

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

April 2019

Sterling Council on Aging Board Members

Chair: Liz Pape

Vice Chair: Kevin Beaupre

Secretary: Sue Protano

Treasurer: Bob Bloom

Members:

Sheila Battles

Nancy Castagna

Joe LaGrassa

Debra MacLennan

Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Wed 8 - 4,

Thurs 8 - 6, Fri 8 - 12:30

Director: Veronica Buckley

Outreach Coordinator:

Nickole Boardman

Maintenance Tech: Jim Ash

Drivers:

Denis Coughlin

Pam Dell

Lou Massa

Robert Protano

Meal Site Manager:

Melissa Cassata

The Evening Dinner Committee Invites You To:

“Hello Spring Picnic”

Wednesday April 24th, 6pm

Purchase your
\$5 ticket before
April 19th



**We will be serving
traditional picnic fare including:**

Sliders, Potato Salad, Side Salads,
Deviled Eggs, Pickle and Olive Trays,
and Delicious Desserts.



Trivia Games and Prizes

(This function was originally scheduled for March.)

Peter Watson



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

Complementary Hearing Evaluation
\$1750 For State Of The Art Blue Tooth
Technology Hearing Aids
Why Pay More? Complimentary Evaluations



26 West Boylston St., Suite 5 • West Boylston, MA 01583

774.327.3451

HearingYourWay@gmail.com • HearingYourWay.com



PAULA K. SAVARD

REALTOR®, ABR, CRB, CRS, GRI

OFFICE: (978) 537-4971 x101

PERSONAL FAX: (978) 833-5020

CELL: (978) 660-9548

PSAVARD@REALTOR.COM

WWW.ABERMANASSOCIATES.COM

2086 Main St., Lancaster, MA

Paula K. Aberman Associates, Inc.

Leominster Monument Co.

- Comfortable private setting
- At need and pre-need options
- Rock of Ages - lifetime warranty
- On site engraving
- Custom options
- Designing & engraving done in our shop
- Many stock monuments available from flat markers, slants, upright monument, and benches



*"Those we love
are never forgotten"*

339 Electric Ave
Lunenburg, MA
978-345-8263

View our gallery at: leominstermonument.com

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!

scarpenter@lpiseniors.com or (800) 477-4574 x6348



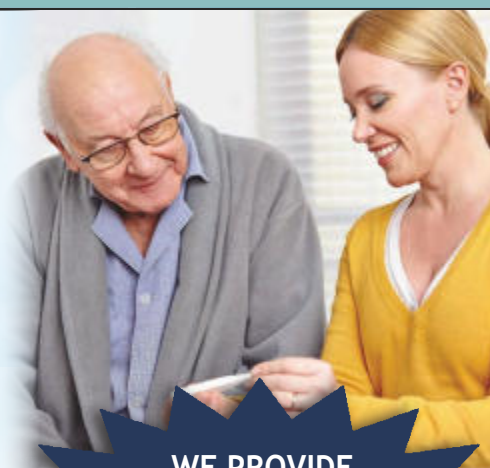
Your Home Care *Solution*

CALL US FOR MORE INFORMATION:

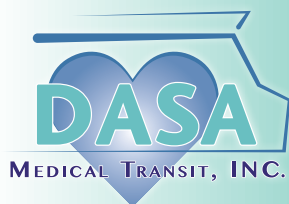
(508) 459-3272

- Warm companionship
- Meal preparation
- Recreational activities
- Respite care
- Transportation
- Professional Nursing
- Bathing & Dressing assistance
- Laundry
- Light Housekeeping
- Errands/shopping
- Hospice Support

www.DASAHomeHealth.com



**WE PROVIDE
CARE & SUPPORT
FROM AS LITTLE AS
2 HR TO 24 HRS A DAY!**



**THE TRUSTED
NON-EMERGENCY TRANSIT**

*SAFE TRANSPORTATION
FOR YOU & YOUR FAMILY.*

WWW.DASATransit.com

- Doctor's appointments
- Dialysis Appointments
- Grocery shopping,
- Community events
- Hospital Discharge



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

Sterling Council on Aging, Sterling

06-5262



Let's Go to "Sundae School!"



Sundae School is a series of three free educational programs co-sponsored by the Sterling Senior Center and the Alzheimer's Association.

Sundae School on Tuesday, April 23rd at 6:30 pm

Sundae: Make your own Brownie Sundae at our Sundae Bar!

School: Alzheimer's Association Workshop entitled "Know the 10 signs."

If you or someone you know is experiencing changes in memory, it is time to learn the facts. Knowing the warning signs can help determine if you should speak to a doctor.

Early detection matters!

Sundae School on Tuesday, July 23rd at 6:30 pm

Sundae: Make your own Fruit Sundae!

School: Alzheimer's Association Workshop entitled "Healthy Living for your Brain and Body: Tips from the Latest Research."



Sundae School on Tuesday, October 22nd at 6:30 pm

Sundae: Make your own Pumpkin Sundae!

School: Alzheimer's Association Workshop entitled "Safety and Memory Challenges."



Walk-ins are accepted, but please try to sign up in advance by calling the Sterling Senior Center at 978-422-3032.

We need to plan for our sundae bar, our seating and our educational handouts.



SPECIAL EVENTS

Apr 23	6:30 pm	"Sundae School" with Alzheimer's Association
Apr 24	6-8 pm	Evening Picnic \$5 Tickets Sign up, please.
Apr 25	11 am	SMLD Safety Presentation with pizza at noon

JUST FOR FUN

Apr 6	6:30 pm	Saturday Night Pitch sponsored by the Grange
Apr 12	12:15 pm	April Birthday Cake sponsored by Sterling Village
Apr 26	7:30-9 am	Pancake Breakfast sponsored by FOSS

MAKE & TAKE

Apr 12	12:30 pm	Sterling Garden Club Floral Arrangement
--------	----------	---

ONGOING PROGRAMS

Apr 1	9-11 am	Advanced Photography Class (Last Day)
Apr 2	12:00 pm	Computer Help by appointment or walk-in (weekly on Tues.)
Apr 2	9:30 am	SHINE by appointment only
Apr 3	9:30-11 am	Beginners Acrylic Class, \$5 (weekly on Wed.)
Apr 4	12:30 pm	Acrylic Painting \$5 (weekly on Thurs.)
Apr 4	1:30-2:15 pm	Beginners Ukelele Lessons \$3 (weekly on Thurs.)
Apr 4	2:30 pm	Ukulele Club \$5 (weekly on Thursdays)
Apr 5	8-12 noon	Veteran's Service Officer Hours (weekly on Fridays)
Apr 9	9:00 am	Dull Men's Club
Apr 17	12:30 pm	Book Club: <i>Before We Were Yours</i> , By Lisa Wingate
Apr 18	3:30 pm	Armchair Travel – Jerusalem

WELLNESS PROGRAMS

Apr 1	6 pm	Meditation with Cindy (also on 4/22 & 4/29)
Apr 3	10 am	Walking Club (weekly on Wed., meet at Senior Center)
Apr 4	10-12 Noon	BP Clinic sponsored by the Sterling EMS
Apr 4	2 pm	Going Steady (weekly on Thursdays)
Apr 9	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Apr 11	9 am	Foot Clinic by appointment, \$35 to Foot Care Nurse (\$45 1 st appt.)
Apr 17	3:30 pm	Parkinson's Support Group
Apr 25	9 am	Foot Clinic by appointment, \$35 to FC Nurse (\$45 1 st appt.)
Apr 29	9:30-11 am	Caregivers Connect (at Sterling Senior Center)

COMMUNITY PROGRAMS

Apr 4	4-8 pm	Master Plan Open House at Sterling Senior Center
Apr 25	5-8 pm	Wachusett Senior Citizen Dinner Dance at Wach Reg HS
Apr 30	7-9 pm	Sterling Creative Collaborative at Sterling Senior Center

DMC meets
Tuesday, April 9
9 am



"A Crime Against Justice"

The hardships endured by Italian immigrant workers on the Wachusett Reservoir project

The largest hand dug reservoir and dam in the world were built by the hands of many men who endured extreme labor injustices. Come hear the story of these men and learn about the Padrone system of labor that they were forced to submit to while working on the Wachusett project.

Lieutenant Rebecca Baronoski

Wachusett Watershed Ranger II, R-81

Division of Water Supply Protection Ranger Office



MAKE & TAKE with the Sterling Garden Club

Create a Spring Side Table Arrangement

Friday April 12th at 12:30

\$12 Please sign up in advance as limited to 25 participants

Bring your garden gloves and clippers (if you have them!)

Armchair Travel

April 18th at 3:30 pm

Jerusalem




Tour Jerusalem and more particularly the Church of the Holy Sepulchre which is Jesus' burial site. Jim Woovis will be our guide to both the history and mystery enshrined here. How were holy sites discovered, how were churches built, what's there now are some of the topics that will be covered. Most importantly, Jim will discuss archeological findings that support historical tradition and share his experiences at the church.

Jim is a life long member of Holy Trinity Greek Orthodox Church in Fitchburg where he currently serves as cantor. He's bringing his collection of icons including those from Jerusalem along with stories that captivate.

APRIL ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness 11:30 Meatloaf cupcakes 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	2 8:00-4:00 Coffee 8:00 Chair palates 9:30 Shine 9:30 Line Dancing 9:30 Open coloring 11:30 Potato Bar 12:00 Computer Help 12:30 Game Day	3 8:00-4:00 Coffee 9:30 Gentle Chair Yoga 9:30- Beginners Painting 10:00 Walking Club 11:30 Herb Roasted Pork 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling	4 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 10-12 BP Clinic 11:30 Cr Chix Cordon Bleu Casserole 12:30 Acrylic Painting 1:30 Beginners Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club	5 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord Closed 12:30
8 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness 11:30 Chix Pasta Primavera (no cream) 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball	9 8:00-4:00 Coffee 8:00 Chair palates 9:00 Dull Men's Club 9:30 Line Dancing 9:30-11:30 Elder Keep Well Clinic 9:30 Open coloring 11:30 Salisbury Steak 12:00 Computer Help 12:30 Game Day	10 8:00-4:00 Coffee 9:30 Shine 9:30 Gentle Chair Yoga 9:30-Beginners Painting 10:00 Walking Club 11:30 BL.Bean & Corn Soup 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling	11 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Chix a la King 12:30 Acrylic Painting 1:30 Beginners Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club	12 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 Birthday Cake 12:30 Make & Take Closed 1:30
15 CLOSED 	16 8:00-4:00 Coffee 8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring 11:30 BBQ. 12:00 Computer Help	17 8:00-4:00 Coffee 9:30 Chair yoga 9:30-Beginners Painting 10:00 Walking Club 11:30 Pea Soup & Sand 12:30 Van shopping trip	18 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 11:30 Tom Soup & Gr. Cheese 12:30 Acrylic Painting	19 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord

 PATRIOTS Day	12:30 Game day	12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support	1:30 Beginners Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club 3:30 Arm Chair Travel	12:30 Closed
22 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness 11:30 Gen. Tso's Chicken 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	23 8:00-4:00 Coffee 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Pulled Pork Sandwich 12:00 Computer Help 12:30 Game Day 6:30 Sundae School	24 8:00-4:00 Coffee 9:30 Chair yoga 9:30-Beginners Painting 10:00 Walking Club 11:30 Mac-Cheese 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball 6:00 Hello Spring Picnic	25 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:00 SMLD Safety 12:00 Pizza Party 12:30 Acrylic Painting 1:30 Beginners Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club	26 7:30-9:00 Pancake Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 12:30 Closed
29 8:00-4:00 Coffee 8:30 Tai Chi 9:30 Connect in Sterling 10:00 Oriol Fitness 11:30 Ham Salad Sand w/potato Soup 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	30 8:00-4:00 Coffee 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Chef's Salad 12:00 Computer Help 12:30 Game Day		<u>Exercise Fees</u> Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5	Van Shopping 3 Wednesdays-12:30 4-3 Walmart WB 4-10 Ocean St.Job Lot 4-17 Walmart Leom. 4-24 Whitney Field





SMLD Safety Presentation

Thursday April 25th at 11 am

Sean Hamilton, General Manager, and Ray Gouley, Educational Instructor, will present on safety issues inside and outside of your home. The presentation will be followed by a Pizza Party provided by SMLD. The Sterling Senior Center thanks SMLD for this annual presentation and their support of our programming throughout the year.

Sterling Municipal Light Department

Recipient of the 2017 Leading by Example Award from the Commonwealth of Massachusetts for outstanding energy and environmental efforts in the municipal category.

ANNUAL SENIOR CITIZEN DINNER DANCE

At Wachusett Regional High School

THURSDAY APRIL 25TH 5—8 PM

SPONSORED BY

THE WACHUSETT MOUNTAINEER VOLUNTEER
STUDENTS, FRIENDS OF THE HOLDEN COA, AND
FRIENDS OF THE STERLING SENIORS (FOSS)

Theme is Safari! "Get Wild with Wachusett!"

Sign up by April 19th through the
Holden Senior Center at 508-210-5570



Save the Date!

We have a lot happening in
the beginning of May.

Thursday May 2nd 6-8 pm
Artists' Reception featuring
the artwork by students at
the Houghton and Chocksett
Middle Schools

Sunday May 5th 4-6:30 pm
Taste of Sterling

Wed May 8th 1-3 pm
Mother's Day Tea

Ongoing Weekly Class "Going Steady: Fall Prevention"

Thursdays at 2 pm

Do not let the fear of falling
limit your lifestyle!

Limited to 25 participants per class so sign up please!

Caregivers Connect



Next Meeting:
Monday, April 29th
from 9:30-11 am

No registration...
drop in!

Light Refreshments
Facilitated by
Clyde Wheatly

Sterling Senior Center



*Are you or a loved one
living with Parkinson's?
You are NOT alone!*

**The Parkinson's
Support Group
Meets Wednesday
April 17th at 3:30 pm**



MASTER PLAN OPEN HOUSE

APRIL 4, 2019

**DROP IN HOURS:
4 TO 8 PM**

**STERLING SENIOR
CENTER**

The Town of Sterling has started to prepare a master plan, or a blueprint for what it will look like in the future. A master plan consists of short- and longer-term policies to guide a town's physical evolution through a balanced approach to conservation and development. When the plan is completed, it will help Sterling manage the inevitable process of growth and change while preserving the qualities that citizens say they love about their town. Please attend the Open House, share your thoughts and your vision for Sterling!

Tuesday April 30th 7-9 pm

At the Sterling Senior Center

Gather to connect, network, and envision what a new non-profit organization dedicated to promoting, enhancing and encouraging the arts in the Sterling area might look like.

**STERLING
CREATIVE
COLLABORATIVE**

Calling
CREATIVE
Spirits!

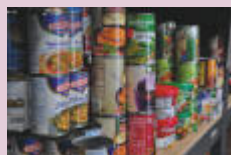


Community Lunch at the First Church

Saturday April 6th
12 noon

Menu: Salad, Lasagna,
Garlic Bread, Dessert

Please call the Senior Center if you need a ride.



Wachusett Food Pantry

50 Worcester Rd., Sterling, 978-563-1064

Friday, April 19, 9-11 am (Seniors)

Sat. April 20, 9-11 am (Everyone)

Call Nickole Boardman, Outreach Coordinator at the
Sterling Senior Center for assistance with the Food
Pantry or other related programs, such as SNAP.



Pancake Breakfast

Friday, April 26th

7:30 - 9:00 am

Celebrity Server

Barbara Bartlett,

Sterling Town Clerk

Plain and special
pancakes, sausage, eggs,
mixed fruit, tea breads,
juices & coffee.

\$3 suggested donation

Open to all ages.

No reservations

2019 THE HAPPY TRAVELERS & AWAY WE GO TRAVEL TRIP LIST for Aged 50+ Travelers

Sat. Jun. 29 – Jul. 6 th	Nova Scotia, featuring the Annapolis Valley, Cabot Trail & Tattoo (prices are based on a minimum of 40 passengers), NEW!	\$1999 /pp double, \$2599 single
Sun. Sept 8	Mystery Tour. Join us on another mystery tour. Included is a buffet lunch and much more.	\$130/pp
Sept. 12 – 15	Canada's Eastern Townships: Magog, Fitch Bay, Sherbrooke & Lake Memphremagog	\$789/pp Double, Single room \$979
Sat. Oct. 12	Newfane, VT, Heritage Festival & lunch Grafton Inn, NEW!	\$99/pp
Oct. 25 – Nov. 08	Southern Caribbean Cruise, 15-days, no flying, round trip from Boston (Join Fred and Gladys, 23 booked-to-date!)	From \$1459/pp
Sat. Nov. 23	"Tea & Trees", Barrington, NH, with time to shop at Calef's Country Store & Stonewall Kitchens. Afternoon tea-lunch at the Silver Fountain Inn, stop at the Lindt Chocolate store & final stop at the Methuen Festival of Trees.	\$114/pp
<p><u>Contact:</u> Gladys Merrow 508-835-4312 (C) 508-612-5312 (H) happytravelers.gem@gmail.com</p> <p>All of our trips include the gratuity for our driver and escort. Also included in the prices of the day trips is our cancellation waiver. You will receive a refund, minus the \$5.00 built in cancellation fee or if there is a theater ticket involved your refund will be minus the cost of the ticket and the \$5.00 cancellation fee up to 10 days prior to the trip. After that you will only receive a refund if we or you can find someone to fill your seat. Cancellation insurance for all overnight trips is offered with an outside travel insurance company.</p>		



1158 Main St., Holden
508-829-4434

100 Worcester Rd., Sterling
978-422-0100

Your Local Caring Funeral Home



Richard Mansfield, Director
"Serving the Community of Sterling Since 1896"
Your Advance Planning Information Center



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
MA Broker #MB2897

Evelyn Salmon ML021537 • Tom Gibbons ML021535 • Diana Ancill ML021538

REVERSE MORTGAGES

wachusettmortgage.com



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



978-365-4537

www.RiverTerraceRehab.com

Short Term Rehabilitation

Call Today for a Tour

Cardiopulmonary Specialty Program

Five of Five Overall Rating with Medicare

1675 Main Street, Lancaster, MA



Caryn Gorczynski

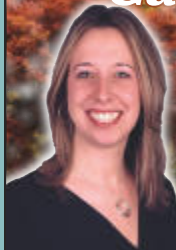
Call for a Free Home Analysis anytime!

978-422-9800 • 27 Main Street, Sterling

Caryn@c21cht.com

www.ilovehousehunting.com

Cell: 617-240-6442



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

SPECIAL REPORT

by Neuroscientist Dr. Keith Darrow



DIABETES & DEMENTIA
THE HEARING LOSS "X" FACTOR

Hearing Balance
Centers of New England
www.hearingbalance.com



31 million people living with Diabetes
are at an **increased risk of developing**
hearing loss & Dementia.

Hearing Balance
Centers of New England

To Get Your FREE Report, Visit:

www.HBNEDiabetesReport.com

Or Call Us at (508) 753-8155

DON'T SHOP. AD. PAW. PT.



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

Sterling Council on Aging, Sterling

06-5262



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

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

Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs

**Coming
in May!**

THE TASTE of STERLING

Sunday, May 5th, 4-6:30pm



WHERE: STERLING SENIOR CENTER (NOTE NEW VENUE LOCATION)

WHAT: Highlighting Local Food Vendors
(no need to go too far to enjoy good food, take out or party!)

TICKETS: \$15.00 (children under 10/\$10.00)

available @ Senior Center or
maureen cranson @ 978 422-9727
pam dell @ 978 422-8863

50-50 RAFFLE/ DOOR PRIZES

*All proceeds to benefit Friends of Sterling Seniors
Great way to support our Seniors and Local Businesses!!!*