



Sterling Council on Aging September 2017

Classic Car Evening
Thursday September 21st
5-7 pm

**C'mon down and view 15 of
your neighbors' classic cars!**



Sandwiches
Appetizers
Donations accepted

Rain Date Sept 28th

**Sponsored by Caryn Gorzycynski,
Century 21 Center Home Team**

COUNCIL ON AGING BOARD MEMBERS

Chair: Liz Pape Vice Chair: Kevin Beaupre
Secretary: Sue Doucette
Treasurer: Bob Bloom
**Members: Nancy Castagna, Barbara Foster,
Mary Higgins, 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

CHEVALIER

PEST CONTROL

Professional Results At Do-It-Yourself Prices

www.chevalierpestcontrol.com

Residential • Commercial

Eric Chevalier
Sterling, MA

Cell: 978-660-0294
Toll Free: 866-610-8003



Peter Watson

61 Redstone Hill, Sterling, MA
1-978-422-3166 cell: 978-502-8847

Tree Removal, Pruning,
Stump Grinding
Emergency Storm Services



978.706.1038
STERLING, MA

FAVREAUFORESTRY.COM



2 Beverly Drive, Suite 1
Sterling, MA

978-422-6152
thesterlingdentist.com



Interim
HEALTH CARE®

HOME CARE

Serving All of Worcester County

(508) 444-0270

www.interimhealthcare.com/worcesterMA

BERNARD PARADIS

LEARN TO TRADE WISELY

508-471-0160

Learn Strategies & Techniques
Excellent Opportunity for Retirees

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!
scarpenter@4LPi.com or (800) 477-4574 x6348



STERLING VILLAGE
A PRIVATELY OWNED SKILLED NURSING & REHABILITATION CENTER

SHORT-TERM REHABILITATION • LONG-TERM CARE
RESPIRE CARE • WOUND CARE • HOSPICE CARE



Specialty Programs include Orthopedic Rehabilitation, Respiratory Therapy & Wound Care
Physical, Speech, Occupational and Respiratory Therapists On Site
Private & Semi-Private Air Conditioned Rooms with Wi-Fi and Cable TV
Customized Care Plans to Assist Residents Reach Goals and Avoid Unnecessary Hospitalizations
Formal Dining Room, Beautiful, Secure Courtyard, Hair & Nail Services



18 Dana Hill Road Sterling, MA 01564
978-422-5111 | www.sterling-village.com

We are conveniently located within minutes of Route 2, I-90 and I-290,
seven minutes from downtown Worcester, and 25 minutes from Route 495

Village Pizza and More

Pizza, Subs,
Syrian Pockets & More...



978-422-7166

Sun-Wed 11a-9p | Thurs-Sat 11a-10p
239 Worcester Road, Sterling, MA
www.vpsterling.com



WE'RE HIRING
AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred • Paid Training
- Overnight Travel Required • Expense Reimbursement



CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

DISCOVER THE DIFFERENCE

BENCHMARK
SENIOR LIVING
at LEOMINSTER CROSSINGS

978-537-2424

LeominsterCrossings.com • 1160 Main Street • Leominster, MA 01453



ASSISTED LIVING • MEMORY CARE



Open
For Tours
Daily
9 am to
5 pm



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4LPi.com

Sterling Council on Aging, Sterling

06-5262

Senior Spotlight by Pamela Dell

Paul Jones and his family moved to Sterling in 1988. At that time, he assumed the responsibility for the US Army Senior ROTC program at WPI. Paul finished 27 years of active duty on 8/31/93. During his career, he served in Korea, Vietnam, Europe and 7 locations in the United States.

In September 1993, Paul established a Junior ROTC program at English High School in Boston. This program focused on citizenship, life skills and community service. He retired in 2010. His wife, Susan, wanted him to put his time to good use and maybe start volunteering. Paul did just that and became a handyman at the First Church.

Paul also is a charter committee member of the Friends of the Sterling Seniors and the head cook for their monthly pancake breakfast. We thought he was doing such a great job; why not ask him to become our part-time volunteer handyman, too! Paul being Paul; he said "Okay." In May 2016 Paul jumped into action. He began hanging pictures, pool racks, TV's, anything he was asked to do at our new senior center including instructing our volunteers on all the new-fangled kitchen equipment like the gas range and the convection oven!

When asked what he liked most about volunteering, Paul said, "Personal fulfillment and accomplishment." Thanks so much, Paul!



Paul Jones

Program Notes by Veronica

Meditation with Gina on Monday nights will be sponsored by the Conant Library as of September 11th. This program is now free for all participants. Bookend your weekends with Friday morning Guided Meditation with Bob and Monday evening Meditation with Gina!

With very few exceptions (CPR training and Senior Strong are the exceptions this month), **all of our programming is drop in anytime.** So drop in to one of our exercise programs - tai chi, yoga, pilates, line dancing, zumba, Oriol exercise, or the walking clubs. Consider something new like our ukulele club. We have extra ukuleles here so you can just "try it out" for a few weeks. Acrylic painting comes complete with instruction and supplies!

This is your senior center! If you are not sure about an event or an activity, ask at the front desk or ask me.

SEPTEMBER UPCOMING EVENTS

Sept 1 8:30 am Guided Meditation with Bob Stickles \$5

Sept 2nd 6:30 pm Pitch Party Sponsored by the Grange. All are welcome.

Sept 4th LABOR DAY CLOSED

Sept 5th 9:00 Dull Men's Club - Open Mic

Sept 6th 9:30 am SHINE appointments. Answers to your insurance questions.

Sept 6th 11:30 am Home-cooked Chicken Salad Sandwich. \$3 donation. Sign up.

Sept 6th 2:00-3:00 pm Harmonica Demo. Classes Begin October 4th.

Sept 7th 10 am -12 pm BP Clinic sponsored by Sterling EMS.

Sept 7th 11:30 am Home-cooked Summer Lasagna. \$3 donation. Sign up please.

Sept 7th 12:30 Painting with Acrylics, first class of 8 week drop-in workshop.

Sept 7th 6:00pm Andrea Driscoll's Artist Reception

Sept 8th 12:15 pm Birthday Cake for All September Birthdays!

Sept 12th 9:30-11:30 am Elder Well Clinic sponsored by the VNA.

Sept 13th 9 am Computer Class. Weekly instruction and assistance resumes.

Sept 13th 11:30 am Home-Cooked BBQ. \$3 donation. Sign up please.

Sept 14th 9am Foot Clinic by appt. \$35 to Foot Care Nurse.

Sept 14th 10:15 am Greendale YMCA presentation of pilot partnership program with the Sterling Senior Center

Sept 14th 11:30 am Home-Cooked Cowboy Pasta Salad. \$3 donation. Sign up.

Sept 14th 1:00 pm Senior Strong, first class of 8 week free exercise program.

Sept 15th 8:30 am Guided Meditation with Bob Stickles \$5

Sept 20th 11:30 am Home-cooked Cobb Salad \$3 donation. Sign up.

Sept 21st 11:30 am Home-cooked Assorted Wraps. \$3 donation. Sign up please.

Sept 21st 5:00—7:00 pm Classic Car Evening!

Sept.25th 2-5:00 pm Heart Saver CPR. Registration required.

Sept 27th 11:30 am Home-cooked Shepherds Pie. \$3 donation. Sign up please.

Sept 27th 12:00—3:00 pm Flu Clinic sponsored by Walgreens.

Sept 28th 11:30 am Home-cooked Soup & Grilled Cheese. \$3 donation. Sign up.

Sept 28th 12:30 pm Book Club featuring *Maude* by Donna Foley Mabre

Sept 28th 9 am Foot Clinic by appt. \$35 to Foot Care Nurse.

Sept 29th 7:30—9:00 am Pancake Breakfast sponsored by FOSS.

**School has Started!
Pen Pals Wanted!**

The new 4th grade students of Mrs. Miller's class at Houghton school will be looking for senior Pen Pals for the school year. 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. Call Nickole at the Senior Center to sign up or find out more.

**Acrylic Painting with Andrea Driscoll
8 Week Drop-In Workshop
Sept 7th - Oct 26th
12:30 - 2pm**

Beginners and those with some experience are welcome! Andrea will be showing the class each step.

- *Color Mixing
- *Using different brushes and strokes to get the effect you want.
- *Creating a rough sketch of your painting on paper
- *Developing the background and foreground with paint
- *Developing details such as flowers, trees, shadows.

Cost \$5 per class includes materials.
Program partially funded through FOSS

**Heart Saver CPR AED Program
Provided by the Sterling Fire Dept
September 25th
2-5pm**

Limited to 12 Participants
Early Registration Required

This is a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until medical services arrive.

The program is free, but there is a \$7 charge if you require the CPR card upon completion.

2 Part First Aid Program will be offered on Oct 16th & Oct 23rd.

**Flu Clinic Sponsored by Walgreens
Wednesday September 27th
12-3 pm**


Wear short sleeve shirt
Bring your Insurance Cards - Medicare, Medicare Advantage Plan or other insurance.

If you are on a Medicare Advantage Plan, such as an HMO, PPO or SNP, you must provide this card for coverage.

Questions?

Call the Senior Center at
978 422 3032

September Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 ChixBr&BBEans CLOSED at 12:30
4  LABOR DAY CLOSED Have a Safe & Happy Holiday!!	5 8:00 - 4:00 Coffee 9:00 Dull Men's Club 9:00 Walking club (Cider Mill) 9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 11:00 Chair pilates 11:30 Gr.Chix Pesto Pasta 12:30 Game day	6 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-Cooked Chix Salad Sand. 12:30 Van shopping trip to Whitney Field 1:00 Wii Bowling 2:00 Harmonica Demo	7 8:00 - 8:00 Coffee 9:00-Strengthening Yoga 11:30 Home-Cooked Summer Lasagna 1:00 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 6:00 Artist Reception	8 8:00 - 12:30 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Swedish Meatballs & Egg Noodles 12:15 Birthday Cake CLOSED at 12:30
11 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Veg Gumbo Soup & Steak & Cheese 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	12 8:00 - 4:00 Coffee 9:00 Walking club (Cider Mill) 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Turkey Corn Stew 12:30 Game day	13 8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home Cooked BBQ 12:30 Van shopping trip to Walmart WB	14 8:00 - 8:00 Coffee 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Home Cooked Cowboy Pasta Salad 1:00 Senior Strong 1:00 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 2:00 Mahjong	15 8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Meatloaf CLOSED AT 12:30

1:00 Wii Bowling	ing	5:30 COA Board Meeting	
18	19	20	21
8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Gr. Chix, Br. Rice Pilaf 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	8:00 - 4:00 Coffee 9:00 Walking club (Cider Mill) 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Pollock Filet 12:30 Game day	8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home Cooked Cobb Salad 12:30 Van shopping trip to Family Dollar & Dollar Tree 1:00 Wii Bowling 1:00 Music	8:00 - 8:00 Coffee 9:00 Strengthening Yoga 11:30 Home Cooked Asst. Wraps 1:00 Senior Strong 1:00 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 5:00 Classic Car Eve
25	26	27	28
8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 BBQ Pork Ribs & Baked Beans 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	8:00 - 4:00 Coffee 9:00 Walking club (Cider Mill) 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Chix Br & Orzo Spinach Pilaf 12:30 Game day	8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Home-Cooked Shepherd's Pie 12:30 Van shopping trip to Walmart-Leominster 1:00 Wii Bowling	8:00-8:00 Coffee 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Home Cooked Soup & Grilled Cheese 12:30 Book Club 1:00 Senior Strong 1:00 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club
			29
			7:30-9:30 Pancake Bkfst 8:00 VSO Hours 9:30 Pilates CLOSED AT 12:30

Like us on Facebook @ Sterling Senior Center



The Highlands
978.343.4411
TheHighlandsMA.com

YOUR CARE. YOUR CHOICE.
Quality Skilled Care & Short-Term Therapy

Life Care Center
of Leominster
978.537.0771
LifeCareCenterOfLeominster.com

86027

HOME-COOKED MEALS!! WEDNESDAYS & THURSDAYS

11:30 AM

In response to your request, we are now providing home-cooked lunches two days per week.

Please help our kitchen manager and volunteers by making your reservation 24 hours in advance.

PANCAKE BREAKFAST SPONSORED BY FOSS

Last Friday of every month

7:30—9 am \$3 Donation

TOWN WIDE YARD SALE!!

SATURDAY SEPT 16TH

Look for our volunteers' coffee and baked goods table in front of the Butterick Building. Your financial support will be used to offset program costs. Thank you!



FREE COFFEE FREE WIFI

Muffin Mondays —
Enjoy our delicious
fresh baked muffins

Tuesday—Friday

Breakfast options include cereal,
fresh fruit, toast, hard boiled eggs

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

Sept. 30 (Sat) - Bennington, VT, the Museum, lunch with a view & the Apple Barn (6 seat available) \$109.00 pp

Dec. 1-2 (Fri & Sat) 2 day New York City & Hudson Valley \$419.00 Double

Day 1 - New York Botanical Gardens, Rockefeller Center, Radio City Music Hall Christmas Show, Buca Di Beppo for dinner, our overnight is at the Spring Hill Suites in Tarrytown, NY.

Day 2- After breakfast we have a guided tour of the Lyndhurst Mansion, after lunch on your own we visit Washington Irving's "Sunnyside" with a guided tour. (Starting a waitlist)

Sun. Mar. 11, 2018 – Sunday Brunch at the Curtis House Inn and more \$99.00 pp

Sun. Apr. 08, 2018 – Mystery trip \$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

Sun. & Mon. June 24 & 25 - A 2 day Trip to "The Hamptons" and Long Island \$409.00 double

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.

Artist's Reception for Andrea Driscoll**September 7th at 6:00 pm**

Andrea's artwork encompasses realistic sea-scapes and landscapes, as well as monoprints, scratchboard drawings and abstracts in mixed media. She also creates abstracts in needle-point, designs with fabrics and paints furniture.

Her passion is exploring and interpreting art within nature, and has been since childhood.

Between her early experiences with art lessons at the Worcester Art Museum and many years as a camper at a natural history summer camp, she has gained both inspiration and insight into the natural world. Her diverse yet connected interests in design, gardening and flower arranging help her to create her view of nature. She has continued her study of painting, but has also taken courses in enameling and monoprinting.

A resident of Sterling, Andrea is a member of the Princeton Arts Society and Arts Worcester and the Gardner Area League of Artists, and also chairs the Sterling Cultural Council. She offers painting and drawing classes to adults and children, loves creating an atmosphere where everyone can find enjoyment in creating art. Andrea is also a fundraising and organizational consultant to small non-profits.

You can contact Andrea at andreadriscoll@hotmail.com



View Andrea's Exhibit at the Senior Center September and October.

Harmonica Classes with Paul Luria
Demo on Wednesday September 6th at 2 pm

"Did you always want to play the harmonica like Bob Dylan or the great James Cotton or Little Walter? This is the program for you! No prior experience is required, but veteran musician or not, everyone is a beginner, as the harmonica is the only instrument played by both blowing in and blowing out.

Starting off with rudimentary tunes like hot Cross Buns and Jingle Bells, progress each week in complexity and harmony, learning chords, bends, riffs and tremolo. Paul Luria is an accomplished musician and teacher who is able to bring real-life experiences of his musical adventures into the instruction." (excerpt from ALFA- BITS June 2017 edition)

Classes to start Wednesday October 4th at 2 pm

You will leave your first class able to play a song!

BE ACTIVE

SENIOR STRONG

September 14th—November 2nd

Thursdays 1-2 PM

Registration Required (Class size may be limited!)



Senior Strong is a unique group fitness class lead by Matt Changelian, DPT of All-Access Physical Therapy Sterling. This program addresses 3 areas which are vital for optimal physical function: strength, flexibility and balance. These areas will be tested at first and last session to track progress.

Supervision will be provided throughout each session to ensure highest level of safety. This program can be modified to each participant's individual needs and fitness. Includes handout of the exercises after each class.

GREENDALE Y PARTNERS WITH THE STERLING SENIOR CENTER

Presentation at 10:15 on Thursday September 14th

The Greendale Y and the Senior Center have been working on a partnership that would enable Sterling seniors to join the Y at half the regular cost of membership. Payments can be made on a monthly basis, and while your cost is discounted, your membership is not. You are granted a full membership.

This partnership was forged in response to our seniors request for programs using exercise equipment and the pool. Furthermore, at the Senior Center we do notice a lack of male participation in our exercise programs and we are hopeful that the Y membership may better meet their needs.

DO NOT IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2018** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!



1158 Main St., Holden • 508-829-4434
100 Worcester Rd., Sterling • 978-422-0100

Richard Mansfield, Director

"Serving the Community of Sterling Since 1896"



Your Advance Planning Information Center



Evelyn Salmon • Tom Gibbons
Diana Ancil

**REVERSE
MORTGAGES**

wachusettmortgage.com



Call us for the facts:

- Stay In Your Home
- Increase Income • Pay Off Debt
- No Monthly Payments

(508) 835-8803

45 Sterling Street, West Boylston
Mass Lic.# MB2897



THE LAW OFFICES OF MICHAEL D. GORMAN, LLC

*Specializing in: Special Needs Planning • Elder Law
MassHealth/Medicaid Applications • Trusts • Wills*



mike@mikegormanlaw.com • www.mikegormanlaw.com • 508-438-1198

160 Doyle Road, Holden, MA

Check us out on



REHABILITATION AND HEALTHCARE CENTER



978-365-4537

www.RiverTerraceRehab.com

Short Term Rehabilitation

Deficiency Fee State Survey 2016

96% Customer Satisfaction Rate

Five of Five Star Overall Rating with Medicare

1675 Main Street, Lancaster, MA

**You're in the
right place.**

+ Exceptional care, here.

UMass Memorial - Clinton Hospital provides easy access to the quality care you need to keep you doing the things you love.

- Consistently ranked among the highest in the state for patient satisfaction
- 24-hour emergency department
- Primary stroke service facility
- No or low wait times for emergency and outpatient services
- Convenient and free parking

855-UMASS-MD (855-862-7763)

Clinton Hospital: 978-368-3000

www.umassmemorial.org/clintonhospital



UMass Memorial Health Care

UMass Memorial - Clinton Hospital | UMass Memorial - HealthAlliance Hospital
UMass Memorial - Marlborough Hospital | UMass Memorial Medical Center
UMass Memorial Medical Group
The Clinical Partner of UMass Medical School



THE HILLS

AT PAXTON VILLAGE

**Beautiful Senior Housing
1 & 2 Bedroom Apartments**

Rent includes:

- Professionally Managed-Elevator Building
- Spacious Floor Plans • Smoke free building
- Maintenance Free Living
- Heat & Hot Water Included
- Community Room • Fitness Room
- Additional Storage Space
- Patio & Garden • Pet Friendly

Head of Household must be 62 years of age or older. Other household member must be at least 55 years of age.
Our Office hours are 9 am to 3 pm Monday through Thursday.



**Call for a
Personal
Tour**

Call Today:

508-799-3990, TDD 711

260 Grove Street, Paxton, MA 01612
thehillspaxtonvillage@wingatecompanies.com

www.thehillspaxtonvillage.com

**THIS SPACE IS
AVAILABLE**



Caryn Gorczynski

Call for a Free Home Analysis anytime!

978-422-9800 • 27 Main Street, Sterling

Caryn@c21cht.com

www.ilovehousehunting.com



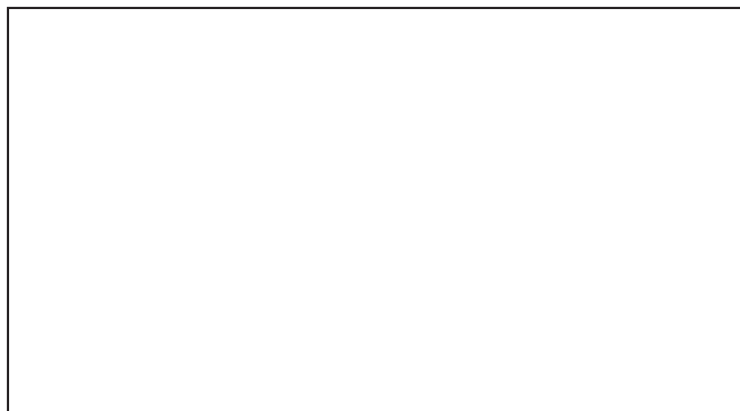
Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Sterling Council on Aging, Sterling

06-5262

Sterling Council on Aging
36 Muddy Pond Rd
PO Box 243
Sterling, MA 01564-0243

PRSR STD
U.S. POSTAGE
PAID
LEOMINSTER, MA
PERMIT NO. 17



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

We have practiced!
We are ready to compete!



Cheer us on at the
Senior Skillet Toss
Saturday Sept 9th at 4pm

STERLING FAIR



Thanks to the participants and guests at our first zucchini cook off. Prizes were awarded for the yummiest, the prettiest, the greenest and "is there even zucchini in here?"

Everyone was a winner as we sampled each others dishes and swapped recipes!