

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

January 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



Our Thanks to All for a Memorable 2018!



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Sterling Council on Aging, Sterling

06-5262

CAREGIVER CONNECT

The Sterling and Clinton Senior Centers are teaming up to launch **CAREGIVER CONNECT**, a monthly meeting to provide a welcoming place to discuss caregiver issues. A June 2017 report by the Massachusetts eHealth Institute states, “Massachusetts caregivers are overwhelmingly stressed, depressed, and feel isolated due to their constant 24-7-365 lifestyle.” The number one challenge cited by caregivers was “balancing the daily demands.”



In response to this enormous need, **CAREGIVER CONNECT** hopes to help our Sterling and Clinton caregivers stay emotionally strong and healthy. There’s no registration required for these meetings. Just drop in and allow us to serve you! (Light refreshments served.) Clyde Wheatley will act as the facilitator for each meeting. Clyde brings 20 years of experience in caring, guiding and facilitating caregivers connecting together.

Monthly meetings will be held on the **last Monday of each month from 9:30 am – 11 am**, using an alternating schedule, as follows:

Clinton Senior Center: 271 Church St, Clinton on Jan 28, March 25, May 20, July 29, Sept 30

Sterling Senior Center: 36 Muddy Pond Rd, Sterling on Feb 25, Apr 29, June 24, Aug 26



The Sterling Senior Center Hosts ALFA Programs!

The Sterling Senior Center is pleased to be selected as a satellite site for ALFA, Adult Learning in the Fitchburg Area. ALFA, a lifelong learning institute, is sponsored by Graduate and

Continuing Education at Fitchburg State University in collaboration with volunteer members of the community.

Masterpieces of German Short Fiction, 1807–1995 will be taught by Sterling resident, James Wilkinson on Mondays at 2:30 starting Jan 28th. This course offers an introduction to the rich realm of German short fiction from Heinrich von Kleist to the contemporary author, Bernhard Schlink. For a complete course description and to enroll in the class visit fitchburgstate.edu/ALFA.

Jim Wilkinson is a retired historian and educator. He received his BA, Master’s, and Doctorate degrees from Harvard University, where he taught French and German history and literature for many years. He is the author of *The Intellectual Resistance in Europe*, which deals with anti-Fascist writers during World War II, and received Harvard’s Phi Beta Kappa Teaching Prize in 2003.

Educational Programs

Jan 2nd 9:30 am	SHINE Open Enrollment by appointment only.
Jan 8th 12:00 pm	Computer Help by Appointment (weekly on Tuesdays)
Jan 16th 12:30 pm	Book Club "Born in Shame" by Nora Roberts

Wellness Programs

Jan 2nd 10:00 am	Walking Club every Wednesday. Meet at the Senior Center
Jan 3rd 10:00-Noon	BP Clinic Sponsored by the Sterling EMS
Jan 8th 9:30-11:30	Elder Wellness Clinic sponsored by VNA Cares
Jan 10th 9:00 am	Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)
Jan 16th 3:30 pm	Parkinson's Support Group
Jan 24th 9:00 am	Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)
Jan 28th 9:30-11:00	Caregivers Connect - this month at Clinton Senior Center

Ongoing Events

Jan 3rd 2:30pm	Acrylic Painting weekly on Thursdays \$5
Jan 3rd 1:45-2:15	Beginners Ukulele Club weekly on Thursdays \$3
Jan 3rd 2:30 pm	Ukulele Club weekly on Thursdays \$5
Jan 4th 8am-Noon	Veteran Service Officer Hours weekly on Fridays
Jan 7th 9:00 am	Advanced Photography Class
Jan 8th 9:00 am	Dull Men's Club with Representative Naughton

Special Events

Jan 8th 6-8 pm	Artist's Reception with Acrylic Painting Artists
Jan 10th 7-9 pm	Cribbage Session I sponsored by Rec Dept
Jan 15th 12:30 pm	Chocksett Project Shine Intergenerational Program
Jan 16th 9:30-10 am	Tech Day with Peer Leaders
Jan 17th 2:30 pm	Armchair Travel to Utah
Jan 23rd 6-8pm	Comfort Dinner Entertainment by Bill McCarthy \$5 Ticket required
Jan 28th 2:30pm	German Literature with Jim Wilkinson ALFA Program

Make & Take

Jan 11th 1-3 pm	Vision Board with Katie Cohen and Karen Keefe \$5 Sign Up
Jan 31st 1:00pm	Valentine Cards with Mary Ellen Cocks \$5 Sign Up Please

Just For Fun

Jan 5th 6:30pm	Saturday Night Pitch Party sponsored by the Grange. All Welcome
Jan 11th 2:15pm	Birthday Cake for all Jan Birthdays sponsored by Sterling Village
Jan 25th 7:30 - 9 am	Pancake Breakfast sponsored by FOSS.

Senior Center Staff

Director: Veronica Buckley
 Outreach: Nickole Boardman
 Op Coord: Dot Millhofer
 Meal Site Mgr: Melissa Cassata

Maintenance Tech: Jim Ash

Van Drivers: Pam Dell, Lou Massa,
 Rob Protano, Denis Coughlin
 Gloria Rugg



Tuesday Jan 8th
9 am
Rep Naughton

The Dull Men's Club will feature **Representative Harold P. Naughton, Jr.** who will talk about his military duties and likely future actions by the Massachusetts House of Representatives. Representative Naughton has served 14 years in the U. S. Army Reserve and has experienced multiple deployments to the Middle East. First elected to the House of Representatives in 1995, Naughton currently serves as Chairman of the Joint Committee on Public Safety and Homeland Security. Join the DMC and have your questions ready for your Representative.



Advanced Photography 8-Week Workshop

Begins Monday January 7th– 9-11 am

No Class 1/21, 2/18, 2/25

Advanced Registration Required

The Advanced Photography Workshop is open to seniors who would like to further their ability to make interesting photographs through the use of more progressive camera techniques coupled with photographic enhancement software. This workshop will be conducted in a small group environment with an emphasis on individual learning.

Due to the interactive nature of this workshop, enrollment in this class will be limited. To apply for inclusion into this workshop, please email **Everett Heller** at everettheller@mac.com

Armchair Travel To Utah With Peder Pedersen

Thursday January 17th at 2:30 pm

Utah is a fascinating state. It has the highest number of national parks (five) relative to its size and it was one of the last states to be completely mapped (for example, Rainbow Bridge was only known to the European settlers in 1905). Utah was the chosen home for the members of the Church of Jesus Christ of Latter Day Saints, maybe better known as the Mormon Church, which is a unique and inspiring chapter of American history.



Peder has wonderful memories from his years in Utah, as well as from subsequent visits, so he would like to share parts of what he has learned of the early history with you, such as the Mormon pioneers, the influence of Brigham Young, the construction of Temple Square and experiment in fast communication in the form of the Pony Express Trail. But he will also tell about the spectacular scenery, both inside and outside the National Parks, and about the Anasazi Indians, who populated a large region of the Southwest of USA, including southern Utah, from 500 CE to about 1300 CE, when they disappeared without a trace.

JANUARY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Exercise Fees Line Dancing \$2 Tai Chi \$5 Zumba\$5 Pilates \$5 Yoga \$5</p> <p>Chair Pilates has been changed to 8:15 am!!!</p>	<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>8:00-4:00 Coffee 9:30 SHINE 9:30 Chair yoga 10:00 Walking Club 11:30 Pesto Chix Florentine 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball</p>	<p>3</p> <p>8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 10-12 BP Clinic 11:30 Pork Tenderloin 12:30 Acrylic Painting 1:15 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club</p>	<p>4</p> <p>8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord Closed 12:30</p>
<p>7</p> <p>8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness 11:30 Black Bean Veg Soup 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation</p>	<p>8</p> <p>8:00-4:00 Coffee 8:15 Chair Pilates 9:00 Dull Men's Club 9:30-11:30 Elder Keep Well Clinic 9:30 Line Dancing 9:30 Open coloring 11:30 Lasagna Rollups 12:00 Computer Help 12:30 Game Day 12:30 Chess 6:00 Artist's Reception</p>	<p>9</p> <p>8:00-4:00 Coffee 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Chix veg soup w/ Pork fried rice 12:30 Van shopping trip 12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling</p>	<p>10</p> <p>8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 BBQ 12:30 Acrylic Painting 1:15 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club 5:30 COA Board Meeting</p>	<p>11</p> <p>8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 Birthday Cake 1-3pm Vision Board Workshop \$5 Sign Up Please..</p>
<p>14</p> <p>8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness 11:30 Chix Broccoli</p>	<p>15</p> <p>8:00-4:00 Coffee 8:15-Chair Pilates 9:30-Line dancing 9:30 Open coloring 11:30 Pizza Casserole</p>	<p>16</p> <p>8:00-4:00 Coffee 9:30 Chair yoga 9:30 Peer Leaders Tech 10:00 Walking Club 11:30 Soup & Sandwich</p>	<p>17</p> <p>8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 11:30 Pork Soup 12:30 Acrylic Painting</p>	<p>18</p> <p>8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates</p>

Cheese Soup 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	Corn Chowder w ham sand 12:30 Van shopping trip 12:30 Rummikub 12:30 Book club 1:00 Wii Bowling	11:30 Advy not chnng 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club 2:30 Arm Chair Travel	11:30 Smorgasbord Closed 12:30
CLOSED Martin Luther King Day	21 8:00-4:00 Coffee 8:15 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Spin.Chix Parm 12:00 Computer Help 12:30 Game Day	22 8:00-4:00 Coffee 8:15 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Spin.Chix Parm 12:00 Computer Help 12:30 Game Day	23 8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 Sausage,peppers & onions subs 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball
28 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness 11:30 Fr.Split Pea Soup 1:00 BINGO 2:30 German Literature 3:00 Open Strumming 4-7:00 Pickleball	29 8:00-4:00 Coffee 8:15 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Sheperd's Pie 12:00 Computer Help 12:30 Game Day	30 8:00-6:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 Fish Sand. w/Corn Chowder 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	31 8:00-4:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 11:30 Chix Noodle Casserole 12:30 Acrylic Painting 12:30 Valentine Card 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club
Van Shopping Wednesdays 12:30 1-2 Target 1-9 Walmart-WB 1-16 Whitney Field 1-23 Walmart-Leom..	24 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Smorgasbord 12:30 Acrylic Painting 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club	25 7:30-9:00 Pancake Breakfastt Sponsored By FOSS 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates Closed 12:30	26 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Smorgasbord 12:30 Acrylic Painting 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club



Vision Board Make and Take Workshop

Friday January 11th

1–3 pm \$5

As we begin a "New Year" this is a perfect time to create a Vision Board to help you picture what you'd like to bring into your life. What do you love, how would you like to move into your future, what is important to you?

A vision board is a simple tool that is based on the Law of Attraction. It is a tool used to help clarify, concentrate and assist you in visualizing and affirming your future.

This 2 hour workshop led by Katie Cohen and Karen Keefe will take you through the steps to eliminate doubt, fear, and negative and limiting thoughts. You will leave with a Vision Board to take home and place somewhere where you'll be able to see it everyday.

Come and explore and co-create the future of your dreams.

Supplies will be provided, but please feel free to bring in magazines to use and share



Valentine's Cards

With Mary Ellen Cocks

Monday, January 31st at 1pm

\$5 for supplies

Please sign up

Participants will be able to create 3 cards

Chocksett Project Shine

Tuesday January 15th at 12:30pm

Students from Project Shine will join our Game Day on 1/15. In addition to playing games, they would like to share with us their signing skills!

Project Shine is a leadership development program for 7th grade girls at Chocksett Middle School.

Tech Time

with the Peer Leaders From Chocksett

One of our Favorite Programs!

We bring in our smart phones or tablets and our wonderful peer leaders will show us how to use them like a pro.

Wednesday Jan 16th 9:30–10 am

The timing is perfect for any new devices we may have been gifted over the holidays!

*** 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

Talking Book Library

Do you love reading but struggle with low vision, tremors, or other factors that might make holding a book and viewing print difficult? The Talking Book Library can help! Located in Worcester, MA, the Talking Book Library provides free audio and large type books by mail to patrons who need it. This service is completely free (even postage) and is paid for by federal grants. We can even help you find new authors and subjects! Call 508-799-1730 or 1-800-762-0085

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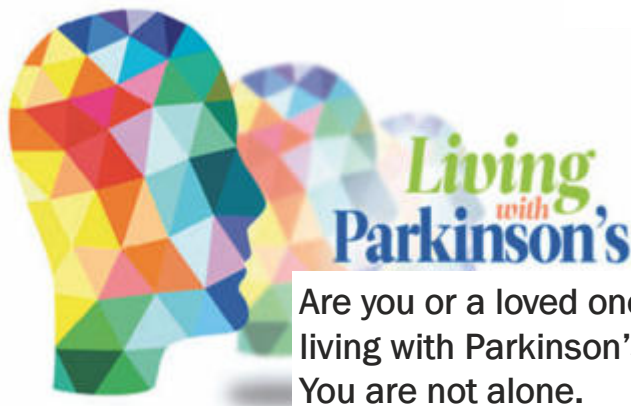
Join us for Game Day

Tuesday Jan 8th

Tuesday Jan 15th

12:30 pm

*Let's see if we can get
a chess club going!*



Parkinson's Support Group
Wed Jan 16th at 3:30 pm



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.

January Comfort Dinner

*With Musical Entertainment
by Bill McCarthy*

Wednesday January 23rd

6—8 pm

Salad, Pasta with Meatballs and
Sausage, Italian Bread, and Dessert

Music by Bill McCarthy

Tickets \$5



FOSS

Pancake Breakfast

Friday, January 25th, 7:30 - 9:00 am

\$3 suggested, donation / No reservations

Celebrity Server: Mike Pineo, Pineo Farm &
Pineo Forestry Products & V.Chair of the
Sterling Planning Board

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

Saturday Monthly Community Lunch at the First Church

January 5th at 12 Noon

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

Everyone is Welcome.

Wachusett Food Pantry

Friday, January 18th, 9-11 am (Seniors Only)

Saturday, January 19th, 9-11 am (Everyone)

See Nickole if you need assistance with pick up or delivery.



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

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

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by Neuroscientist Dr. Keith Darrow



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Artists' Reception

Tuesday January 8th

6—8 pm

“Simply a New Language”

Join us at the Sterling Senior Center as we celebrate the work created by our Acrylic Painting Class.



Featured Artists:

Sue Bez, Eckhard Bez, Paul Cormier, Pam Crowley, Arthur Dorval, Jo Fortin, Linda Iorio, Mo Iorio, Linda Morgan, Deb O'Driscoll, Joe Olszak, Kate Sargent and instructor, Andrea Driscoll.

The students range in ability from those who have had years of painting lessons to those who have never handled a brush. Yet, in just over one year's time, they have developed into a unique group that helps each other with ideas, friendships and moments of fun times mixed with serious intentions to create! There is a great sense of accomplishment and growing self confidence in painting, as well as pride in the results of hard work and attention to detail.
