

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

August 2018

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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: Pam Dell,

Lou Massa, Denis Coughlin,

Robert Protano, Gloria Rugg

Meal Site Manager:

Melissa Cassata

2nd Annual Classic Car Show

At the Senior Center

Thursday August 16th - 5:30-7:30 pm



**Complimentary Burgers, Dogs, Chips and Drinks
provided by the Simpson Family**

This Summer's Show Promises to Be

Bigger and Better!

Call Pam or Rob at the Senior Center for classic car questions.

978 422 3032

Rain Date: August 23rd

**Our mission is to maintain the health and well being of the Sterling seniors
and to assist them with preserving their independence.**

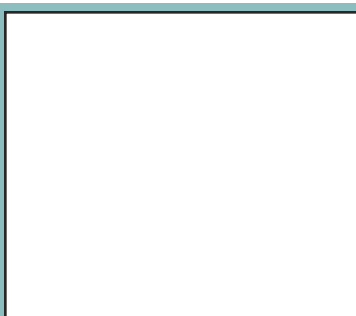
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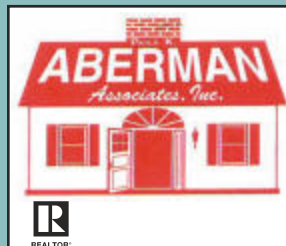
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"Hearing Loss Separates Us from People."

Stay connected by addressing your hearing loss early!

Annette Norris, licensed hearing instrument specialist and owner of Hearing your Way, and Tina Marie Davern from OEI CapTel Captioned Telephones will be sharing their expertise on treatment and strategies to live with hearing loss. 62% of those over the age of 64 experience some level of hearing loss. The key to effective treatment is early detection and addressing hearing loss before it significantly impacts your life.

Learn about affordable options for hearing aids. Captioned phones are free with a signed certification from an audiologist or doctor.

Monday August 27th at 1pm

Please sign up for this presentation!

Senior Strong 3rd Session is starting!

August 16th on Thursdays from 1- 2 pm (August 16 - October 4th)

Don't miss out!! Limited to 20 participants!

Erica Saccoccio, the lead Physical Therapist at Sterling All-Access along with Pam Powell, clinical director of All-Access will be instructing this session. Senior Strong is a unique fitness class that addresses 3 areas 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 is sponsored by the Friends of Sterling Seniors (FOSS). The program is free to participants. There is a \$25 deposit which will be refunded providing you meet attendance requirements. (Deposit can be waived if it poses a hardship.) The program length is a total of 8 weeks. The first and last week are for testing and evaluation. The middle six weeks are the instructional phase. You must attend 5 of the 6 weeks of the instruction phase to meet the attendance requirements and receive refund of your \$25.

Prior participants of this program are eligible to participate in this session!!



Wachusett Food Pantry

Sterling residents are eligible to come and receive food at the pantry. Just proof of residency is needed!

(No income verification)

Location: Cream Crock Distributors Building

(Rte 12) 50 Worcester Road, Sterling

Friday, August 17th 9-11 am Saturday, August 18th 9-11 am

See Nickole if you need assistance with pick up or delivery.

Educational Programs

- Aug 1st 9:30 am SHINE Answers to Medicare questions. By appointment only.
 Aug 22th 12:30 pm Book Club - "Lifeguard" by James Patterson
 Aug 27th 1:00 pm Hearing Your Way and CapTel Phone Presentation

Wellness Programs

- Aug 1st 10:00 am Walking Club every Wednesday. Meet at the Senior Center
 Aug 2nd 10:00 - 12 noon BP Clinic sponsored by the Sterling EMS
 Aug 9th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st App)
 Aug 14th 9:30 - 11:30 am Elder Wellness Clinic sponsored by VNA Cares.
 Aug 16th 1:00 pm Senior Strong- New Session Begins- Sign Ups Required
 Aug 22nd 3:00 pm Parkinson's Support Group
 Aug 23rd 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

Ongoing Events

- Aug 2nd 1:45 - 2:15 Beginners Ukulele Club weekly on Thursdays \$3
 Aug 2nd 2:30 pm Ukulele Club weekly on Thursdays \$5
 Aug 3rd 8 am - 12 noon Veteran Service Officer Hours weekly on Fridays.
 Aug 6th 12:30 pm Acrylic Painting weekly on Mondays through August 27th \$5

Special Events

- Aug 4th 12:00 pm Community Lunch, First Church
 Aug 14th 1-3 pm Lake Waushacum
 Aug 16th 5:30 - 7:30 pm Classic Car Night
 Aug 17th 12:15-4:30 pm Fruitlands Museum- Sign Up Required
 Aug 24th 10:00 am Skillet Toss Practice Session
 Aug 27th 6:00 pm Skillet Toss Practice Session
 Aug 29th 3-5 pm Mini Golf & Sterling Ice Cream Bar - Sign Up Please

Make & Takes

- Aug 9th 12:30 - 2 pm Simply Fun Workshop \$5 Sign Up
 Aug 21st 9 - 10:30 am Create a Stepping Stone \$5 Sign Up

Just For Fun

- Aug 4th 6:30 pm Saturday Night Pitch Party sponsored by the Grange. All welcome.
 Aug 10th 12:15 pm Birthday Cake for all August birthdays sponsored by Sterling Village.
 Aug 24th 7:30 - 9:00 am Pancake Breakfast sponsored by FOSS.
 Celebrity Server: Sterling Municipal Light Dept. Employees

Make & Take

August 9th Simply Fun Workshop! 12:30—2 pm

What could be more relaxing than being in air conditioned comfort and enjoying all kinds of fun materials like colored pencils, fancy papers, gel pens and even fabric! Artist Andrea Driscoll will show you how to create a fabulous decorated notebook, journal or address book that is uniquely yours.



\$5 includes all supplies. Sign ups required. Limited to 20 participants.

Make & Take

August 21st Create a Stepping Stone! 9 - 10:30 am

Wear your old clothes, sun screen, hat and garden gloves as Laurel will take us outside to work with wet concrete for these creations! Embellishments will be provided, but feel free to bring your own rocks, marbles, coins, etc. for that personalized touch!



\$5 includes all supplies. Sign ups required.
Limited to 20 participants.

Day Tripping!

Sterling Senior Center Friday Afternoon at the Museums Friday August 17th Fruitlands Museum in Harvard

Free museum admission sponsored by Highland Street Foundation

This is the final museum trip for the summer! Join the fun!

The van (and possibly cars) will depart the Senior Center at 12:15. Return to the Senior Center is estimated for 4:30. Cost is \$2 for transportation on van. Sign ups required.

Lake Waushacum Tuesday August 14th from 1-3 pm

Bring your beach chair and your sunscreen! The van will leave the Senior Center at 12:45, If you are taking your own car, notify us in advance, so that a guest pass can be provided.

Sign ups needed for van ride and guest passes!

Mini Golf at Mulligans August 29th from 3 - 5 pm

\$7 per person for 18 holes of mini golf at Mulligans and the chance to earn bragging rights at the Senior Center for best golfer! Van will leave center at 2:45 or meet us there!

After golf we will stop at Sterling Ice Cream Bar for snack and ice cream.

Sign ups required!

AUGUST ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Van Shopping 8-1 Whitney Field-Leominster @ 12:30 8-8 Walmart-Leominster @ 12:30 8-15 Ocean State Job Lot @ 12:30 8-22 Walmart-W Boylston @ 12:30 8-29 Target @ 12:30	Free Exercise: Thank you to Oriol Health Care for sponsoring Senior Fitness on Mondays Exercise Fees Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5	8:00-4:00 Coffee 9:30 SHINE 9:30 Chair yoga 10:00 Walking Club 11:30 BBQ Chix Pizza 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	8 :00-6:00 Coffee 9:00 Strengthening Yoga 10 - 12 noon BP Clinic 11:30 Chef's Turkey Salad 1:45-2:15 Beginners Ukulele Class-\$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners Pickleball Lessons	8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord Closed 12:30
6 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Cranberry Chix Salad 12:30 Zumba 12:30 Acrylic Painting 1:00 BINGO 4-6:00 Pickleball	7 8:00-4:00 Coffee 9:30 Line dancing 9:30 Open Coloring 9:30-11:30 Elder Keep Well Clinic 11:00 Chair Pilates 11:30 Beef Tenderloin Cobb Salad 12:30 Game Day	8 8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 Summer Lasagna 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	9 8:00-6:00 Coffee 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Potato Bar 12:30 Make & Take 1:45-2:15 Beginners Ukulele Class-\$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners Pickleball Lessons	10 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 B'day Cake Closed 12:30
13 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Ranch Pasta Salad	14 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	15 8:00-4:00 Coffee 9:30 Line Dancing 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Gr. Pork Chops 12:30 Rummikub	16 8:00-6:00 Coffee 9:00 Strengthening Yoga 11:30 Cold Cut Platters 1:00 Senior Strong 1:45-Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club	17 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15-Fruitlands Mu-

12:30 Zumba 12:30 Acrylic Painting 1:00 BINGO 4-6:00 Pickleball	11:30 turkey Burgers 12:30 Game Day 1:00-3:00 Lake Waushacum	1:00 Wii Bowling 4:00 Pckleball	2:30 Ukulele Club 4:00 Beginners Pickleball 5:30—7:30 pm Classic Car Show	Closed 12:30	22:30
20 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Egg Salad Sandwich 12:30 Zumba 12:30 Acrylic Painting 1:00 BINGO 4-6:00 Pickleball	21 8:00-4:00 Coffee 9:00 Make & Take 9:30-Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Chicken Caesar Salad 12:30 Game day	22 8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 BBQ Chix Sand 12:30 Van shopping trip 12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling 3:00 PD Support 4:00 Pickleball	23 8:00-6:00 Coffee 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Smorgasbord 1:00 Senior Strong 1:45 Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners Pickleball	24 7:30-9:00 PANCAKE Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 10:00 Skillet Toss Closed 12:30	
27 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Sr Fit 11:30 Lime Chix Soft Tacos 12:30 Zumba 12:30 Painting 1:00 Hearing Loss 1:00 BINGO 4-6:00 Pickleball 6:00 Skillet Toss	28 8:00-4:00 Coffee 9:30-Line Dancing 9:30 Open Coloring 11:00 Chair Pilates 11:30 Sloppy Joe's W Slaw 12:30 Game Day	29 8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 Summer Beef Stew 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 3:00 Mini Golf 4:00 Pickleball	30 8:00-6:00 Coffee 8:30 Mohegan Sun 9:00 Stretching Yoga 11:30 Tortellini Chicken Kabobs 1:00 Senior Strong 1:45 Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners Pickleball	31 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Cro- cheting 9:30 Pilates 11:30 Smorgasbord Closed 12:30	



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August

12:30–2pm

\$5 drop in

Try something new this
summer!



Beginners Ukulele Lessons

Thursdays from 1:45 - 2:15

\$3 drop in fee



Beginners Pickleball Lessons

Thursdays from 4-6 pm

West Sterling Courts

Free! Paddles available.

Facts about Parkinson's Disease: Nearly one million Americans and 10 million people worldwide live with Parkinson's Disease, with approximately 60,000 people in the U.S. diagnosed with PD each year. Getting older is the biggest factor for PD with most people diagnosed in their 60s.

The PD Support Group at the Sterling Senior Center is meeting monthly.
Next meeting is Wednesday August 22nd at 3:30 pm.

Check Out Our New Breakfast Nook!

Through the generosity of the Friends of the Sterling Seniors (FOSS), we are now able to offer healthy breakfast choices, such as juices, yogurts, fresh fruit, hard boiled eggs and more.

Don't forget our fabulous home-cooked lunch program every day at 11:30 am.
No Reservations Needed!

Free van rides are available to the senior center. If you need transportation to the center for lunch or an event, all you need to do is ask! Some get a ride every day, some once a week. What do you need?



Walking Club

We have lots of participants in all levels of fitness.

Wednesdays at 10am

Walking is the easiest and simplest way to improve your heart health.

What are you waiting for??

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.

Living Memorial Honor

Sterling COA/Senior Center

36 Muddy Pond Road, Sterling, MA 01564

I am enclosing \$ _____

In honor/memory of _____

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Mohegan Sun Thursday August 30, 2018

Last Trip until December 2018/January 2019

FOSS is planning a trip to the Casino! \$25 includes round trip bus, buffet voucher and \$15 slot or table play. Reservation forms and payment accepted until bus is full. Checks payable to FOSS (Friends of the Sterling Seniors). Contact Pam Dell at 774-696-3513

AA Limousine & Charter Bus departs back parking lot of Sterling Town Hall at 8:30 a.m. Returns 5:00 pm.



We're back and stronger than ever!!

Members of the 2017 Skillettes invite YOU to join them on the 2018 team! Last year's champion, Pam Dell, has retired from competition but will return to coach this year's team. Returning 2nd place finisher Laurel Barrett will now be the crowd favorite to win! Carol Hoffman, last years best sport award winner, will have to put down her ukulele to compete this year. (Did we tell you that the Ukulele Club is performing at the Sterling Fair this year??)



2017 Skillette Team

Open Practice Sessions for the Sterling Fair Skillet Toss:

Friday August 24th at 10 am (Following pancake breakfast!)

Monday August 27th at 6pm

Hard Hats Optional for Some; Mandatory for Others!

Senior Center Stats from Fiscal Year 2018 (July 1, 2017—June 30, 2018)

Average daily senior center attendance - 75

Total number of people who attended senior center events, received services through the senior center or volunteered at the senior center - Over 1000!!!

Total number of volunteers - 99

Total number of volunteers who are seniors - 80

Total number of volunteer hours - 8700

The Senior Center is in need of volunteers to deliver meals on wheels. Choose one day per week. We deliver early (around 9 am) and it takes about 1 1/2 - 2 hours. Interested?

Call Veronica 978 422 3032



Friday August 24th 7:30-9:00am

All Ages Welcome

\$3 suggested donation

Celebrity Servers:

Sterling Municipal Light Department

Plain and blueberry pancakes, sausage, eggs, fresh fruit, juices & coffee.

No reservations needed.

Come on down!

Yes!

There will be a Community Lunch!

Saturday August 4, 2018 at Noon

Salads, Rolls

Dessert, Iced Tea

No cost. No reservations.

ALL ARE WELCOME!

First Church in Sterling,
6 Meetinghouse Hill Road

Transportation to this luncheon can be
provided by the Senior Center Van.

Call us for a ride!

Did you know that our Senior Center vans provided over 3200 rides
in the last 12 months? Thank you Pam, Lou, Denis, Rob & Gloria!



JOIN MARY LAJOIE "On the Road Again" 978-827-4882 for Information & Reservations

August 5, 2018- Sunday - Pawtucket Red Sox -\$49.00 pp

Oct 17, 2018- Wednesday - The Winnepesaukee Scenic Railroad & Turkey Dinner—\$89.pp

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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.

Sun Nov 11-Ivoryton Playhouse, "The Queens of the Golden Mask" \$129.00pp (seats available on Bus 2)

Sat. Dec.8-Christmas Stocking Stuffer & Bright Nights (New Trip)) \$105.00pp

After lunch a stop at Richardson's Chocolates and then on to the Springfield's Forest Park for the Bright Nights 2 mile tour. (Over half Full)

2019

Sun Mar 10, 2019-Cabin Fever Tour: Brunch, Chocolates & Wines, in NH (over 2/3 full) \$99.00pp

Oct. 15- Nov. 8—15 Day Southern Caribbean Cruise ,no flying, round trip from Boston

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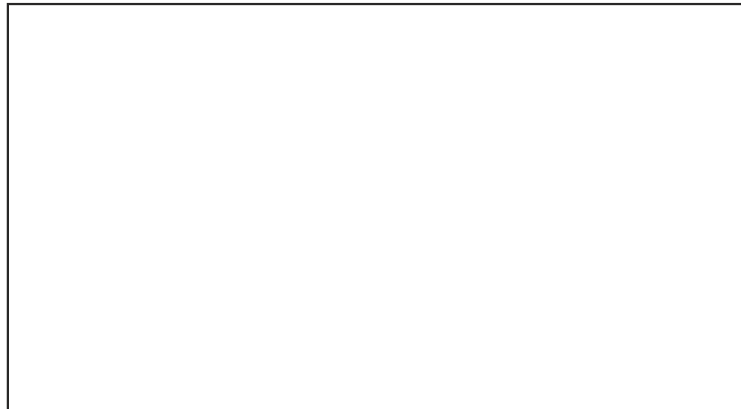
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Printing and Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs



Reaching Out to Our Eldest Seniors

The Sterling Senior Center is collaborating with the Sterling EMS Association and SMLD to promote senior safety. Nickole Boardman, the Senior Center Outreach Coordinator, will be knocking on doors to distribute and help install LED lightbulbs, battery powered motion sensor lights, and Fire Stops (range hood cooktop fire suppressants). The program will begin this summer and will focus on our seniors who are 80 or older.

Thanks to the generosity of Sterling EMS and SMLD these safety supplies will address two of the major concerns of home safety for seniors, the risk of kitchen fires and the risk of falls due to inadequate lighting. In addition to addressing safety concerns, this outreach effort is designed to enable the Senior Center to learn more about the needs of our over 80 population and to assist them in continuing to age in place. Our recent Age and Dementia Friendly Community Survey revealed that 95% of our population feel it is extremely important or very important to be able to live independently in their own homes as they age. Home safety is one very vital aspect of aging in place, but we all know that overall needs are complex. We encourage our seniors to discuss their needs with Nickole during these outreach visits.
