

Sterling Council on Aging

February 2018



Valentine Luncheon

11:30 am

Wednesday Feb 14th

Entertainment following lunch provided by
our own Denis Coughlin and
his mother-in-law, Esther, on keyboard.

Menu:

Lasagna (meatless for those observing Ash
Wednesday), meatballs, salad, garlic toast and
Valentine's themed dessert.

\$3 donation

Reservations Required (Seating limited)

JOIN US FOR OUR "COMFORT DINNER II"

Sponsored by: Beaupre Metal Recycling

Wednesday, February 28th at 6:00 PM

Menu: Beef Stew, Biscuits and Hot Apple Crisp

\$5 tickets must be purchased by noon on February 26th.



COUNCIL ON AGING BOARD MEMBERS

Chair: Liz Pape

Vice Chair: Kevin Beaupre

Sec: Sue Doucette Treasurer: Bob Bloom

Members: Nancy Castagna, Barbara Foster,
Debra MacLennan, Charles Madden and
Sue Protano

Associate Member: Angela Richard

Sterling Senior Center PO Box 243

36 Muddy Pond Rd 978 422 3032

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

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

Hours: Mon—Wed 8-4; Thurs 8—8; Fri 8—12:30

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Sterling Council on Aging, Sterling

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Thursday February 22nd 12:30—1:30

Open to all volunteers, staff and instructors. Enjoy time with your fellow volunteers and a lunch of Chinese food. Vegetarian and gluten free options available. Sign ups required.

Understanding the “Who, What and Why” of Hospice Care

Modern medicine provides so many wonderful options to patients; yet none are as misunderstood as the “hospice care” benefit. This presentation will provide important consumer information about hospice care, how to know if hospice is right for you or your family and put to rest some common misunderstandings about the “H” word.

Carol Recchion, MDiv., has worked in medical organizations for over 30 years. She currently provides community education in Worcester County on behalf of Brookhaven Hospice and the “We Honor Veterans” partnership with the Veteran’s Administration.

“I never hear that the decision to enter hospice was too early. On the other hand, I hear over and over again from people who say they wish they had made the decision sooner than they did.” From smartpatients.com an online support group

The AAA Older and Wiser Driver

Tuesday February 7th at 12:30

A 60 minute program that helps you sharpen your driving skills



This program discusses the changes seniors need to consider in maintaining safe driving skills. This workshop discusses the reasons our driving skills deteriorate as we age and ways we can accommodate or overcome these changes. Practical advice is offered in how one can compensate for these changes and drive safer for a longer period of time! Aging is inevitable, but growing older doesn’t have to mean giving up an active life.

In addition we will be discussing some of the latest automotive technology that can help keep you safe behind the wheel.

The program will be presented by John Paul, the Senior Manager of Traffic Safety for AAA, “aka” The Car Doctor so bring your car questions too!

AAA will be providing a gift bag with a free AAA membership to one lucky participant. It may be your lucky day!

Educational Programs

Feb 7th 9:30 am SHINE by appointment only.

Feb 7th 12:30 pm The AAA Older and Wiser Driver

Feb 21st 12:30 pm Book Club “*Love Letters*” by Debbie Macomber

Feb 22nd 12:30 pm Lunch & Learn

Wellness Programs

Feb 1st 10 am-12 noon BP Clinic Sponsored by Sterling EMS

Feb 2nd 8:30 am Guided Meditation with Bob Stickles. Drop In. Free

Feb 8th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 for 1st Appt.)

Feb 13th 9:30-11:30 am Elder Wellness Clinic sponsored by the VNA

Feb 16th 8:30 am Guided Meditation with Bob Stickles. Drop In. Free

Feb 22nd 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 for 1st Appt.)

Ongoing Events

Feb 2nd - March 2nd 1:00-2:00 pm Senior Strong

Feb 5th - March 12th 2:00 pm Photography Workshop

Feb 1st - March 1st 12:30 pm Acrylic Painting \$5

Feb 23rd 7:30-9:00 am Pancake Breakfast sponsored by FOSS. Celebrity Servers: Peder Pederson, Erin MacNeal Rehrig & Jeff Keay from OSIC

Special Events

Feb 6th 9:00 am Dull Men's Club

Feb 6th 6:00 - 8:00 pm Artist's Reception for the Silk Road Art Guild

Feb 8th 2:30 pm Arm Chair Travel to Mt Kilimanjaro

Feb 14th 11:30 am Valentine Luncheon followed by love songs with Denis and Esther.

Feb 28th 6:00 pm Comfort Dinner II

Just for Fun

Feb 3rd 6:30 pm Pitch Party Sponsored by The Grange. All are welcome.

Feb 9th 12:15 pm Birthday Cake for all February Birthdays !

Make & Take

Feb 7th 6-8 pm Valentine's Candy Making \$5

Feb 8th 12:30-1:30 pm Valentine Floral Accent \$3

VALENTINE'S CANDY MAKING

Wednesday, February 7th

6-8 pm

Deb MacLennan is hosting a candy making party.

\$5 will cover cost of supplies.

Sign Up, please!



Floral Accent

Thursday, Feb 8th

12:30 - 1:30 pm

Join Laurel Barrett after lunch to

create a floral accent with silk

flowers. \$3 will cover cost of supplies. Sign up, please!



DULL MEN'S CLUB

Tuesday

February 6th

9am

Tom Kokernak will be the Guest Speaker from the Sterling Fire Dept. Tom will present the history of the Sterling Fire Dept.



THE GREENDALE Y PARTNERSHIP WITH THE STERLING SENIOR CENTER MARCH MEMBERSHIP FEES ON US!

FOSS, the Friends of the Sterling Seniors, has been given a grant which enables us to pay for your March membership fee if you are enrolled in the Y pilot program.

There is nothing for you to do if you are already enrolled. If you are yet to enroll, see Veronica at the Senior Center FIRST. She will coordinate your Y referral.

Seniors 60 years and older are eligible for this program.

Questions regarding this program should be addressed to Veronica.

FEBRUARY ON US!

**HERE IS YOUR CHANCE TO TRY
GUIDED MEDITATION WITH BOB
STICKLES FOR FREE!**

FRIDAY FEB 2ND

&


FRIDAY FEB 16TH


AT 8:30 AM

**JUST WALK IN AND
ENJOY THE EXPERIENCE!**

February Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Exercise Program Fees</p> <p>Line Dancing \$2</p> <p>Tai Chi \$5</p> <p>Oriol Exercise Free</p> <p>Zumba \$5</p> <p>Chair Pilates \$5</p> <p>Pilates \$5</p> <p>Yoga \$5</p>			<p>1</p> <p>8:00 - 8:00 Coffee</p> <p>9:00 Strengthening Yoga</p> <p>10:00-12:00 BP Clinic</p> <p>11:30 Cheese Steak</p> <p>Sub with fr.onion soup</p> <p>12:30 Acrylic Painting</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p>	<p>2</p> <p>8:00-4:00 Coffee</p> <p>8:00-VSO Hours</p> <p>8:30-Meditation</p> <p>9:30 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>1:00 Senior Strong</p> <p>Closed at 2:00 pm</p>
<p>5</p> <p>8:00 - 4:00 Coffee</p> <p>8:30 Tai Chi</p> <p>9:30 Peer writing</p> <p>10:00 Exercise</p> <p>11:30Vegetarian</p> <p>Chili & cornbread</p> <p>12:30 Zumba</p> <p>1:00 BINGO</p> <p>\$1 a card</p> <p>2:00 Photo Workshop</p> <p>4-6:00 pm Pickle Ball</p> <p>6 pm Meditation</p>	<p>6</p> <p>8:00 - 4:00 Coffee</p> <p>9:00 Dull Men's Club</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair Pilates</p> <p>11:30 Turkey Dinner</p> <p>12:30 Game day</p> <p>12-3:00 Computer Technology Class</p>	<p>7</p> <p>8:00 - 4:00 Coffee</p> <p>9:30 SHINE</p> <p>9:30 Gentle Chair yoga</p> <p>11:30 Hot Dog, Beans & Slaw</p> <p>12:30 Van shopping trip to Home Goods & Marshalls, Leominster</p> <p>1:00 Wii Bowling</p> <p>6:00 Candy Making</p>	<p>8</p> <p>8:00 - 8:00 Coffee</p> <p>9:00 Strengthening Yoga</p> <p>9:00 Foot Clinic</p> <p>11:30 Chix Parm</p> <p>12:30 Acrylic Painting</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p> <p>2:30 Armchair Travel-</p> <p>5:30 COA Board Meeting</p>	<p>9</p> <p>8:00 - 12:30 Coffee</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>12:15 Birthday Cake</p> <p>1:00 Senior Strong</p> <p>Closed at 2pm</p>
<p>12</p> <p>8:00 - 4:00 Coffee</p> <p>8:30 Tai Chi</p> <p>9:30 Peer writing</p> <p>10:00 Exercise</p> <p>11:30 Veg Soup & Chix Salad Sand.</p> <p>12:30 Zumba</p> <p>1:00 BINGO</p>	<p>13</p> <p>8:00 - 4:00 Coffee</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>9:30 Elder Keep Well Clinic</p> <p>11:00 Chair Pilates</p> <p>11:30 Chef's Salad</p> <p>12:30 Game day</p>	<p>14</p> <p>8:00 - 4:00 Coffee</p> <p>9:30 Gentle Chair yoga</p> <p>11:30-Valentine's Day Lunch— Lasagna (meatless)</p> <p>12:30 Van shopping trip to Walmart-Leominster</p> <p>1:00 Wii Bowling</p>	<p>15</p> <p>8:00 - 8:00 Coffee</p> <p>9:00 Strengthening Yoga</p> <p>11:30BBQ</p> <p>12:30 Acrylic Painting</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p>	<p>16</p> <p>8:00 - 12:30 Coffee</p> <p>8:00 VSO Hours</p> <p>8:30 Meditation</p> <p>9:30 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p>


<p>\$1 a card</p> <p>2:00 Photo Workshop</p> <p>4-6:00 pm Pickle Ball</p> <p>6 pm Meditation</p>	<p>12-3:00 Computer Technology Class</p>	<p>20</p> <p>8:00 - 4:00 Coffee</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair Pilates</p> <p>11:30 Chix Noodle Caaserole</p> <p>12:30 Game day</p> <p>12-3:00 Computer Technology Class</p>	<p>21</p> <p>8:00 - 4:00 Coffee</p> <p>9:30 Gentle Chair yoga</p> <p>11:30 Ham Dinner</p> <p>12:30 Book Club</p> <p>12:30 Van shopping trip to Kohl's & Target</p> <p>1:00 Wii Bowling</p>	<p>22</p> <p>8:00 - 8:00 Coffee</p> <p>9:00 Strengthening Yoga</p> <p>9:00 Foot Clinic</p> <p>11:30 Smorgasbord</p> <p>12:30 Acrylic Painting</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p>	<p>23</p> <p>7:30-9:00 am Pancake Breakfast Sponsored by Foss</p> <p>8:00 VSO Hours</p> <p>9:30 Pilates</p> <p>1:00 Senior Strong</p> <p>Closed at 2pm</p>
<p>19</p> <p>CLOSED</p> 	<p>26</p> <p>8:00-8:00 Coffee</p> <p>8:30 Tai Chi</p> <p>9:30 Peer Writing</p> <p>10:00 Exercise</p> <p>11:30 French Split</p> <p>Pea Soup</p> <p>12:30 Zumba</p> <p>1:00 Bingo</p> <p>2:00 Photo Workshop</p> <p>4-6:00 pm Pickle Ball</p> <p>6 pm Meditation</p>	<p>27</p> <p>8:00 - 4:00 Coffee</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair Pilates</p> <p>11:30 Shepherd's Pie</p> <p>12:30 Game day</p> <p>12-3:00 pm Computer Technology Class</p>	<p>28</p> <p>8:00 - 4:00 Coffee</p> <p>9:30 Gentle Chair yoga</p> <p>11:30 Fish Sandwich with corn chowder</p> <p>12:30 Van shopping trip to Walmart-W.B.</p> <p>1:00 Wii Bowling</p> <p>6:00 Comfort Dinner</p> <p>\$5. per person</p>	<p>facebook</p> <p>Like us on Facebook @ Sterling Senior Center</p>	



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MOHEGAN SUN March 22, 2018

FOSS is planning a trip to the Casino! Lots of fun and hopefully we will win big. Only \$25 per person includes round trip bus, \$10 towards buffet or any restaurant on property, \$5 Casino play and Daily Raffle Voucher.

Reservation form and payment must be received by March 8, 2018. Checks payable to FOSS (Friends of the Sterling Seniors). Contact Pam Dell 774 696 3513



COME JOIN THE FUN!!

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

FOSS PANCAKE BREAKFAST

Friday February 23rd

7:30-9:00am \$3 Donation

No reservations!

Welcome Celebrity Servers:

Peder Pederson, Erin MacNeal Rehrig & Jeff Keay from the Open Space & Implementation Committee

OSIC is updating the town's Open Space and Recreation Plan. The plan needs to reflect the interests and priorities of the residents of Sterling, and OSIC hopes to learn about these interests and priorities through the use of a survey. The survey is available both in paper form and on-line. You have access to the on-line version by logging on to the website

www.surveymonkey.com/r/OSIC.

At the Pancake Breakfast you will have a chance to gain more information from our servers!

CHANNEL 5 REPORTER

Wed March 7th at 7pm

"Chronicle" reporter/author Ted Reinstein will present an illustrated talk, "New England Notebook: One Reporter, Six States, Uncommon Stories", at the Senior Center. Known for his colorful presentation of all things New England, Reinstein's books highlight our region's unique character, memorable people, picture-book places, and historic episodes.

The program enjoys the joint sponsorship of the Friends of the Conant Library and the Friends of the Sterling Seniors and will serve as a fundraiser and community outreach for both groups.

Tickets are \$10 each and sales are limited to the first 115 individuals. Available in early February, tickets may be purchased at the Conant Library, the Senior Center, and the Recreation Department in the Butterick Municipal Building.

Refreshments will be served.

Need a trip to the grocery store?

Our Senior Center Van will be taking our seniors to Hannaford's in Leominster for grocery shopping on Wednesdays at 9:00 am.
Call for more information.

Snow Policy

The Sterling Senior Center will follow the recommendations provided for Wachusett Regional Schools in terms of programs being canceled or delayed. Call if you have a question and stay safe!

The First Church in Sterling Community Lunch Saturday February 3rd at Noon

Monthly lunches are open to all. No cost and no reservations. Enjoy a nice meal and good conversation with others. Lunch will be the first Saturday of each month at the First Church in Sterling 6 Meetinghouse Hill Road. Board games after lunch.

Van transportation available through the Senior Center.

THE HAPPY TRAVELERS TRIPS LIST— For the over 50 travelers

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. Mar. 11, 2018 – Sunday Brunch at the Curtis House Inn and more- (60% of bus sold)

\$99.00 pp

Sun. Apr. 08, 2018 – Mystery trip (50% of bus sold)

\$122.00 pp

Sat. May 19, 2018 – “Something Rotten” at PPAC in Providence, RI with lunch at Spirito’s on Federal Hill \$145.00 pp
(50% of bus sold)

Sun. & Mon. June 24 & 25 - A 2 day Trip to “The Hamptons” and Long Island \$409.00 double
(90% of first bus sold)

Sat. Aug 18-Salem Harbor Cruise with lunch at the Hawthorne Inn (New trip) \$110.00

Sun. Oct 07-Apple Pie Festival & The Hildene, Manchester, Vermont (over half) \$100.00

As you can see there are not many seats available on the first four trips for 2018. Call with any questions.

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.

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Asian Art Through Western Eyes

Silk Road Art Guild

Due to the lovely winter storm on January 4th, the Artist's Reception and demonstration has been rescheduled to

**Tuesday, Feb 6th
6 - 8 pm**

Save the Date

Our guest artist for March / April will be Peter Christoph. Artist's reception will be on Tuesday, March 6 from 6-8 pm.

Have you heard of our Friendly Visitor Program?

It is great program pairing up home bound seniors with seniors who want to visit another senior. The visitor comes for coffee, games or just to chat. You make your own visiting schedule and keep in touch as often as you would like.

We started this program last year and have learned that both parties benefit from the visits and enjoy each other's company. Great friendships have been formed.

Please contact Nickole at 978 422 3032 to learn more about this great program!

More Home Cooking at the Sterling Senior Center!

Our luncheons are exclusively home cooked. Five-day-per-week yummy meals are prepared and served by our Kitchen Manager, Melissa, and an unbelievable group of dedicated, talented and fun volunteers. Lunch is served weekdays at 11:30. Suggested donation \$3.

If you want to join our team of kitchen volunteers . . .

We won't ask you to grill in sub-zero weather! (Thanks, Tim!)



We will ask you to wear a hat and a smile!





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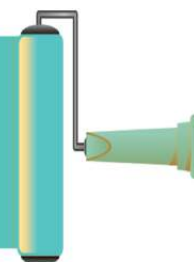
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Printing and mailing of this newsletter made possible in part by a grant from the Executive Office of Elder Affairs.

Arm Chair Travel
Thursday Feb 8th
2:30 pm
A Guided Tour to
‘The Roof of Africa’

With Peder C. Pedersen



Mt. Kilimanjaro is a spectacular, extinct volcano in Tanzania, near the border with Kenya. Despite being located close to the equator,

the top is covered with snow and ice all year round. In June 2011, I fulfilled a long-term goal of trekking to the top of Mt. Kilimanjaro. In this presentation, I would like to tell you about my nine-day journey to the summit together with 9 other participants. I will share practical aspects, the enormous logistics of providing food and water, tell about scenery and plants, my preparation for the trip and cover some history of Mt. Kilimanjaro.
