

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

August 2019

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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

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Denis Coughlin

Pam Dell

Lou Massa

Robert Protano

Diane Sousa

Meal Site Manager:

Melissa Cassata

Classic Car Show



August 15th 5:30-7:30pm

Enjoy pulled pork sandwiches and grilled hot dogs
courtesy of the Simpson family!

Transportation available.

rain date August 22nd

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

Peter Watson



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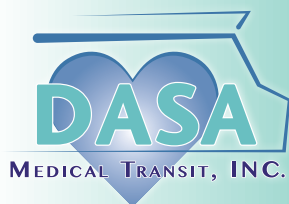
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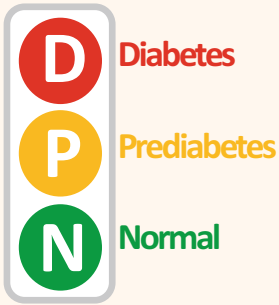
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Sterling Council on Aging, Sterling

06-5262



Introduction to the YMCA Diabetes Prevention Program

Thursday, August 22nd at 10:15 am

The YMCA Diabetes Prevention Program, alongside the Medicare Diabetes Prevention Program, is designed to support adults, specifically with prediabetes, in reducing their risk for developing type 2 diabetes. In a welcoming, small-group environment over 25 sessions, participants

work together with a Y-USA trained Lifestyle Coach to learn about eating healthier and increasing their physical activity.

Recent local classes have shown positive results, with average weight losses between 4% and 7% in the first 6 months of the year-long program. Participants report improvements in health indicators such as blood sugar, blood pressure, cholesterol and sleep. All meetings are classroom-based.

This event is an information session. With enough local interest, a full program may be held at Sterling Senior Center.

Delivered by the Hockomock Area YMCA in Partnership with the YMCA of Central Massachusetts, the program became offered as a covered preventative Medicare benefit in 2018, covering Part B Medicare, as well as many Advantage Plans, including Tufts, Fallon, Harvard-Pilgrim, United Healthcare, etc. Participant's insurance coverage will be verified prior to class launch.

Senior Strong returns!

Fridays @ 1:00pm September 13th—November 1st

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 sessions to track progress. Supervision will be provided throughout 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 that 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, and the middle six weeks are the instructional phase. You must attend 5 of the 6 weeks of instruction phase to meet the attendance requirements and receive refund.

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

Sign up early as class size is limited!



SPECIAL EVENTS

Aug 8	2:45 pm	Tower Hill trip
Aug 12	1:00 pm	Cannabis — Senior Health
Aug 15	5:30-7:30 pm	Classic Car Show (rain date August 22)
Aug 19	10:00 am	Stepping Stone Workshop
Aug 20	11:00-1:00 pm	Bring your Grandkid/Special Youngster day
Aug 20	3:30 pm	A Date with Music—Karaoke with Melissa & son
Aug 22	10:15 am	Diabetes Prevention Information Session
Aug 30	12:00 pm	Friday Afternoon at the EcoTarium

JUST FOR FUN

Aug 3	6:30 pm	Saturday Night Pitch sponsored by the Grange
Aug 9	12:00 pm	August Birthday Cake sponsored by Sterling Village
Aug 23	7:30-9 am	Pancake Breakfast sponsored by FOSS
Aug 26	6:00 pm	Skillettes Practice
Aug 30	10:00 am	Skillettes Practice

ONGOING PROGRAMS

Aug 1	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays) Aug 8 @ 12:15
Aug 1	1:30-2:15 pm	Beginners Ukulele Lessons \$3 (weekly on Thursdays)
Aug 1	2:30 pm	Ukulele Club \$5 (weekly on Thursdays)
Aug 2	8-12 Noon	Veterans Services Office (weekly on Fridays)
Aug 6	9:30 am	SHINE by appointment
Aug 21	12:30pm	Book Club: "Need to Know" by Karen Cleveland

WELLNESS PROGRAMS

Aug 1	10-12 Noon	BP Clinic sponsored by the Sterling EMS
Aug 1	2:00 pm	Going Steady (weekly on Thursdays)
Aug 5	6:00 pm	Labyrinth Walking Meditation
Aug 7	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Aug 8	9:00 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Aug 13	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Aug 19	10:30 am	MSNME Support Group (monthly 3rd Monday)
Aug 21	3:30 pm	Parkinson's Support Group
Aug 22	9:00 AM	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Aug 26	9:30-11 am	Caregivers Connect (at Sterling Senior Center)
Aug 26	6:00pm	Meditation with Cindy



Friday, August 23rd 7:30 - 9:00

Celebrity Servers: Sterling Fair Committee

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

\$3 suggested donation. Open to all. No reservations.

*Make & Take
with
Laurel*

MAKE CEMENT & MOSAIC STEPPING STONES

August 19th 10:00am



Wear 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.

Rain date: August 23rd @ 10:00am

Friday Afternoon at the Museums



Friday August 30th

Van leaves the Senior Center at 12:00

Van leaves EcoTarium at 2:45pm

Cost is \$2 for transportation

Museum is free, courtesy of
Highland Street Foundation

Sign Up Please!

Tower Hill Botanic Garden



Thursday August 8th

Van leaves Senior Center at 2:45pm

Van leaves Tower Hill at 5:00pm

Tower Hill features a four-season display of the finest plants in New England, carefully planned gardens and collections of ornamental, edible and native plants, plus trails and the current Wind, Waves & Light special art in motion event.

Sign Up Required!

Rain Date Thursday, August 29th



Grandparents & Grandkids Day Tuesday August 20th 11am—1pm

Bring your favorite youngsters

grandkids, kids, great-grandkids, nieces, nephews, neighbors

Enjoy Hot Dogs for lunch at 11:30am

and some old-fashioned fun and games

Walk-ins welcome, but please sign up in advance so we may plan!

AUGUST ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sheriff's Annual Senior Picnic</p>  <p>Saturday August 17 11am-3pm SAC Park, Shrewsbury Lunch, Bingo, Raffles!</p> <p>No van transportation. Contact Clare to join a car-share list.</p>	<p>Coffee served all day every day in the dining room</p> <p><u>Exercise Fees</u> Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5</p>	<p>Van Shopping Wednesdays @12:30 8-7 Walmart-Leom. 8-14 Marshalls & Home Goods 8-21 Walmart-W.B. 8-28 Ocean State</p>	<p>1 8:00 Zumba 9:00 Strengthen Yoga 10:00 BP Clinic 11:30 Tortellini in Wine-Butter Sauce 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club</p>	<p>2 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord Closed 12:30 pm</p>
<p>5 8:30 Tai Chi 10:00 Oriol Fitness 11:30 Egg Salad Sandwich 1:00 BINGO 6:00 Labyrinth Walking Meditation</p>	<p>6 8:00 Chair Pilates 9:30 Line Dancing 9:30 SHINE by appt. 9:30 Open coloring 11:30 Beef Tenderloin Cobb Salad 12:30 Game Day</p>	<p>7 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Summer Beef Stew 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling</p>	<p>8 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Potato Bar 12:15 Acrylic Painting 1:30 Beginner Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club 2:45 Tower Hill Trip</p>	<p>9 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:00 Birthday Cake Closed 12 :30 pm</p>
<p>12 8:30 Tai Chi 10:00 Oriol Fitness 11:30 Turkey Burgers 1:00 Cannibus and Senior Health 1:00 BINGO</p>	<p>13 8:00 Chair Pilates 9:30 Line dancing 9:30-11:30 Elder Keep Well Clinic 9:30 Open coloring 11:30 Ranch Pasta Salad 12:30 Game day</p>	<p>14 9:30 Free Gentle Chair Yoga at Chocksett School (meet at 9:15 @ Center) 10:00 Walking Club 11:30 Lunch 12:30 Van shopping trip 12:30 Rummikub</p>	<p>15 8:00 Zumba 9:00 Strengthen Yoga 11:30 Grilled Pork Chops 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Mahjong</p>	<p>16 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord</p>

	12:30 Game Day	1:00 Wii Bowling	2:00 Going Steady 2:30 Ukulele Club 5:30 Classic Car Show	Closed 12:30 pm
19	8:30 Tai Chi 10:00 Oriol Fitness 10:00 Stepping Stone workshop 10:30 MSNME 11:30 BBQ Chicken Sandwich 1:00 BINGO	20 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:00 Grandparents Day 11:30 Hot Dog & Fries 12:30 Game Day 3:30 A Date with Music Karaoke	21 9:30 Chair yoga 10:00 Walking Club 11:30 Chicken Caesar Salad 12:30 Van shopping trip 12:30 Rummikub 12:30 Book Club 1:00 Wii Bowling 3:30 Parkinsons Support	23 7:30-9:00 Pancake Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates Closed 12:30 pm
26	8:30 Tai Chi 9:30 Connect in Sterling 10:00 Oriol Fitness 11:30 Lime Chicken Soft Tacos 1:00 BINGO 6:00 Meditation 6:00 Skillette practice	27 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Roast Beef Sandwich 12:30 Game Day	28 9:30 Chair yoga 10:00 Walking Club 11:30 Lobster Mac & Cheese 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling	30 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 10:00 Skillette practice Smorgasbord 12:00 EcoTarium
			29 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Chop Suey 12:30 Acrylic Painting 2:00 Going Steady 2:00 Mahjong 2:00 Ukulele Club at Life Care, Leominster 3:10 Beginner Uke	
			22 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 10:15 Diabetes Prog 11:30 Smorgasbord 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club	





Cannabis and Senior Health

Monday, August 12th 1:00pm

Presented by Ross Riley of The Botanist

Discussing senior-specific uses of medical marijuana.

Join the conversation about marijuana and its uses for a variety of ailments intensified by the aging process – like sleep deprivation, anxiety and depression – and others like Parkinson's disease, Multiple Sclerosis, arthritis and seizures suffered across all demographics. Learn how the active chemical compounds in Marijuana, Phytocannabinoids and Terpenoids, interact with our bodies and our minds, and how they are unique to the highly regulated marijuana products and not present in the varieties sold by the more accessible “hemp” market. And, learn how you might access marijuana in Massachusetts through a legal and medically monitored process.

Questions are encouraged, and follow-up appointments available.



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

The Parkinson's Support Group
Meets Wednesday
August 21st at 3:30 pm

Friendly Visitors Wanted!

Brighten the day of a homebound Sterling senior with your visit.

Call Nickole or Veronica
for more information.
978-422-3032

Caregivers Connect



Next Meeting:
Monday, August 26th
from 9:30-11 am
at the
Sterling Senior Center

No registration...
drop in!
Light Refreshments
Facilitated by
Clyde Wheatly



Wachusett Area MSNME support group

August 19th, 2019 10:30–11:30
and every third Monday of the month. Anyone with any form of

Multiple Sclerosis, caregivers, family and friends are invited to come and enjoy current info, talking and sharing, snacks, games etc. Drop in program. No preregistration necessary. Feel free to call Donna for more information at 978-660-4744.



Wachusett Food Pantry

Seniors Friday August 16th 9-11 am
All Saturday August 17th 9-11am
Call Nickole at Senior Center for assistance



Community Lunch at First Church

August 3rd at noon

Chilled Soup
Finger Sandwich
Green Salad & Dessert
Transportation available

EXERCISE YOUR MIND

PLAY **BRIDGE**

Players wanted

Stimulate your brain and keep it sharp by joining the Senior Center Bridge Club.

Contact Clare for information
978-422-3032

Free Chair Yoga August 14th

Meet at Senior Center at 9:15
For this day only, program will be at Chocksett School gym and free to all participants!

Beginner Ukulele Lessons!

Newcomers welcome.
Thursdays at 1:30pm
(except 8/29 at 3:10)
Loaner instruments available.



Pool Players Wanted!

Tables available daily
Ladies, Gents, Beginners,
Experts
All Welcome!



Wii Bowling

Practice Every Wednesday 1:00 pm

Tournament Bowling League
Friday August 16th @ 1pm
Hubbardston Senior Center

labyrinth WALKING MEDITATION

August 5th @ 6:00pm Meet at Senior Center

Meditation Program with Cindy
Monday 26th at 6:00pm

Weekly Meditation
returns on September 16th at 6:00pm
sponsored by Sterling Library

Going Steady * Fall Prevention with Marty Thursdays at 2pm Free drop-in program

- * fall prevention
- * balance and strength
- * rising safely from a chair
- * rising safely from the floor
- * correct walking stride

Calling new Pen Pals

It'll be September before we know it!
We need double the pen pals
for next year!

Contact Nickole if interested.

History Club

Starting Friday September 6th @ 1pm
Mayflower: A Story of Courage, Community, and War by Nathaniel Philbrick

Join the discussion with Denis Coughlin.
Exploring the first fifty-five years of the Pilgrims' life in the New World, Philbrick particularly focuses on the social and economic relationships between the English and their Native American neighbors.

The Skillettes are Back!!!

The Senior Center skillet toss team is back in action, ready to regain their titles at this year's Sterling Fair!

Open practice sessions will be on the front lawn:

Monday August 26th 6:00pm

Friday August 30th 10:00 am

Coach Pam Dell returns again to lead the team.

Anyone can join the team—those attending practice will receive a 2019 team cap!

Join us at the Sterling Fair!

Visit our booth for a **Senior Shot!**

The **Ukulele Club** will be conducting a concert and sing-along.

The **Skillettes** are hoping for a standing room only crowd as they compete in this year's Skillet Toss!



Sterling senior Les Taylor wins Silver at National Senior Games

Congratulations to Les (third left) and his 65's Volleyball teammates who won a silver medal in their division. He also placed fourth with his 70's team.

The 2019 National Senior Games (previously Senior Olympics) were held June 14–25 in Albuquerque, NM, with 14,000 competitors in age-specific divisions.

We are proud to have Les as a senior center Meals on Wheels volunteer!

HAPPY TRAVELERS

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

Sat, Aug 17	Kennebunkport Cruise with lunch at the Colony Hotel and more. Full with wait list.	\$119 pp
Sun. Sept 8	Mystery Tour. Join us on another mystery tour. Included is a buffet lunch and much more.	\$130 pp
Sat. Oct. 12	Newfane, VT, Heritage Festival & lunch Grafton Inn FULL	\$99 pp
Sun. Oct. 13	Newfane, VT, Heritage Festival & lunch Grafton Inn 6 seats left	\$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, shop at Calef's Country Store & Stonewall Kitchens. Afternoon tea-lunch at the Silver Fountain Inn, stop at the Lindt Chocolate store & the Methuen Festival of Trees.	\$114 pp
Sun. Dec. 8	Something Old & Something New NEW!	\$114 pp
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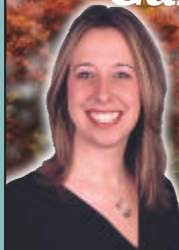
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Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

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by Neuroscientist Dr. Keith Darrow



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Karaoke with Melissa

Tuesday August 20th 3:30pm

Join our special disc jockeys,
Kitchen Manager, Melissa, and her son, Michael,
as they lead a joyous afternoon of karaoke!



Sing your favorite songs - old and new - solo or group.
Choose from our selection,
or let us know your special song so we can download it!

Contact Clare with your special request! 978-422-3032

A Date with Music

Every month the Senior Center Program Committee brings you an entertaining musical experience, with introductions to various musical genres.