

Sterling Council on Aging

April 2017



Happy Easter!

Meet and Greet Ross Perry, Town Administrator

Wednesday April 5th at 11 am

Stay for lunch as we are serving Lasagna

\$3 meal donation

RSVP 978 422 3032

Celebrate our One Year Anniversary in our

New Senior Center with a

Chinese Luncheon Buffet

Wednesday April 26th at 11:30

Seating will be limited so sign up early!



Have you been stuck in the house this winter?

Consider our “Stepping Out” Program

Sponsored by Oriol Health - Details inside!

COUNCIL ON AGING BOARD MEMBERS

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Liz Pape— Treasurer

Sue Doucette— Secretary

Constance Cleary Mary Higgins

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



Clare Fisher

Senior Spotlight by Maureen Cranson

Rarely does a day go by that I do not think of Clare Fisher when I walk through the doors of the senior center! Clare was the impetus for me to be even involved with this endeavor.

Clare sat on the COA Board for years and chaired for 12 plus! Clare was a driving force in obtaining and setting up the Butterick space and worked tirelessly looking and advocating for bigger, brighter and better! The task was not easy. Above and beyond her Senior advocacy, Clare has been active in Sterling for years. She has worked on various committees and boards and just recently was eyed performing duties in the Town Hall for the Treasurer's Office.

Clare moved to Sterling because of its convenient commuter access in 1950. She worked for engineers in Boston in Urban Renewal. She brought up her boys right on Redstone Hill. Her list of volunteer efforts through the years has been extensive and she still is up and at it! She works at our Historical Society computerizing pictures and still finds the energy and time to tag and do sales at the Hospital Guild store in Clinton. For 25 years she has been the treasurer for her association at her 'getaway' in Rindge. The woman just doesn't quit!!!

We have to be more than appreciative for her efforts that put us exactly where we sit today. To this day I believe she is a force to be reckoned with, though her kindness and open heart would have you thinking otherwise!



*Veronica's
View*

Job sharing is an employment arrangement heightened in popularity back in the 70's where two people would "share" one full time position. This type of arrangement enables the employees to have more flexibility, more free time and less stress while still being a contributing member of the workforce. Here in Sterling, I am suggesting that we adopt this concept to our volunteer needs here at the Center.

I hear from so many of you that you would love to volunteer, but most of our volunteer positions require a weekly commitment. How about sharing your volunteer experience with your sister, your brother, your neighbor or a friend? You will get to support a worthy cause, work with some great people and not feel guilty when you need time off because your "job share" partner is covering for you. Come in as a duo and we will help you work it out!

"On-call" volunteering is also an option, especially in our kitchen for Home-Cooked Wednesdays or special events. Feel free to call Liz Pape, volunteer coordinator, or me at 978 422 3032. Thanks!

APRIL UPCOMING EVENTS

- Apr 1st 6:30 pm** Pitch Party sponsored by the Grange. All are welcome!
- Apr 4th 8:30 am** Dull Men's Club. Economic Outlook with Christina Gunther
- Apr 5th 9:30 am** SHINE appointments. Answers to your insurance questions.
- Apr 5th 11 am** Meet & Greet with Ross Perry, Town Administrator
- Apr 5th 11:30 am** Home-cooked Lasagna. \$3 donation. Sign up please.
- Apr 6th 10 am—12** BP Clinic sponsored by Sterling EMS.
- Apr 6th 2:30 pm** –Free Ukulele Demo with instructor Lou Valentino
- Apr 7th 8:30 am** Guided Meditation with Bob Stickles. \$5
- Apr 10th 12:30 pm** Captioned Hearing Phone Demonstration
- Apr 11th 9:30—11:30 am** Elder Keep Well Clinic. Medical and prescription questions answered by the VNA nurse. BP checks.
- Apr 11th 9:00** Walking Club. Meet at Cider Mill (Rail Trail)
- Apr 12th 11:30 am** Home-Cooked Italian Vegetable Pasta. \$3 donation. Sign up.
- April 12th 1:00 pm** Create a Centerpiece with Lilac's. Sign up in advance. \$10
- Apr 13th 1:00 pm** Stepping Out Program Begins!!
- Apr 14th 12:15 pm** Birthday Cake. Celebrate your April birthday with us!
- Apr 19th 11:30 am** Home-cooked Taco Soup & Cornbread. \$3 donation. Sign up.
- Apr 19th 1pm** Understanding a Reverse Mortgage provided by Wachusett Mortgage Corporation.
- Apr 20th 9 am** Foot Clinic by appt. \$35 to Foot Care Nurse.
- Apr 21st 8:30 am** Guided Meditation with Bob Stickles. \$5
- Apr 24th 1pm** Greeting Card Workshop. Limited to first 20 participants.
- Apr 26th 11:30 am** Chinese Buffet Anniversary Luncheon. Sign up early!!
- Apr 27th 12:30 pm** Book Club featuring 1776 by David McCullough
- Apr 27th 5pm-8pm** Annual Senior Citizen Dinner Dance at Wachusett Regional High School. Reservations required through Holden Senior Center.
- Apr 28th 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.
- Apr 28th 12:30 pm** Friday Flicks at the West Boylston Cinema.

Join our Walking Club

Tuesdays at 9am

Starting April 11th

**Meet at the Cider Mill to walk the
Rail Trail with Elaine Theriault**

Wednesdays at 10am

Starting May 10th

**Meet at the Senior Center to walk
the track with Janet Cosgrove**

Walk to your Ability / Weather Permitting

**We are planning to expand this program to
daily walks. Call for more info.**

**Bridge Players Wanted for
Game Day Tuesdays at 12:30**

**Mahjong Players Wanted for
Thursdays at 2pm**

Want to learn? Call us for info!

Free Greeting Card Workshop

April 24th Monday 1 pm

Make 2 cards of choice

**Mother's Day, Birthday, Thank You or
Note Card**

Please sign up early! 20 person Max



Art Workshops Thursdays

12:30—2pm

\$10 includes all supplies

**Relax and have fun with others while you
create a beautiful work of art with
simple materials. Sign ups encouraged to
ensure we have ample supplies but drop ins
are welcome!**

Back by Popular Demand!

Lilac's Centerpiece Workshop

Just in time for Easter!

Wednesday April 12th

1:00 pm

\$10.00 includes all supplies

Must sign up in advance


**Our Knitting and Crocheting Group is
Growing!**

We meet Fridays from 9:30—11:30.


**We have supplies—yarn, needles,
crochet hooks, patterns.**

**What we lack in experience, we make
up for in laughter!**


APRIL Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Monday 8:00 - 4:00 Coffee /snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Chicken Cacciatore 12:30 Zumba 1:00 BINGO \$1 a card	Tuesday  8:00 - 4:00 Coffee/snacks 8:30 Dull Men's Club 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Seafood Bake 12:30 Game day—dominoes, scrabble, bridge, Wii Bowling and more!	Wednesday 8:00 - 4:00 Coffee/snacks 9:00 Computer class 9:30 Gentle Chair Yoga 9:30 SHINE Appts 11:00 Meet Ross Perry 11:30 Lasagna 12:30 Van shopping trip to Target Plaza 1:00 Wii Bowling	Thursday 8:00 - 8:00 Coffee/snacks 9:00 Strengthening Yoga 10:00 BP Clinic 11:30 Beef Stew & Salad 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage	Friday 8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Mac & Cheese CLOSED at 12:30
Patriots Day 8:00 - 4:00 Coffee /snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Beef & Lentil Chili 12:30 Zumba 1:00 BINGO \$1 a card	8:00 - 4:00 Coffee/snacks 9:00 Walking club 9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 11:00 Chair pilates 11:30 Veal Parmesan 12:30 Game day	8:00 - 4:00 Coffee/snacks 9:00 Computer class 9:30 Gentle Chair yoga 11:30 Italian Vegetable Pasta 12:30 Van shopping trip to Walmart WB 1:00 Wii Bowling	8:00 - 8:00 Coffee/snacks 9:00 Foot Clinic 9:00-Strengthening Yoga 11:30 Veg Gumbo Park 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage 5:30 COA Board Meeting	8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Veg. Lasagna 12:15 Birthday Cake CLOSED at 12:30

CLOSED	<p>9:00 Walking club 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Grilled Chicken 12:30 Game day</p>	<p>9:00 Computer class 9:30 Gentle Chair yoga 11:30 Taco Soup & Corn-bread 12:30 Van shopping trip to Whitney Field 1:00 Wii Bowling</p>	<p>9:00 Strengthening Yoga 11:30 Rst.Turkey w/Gravy 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage</p>	<p>Coffee/snacks 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Chicken Chow Mein & Noodles CLOSED AT 12:30</p>
<p>8:00 - 4:00 Coffee /snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Split Pea Soup-Swedish Meatballs-Noodles 12:30 Zumba 1:00 BINGO \$1 a card</p>	<p>8:00 - 4:00 Coffee/snacks 9:00 Walking club 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Pork w/Rosemary Gray 12:30 Game day</p>	<p>8:00 - 4:00 Coffee/snacks 9:00 Computer class 9:30 Gentle Chair yoga 11:30 Chinese Luncheon Buffet 12:30 Van shopping trip to Walmart Leominster 1:00 Wii Bowling</p>	<p>8:00 - 8:00 Coffee/snacks 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Tom Florentine Soup-Broccoli Bake 12:30 Book Club 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage</p>	<p>&:30 Pancake Bkfst 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates CLOSED AT 12:30</p>



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Senior Center Donations Needed

We can always use donations of Depends or disposable undergarments and Ensure or other nutrition shakes. Also we need about 5—7 ukuleles! Thank you!

Community Lunch April 1st

You are invited to lunch at First Church in Sterling on Saturday April 1st 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

On the Road Again Trips

April 27, 2017— Wrights Chicken Farm— \$58 includes bus, driver's gratuity, lunch and bingo.

Sept 1st-11th, 2017 - Mt. Rushmore \$949
Call for more information.
Contact: Mary Lajoie 978 827 4882

Senior Citizen Dinner Dance

April 27th from 5:00-8:00 pm at Wachusett Regional High School.

This Dance is sponsored by the Wachusett Mountaineer Volunteer Students and the Holden Council on Aging. You must sign up at the Holden Senior Center by calling 508-210-5570 prior to April 21st!! There will be plenty of parking in the lower side lot or in the front of the school.

A great time will be had by all!

News from our Town Clerk

Dog Licenses due by April 18th.

Deadline to register to vote for the Town Meeting, April 11th.

Town Meeting, Monday May 1, 2017

Town Election, Monday May 8, 2017

THE HAPPY TRAVELERS TRIPS LIST

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

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 Williamsburg, VA, Jamestown, VA, Philadelphia, PA and more	\$879.00 PP Double
July 15 (Sat) Provincetown by fast ferry from Plymouth with dinner on return	\$115.00
Aug. 06 (Sun) Isle of Shoals (New Hampshire) Cruise, lunch at the Warren Lobster House	\$109.00
Sep 19 (Sun) Connecticut Lighthouse Cruise with lunch (New Trip)	\$105.00
Nov 05 (Sun) Ivoryton Playhouse, "The Game's A Foot" (New Trip)	\$122.00
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.

Ukuleles Strike a Chord With Sterling Seniors

Are ukulele classes in the stars for our Senior Center? Research shows many benefits to learning a musical instrument in the retirement years, particularly enhancing memory and stimulating the brain. After a hearty positive response to a “ukulele class interest survey,” we have decided to move ahead with that idea. So put down that remote and add “learn to play a ukulele” to your bucket list! After learning 2 or 3 chords we will be able to play a few oldies but goodies.



Join us on Thursday April 6th at 2:30 for a Ukulele Demonstration by Lou Valentino. Lou will play us some tunes, teach us about the Ukulele and give us some hints on what to look for if we decide we would like to purchase one and start group lessons. Did you know that there are soprano ukuleles and tenor ukuleles? Did you know there are ukulele clubs popping up all over the world? From plans to musical reality . . . Group lessons will start Thursday April 20th. \$5 per person.



Oriol Health Care's Stepping Out Program

This four week program has been specifically designed for the Sterling Senior Center! Each one hour session is designed to encourage seniors to get out of their homes and comfort zones by addressing fears of falling and teaching mind and body strengthening and balance. Facilitators are Lee Whitney, Registered Occupational Therapist and Debby Osipov of Oriol Health Care.

This program will be held at 1pm Thursdays starting April 13th. It is free to all participants. While maximum benefit will be attained if you can attend all four sessions, each session will have a different focus and will be of benefit even if that is the only class you can attend. No ride? No problem. Call for our van service. Concerned about getting into the van? We have that covered, too! Just call us!

What are you waiting for? Spring is here!! 978 422 3032

Friday Flicks

**April 28th at
12:30pm**

Take the van to the West Boylston Cinema for the movie of your choice.

Experience for yourself why meditation is called the fountain of youth for the body and the brain.

Meditation helps to sharpen and focus the mind, improve sleep, decrease stress and anxiety, manage chronic pain.

First and Third Fridays at 8:30

April 7th and 21st

Hearing Impaired? Free Phone! Free Service!

According to the Hearing Loss Association of America, at age 65, one out of three people has a hearing loss. Ideal for people with hearing loss, a captioned telephone works like any other phone with one important addition: It shows captions of everything the caller says. The phone is available for free with a signed certification from a qualified professional, such as your audiologist or your doctor. Veterans can work through the Veterans service office (VSO). Service is provided at no cost to you through a fund set up by the FCC.

On Monday April 10th at 12:30pm Tina Marie Davern of OEIUS will host a demonstration of the CapTel captioned telephone. There will be a sign up sheet at the front desk, but sign ups are optional.

Reverse Mortgage 101

A reverse mortgage loan can be a useful, timely loan product, part of a sound financial plan. Unfortunately, many senior homeowners have a negative opinion of reverse mortgages, most likely rooted in the makeup of the earliest reverse mortgage programs which were not consumer friendly.

Today's plans are regulated by the Federal Government and insured by the Dept of Housing and Urban Development. Furthermore, potential borrowers are required to meet with an FHA approved counselor before making the formal loan application.

Tom Gibbons and Diana Ancil from Wachusett Mortgage Corporation will give you an overview of the Reverse Mortgage process on Wednesday, April 19th at 1pm. Sign ups encouraged, but not required.

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!!

Friendly Visitor Program Update

Thank you for your interest in our program. We have screened the first group of visitors and are matching them with seniors in our community. If you know of someone who may need a friendly visit, please contact Nickole or Veronica at the Senior Center 978 422 3032

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.



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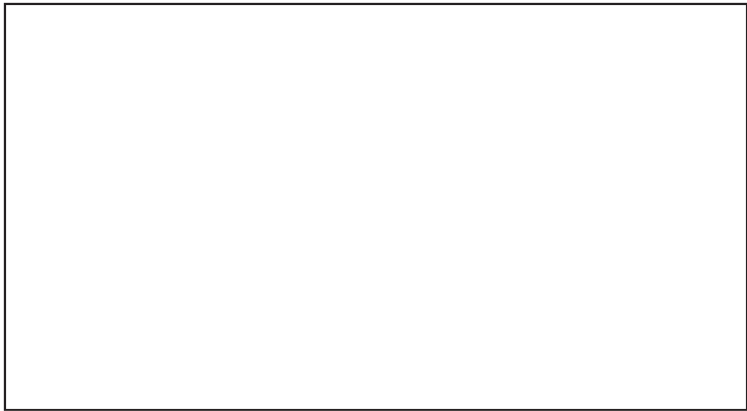


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