

Sterling Council on Aging April 2018



Sign up for these Educational Eats!



Sheriff's Luncheon Wednesday April 11th 11:30 am Spaghetti and Meatballs Luncheon Followed by "Serving Time, Preventing Crime"

A slideshow of actual inmates telling how they choose houses for B&E, how they locate items best to steal, and how they target individuals for theft at the mall or bank. This is an eye opening presentation by the Sheriff's Department!

SMLD Luncheon Thursday April 26th 11:00 am Safety Talk 2018 Followed by Pizza Luncheon at 11:45



Sean Hamilton, GM, will provide an overview of the electrical industry and Ray Gouley will cover electrical safety topics. The past year has been a record year for storms from tornadoes to hurricanes to floods. Be prepared!

COUNCIL ON AGING BOARD MEMBERS

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Members: Nancy Castagna, Barbara Foster,
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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—6; Fri 8—12:30

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Sterling Council on Aging, Sterling

06-5262



SPRING FLING

Saturday May 5th

6:00-9:00 pm

Join us for Dinner and Dancing

Tickets \$10

Purchase by April 25th

Event sponsored by Greg Aubin Trucking

Menu: Prepared by the Lowe Family

Appetizers

Mixed field greens with white balsamic and honey vinaigrette

Red Wine Braised Shorts Ribs of Beef or Pan Seared Chicken Marsala
served with mushroom parmesan risotto, roasted carrots with turnips

Chocolate mousse

Punch and coffee

Music: By Clyde Wheatley, Music Played with True Panache

Music partially funded by a grant from the Sterling Cultural Council

Hats off to our volunteers!

Our kitchen volunteers have successfully transitioned our lunch program into a daily home-cooked culinary delight! Our other volunteers staff the front desk, provide meals on wheels, teach classes, facilitate programs, serve on our board and our committees. They also bake the goodies, plant the gardens, do the bread runs, send the birthday cards, conduct friendly visits and more. In short, our volunteers perform a myriad of functions that keep the Center humming. They are an inspiration to the community and they give new meaning to seniors helping seniors; 80% of our volunteers are seniors themselves!

Did you know . . . 84 volunteers logged 8856 hours of service at the Senior Center during 2017. WOW!



Educational Programs

Apr 3rd 1pm Take Charge of your Health: MCPHS presentations

Apr 4th 1pm Take Charge of your Health: Dr. Patty has your Back!

Apr 4th 9:30 am SHINE by appointment only.

Apr 18th 12:30 pm Book Club "The Last Lecture" by Randy Pauch

Apr 23rd 2pm Take Charge of your Legal Affairs: Attorney Mark Zarrow

Apr 30th 2pm Take Charge of your Health Care Decisions

Wellness Programs

Apr 5th 10 am-12 noon BP Clinic Sponsored by Sterling EMS

Apr 6th 8:30 am Guided Meditation with Bob Stickles. Drop In. \$5

Apr 10th 9:30-11:30 am Elder Wellness Clinic sponsored by the VNA

Apr 12th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 for 1st Appt.)

Apr 20th 8:30 am Guided Meditation with Bob Stickles. Drop In. \$5

Apr 26th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

Ongoing Events

Apr 5th 12:30 pm Acrylic Painting weekly on Thursdays \$5

Apr 5th 4:30 pm Golf Fitness weekly on Thursdays \$5

Special Events

Apr 3rd 9:00 am Dull Men's Club with Sterling Rare Coin

Apr 3rd 6:30 pm Conquering Clutter sponsored by the Conant Library

Apr 4th 9:30 am Chocksett Peer Leaders presentation on Facebook

Apr 4th 7:00 pm Slide Show with Peter Christoph

Apr 11th 11:30 am Sheriff's Luncheon & "Serving Time, Preventing Crime"

Apr 12th 2:30pm Armchair Travel - April in Paris

Apr 26th 11:00 SMLD Safety Talk 2018; Lunch served 11:45 am

Just for Fun

Apr 7th 6:30 pm Pitch Party Sponsored by The Grange. All are welcome.

Apr 13th 12:15 pm Birthday Cake for April Birthdays !

Apr 27th 7:30-9:00 am Pancake Breakfast sponsored by FOSS. Celebrity Server: Kristen Paige, V.Pres. & Branch Mgr. Clinton Savings Bank

DULL MEN'S CLUB**Tuesday April 3rd****9am**

Matt Lisi and his father from the Sterling Rare Coin Corporation will be speaking on the general history of the US coins and currency. They have offered to appraise a few coins for those attending . . . Don't bring in a bag!!

**Chocksett Peer Leaders
Present Social Media for Seniors!****April 4th 9:30 am**

Facebook, twitter, snapchat,
instagram and more!

Do you want to learn about social
media from the generation that
that grew up with it?

RUMMIKUB**Wednesdays at 1pm**

Come play the game that is taking off!

PICKLEBALL**4-6 pm Mondays and . . .**

Weather permitting, scheduled to
move outside starting
Monday April 2nd.

Acrylic Painting: New Session to begin April 5th! Thursdays at 12:30

Class is open to returning students and we welcome new ones!


Learn the basics and more! Whether you are new to painting or have taken a class before, come learn to paint and enjoy the company of others who have the same interests and goals. The class is relaxed and everyone progresses at his or her own pace. We will learn to paint landscapes, seascapes, trees, flowers, and much more. We also have an incredible view of Mr. Wachusett for inspiration!



- Every week there will be a demonstration of painting techniques that will help you move along with your work.
- Paints and brushes will be available for the first class and then students will bring their own supplies. (Supply list available at front desk)
- Learn to mix paints to create so many new colors using just a few paint combinations.
- Learn paint and brush stroke techniques to make your work come alive.
- Do some experimenting to learn about style and composition.

Sign ups for this class are encouraged so that we may plan for appropriate space!

\$5 Drop In

April Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 - 4:00 Coffee 8:30 Tai Chi 10:00 Exercise 11:30 Chix Tortellini Spinach Soup 12:30 Zumba 1:00 BINGO 4-6:00 pm Pickle Ball 6 pm Meditation	3 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 Potato Bar 12:30 Game day 12-3:00 Computer Technology Class 1:00Take Charge Series	4 8:00 - 4:00 Coffee 9:00 Facebook Pres 9:30 SHINE 9:30 Gentle Chair yoga 11:30 Penne Chx & Asp 12:30 Van shopping trip to Home Goods/Marshalls 1:00 Wii Bowling 1:00 Rummikub 1:00 Take Charge Series 7:00 Birds of the Swamp	5 8:00 - 6:00 Coffee 9:00 Strengthening Yoga 10:00-12:00 BP Clinic 11:30 Pizza Bake 12:30 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 4:30 Golf Fitness	6 8:00-4:00 Coffee 8:00-VSO Hours 8:30-Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Smorgasbord Closed at 12:30pm
9 8:00 - 4:00 Coffee 8:30 Tai Chi 10:00 Exercise 11:30 No Cream Chix Pasta Primavera 12:30 Zumba 1:00 BINGO 4-6:00 pm Pickle Ball 6 pm Meditation	10 8:00 - 4:00 Coffee 9:30 Line dancing 9:30-11:30 Elder Keep Well Clinic 9:30 Open coloring 11:00 Chair Pilates 11:30 Tom.Basil Soup w/ Corn Pop Muffins-Hot Dog 12:30 Game day 12-3:00 Computer Technology Class	11 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Sheriff's Luncheon Spaghetti & MBalls 1:30 Van shopping trip to Walmart. W.Boylston 1:30 Wii Bowling 1:30 Rummikub	12 8:00 - 6:00 Coffee 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Chix A La King 12:30 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 2:30 Armchair Travel April in Paris 4:30 Golf Fitness 5:30 COA Board Meeting	13 8:00 - 12:30 Coffee 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 Birthday Cake Sponsored by Sterling Village Closed at 12:30
16 Patriot's Day CLOSED 	17 8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Chef's Salad 12:30 Game day 12-3:00 Computer Technology Class	18 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Pineapple Gr. Pork Chops 12:30 Book Club 12:30 Van shopping trip to Christmas Tree Shop- 1:00 Rummikub 1:00 wii Bowling	19 8:00 - 6:00 Coffee 9:00 Strengthening Yoga 11:30 BBQ 12:30 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 4:30 Golf Fitness	20 8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Smorgasbord Closed at 12:30pm

		1:00 Wii Bowling	Closed at 12:30pm
<p>23</p> <p>8:00 - 4:00 Coffee 8:30 Tai Chi 10:00 Exercise 11:30 Taco Bar 12:30 Zumba 1:00 BINGO 2:00 Take Charge 4-6:00 pm Pickle Ball 6 pm Meditation</p>	<p>24</p> <p>8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Pulled Pork 12:30 Game day 12-3:00 Computer Technology Class</p>	<p>25</p> <p>8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Breakfast at Lunch 12:30 Van shopping trip to Walmart, Leominster 1:00 Rummikub 1:00 Wii Bowling</p>	<p>26</p> <p>8:00 - 6:00 Coffee 8:30 Mohegan Sun 9:00 Strengthening Yoga 9:00 Foot Clinic 11:00 SMLD – Presentation and Pizza Party 12:30 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 4:30 Golf Fitness</p>
<p>30</p> <p>8:00-8:00 Coffee 8:30 Tai Chi 10:00 Exercise 11:30 Ham Sal.Sand. 12:30 Zumba 1:00 Bingo 2:00 Take Charge 4-6:00 pm Pickle Ball 6 pm Meditation</p>	<p>Like us on Facebook @ SterlingMASeniors</p> 		<p>Exercise Program Fees</p> <p>Line Dancing \$2 Tai Chi \$5 Oriol Exercise Free Zumba \$5 Chair Pilates \$5 Pilates \$5 Yoga \$5</p>
			<p>27</p> <p>7:30-9:00 am Pancake Breakfast Sponsored by Foss 8:00 VSO Hours 9:30 Pilates Closed at 12:30pm</p>

Golf Fitness
8 Week Workshop
Thursdays at 4:30
Starting April 5th



Come join a fun 8-week session dedicated to golfers looking to improve their game. The focus will be on how to increase flexibility, balance and strength using pilates, yoga exercises and stretches associated with a golf swing. This course will be taught by Jennifer Davidson, the pilates instructor here at the Senior Center. Jennifer is also a two time ironman finisher and marathoner and holds multiple certifications in yoga, pilates, and fitness.

\$5 drop in.



This is an 8-session series held during April and May that is designed to help you take charge of your health, your health care decisions, your finances and more.

These sessions are free. Each session is designed to stand on its own. In other words, attend the sessions that are of interest to you and where you are in your life!

Tues Apr 3rd 1-2pm Take Charge of Your Health: Capstone Presentations

The graduating nursing students at the Massachusetts College of Pharmacy and Health Sciences will present the results of two capstone projects: “The At-Home Care of a Family Member with Alzheimer’s or Related Dementia” and “Social Isolation among the Elderly.”

Wed Apr 4th 1-2 pm Take Charge of Your Health: Dr. Patty has Your Back

Patty MacCulloch, NP, clinical nursing instructor and nurse practitioner at the UMass Memorial Spinal Center will give an overview of back health, including understanding spinal stenosis and the role of a healthy spine in maintaining balance.

Mon Apr 23rd 2-3:30 pm Take Charge of your Legal Affairs

Attorney Mark Zarrow of Lian-Zarrow, Worcester, will provide an overview of elder law issues including power of attorney, wills, and trusts. Life changes . . . Are your legal affairs in order?

Mon Apr 30th 2-3 pm Take Charge of your Health Care Decisions

Veronica Buckley will review the Personal Directive from Honoring Choices, a document to help define for yourself and communicate to others your choices / preferences for medical care and treatment.

Sterling Library's Conquering Clutter with Jenna Elliot**Tuesday, April 3rd at 6:30 pm**

Join Jenna Elliot of The Naked Flower to learn how to reduce clutter and get more organized! Jenna has been a professional organizer for 13 years, and helps to reduce clutter in both the office and in the home. Presented by the Conant Public Library, this workshop will be held at the Sterling Senior Center. Registration is suggested but not required. Please call 978-422-6409

**Slide Show****Birds of the New England Swamp****Thursday April 5, 2018 7pm**

Peter Christoph is a wildlife advocate, naturalist and award-winning bird photographer based in Lancaster, MA. He has a great respect for wildlife and through his presentations seeks to raise awareness of the need to conserve bird habitat.

Peter has presented for a variety of organizations, including the Photographic Society of America (PSA), New England Camera Club Council (NECCC,) and the Appalachian Mountain Club (AMC). He is a frequent speaker for Mass Audubon, the National Wildlife Refuge System, as well as numerous camera clubs, birding clubs, and libraries. Peter is a member of the Forbush Bird Club, Menotomy Bird Club, Allen Bird Club, and Massachusetts Camera Naturalists, and he is the past president of the Camera Club of Central New England. Peter is also responsible for publishing three bird photography books including his latest: "The Art of Bird Photography."

View Peter's photography here at the Senior Center through April.

Annual Senior Citizens Dinner Dance at Wachusett High School**Thursday April 26th at 5 pm**

This dance is sponsored by the Wachusett Mountaineer Volunteer students and the Holden Council of Aging. Sign up at the Holden Senior Center by April 22nd or call 508-210-5570. This is free and there is plenty of parking on the side of the building by the gym.

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Congrats to all the members
of our Ukulele Club.

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Video clips of their concerts on Facebook.

New members always welcome.



**FOSS PANCAKE
BREAKFAST**

Friday April 27th

7:30-9:00am

\$3 Donation

No reservations!



The First Church in Sterling Community Lunch Saturday April 7th at Noon

Monthly lunches are open to all. No cost and no reservations. Enjoy a nice meal and good conversation with others. Lunch will be the first Saturday of each month at the First Church in Sterling 6 Meetinghouse Hill Road. Board games after lunch.

Van transportation available through the Senior Center.

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

Call with any questions, request a flyer or to make reservations. Flyers can also be picked up at the Sterling, West Boylston or Shrewsbury Senior Centers.

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)

Sat July 14th Mama Mia at the Mac Haydn Theater, Wine, Lunch & Play. New trip over half sold \$139.00

Sat. Aug 18-Salem Harbor Cruise with lunch at the Hawthorne Inn (New trip) \$110.00

Sun. Oct 07-Apple Pie Festival & The Hildene, Manchester, Vermont (over half) \$100.00

Sun Nov 11-Ivoryton Playhouse, “The Queens of the Golden Mask” (new trip over half sold) \$129.00

As you can see there are not many seats available on the first four trips for 2018. Call with any questions.

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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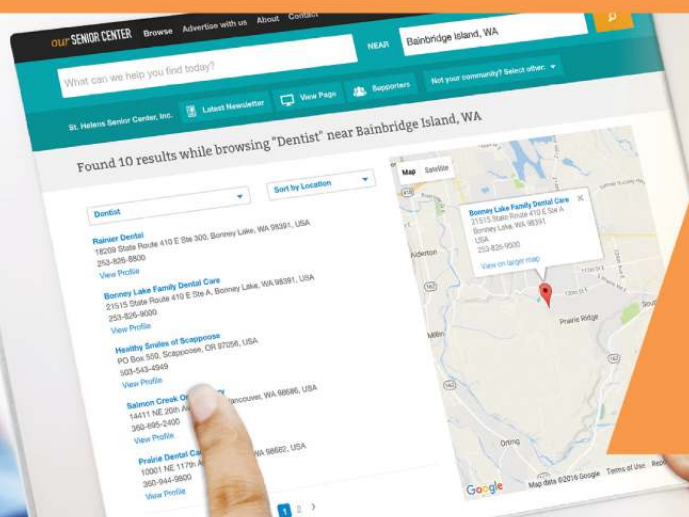


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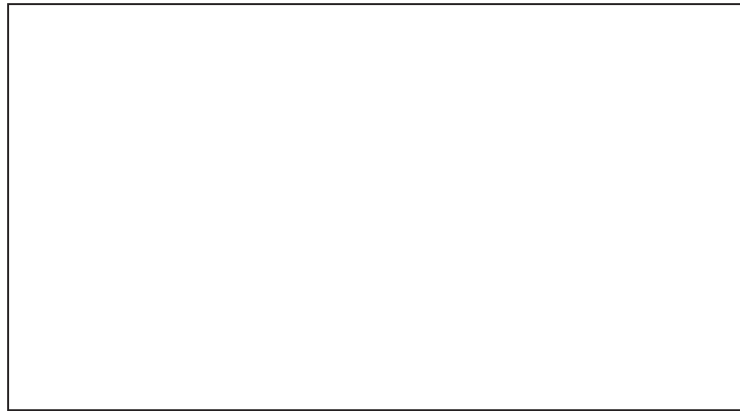
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Printing and mailing of this newsletter made possible in part by a grant from the Executive Office of Elder Affairs.

Armchair Travel April in Paris

Thursday, April 12th at 2:30 pm

Take a tour to Paris in the Spring and all the other seasons, too. Bill Ayadi and Joyce Ayadi Hinckley met on a street corner here and have been returning on and off for the last 45 years. They will take you to well known and unknown places: Notre Dame, the Eiffel Tower, the Louvre, Pere Lachaise Cemetery, The Cluny Museum and more. Discover how the city has changed over time but still remains the most visited place in Europe. We will listen to some music, talk about the food, the best time to visit and share travel tips like easy day trips to Chartres, Versailles or Giverny.

