

# **Sterling** Newsletter SENIOR CENTER

Connecting with each other & our community

February 2020

## Sterling Council on Aging Board Members

*Chair:* Kevin Beaupre

*Secretary:* Liz Pape

*Treasurer:* David Cosgrove

*Members:*

Sheila Battles

Nancy Castagna

Joe LaGrassa

Debra MacLennan

Sue Protano

## Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

*Hours:* Mon-Wed 8 - 4,

Thurs 8 - 6, Fri 8 - 2

*Director:* Veronica Buckley

*Outreach:* Nickole Boardman

*Operations Coordinator:*

Clare Anderson-Felton

*Maintenance Tech:* Jim Ash

*Van Drivers:*

Denis Coughlin

Pam Dell

Lou Massa

Robert Protano

Diane Sousa

*Meal Site Manager:*

Melissa Cassata

*Happy*  
**VALENTINE'S**  
**DAY**  
 see inside for special events

## Meeting the Transportation Needs of our Community



As our senior population grows, the need for transportation services grows as well. To increase efficiency and provide the best service possible, new procedures are now in place for scheduling van rides.

**Calls for trip reservations must be made between 8 am—11 am.**

Pam Dell, our senior van driver, will now be scheduling all appointments for rides between 8—11 am Monday through Friday. Outside these times, a message will be taken and the Scheduler will call you the next business day. Thanks to the volunteer driving program with the electric car, we are now able to accommodate more requests for rides than ever!

When making your reservation, please inform the Scheduler if you need accommodations such as use of lift if unable to climb stairs, wheelchair access or other assistance.

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

Peter Watson



61 Redstone Hill, Sterling, MA  
1-978-422-3166  
cell: 978-502-8847



BETTER HEARING STARTS HERE



Schedule your **free hearing consultation** and **\$200 off** a pair of mid-level hearing aids.

**Call 774-327-3451 today!**

26 West Boylston St. · Suite 5 · West Boylston, MA 01583 [hearingyourway.com](http://hearingyourway.com)



**PAULA K. SAVARD**

REALTOR®, ABR, CRB, CRS, GRI

OFFICE: (978) 537-4971 x101

PERSONAL FAX: (978) 833-5020

CELL: (978) 660-9548

PSAVARD@REALTOR.COM

WWW.ABERMANASSOCIATES.COM

2086 Main St., Lancaster, MA

**Paula K. Aberman Associates, Inc.**

## Leominster Monument Co.

- Comfortable private setting
- At need and pre-need options
- Rock of Ages - lifetime warranty
- On site engraving
- Custom options
- Designing & engraving done in our shop
- Many stock monuments available from flat markers, slants, upright monument, and benches



*"Those we love are never forgotten"*

339 Electric Ave  
Lunenburg, MA  
978-345-8263

View our gallery at: [leominstermonument.com](http://leominstermonument.com)

➤ Reach the Senior Market

# ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!

[scarpenter@lpiseniors.com](mailto:scarpenter@lpiseniors.com) or (800) 477-4574 x6348

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Sterling Council on Aging, Sterling

06-5262

Due to popularity and to accommodate as many as possible,  
this year we are offering Valentines Luncheon or Dinner.  
Two great choices for a non-traditional Valentines Day for singles, couples & groups!

## VALENTINES LUNCHEON

Thursday February 13th at 11:30 am

Chicken Piccata  
Pasta  
Broccoli  
Black Forest Trifle

Sign Up Required  
\$3.00 Suggested Donation

Denis & Esther  
Will be singing love songs of the  
40s, 50s & 60s

## VALENTINES DINNER

WEDNESDAY FEBRUARY 19TH AT 6:00PM

STUFFED PORK LOIN  
OVEN ROASTED POTATOES  
GREEN BEANS ALMONDINE  
CHOCOLATE MOUSSE

American Bandstand  
Revisited  
presents love songs  
of the 50s, 60s & 70s  
Dancing  
Games  
Sing-a-Long

\$5.00

Purchase by  
noon on  
Feb 14

## SPECIAL EVENTS

Feb 10	8:30 am	Peer Leaders
Feb 13	11:30 am	Valentines Luncheon
Feb 14	12:30 pm	Lunch & Learn
Feb 19	6:00 pm	Evening Valentines Dinner
Feb 21	12:30 pm	Movement as Medicine—All-Access PT

## JUST FOR FUN

Feb 1	6:30 pm	Saturday Night Pitch sponsored by the Grange
Feb 14	12:00 pm	February Birthday Cake sponsored by Sterling Village
Feb 28	7:30-9 am	Pancake Breakfast sponsored by FOSS

## ONGOING PROGRAMS

Feb 3	2:30-4:00 pm	ALFA Modern Italian Literature (weekly on Mondays)
Feb 3	9:15 am	SSC Singers (weekly on Mondays)
Feb 3	1:00 pm	Advanced Photography (weekly on Mondays)
Feb 4	9:30 am	SHINE by appointment
Feb 4	12:00-3:00 pm	Computer Help (weekly on Tuesdays) Sign up please!
Feb 5	9:30 am	Beginner's Acrylic Painting \$5 (weekly on Wednesdays)
Feb 6	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Feb 6	1:30-2:15 pm	Beginners' Ukulele Lessons (weekly on Thursdays)
Feb 6	2:30 pm	Ukulele Club (weekly on Thursdays)
Feb 7	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Feb 11	9:00 am	Dull Men's Club: Economic Update for 2020
Feb 14	1:00 pm	History Club: The Guns of August
Feb 19	12:30 pm	Book Club: "The Great Alone" by Kristen Hannah

## WELLNESS PROGRAMS

Feb 3	4:30 pm	Meditation (weekly on Mondays) 4:30 pm for month of Feb
Feb 5	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Feb 6	10 am--noon	BP Clinic sponsored by the Sterling EMS
Feb 6	2:00 pm	Going Steady (weekly on Thursdays)
Feb 11	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Feb 13,27	8:30 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Feb 24	9:30-11:00 am	Caregivers Connect (at Sterling Senior Center)
Feb 24	10:30 am	MSNME Support Group (monthly, usually 3rd Monday)
Feb 26	3:30 pm	Parkinson's Support (monthly, usually 3rd Wednesday)

## Fitness Reimbursement Document Requests

If you'll be claiming insurance reimbursement for 2019 fitness classes, please sign up at the front desk and we'll provide documentation of your expenses at the Senior Center.

When calling an advertiser, please let them know you saw their ad in this Newsletter!



***Movement as Medicine: Vertigo***  
presented by Joshua Swain, DPT, from All-Access Physical Therapy  
***Friday February 21st at 12:30pm***

Join us for the next in this series of presentations designed to educate local seniors on common conditions that cause pain and limitation.

Learn exactly what vertigo is, how it differs from other conditions that can make you dizzy, and how Physical Therapy and exercises can help!



**Concerned About Your Investments?"**

**Tuesday  
February 11th  
9:00 am**

Jay Merrill, CIMA and Matthew Palmgren, CIMA, CRPS, financial advisors with Clifford & Rano Associates will be providing an economic update for 2020. They will be discussing the current investing environment and how it may impact your investments in the years to come.

**Do you want to save money on your Medicare Coverage?**

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program also known as Mass Health Buy-In. This program will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit.

Starting **January 1, 2020** the income and asset limits for the Medicare Savings Programs are increasing. If you qualify for a Medicare Savings Program, you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.

**Income and asset limits effective 1-1-20**

	Income /month	Assets
Individual	\$1,738	\$15,720
Married couple	\$2,346	\$23,600

Call Mass Health at 800 841 2900  
Or see Nickole or Veronica at the  
Sterling Senior Center for application  
assistance

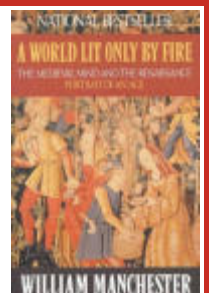
**History Club**



**Friday February 14th at 1pm**  
***The Guns of August***  
by Barbara Tuchman  
Bringing to life the people and events that led up to World War I.  
Discussion led by Maryanne Macleod.

**Friday March 13th at 1pm**  
***The Guns of August, Part 2***

**Friday April 17th at 1pm**  
***A World Lit only by Fire***  
by William Manchester  
Discussion led by Pat Fox.



# FEBRUARY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30 Tai Chi</p> <p>9:15 SSC Singers</p> <p>10:00 Oriol Fitness</p> <p><b>11:30 Vegetarian Chili and Cornbread</b></p> <p>1:00 BINGO</p> <p>1:00 Advanced Photo</p> <p>2:30 ALFA</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>4:30 Meditation</p>	<p>4</p> <p>8:00 Chair Pilates</p> <p>9:30 SHINE</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p><b>11:30 Fish Lemon Roasted Potatoes</b></p> <p>12:00 Computer Help</p> <p>12:30 Game day</p>	<p>5</p> <p>9:30 Beginners Acrylic</p> <p>9:30 Gentle Chair Yoga</p> <p>10:00 Walking Club</p> <p><b>11:30 Hot Dog,, Beans &amp; Slaw</b></p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>1:00 Welcome back to Wii Bowling!!</p> <p>4:00 Pickleball</p>	<p>6</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>10:00 BP Clinic</p> <p><b>11:30 Chicken Parmesan</b></p> <p>12:30 Acrylic Painting</p> <p>1:30 Beginner Uke</p> <p>2:00 Mahjong</p> <p>2:00 Going Steady</p> <p>2:30 Ukulele Club</p>	<p>7</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p><b>11:30 Smorgasbord</b></p> <p>Closed 2:00 pm</p>
<p>10</p> <p>8:30 Tai Chi</p> <p>8:30 Peer Leaders</p> <p>9:15 SSC Singers</p> <p>10:00 Oriol Fitness</p> <p><b>11:30 Veggie Soup &amp; Chicken Salad Sandwich</b></p> <p>1:00 BINGO</p> <p>1:00 Advanced Photo</p> <p>2:30 ALFA</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>4:30 Meditation</p>	<p>11</p> <p>8:00 Chair Pilates</p> <p>9:00 Dull Men's Club</p> <p>9:30 Elder Well Clinic</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p><b>11:30 Mac &amp; Tuna Pasta Salad</b></p> <p>12:00 Computer Help</p> <p>12:30 Game day</p>	<p>12</p> <p>9:30 Beginners Acrylic</p> <p>9:30 Gentle Chair Yoga</p> <p>10:00 Walking Club</p> <p><b>11:30 Cheesesteak Sub &amp; French Onion Soup</b></p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>1:00 Wii Bowling</p>	<p>13</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>8:30 Foot Clinic</p> <p><b>11:30 Valentine Lunch</b></p> <p>12:30 Acrylic Painting</p> <p>1:30 Beginner Uke</p> <p>2:00 Mahjong</p> <p>2:00 Going Steady</p> <p>2:30 Ukulele Club</p>	<p>14</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p><b>11:30 Smorgasbord</b></p> <p>12:00 Birthday Cake</p> <p>12:30 Lunch &amp; Learn</p> <p>1:00 History Club</p> <p>Closed 2:30 pm</p>
<p>17</p>  <p>PRESIDENTS DAY</p>	<p>18</p> <p>8:00 Chair Pilates</p> <p>9:00 Dull Men's</p> <p>9:30 Line dancing</p> <p>9:30 Open Coloring</p>	<p>19</p> <p>9:30 Beginners Acrylic</p> <p>9:30 Gentle Chair Yoga</p> <p>10:00 Walking Club</p> <p><b>11:30 Ham Dinner &amp; Stuffed Sweet Potatoes</b></p>	<p>20</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p><b>11:30 Taco Bar</b></p> <p>12:30 Acrylic Painting</p>	<p>21</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p>



**CLOSED**

**11:30 Chicken Noodle Casserole**  
12:00 Computer Help  
12:30 Game Day

**Stirred Sweet Potato**  
12:30 Van shopping trip  
12:30 Book Club  
12:30 Rummikub  
1:00 Wii Bowling  
4:00 Pickleball  
6:00 Valentines Dinner

**11:30 Smorgasbord**  
12:30 Movement as Medicine  
  
Closed 2:00 pm

24

8:30 Tai Chi  
9:15 SSC Singers  
9:30 Caregivers in Sterling  
10:00 Oriol Fitness  
10:30 MSNME  
**11:30 Mac & Cheese with Chicken**  
1:00 BINGO  
1:00 Advanced Photography  
2:30 ALFA  
3:00 Open Strumming  
4:00 Pickleball  
4:30 Meditation

25

8:00 Chair Pilates  
9:30 Line dancing  
9:30 Open coloring  
**11:30 Barbecue**  
12:00 Computer Help  
12:30 Game day

26

9:30 Beginners Acrylic  
9:30 Gentle Chair Yoga  
10:00 Walking Club  
**11:30 Chicken Bowl**  
12:30 Van shopping trip  
12:30 Rummikub  
1:00 Wii Bowling  
3:30 Parkinson Support

27

8:00 Zumba  
9:00 Strengthen Yoga  
8:30 Foot Clinic  
**11:30 Smorgasbord**  
12:30 Acrylic Painting  
1:30 Beginner Uke  
2:00 Going Steady  
2:00 Mahjong  
2:30 Ukulele Club

28

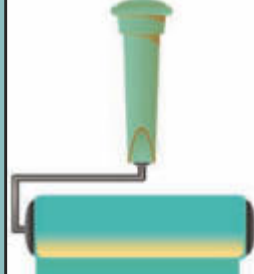
**7:30—9:00 Pancake Breakfast**  
8:00 VSO Hours  
9:30 Pilates  
  
Closed 2:00 pm

Exercise Fees  
Line Dancing \$2  
Tai Chi \$5  
Zumba \$5  
Pilates \$5  
Yoga \$5

Coffee served all day everyday in the dining room

Shopping  
Wednesdays @12:30  
2/5 Walmart Leom  
2/12 Ocean Sate  
2/19 WalMart WB  
2/26 Whitney Field

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



## 2020 Census

### Important Information for Sterling Seniors

This year, there will be a federal census mailed to you in March by the U.S. Census Bureau. This census is performed every 10 years.

The 2020 United States Census is separate from the annual town census which is used to confirm your residency and keep your voter registration status up to date.

For the next ten years, the Sterling Senior Center will rely on funding generated by information in the 2020 US Census, so it is very important to complete both your annual Sterling census and the United States Census in 2020.

### Absentee Voting for Presidential Primary

The Presidential Primary Election will take place on **Tuesday, March 3, 2020** from 7:00am – 8:00pm at the Houghton Elementary School, 32 Boutelle Road. Early voting will take place between February 24 and 28 at Town Offices, Room 112. (Schedule a van ride if needed.)

You may request an absentee ballot if you are a registered voter who will be unable to make it to the polls on Election Day due to:

Absence from town during normal polling hours; or

Physical disability preventing you from going to the polling place; or

Religious belief

You may request, in writing, to have a ballot mailed to you, or you may vote in person at the Town Clerk's counter during regular business hours. An application for an Absentee Ballot may be found online at [www.sec.state.ma.us](http://www.sec.state.ma.us), at [www.sterling-ma.gov](http://www.sterling-ma.gov), or by calling the Town Clerk at 978-422-8111 ext 2307. Copies are also available at the Senior Center.

## SUPPORT



### MSNME Support

Donna Clark, facilitator

Monday February 24th at 10:30 am

Refresh your mind, body and spirit, share your knowledge, tell stories, and inspire others to do the same.



**SUPPORT GROUP**  
February 26th, 3:30 pm

An open group for people with Parkinson's, their caregivers and care partners, sharing Parkinson's related issues or insights, and speakers who bring us news about new and existing medicines or procedures.

Facilitated by Joe O'Connor, certified Parkinson's exercise trainer.

508-335-0672 or [northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



Caring  
for the Caregiver

**Caregivers Connect**

9:30—11am

February 24

Sterling Senior Ctr

Clyde Wheatly, facilitator

No registration.

Drop in.

Light refreshments served.



**Peer Leaders**  
**Monday Feb 10th**  
**8:30 am**



Making fun crafts and décor  
 for the Valentines Day events  
 Please join in the fun with these  
 outstanding youth by signing up to  
 help!

**Monday Evening Meditation**  
**4:30 pm for the month of February**

## Going Steady

The most fun balance class in Central MA !!

Thursdays @ 2:00pm

Drop in and give it a try!

This class is suitable and  
 educational for all abilities,  
 whether you need a walker or  
 can play pickleball. Free to you  
 as this program is generously  
 funded by FOSS (Friends of  
 Sterling Seniors).



## \* Go Green \*

To receive your newsletter by e-mail,  
 please see Clare, call 978-422-3032  
 or e-mail [cfelton@sterling-ma.gov](mailto:cfelton@sterling-ma.gov)

## Game Day Tuesdays at 12:30pm

In addition to Dominoes, Cribbage & Bridge ...



**we are now playing Pitch !**

1:00pm start \$2.00 fee

## Wii Bowling is back Feb 5th!



**Wednesdays at 1:00pm**

## The SSC Singers are Young at Heart

**Mondays 9:15-10:00am**

Inspired by the Northampton, MA,  
 senior chorus *Young@Heart* in the  
 2007 movie of the same name, the  
 SSC Singers enjoy bringing harmony  
 to a wide variety of songs.  
 You are encouraged to remain  
 young at heart and join them on  
 Mondays at 9:15am.

**No experience needed.**

**No auditions.**

## Birthday Cards Needed

Donate your unused cards to the Senior Center. We'll use them to brighten  
 the birthday of a Sterling senior!



We open our doors to more that 100 people each day!

In consideration of those who suffer allergies, COPD or asthma, please  
 minimize use of perfume, after shave, scented creams, etc., so that *all* may  
 enjoy our center. Thank you.





Friday, February 28th  
7:30 - 9:00

Celebrity Server:  
Representative Kim Ferguson

Plain & special pancakes, ham, eggs, mixed fruit, tea breads, juices & coffee.  
\$3 suggested donation. Open to all.  
No reservations.

## Wachusett Food Pantry

**Seniors:** Friday Feb 14, 9-11am

**All:** Saturday Feb 15, 9-11am  
Call Nickole at Senior Center  
for assistance.



## Community Lunch at First Church

February 1st at noon

Transportation available 978-422-3032

Do you like to drive? Do you have a few hours to spare driving a Sterling resident to the doctor's, pharmacy or an errand? See Clare to become a volunteer driver in our electric car.

## CLOSINGS AND DELAYS INFORMATION

**\*\* BASED ON THE WACHUSETT REGIONAL SCHOOL DISTRICT \*\***

**TWO HOUR DELAY:** Programming starts at 11:30 am with Lunch  
**EARLY RELEASE:** Programming ends after Lunch at 12:00 pm  
**SCHOOLS CLOSED:** All programming cancelled for the day

**\*\* BASED ON TOWN OF STERLING CODE RED \*\***

If Town Hall is closed for the day, the Senior Center is CLOSED

February 17-21 (school vacation): please check the town website, our Facebook page  
or call the Senior Center at 978-422-3032.

## 2020 THE HAPPY TRAVELERS & AWAY WE GO TRAVEL TRIP LIST for Aged 50+ Travelers

Sat, Mar. 14	Boston Flower Show with lunch at Maggiano's and a stop at Boston Market	\$109 pp
Jun 14-15	Two-day Mystery Tour, somewhere along the Eastern Seaboard, one of the New England states or New York.	\$339 pp/double \$399 pp/single
May 14-17	Ottawa Tulip Festival, including Canadian War Museum, Ottawa River Cruise & more.	\$739 pp/double
Sep 20-30	Enchanting Canyonlands, Las Vegas, Grand Canyon, Lake Powell, Monument Valley, Moab, Arches National Park Bryce Canyon, Zion & back to Las Vegas.	See Below
Sun, Nov 9	The Mousetrap, Agatha Christie's mystery play at the Ivoryton Playhouse, CT. Includes lunch at the Griswold Inn, Essex CT.	\$130 pp

Two travel meetings will be held on February 12<sup>th</sup> :: 1:00–3:00pm at West Boylston Senior Center, and 6:00–8:00pm at Total Wine in Shrewsbury. Flyers for new trips will be available, and a Globus Sales Rep. will be there to talk about the September **Enchanting Canyonlands** trip and answer any questions. Please come even if you are not interested in the Canyonlands trip but maybe would like to meet Fred and Gladys for the first time or just to hear about upcoming trips. Bring your ideas for future trips. Please RSVP via email or phone (below).

**Contact:** Gladys Merrow 508-835-4312 (C) 508-612-5312 (H) happytravelers.gem@gmail.com

All trips include gratuity for driver and escort. Also included in the price of day trips is cancellation waiver. You will receive a refund minus the \$5.00 built-in cancellation fee; if there is a theater ticket involved refund will be minus ticket cost and the \$5.00 fee, up to 10 days prior to the trip. After that you will only receive a refund if we or you can find someone to fill your seat.



1158 Main St., Holden  
508-829-4434

100 Worcester Rd., Sterling  
978-422-0100

Your Local Caring Funeral Home



**Richard Mansfield, Director**  
"Serving the Community of Sterling Since 1896"  
Your Advance Planning Information Center



Call us for the facts:

- Stay In Your Home • Increase Income
- Pay Off Debt • No Monthly Payments

(508) 835-8803

45 Sterling Street, West Boylston  
MA Broker #MB2897

Evelyn Salmon ML021537 • Tom Gibbons ML021535 • Diana Ancill ML021538

REVERSE MORTGAGES

wachusettmortgage.com



## THE LAW OFFICES OF MICHAEL D. GORMAN, LLC

Specializing in: Special Needs Planning • Elder Law  
MassHealth/Medicaid Applications • Trusts • Wills



mike@mikegormanlaw.com • www.mikegormanlaw.com • 508-438-1198

160 Doyle Road, Holden, MA

Check us out on



978-365-4537

www.RiverTerraceRehab.com

Short Term Rehabilitation

Call Today for a Tour

Cardiopulmonary Specialty Program  
Four Star Overall Rating with Medicare

1675 Main Street, Lancaster, MA



## Caryn Gorczynski

Call for a Free Home Analysis anytime!

978-422-9800 • 27 Main Street, Sterling

Caryn@c21cht.com

www.ilovehousehunting.com

Cell: 617-240-6442



## We Go Beyond Banking™



More than just a bank in  
the community, we are a  
part of the community.



888-744-4272  
clintonsavings.com

**Clinton Savings Bank**  
An experience you can bank on.

Berlin • Bolton • Boylston • Clinton • Sterling • West Boylston

## Call today to connect with a SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million  
families find senior living solutions that  
meet their unique needs.

aPlace  
for Mom.

Joan Lunden, journalist,  
best-selling author, former  
host of Good Morning America  
and senior living advocate.

There's no cost to you!  
(888) 672-0689

We're paid by our partner communities



We, at Attitudes Salon,  
Welcome the New Year With Monthly Specials!

January with Rose

Perm Special \$69 - Includes Cut & Style (with this ad)

Call For Appt: 978-422-6382

217 Worcester Road, Sterling, MA

## America's Choice in Senior Homecare®

Visiting Angels allows your loved one to remain where  
they are the most comfortable...in their own home.

We Care Every Day in Every Way®

Bathing Assistance  
Dressing Assistance  
Grooming  
Assistance with Walking

Medication Reminders  
Errands/Shopping  
Light Housekeeping  
Meal Preparation

Friendly Companionship  
Flexible Hourly Care  
Respite Care for Families  
Live-In Care



VisitingAngels  
A Senior Care Agency

VisitingAngels.com  
Each Visiting Angels agency is  
independently owned and operated.

165 Mechanic Street • Leominster | 978.227.5263



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Sterling Council on Aging, Sterling

06-5262



36 Muddy Pond Rd  
PO Box 243  
Sterling, MA 01564-0243

PRSR STD  
U.S. POSTAGE  
PAID  
LEOMINSTER,  
MA

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

## **Lunch & Learn for Volunteers & Staff**

### **Friday, February 14th 12:30-2:00pm**

### **Dementia Friendly Training**

Presented by Patty Sullivan, MCOA Program Coordinator for a Dementia Friendly MA

All volunteers, instructors and staff are strongly encouraged to attend this training session as we become Dementia Friendly Sterling. This is the first in a series of municipal and community education programs.

Take a lead role in defining necessary changes to ensure quality of life for all in Sterling.

Lunch	12:30pm (Chinese food)
Training	1:00-2:00pm

Sign up required!

