

# **Sterling** SENIOR CENTER **Newsletter**

Connecting with each other & our community

December 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

**Operations Coordinator:**

Dorothy (Dot) Millhofer

**Maintenance Tech:** Jim Ash

**Drivers:** Pam Dell

Lou Massa

Denis Coughlin

Robert Protano

Gloria Rugg

**Meal Site Manager:**

Melissa Cassata



## *Happy Holidays!*

The COA Board cordially invites  
all seniors to the

## **Annual Christmas Party**

### **Sunday, December 9th, 1-3pm**

Hot & Cold Hors D'oeuvres,

Refreshments

*Music by: Victorian Carolers*

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

Peter Watson



61 Redstone Hill, Sterling, MA  
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Sterling Council on Aging, Sterling

06-5262



## Holiday House

Monday, December 3rd at 1:00pm

*With Linda Gilbert*

Release your inner child!



Construct a mini holiday house (think gingerbread without the hassle) using graham crackers and royal icing. Then decorate it with an assortment of candy. Just bring your enthusiasm as everything else will be provided for you!  
\$5 Sign up please.

## Create a Holiday Centerpiece

Friday, December 7th at 12:30pm

*With the Sterling Garden Club*



Thanks to the talented members of the Garden Club, you will create a festive centerpiece for only \$5. Bring your garden gloves and shears if you have them!  
\$5 Sign up please.



## The Season is for Giving!

Join the Chocksett School Peer Leaders to create cards for our Veterans in Long Term Care.

We have over 45 cards to make, so we could really use the help!

Wednesday December 12th  
9:30—10:00 Sign up!

## 2nd Annual Ukulele Club Holiday Concert and Sing Along

The famous Sterling Strummers will be playing for a packed audience!

Thursday, December 13th at 2:30 pm

Be here early to get a seat!

Refreshments served after the performance.



### Educational Programs

|                   |   |
|-------------------|---|
| Dec 4th 12:00 pm  | Computer Help by Appointment (Weekly on Tuesdays) |
| Dec 5th 9:30 am   | SHINE Open Enrollment by appointment only.        |
| Dec 19th 12:30 pm | Book Club "A Christmas Home" by Greg Kincaid      |

### Wellness Programs

|                       |   |
|-----------------------|---|
| Dec 5th 10:00 am      | Walking Club every Wednesday. Meet at the Senior Center       |
| Dec 6th 10:00-Noon    | BP Clinic Sponsored by the Sterling EMS                       |
| Dec 11th 9:30 - 11:30 | Elder Wellness Clinic sponsored by VNA Cares                  |
| Dec 13th 9:00am       | Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.) |
| Dec 19th 3:30pm       | Parkinson's Support Group                                     |
| Dec 27th 9:00am       | Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.) |

### Ongoing Events

|                   |  |
|-------------------|--|
| Dec 6th 12:30pm   | Acrylic Painting weekly on Thursdays \$5   |
| Dec 6th 1:15-1:45 | Beginners Ukulele Club weekly on Thursdays \$3<br>Resuming 1:45 class time on Dec 20th |
| Dec 7th 8am-Noon  | Veteran Service Officer Hours weekly on Fridays.                                       |
| Dec 11th 9:00am   | Dull Men's Club  |
| Dec 20th 2:30 pm  | Ukulele Club resumes weekly on Thursdays \$5   |

### Special Events

|                  |   |
|------------------|---|
| Dec 6th 2:30 pm  | Holiday Ukulele Concert at Sterling Village   |
| Dec 8th 8:30 am  | Rotary Club Christmas Breakfast for Seniors at The Manor  |
| Dec 9th 1-3 pm   | COA Christmas Party   |
| Dec 12th 9:30 am | Making Christmas Cards for Veterans in Long Term Care<br>Intergenerational program with Chocksett Peer Leaders      |
| Dec 13th 2:30 pm | Holiday Ukulele Concert at Senior Center  |
| Dec 14th 10-6 pm | Cookie & Craft Fair   |
| Dec 18th 4:30 pm | Van Ride to view Sterling Christmas lights followed by cocoa,<br>cookies and Christmas carols with the Girl Scouts. |
| Dec 20th 2:30 pm | Armchair Travel: The Romantic Danube  |

### Make & Take

|                  |  |
|------------------|--|
| Dec 3rd 1:00 pm  | Holiday House with Linda Gilberti \$5 Sign Up Please             |
| Dec 7th 12:30 pm | Holiday Centerpiece with Sterling Garden Club \$5 Sign Up Please |

### Just For Fun

|                      |  |
|----------------------|--|
| Dec 1st 6:30pm       | Saturday Night Pitch Party sponsored by the Grange. All welcome.       |
| Dec 6th 8:30 am      | Foxwoods Trip  |
| Dec 14th 7:30 - 9 am | Pancake Breakfast sponsored by FOSS.                                   |
| Dec 21st 12:15 pm    | Birthday Cake for all December Birthdays sponsored by Sterling Village |







Meet Sterling Resident  
and Author,

Ray Tatten

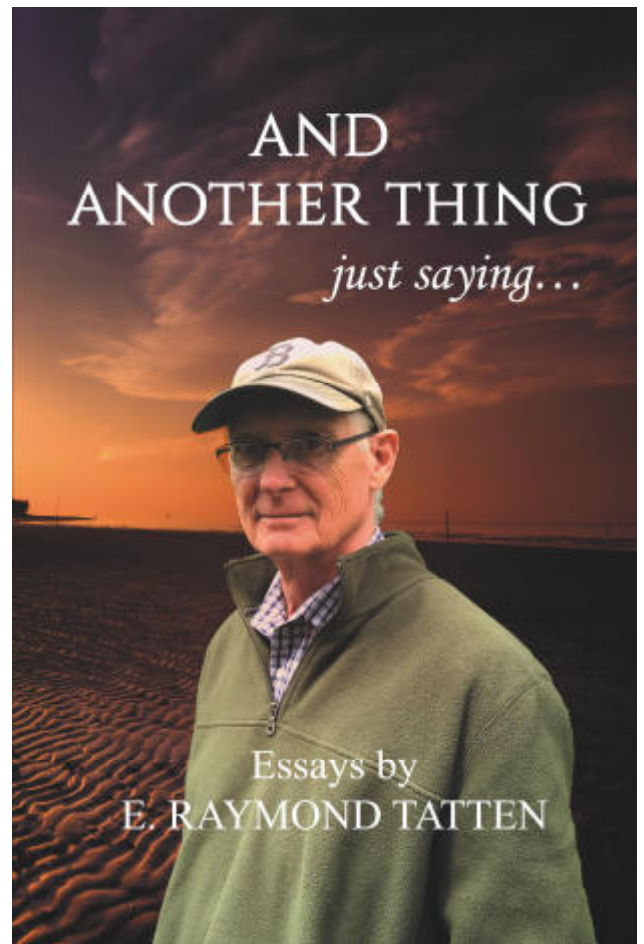
Tuesday,  
December 11th at 9 am

In this his first collection, *AND ANOTHER THING just saying*, E. Raymond Tatten offers thirty-five essays – stories and musings with topics as diverse as the childhood loss of his pony, high school days, parenthood and his new “senior discount” – even “finding trouble” and “two bad things.” Many of the essays are responses to writing group prompts, while others are a reaction to current events, life questions or refreshed memories.

Several pieces have appeared in other publications, including *Sterling Meetinghouse News*, *The Landmark*, *The Bolton Independent*, *The Harvard Press*, *MUSED BellaOnline Literary Review* and *Adelaide Literary Magazine*.

Tatten tells his stories with a recognizable, distinct voice.

“I’m finding it takes more effort to ignore an idea. It won’t go away but pesters until it’s written, and then it pesters some more. So I have to pick at it until it’s read and can go into the box with the others.”



Essays by  
E. RAYMOND TATTEN



### Armchair Travel

## "The Romantic Danube"

with Joe and Patti LaGrassa

Thursday December 20th

2:30 pm


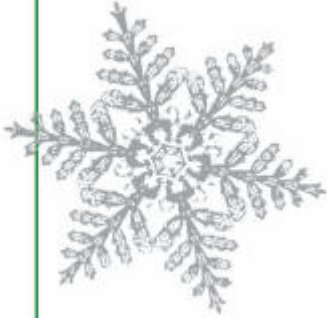
With Medieval towns, grand cities, and stunning scenery, this 8 day journey on the Blue Danube is one you are sure to

love. We started in Budapest which is aptly called "Paris of the East" for its beautiful illumination and reflected lights in the Danube's waters.

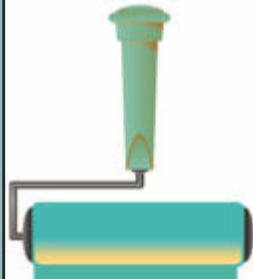
We visited several Christmas Markets famous for unique handmade gifts, great local food, and plenty of Christmas Cheer. The river cruise ended in Nuremburg, a center of Bavarian culture which is filled with traditional half-timbered houses, Gothic churches, and World War II history. Other stops included Vienna and Krems, Austria as well as Passau and Regensburg, Germany. An unforgettable trip in early December will get everyone into the Holiday Spirit!

# DECEMBER ACTIVITY CALENDAR

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <b>3</b><br>8:00-4:00 Coffee<br>8:30 Tai Chi<br>10:00 Oriol Fitness<br><b>11:30 Butternut Squash bisque w chip chix bites</b><br>1:00 BINGO<br>1:00 Make & Take<br>4-7:00 Pickleball<br>6:00 Meditation | <b>4</b><br>8:00-4:00 Coffee<br>8:00-Chair Pilates<br>9:30 Line dancing<br>9:30 Open Coloring<br><b>11:30 Turkey Dinner</b><br>12:00 Computer Help<br>12:30 Game Day  | <b>5</b><br>8:00-4:00 Coffee<br>9:30 SHINE<br>9:30 Chair yoga<br>10:00 Walking Club<br><b>11:30 White Chili</b><br>12:30 Van shopping trip<br>12:30 Rummikub<br>1:00 Wii Bowling                                       | <b>6</b><br>8:00-6:00 Coffee<br>8:00-Zumba<br>9:00 Strengthen Yoga<br>10-12 BP Clinic<br><b>11:30 Fish Italiano</b><br>12:30 Acrylic Painting<br>1:15 Beginners Uke<br>2:00 Mahjong<br>2:30 Ukulele Concert<br>Sterling Village | <b>7</b><br>8:00-11:30 Coffee<br>8:00 VSO Hours<br>9:30 Knitting and Crocheting<br>9:30 Pilates<br><b>11:30 Smorgasbord</b><br>12:30 Make & Take<br>Closed 1:30 |
| <b>10</b><br>8:00-4:00 Coffee<br>8:30 Tai Chi<br>10:00 Oriol Fitness<br><b>11:30 Breakfast at Lunch</b><br>1:00 BINGO<br>4-7:00 Pickleball<br>6:00 Meditation   | <b>11</b><br>8:00-4:00 Coffee<br>8:00-Chair Pilates<br>9:00 Dull Men's Club<br>9:30-11:30 Elder Keep Well Clinic<br>9:30 Line Dancing<br>9:30 Open coloring<br><b>11:30 French Beef Stew</b><br>12:00 Computer Help<br>12:30 Game Day | <b>12</b><br>8:00-4:00 Coffee<br>9:30 Peer Leaders<br>9:30 Gentle Chair Yoga<br>10:00 Walking Club<br><b>11:30 Pork Tenderloin</b><br>12:30 Van shopping trip<br>12:30 Book Club<br>12:30 Rummikub<br>1:00 Wii Bowling | <b>13</b><br>8:00-6:00 Coffee<br>8:00-Zumba<br>9:00 Strengthen Yoga<br>9:00 Foot Clinic<br><b>11:30 Smorgasbord</b><br>12:30 Acrylic Painting<br>1:15 Beginners Uke<br>2:00 Mahjong<br>2:30 Sterling Strummers Holiday Concert  | <b>14</b><br><b>7:30-9:00 PANCAKE Breakfast Sponsored By FOSS</b><br>8:00-11:30 Coffee<br>8:00 VSO Hours<br>10 am- 6:00 pm<br>Cookie & Craft Fair               |
| <b>17</b><br>8:00-4:00 Coffee<br>8:30 Tai Chi<br>10:00 Oriol Fitness<br><b>11:30 Italian Wedding Soup &amp; Italian Chix</b><br>1:00 BINGO<br>4-7:00 Pickleball   | <b>18</b><br>8:00-4:00 Coffee<br>8:00-Chair Pilates<br>9:30-Line dancing<br>9:30 Open coloring<br><b>11:30 BBQ</b><br>12:00 Computer Help   | <b>19</b><br>8:00-4:00 Coffee<br>9:30 Chair yoga<br>10:00 Walking Club<br><b>11:30 Chix Stew</b><br>12:30 Van shopping trip<br>12:30 Rummikub<br>12:30 Book Club   | <b>20</b><br>8:00-6:00 Coffee<br>8:00-Zumba<br>9:00 Strengthen Yoga<br><b>11:30 Chix-Spinach Frittata</b><br>12:30 Acrylic Painting<br>1:45 Beginners Uke   | <b>21</b><br>8:00-11:30 Coffee<br>8:00 VSO Hours<br>9:30 Knitting and Crocheting<br>9:30 Pilates<br><b>11:30 Smorgasbord</b><br>12-1:15 Birthday Cake           |

|   |   |   |  |
|---|---|---|--|
| 12:30 Game day<br>4:30 Viewing of Lites-<br>Refreshments  | 12:30 Book Club<br>1:00 Wii Bowling<br>3:30 Parkinson's<br>Support Group                            | 1:45 Beginners Uke<br>2:00 Mahjong<br>2:30 Ukulele Club<br>2:30 Arm Chair Travel  | 12:10 Birthday Cake<br>Closed 12:30  |
| 24<br>8:00-4:00 Coffee<br>8:30 Tai Chi<br>11:30 Ham w/Augratin<br>potatoes  | 25<br>CLOSED<br> | 26<br>8:00-4:00 Coffee<br>9:30 Chair yoga<br>10:00 Walking Club<br>11:30 Chix Pot Pie<br>12:30 Van shopping trip<br>12:30 Rummikub<br>1:00 Wii Bowling  | 28<br>8:00-11:30 Coffee<br>8:00 VSO Hours<br>9:30 Knitting and Cro-<br>cheting<br>9:30 Pilates<br>11:30 Smorgasbord<br>Closed 12:30  |
| 31<br>8:00-4:00 Coffee<br>8:30 Tai Chi<br>11:30 Hearty Turkey<br>Stew w/Vegetables<br>1:00 BINGO<br>4-7:00 Pickleball |                   | 27<br>8:00-6:00 Coffee<br>8:00 Zumba<br>9:00 Strengthen Yoga<br>9:00 Foot Clinic<br>11:30 Split Pea Soup<br>12:30 Acrylic Painting<br>1:45 Beginners Uke<br>2:00 Mahjong<br>2:30 Ukulele Club | Exercise Fees<br>Line Dancing \$2<br>Tai Chi \$5<br>Zumba \$5<br>Pilates \$5<br>Yoga \$5<br><br>Van Shopping<br>Wednesdays 12:30<br>12-5 Target<br>12-12 Walmart-WB<br>12-19 Whitney Field<br>12-26 Walmart-<br>Leom.. |

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## Snow Policy

If Wachusett Schools are closed for the day, there will be no programming (including meals program) at the Senior Center for the day.

The Senior Center will also follow the Wachusett School's decision regarding delayed opening and early dismissal.

**When in doubt, be safe!**

**Call the Senior Center  
978-422-3032**



Are you or a loved one living with Parkinson's? You are not alone.

**Parkinson's Support Group  
Wed Dec 19th at 3:30 pm**

**Medicare Open Enrollment  
Ends December 7th**

**The Coat Drive for December will benefit the  
Thomas J. Serewicz Sr. Foundation**

## Eligibility Guidelines for Fuel Assistance

Family size of 1: \$ 35,510 Gross Annual Income

Family size of 2: \$ 46,437 Gross Annual Income

Family size of 3 \$ 57,363 Gross Annual Income

Obtain an application through the New England Farm Workers Council at 978-342-4520.

See Nickole at the Senior Center for application assistance.

**Check at the Front Desk  
for plans to visit  
Tower Hill's  
Winter Reimagined!**

**Plans will be based on  
weather and ticket  
availability.**

**Possible dates are  
Dec 11th or Dec 12th.**



**Holiday Lights Van Trip  
Tuesday Dec 18th**

**Leave Senior Center at 4:30 pm**

Return to Senior Center at 6:00 pm for hot chocolate, cookies and caroling with the Girl Scouts.

**We have two vans and room for 20  
Sign up please!**

**We need you to support  
our program committee!**

Do you have an interesting or unusual hobby that you would like to share with others? Anything from trains to plants to rug braiding!

Contact Veronica or Nancy  
978-422-3032



## \*\*\* Introducing the Worcester Shuttle \*\*\*

Effective immediately, the Worcester Shuttle provides curb to curb service from the **Sterling Senior Center** to the following locations:

|                            |                             |                        |
|----------------------------|-----------------------------|------------------------|
| Reliant Medical Lincoln St | Worcester VA                | UMass Medical          |
| UMass Memorial             | Worcester Court House       | Worcester City Hall    |
| Union Station              | St Vincent                  | Reliant Gold Star Blvd |
| Leominster Senior Center   | Fitchburg Intermodal Center |                        |

The shuttle does three loops Mon—Sat. Approximate pick up times at the Sterling Senior Center are 7:35 am, 11:35 am and 3:35 pm.

To book a ride on the Worcester Shuttle, seniors **must** call MART at 800-922-5636 option 3. The shuttle will not stop at the Sterling Senior Center unless you have called and booked a ride.

Veterans or surviving spouses of Veterans should call the Leominster Veteran's office at 978-534-7538 to book their rides

**Fares:** MART charges \$8 for seniors 60+. However, the Friends of Sterling Seniors will subsidize \$6 per ride making your actual cost only \$2.

MART charges \$5 for escort or PCA. However, the Friends of Sterling Seniors will subsidize \$3 per ride making your actual cost only \$2.

(Subsidized fares through FOSS may be limited so check with the Senior Center.)

Free for Veterans, escorts of Veterans and surviving spouses of Veterans

Brochures and more information available through MART or the Sterling Senior Center.

\*\*\* The Worcester Shuttle is an option to help you meet your transportation needs. The COA vans will still be providing door to door service to appointments in Worcester. The Shuttle is a valuable curb to curb alternative when the COA vans are already booked.

## Rotary Club Annual Christmas Breakfast

### December 8th at 8:30am



The members of the Wachusett Area Rotary Club will again host their **Annual Christmas Breakfast for Seniors**. Elders from the towns of Holden, Paxton, Princeton, Rutland, Sterling, Boylston and West Boylston are eligible to attend. ALL reservations are to be called in to the Holden Senior Center at 508-210-5570.

The Breakfast will be held on Saturday, December 8 at 8:30 a.m. at the **Manor Restaurant**, 42 West Boylston Street, West Boylston, MA. The **Wachusett Madrigal Singers** will be featured singing Christmas music.

**FOSS****Pancake Breakfast**

Friday, December 14th, 7:30 - 9:00 am

\$3 suggested donation / No reservations

Celebrity Server: Patty Page  
Asst Building Dept & ZBAPlain and special pancakes, sausage, eggs,  
mixed fruit, juices & coffee.**Saturday Monthly  
Community Lunch  
at the First Church**

December 1st at 12 Noon

Spaghetti & Meatballs, Salad, Garlic Bread,  
Brownie Sundae**Christmas Music by our own  
Sterling Strummers!!***If you need a ride call the Senior Center  
978-422-3032*

**Wachusett Food Pantry**  
 Friday, December 14th, 9-11 am (Seniors Only)  
 Saturday, December 15th, 9-11 am (Everyone)  
 See Nickole if you need assistance with pick up or delivery.

**Next Bus Trip to Foxwoods**

Thursday, December 6, 2018

Bus departs from back parking lot of  
Sterling Town Hall at 8:30am

Cost is \$25 Sign up at Senior Center

**THE HAPPY TRAVELERS TRIP LIST — For the over 50 travelers for 2019****Sun Mar 10** - Cabin Fever Tour: Brunch, Chocolates & Wines, in NH, \$99.00pp (*almost full*)**Sun Apr 14** - "Dreamgirls" Cheney Hall, Manchester CT, lunch at Adams Mill Restaurant**Sat May 18** - Million Dollar Quartet at the Stone Theater Stoneham, Ma. \$127.00pp**Sat June 15** - Lake Sunapee with a tour of the Fells & lunch & boat ride on the lake \$129.pp**Sat July 21** - Sand Sculpting Festival, Maggiano's & Charles River Cruise \$120.00pp**Oct. 25 - Nov. 8** - Fifteen Day Southern Caribbean Cruise, no flying, round trip from Boston \$1459.00pp

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Contact: Gladys Mellow 508-835-4312, cell: 508-612-5312,  
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 Flyers can also be picked up at the Sterling, West Boylston, or Shrewsbury Senior Centers.



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## SPECIAL REPORT

by Neuroscientist Dr. Keith Darrow



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



**The Friends of Sterling Seniors will be holding their  
6th Annual You Pick/We Pack Holiday Cookie Sale  
at the Sterling Senior Center this year!!!**



**Friday, December 14th  
10:00am - 6:00pm**

To make this a complete shopping experience we will be incorporating select Crafts for your holiday gift giving! Mark your calendar. Friday, December 14th is the day to pick up your homemade Holiday Cookies. Crafts will include wood, glass, silk screening, jewelry, art, knitted products, and more!  
Our Holiday Cookie Sale is one of the Friends largest fundraisers. All monies raised support programming and more at the Sterling Senior Center!

***Don't miss it!!!***

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