

# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

February 2019

## Sterling Council on Aging Board Members

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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:**

Dot Millhofer

**Maintenance Tech:** Jim Ash

**Drivers:** Pam Dell

Lou Massa

Denis Coughlin

Robert Protano

Gloria Rugg

**Meal Site Manager:**

Melissa Cassata



*Join us for our*

## **Valentine's Luncheon**

**February 14th, 11:30 am**

### **Menu**

Pork Tenderloin with Dijon Marsala Sauce

Oven Roasted Potatoes

Seasonal Vegetables

Dessert: Cherry Cobbler

**Music following the luncheon**

**Love Songs with Denis and Esther**

*Reservations required*

*\$3 suggested donation*

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

Peter Watson



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06-5262



## Caregivers Connect

Monthly “connects” are open to all area caregivers.

Co-sponsored by the Sterling and Clinton COAs.

Next connect Monday, Feb 25th from 9:30–11 am

at the Sterling Senior Center

No preregistration, just drop in.

Light refreshments.

Facilitated by Clyde Wheatly.



*Connects are scheduled on the last Monday of the month from 9:30–11 am*

*Location alternates between the Clinton Senior Center and the Sterling Senior Center*

## REASONS FOR CAREGIVERS TO CONNECT

Vent in a Safe Place

Learn Tips from Experienced Caregivers

Make New Friends

Know You're Not Alone

Build a Bigger Support Circle



The Evening Dinner Committee Partners  
with Sterling Village to support the  
*Walk to End Alzheimer's.*

Dinner on Wednesday, February 27th at 6 p.m.

### MENU

Succulent roast pork with apple/onion

Roasted baby potatoes with rosemary

Green beans with almonds

Green salad, Rolls and butter

Caramel cheesecake

\***Denise Thomas**, Regional Manager of the  
Alzheimer's Association Massachusetts/New Hampshire chapter,  
will present on programs and services available.

\$5 for each ticket goes to support the Sterling Village Strollers  
and the *Walk to End Alzheimer's.*

Tickets must be **purchased in advance** at the Sterling Senior Center.

### Educational Programs

Feb 5	12:00 pm	Computer Help by Appointment (weekly on Tuesday)
Feb 6	9:30 am	SHINE by appointment only
Feb 20	2:30 pm	Book Club “ <i>Pride and Prejudice</i> ” by Jane Austen

### Wellness Programs

Feb 4	6:00 pm	Mediation with Cindy
Feb 6	10:00 am	Walking Club every Wednesday - Meet at the Senior Center
Feb 7	10:00-Noon	BP Clinic Sponsored by the Sterling EMS
Feb 12	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Feb 14	9:00 am	Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)
Feb 20	3:30 pm	Parkinson's Support Group
Feb 25	9:30-11:00 am	Caregivers Connect
Feb 25	6:00 pm	Meditation with Cindy
Feb 28	9:00 am	Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

### Ongoing Events

Feb 1	8am-Noon	Veterans Service Officer Weekly on Fridays
Feb 4	9-11 am	Advanced Photography Class
Feb 7	12:30 pm	Acrylic Painting weekly on Thursdays \$5
Feb 7	1 :45-2:15 pm	Beginners Ukulele lessons weekly on Thursdays \$3
Feb 7	2:30 pm	Ukulele Club weekly on Thursdays \$5
Feb 12	9:00 am	Dull Men's Club
Feb 13	1:00 pm	ART with a smART phone weekly on Wednesdays
Feb 15	1:00 pm	Curious about Reiki?

### Special Events

Feb 7	7-9 pm	Cribbage on Thursday evenings sponsored by Rec Dept
Feb 13	9:30-10 am	Chocksett Peer Leaders Intergenerational program
Feb 14	11:30 am	Valentine Luncheon followed by love songs with Denis and Esther
Feb 21	2:30 pm	Armchair Travel - Canada
Feb 22	12:30 pm	Lunch & Learn - Safety - Security
Feb 27	6-8 pm	Comfort Dinner with Sterling Village \$5 Sign Up Required

### Make & Take

Feb 28	1:00 pm	St Patrick's Day Novelty - Free - Sign Up Required!
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### Just For Fun

Feb 2	6:30 pm	Saturday Night Pitch sponsored by the Grange.
Feb 8	2:15 pm	Birthday Cake for all Feb Birthdays sponsored by Sterling Village
Feb 22	7:30 - 9 am	Pancake Breakfast sponsored by FOSS



## ART with a smART phone

4 week free program

Wednesdays

1—3 pm

Starts Feb 13th

Sign Up Please!



Have you ever taken a photo with your smART phone only to notice some imperfections in the image? Have you ever wished you could give a smart phone photograph a more artsy look? Have you ever wanted to extend the dynamic range of your smART phone camera so you can see the details in the shadows and not have the highlights on the image “blown-out”? This 4-week workshop will address all of these issues and more using just your smART phone.

The course will consist of learning about composition and hand-holding techniques; using various camera apps to emulate camera features; and using just your smART phone to post-process your images. All you will need is your smART phone, your imagination, and want to have some fun while fighting the winter doldrums. Learn, at a minimum, how to take better images with the camera you have with you most of the time.

## Arm Chair Travel

Thursday Feb 21st– 2:30 p.m.

Regional Cultures of Canada

with Lex Thomas


Did you know that Canada's square mileage is slightly larger than the USA, but its population is about 10 percent of its southern neighbor? A vast country with plenty of wide open space, Canada is rich in regional cultures and world-class attractions. Join *Sterling Meetinghouse* News Editor Lex Thomas on Thursday, February 21st, for a tour of her native land, focusing on three culturally diverse cities that she has called home. Lex will bake and bring butter tarts to share, a Canadian specialty that has mysteriously never made it south of the border. À bientôt!



# FEBRUARY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Exercise Fees</b> <b>Line Dancing \$2</b> <b>Tai Chi \$5</b> <b>Zumba\$5</b> <b>Pilates \$5</b> <b>Yoga \$5</b>				<b>1</b> 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates <b>11:30 Smorgasbord</b> Closed 12:30
<b>4</b> 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness <b>11:30 Veg. Chili</b> 1:00 BINGO 2:30 German Lit 3:00 Open Strumming 4-7:00 Pickleball	<b>5</b> 8:00-4:00 Coffee 8:00 Chair Pilates 9:30 Line Dancing 9:30 Open coloring <b>11:30 Fish Italiano</b> 12:30 Computer Help 12:30 Game Day 6:00 Artist's Reception	<b>6</b> 8:00-4:00 Coffee 9:30 Shine 9:30 Gentle Chair Yoga 10:00 Walking Club <b>11:30 Hot Dog, Beans &amp; Cole Slaw</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling	<b>7</b> 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 10-12 BP Clinic <b>11:30 Chix Parm</b> 12:30 Acrylic Painting 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club	<b>8</b> 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates <b>11:30 Smorgasbord</b> 12:15 Birthday Cake Closed 12:30
<b>11</b> 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness <b>11:30 Veg Soup &amp; Chix Salad Sandwich</b> 1:00 BINGO 2:30 German Lit 3:00 Open Strumming 4-7:00 Pickleball	<b>12</b> 8:00-4:00 Coffee 8:00 Chair Pilates 9:00 Dull Men's Club 9:30-11:30 Elder Keep Well Clinic 9:30 Line dancing 9:30 Open coloring <b>11:30 Taco Bar</b> 12:00 Computer Help 12:30 Game day	<b>13</b> 8:00-4:00 Coffee 9:30 Chair yoga 9:30 Peer Leaders Tech 10:00 Walking Club <b>11:30 Lasagna</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 1:00 smART ART	<b>14</b> 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic <b>11:30 Valentines Luncheon</b> 12:30 Acrylic Painting 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club	<b>15</b> 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates <b>11:30 Smorgasbord</b> 1:00 Reiki 2:00 Closed



18	<p><b>CLOSED</b></p> 	19	<p>8:00-4:00 Coffee 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring <b>11:30 Chicken Noodle Casserole</b> 12:00 Computer Help 12:30 Game Day</p>	20	<p>8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club <b>11:30 Ham Dinner</b> 12:30 Van shopping trip 12:30 Rummikub 12:30 Book Club 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	21	<p>8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club 2:30 Arm Chair Travel</p>	22	<p>7:30-9:00 Pancake Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 12:30 Lunch &amp; Learn Closed 12:30</p>
25	<p>8:00-4:00 Coffee 8:30 Tai Chi 9:30 Caregivers Connect 10:00 Oriol Fitness <b>11:30 Mac&amp;Tuna Salad</b> 1:00 BINGO 2:30 German Lit 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation</p>	26	<p>8:00-4:00 Coffee 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring <b>11:30 BBQ</b> 12:00 Computer Help 12:30 Game Day</p>	27	<p>8:00-6:00 Coffee 9:30 Chair yoga 10:00 Walking Club <b>11:30 Chix Bowl</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball 6:00 Evening Dinner</p>	28	<p>8:00-4:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic <b>11:30 Ch.Steak Sub</b> 12:30 Acrylic Painting 1:00 Make &amp; Take 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club</p>	Van Shopping Wednesdays 12:30	<p>2-6 WalmartWB 2-13 Whitney Field 2-20 Walmart Leom 2-27 Christmas Tree Shop</p>





**Tuesday Feb 12th**  
9 am

The February meeting of the Dull Men's Club will feature the history and geology of the E. F. Perkins quarry on route 12. Manager and engineer, Joseph Curtin, will talk about the past eighty years of quarry operations and possibly what the future holds in store. The quarry is certainly an iconic Sterling feature so come learn about this important Sterling business and geologic feature.

## Curious about Reiki?

**Friday Feb 15th, 1pm**

Sponsored by Nashoba  
Nursing Service & Hospice



Kathy Benson, LICSW presents the benefits and basic techniques of Reiki. Reiki is a powerful, safe and effective healing technique that can be used for stress and pain reduction, relaxation, and also promotes healing. Reiki is used in hospitals during illness, after injuries, and for pain management. Many people, including parents, caregivers and health care providers, find Reiki to be enormously beneficial in their professional and personal lives. If time permits, Reiki will be performed on those attending who request the experience.

*Join us to begin the shenanigans!*

Sign Up for a **FREE** Make & Take

**St Paddy's Novelty Hat**

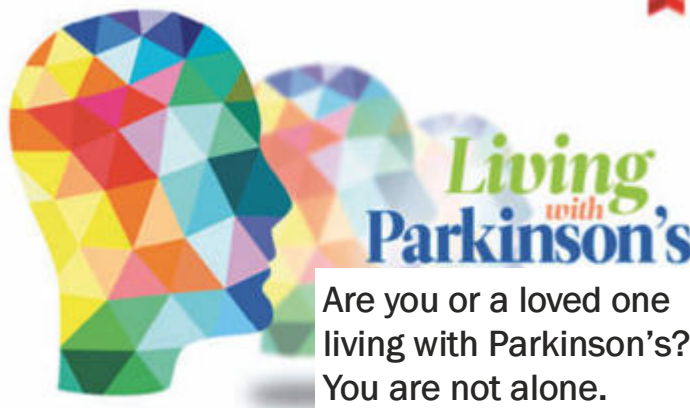
*with Laurel*

**Thursday Feb 28th at 1 pm**



*As you slide down the  
bannister of life, may  
the splinters never point  
in the wrong direction."*

*Irish Blessing*



**Parkinson's Support Group**  
**Wed Feb 20th at 3:30 pm**



**Ukulele Club's**  
**Sterling Strummers**  
just before another great holiday concert!

## 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.



## COME SEE OUR NEW VANS!

Did you know that the Sterling Senior Center upgraded our vans four months ago? We now have two smooth-riding, 10 passenger vans. These vans are available for trips to doctor's appointments, grocery shopping, mall shopping, and any other business you might have.

We also take special trips during the year to Fruitlands Museum, Mt Wachusett, WAM and more. If you don't think you can get up the van steps, you can use the handicap lift. No problem!

Also available to Sterling residents is the Worcester Shuttle. For more information, pick up a brochure at the Sr Ctr.



### 2018 MASSACHUSETTS "Senior Circuit Breaker Tax Credit"

A Massachusetts taxpayer age 65 or older who owns or rents his or her principle residence may qualify for the circuit breaker credit if he or she meets certain eligibility requirements. For tax year 2018, the taxpayer's "total income" (which includes social security) cannot exceed \$58,000 for a single individual, \$73,000 for a head of household, and \$88,000 for married couples filing a joint return. The taxpayer's property tax payments, including ½ of the cost of water and sewer, must exceed 10% of the taxpayer's total income. **The maximum credit for 2018 is \$1,100.** For more information, contact your accountant or tax preparer.

<https://www.mass.gov/service-details/senior-circuit-breaker-tax-credit/>

### **Meditation with Cindy on Monday Nights at 6 p.m.**

The next Meditation series will begin on February 4. The series will be based on a study of Happiness: Essential Mindfulness Practices, by Thich Nhat Hanh. Each week will focus on a particular lesson. The class will meet February 4 and February 25, at 6 p.m. on Mondays in the classroom. No signup is necessary. The series will continue in March.

**Join the Chocksett Peer Leaders  
Wed., Feb 13th from 9:30-10 a.m.**

We will be creating placemats  
for our Valentine luncheon.  
Please sign up at the front desk.

**We need Friendly Visitors**  
to help Sterling's homebound seniors  
stay connected!  
Please contact **Veronica** or  
**Nickole** at 978 422 3032

## Saturday Monthly Community Lunch at the First Church

February 2nd at 12 Noon

### Menu

Tossed Salad, Hearty Beef Stew

Brownie Sundae

If you need a ride call the Senior Center  
978-422-3032

Everyone is Welcome.



**FOSS**

## Pancake Breakfast

Friday, February 22nd 7:30 - 9:00 am

\$3 suggested donation / No reservations

*Celebrity Servers: Ronna & John Davis  
Davis Farmland*

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

## Wachusett Food Pantry

Friday, February 15th, 9-11 am (Seniors Only)

Saturday, February 16th, 9-11 am (Everyone)

See Nickole if you need assistance with pick up or delivery



## 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 June 25** - Nova Scotia featuring the Annapolic Valley, Cabot Trail & Tattoo \$1999.pp-dbl  
\$2599.00 single/, prices are based on a minimum of 40 passengers

**Sat July 21** - Sand Sculpting Festival, Maggiano's & Charles River Cruise \$120.00pp

**Oct. 15 - Nov. 8** - Fifteen Day Southern Caribbean Cruise, no flying, round trip from Boston \$1459.00pp

**Sat Aug 17** - Kennebunkport Cruise, a stop at Where Pigs Fly Bakery, lunch at Colony Hotel \$119.pp

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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



## **“Safety and Security at the Senior Center”**

### **Friday February 22nd at 12:30**

Staff, volunteers, and instructors are invited to enjoy lunch and time with other volunteers while we learn about safety and security at the Senior Center from the Sterling Police Department and the Sterling Fire Department.

Due to the importance of the topic, attendance by all staff, active volunteers and instructors is strongly encouraged. We will be serving a Chinese buffet. Special dietary requests can be accommodated if we are notified in advance.

You must RSVP so that we can adequately plan!  
Call, come in or send us an email at [vbuckley@sterling-ma.gov](mailto:vbuckley@sterling-ma.gov)

**Thanks for all you do in supporting the mission  
at the Sterling Senior Center!**

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