB

TWO ON THE LAW

Tuesday

Oct 10th

9am

Retired Judges, Patrick Fox and
Austin Philbin, will answer your
questions about the state and
federal legal system.

**Exciting women are also invited for
this presentation!**

Please note - this is on the 2nd Tuesday
of the month to accommodate our guest
speakers.

2 PART FIRST AID PROGRAM

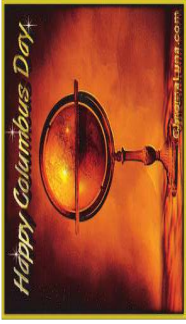
October 16th & October 23rd at 2pm

Be prepared for emergencies.

Registration required.

This is a free program sponsored by the
Sterling Fire Department.

October Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Chix Picatta 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	3 8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Swedish Meatballs 12:30 Game day	4 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-Cooked Chicken Mac & Cheese 12:30 Van shopping trip to Ocean State Job Lot 1:00 Wii Bowling 2:00 Harmonica Class	5 8:00 - 8:00 Coffee 9:00-Strengthening Yoga 11:30 Home-Cooked Meatloaf Dinner 12:30 Acrylic Painting 1:00 Senior Strong 2:00 Mahjong 2:30 Ukulele Club	6 8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Roast Turkey CLOSED at 12:30
9 COLUMBUS DAY SENIOR CENTER CLOSED HAVE A SAFE & HAPPY HOLIDAY 	10 8:00 - 4:00 Coffee 9:00 Dull Men's Club 9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 11:00 Chair pilates 11:30 Pork Rib-i-que 12:30 Game day	11 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-Cooked Pork Dinner 12:30 Van shopping trip to Walmart W.B. 1:00 Wii Bowling 2:00 Harmonica Class	12 8:00 - 8:00 Coffee 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Home-Cooked Cheese Steak Subs 12:30 Acrylic Painting 1:00 Senior Strong 2:00 Mahjong 2:30 Ukulele Club 2:00 Mahjong 5:30 COA Board Meeting	13 8:00 - 12:30 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Catch of the Day 12:15 Birthday Cake CLOSED at 12:30
16 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Mac & Cheese 12:30 Zumba 1:00 BINGO \$1 a card 2:00 First Aid Class 6 pm Meditation	17 8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Stuffed Pepper Casserole 12:30 Game day 12:30 Trinity Big Band	18 8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-Cooked French Toast Casserole 12:30 Van shopping trip to Whitney Field 1:00 Wii Bowling 2:00 Harmonica Class	19 8:00 - 8:00 Coffee 9:00 Strengthening Yoga 11:30 Home-Cooked BBQ 12:30 Acrylic Painting 1:00 Senior Strong 2:00 Mahjong 2:30 Ukulele Club	20 8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Breaded Fish 1:000 Wii Bowling Tournament-Hosted by

<p>8:00 - 4:00 Coffee</p> <p>8:30 Tai Chi</p> <p>9:30 Peer writing</p> <p>10:00 Exercise</p> <p>11:30 Beef Burgundy</p> <p>12:30 Zumba</p> <p>1:00 BINGO</p> <p>\$1 a card</p> <p>2:00 First Aid Class</p> <p>6 pm Meditation</p>	<p>23</p>	<p>8:00 - 4:00 Coffee</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair pilates</p> <p>11:30 Hot Dog on a Bun</p> <p>12:30 Game day</p>	<p>24</p>	<p>8:00 - 4:00 Coffee</p> <p>9:00 Computer class</p> <p>9:30 Gentle Chair yoga</p> <p>10:00 Walking Club (SC)</p> <p>11:30 Home Cooked</p> <p>Spaghetti & MBalls</p> <p>12:30 Van shopping trip to Walmart-Leominster</p> <p>12:30 Book Club</p> <p>1:00 Wii Bowling</p> <p>2:00 Harmonica Class</p>	<p>25</p>	<p>8:00 - 8:00 Coffee</p> <p>9:00 Strengthening Yoga</p> <p>11:30 Home Cooked Kielbasa & Rice</p> <p>12:30 Acrylic Painting</p> <p>1:00 Senior Strong</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p>	<p>26</p>	<p>7:30-9:30 Pancake Breakfast Sponsored by FOSS</p> <p>8:00 VSO Hours</p> <p>9:30 Pilates</p> <p>CLOSED AT 12:30</p>	<p>27</p>
<p>8:00 - 4:00 Coffee</p> <p>8:30 Tai Chi</p> <p>9:30 Peer writing</p> <p>10:00 Exercise</p> <p>11:30 Ranch Chix</p> <p>12:30 Zumba</p> <p>1:00 BINGO</p> <p>\$1 a card</p> <p>6 pm Meditation</p>	<p>30</p>	<p>8:00 - 4:00 Coffee</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair pilates</p> <p>11:30 Halloween Party</p> <p>Pizza</p> <p>12:30 Halloween Themed</p> <p>Game day</p>	<p>31</p>						



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Community Programs

**Katie Cohen and Karen Keefe are offering
An Afternoon of Mindful Movement & Expression: Half Day Retreat
Sunday October 29th 1:00-5:00 PM at the Senior Center**

This afternoon retreat blends yoga for the body and yoga for the mind. The 4 hour session provides a fun focus, balancing expression and movement through yoga stretching and flowing poses along with Zentangle, an easy-to-learn method of creating beautiful images by drawing structured patterns. The cost of \$50 per person includes expert instruction along with art supplies and a guided meditation CD valued at \$30. Obtain more information and register by calling Katie at 508 868 7856 or email Katie@centeredseniors.com

The First Church in Sterling Community Lunch Saturday, October 7th 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 Oct thru May at the First Church in Sterling 6 Meetinghouse Hill Road.

Van transportation through the Senior Center available.

On The Road Again Trips: Mary Lajoie 978-827-4882

Cape Code Scallop Fest-Friday Sept.22nd Cost \$61.pp

Bus, driver's tip, admission & meal

Mt. Washington Scenic Buffet luncheon Cruise Thurs. Oct.19th Cost \$90.pp

Includes driver's tip. Leaves @9:30 am from Mall@ Whitney Field

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.

I have a waitlist on all of them but as I state below do not hesitate to put your name on a waitlist.

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.

Food and Food for Thought

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Be Heart Healthy!



Apple Dessert Bake Off Wednesday October 11th

Contestants must pre-register with name and name of dessert.

We will do our best to provide plugs for crock pots, but no guarantees.

The recipe must be provided by 10 am at the absolute latest, be on one side of paper, and must be displayed with your dessert. Copies of your recipe will be available for distribution. Please, no secret ingredients as we need to be mindful of food allergies and or preferences.

Desserts must be delivered prior to 11 am.

Judges will be awarding prizes. (Keep in mind our judges have been known to be bribed in the past!!)

Good luck and have fun!

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You may be eligible to reduce all or a portion of your real estate taxes if you meet the qualifications for one of the personal exemptions allowed under Massachusetts law. Senior & Surviving Spouse exemptions require you be age 70 by July 1st, own & occupy your home for at least 5 years, and not exceed the income & asset limits.

Income	Single Person	\$19,270	Married	\$23,508
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Assets	Single Person	\$41,511	Married	\$44,474
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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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MEDICARE OPEN ENROLLMENT OCTOBER 15TH—DECEMBER 7TH

It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. 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.

Do not throw away your Medicare mail. If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan explaining the changes in your plan for 2018.

Be an educated consumer! Ask for a SHINE appointment if you do not understand your Medicare plans or options.

Plan on attending our **Medicare Open Enrollment Update on Friday, November 3 at 1pm**. Shine counselors, Pamela Threlfall and Veronica Buckley will be presenting. Bring your Medicare questions.

October may be the best time of year to enjoy our patio!

Grab a free cup of coffee, put your feet up and enjoy the view!
You don't need an invite to enjoy our patio.

Most of our programs are drop in, so join anytime.

Meditation—Mondays and Fridays

Harmonica Lessons—Wednesdays

Acrylic Painting—Thursdays

Ukulele Club—Thursdays

Exercise Classes—Daily

Billiards—Daily

On Tuesday game day we play dominoes, scrabble, cribbage, bridge, and Wii bowling. New players welcome!

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email lizrpape@gmail.com
Would you like to receive your newsletter by email? Let us know!

Just a Few Spots Left for Senior Pen Pals!

The new 4th grade students of Mrs. Miller's class at Houghton school will be beginning the pen pal program. This does not require a lot of time but the benefits to both the students and the seniors are immense!

This is the 3rd year of this program.
Maybe this is your time to join!
Call Nickole at the Senior Center to sign up or find out more.



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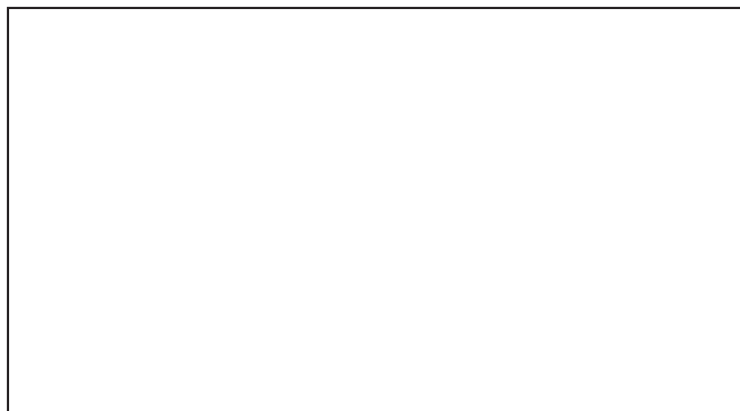
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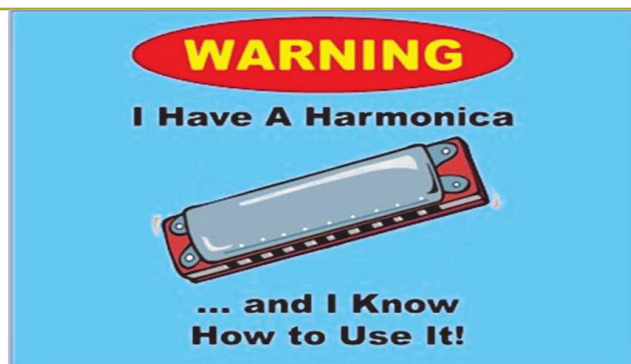
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Printing and mailing of this newsletter made possible in part by a grant from the Executive Office of Elder Affairs.



Harmonica with Paul Luria

6 Weeks on Wednesdays \$5

Starting Oct 4th from 2 - 3:15 pm

Bring a 10 hole Diatonic Harmonica in
the Key of C

You will be playing a song at the end of
your first class.

Check out Paul on our Facebook page.

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Carol Hoffman celebrates her trophy!



Pam Dell and Lisa Kendall,
kitchen volunteer, with first place
ribbons in their age groups!



Laurel Barrett won
3rd place in the Senior
Division!