



# Sterling Council on Aging

## July 2017



**HAPPY 4TH of JULY**  
**Have a Safe & Happy Holiday!!!**  
**Senior Center Closed**

*No lazy in our Hazy Crazy Days of Summer!*

July 6th Artist Reception

July 19th DOT Disability Placard Info

July 10th KenKen Instruction

July 24th Brown Bag Pharmacy

July 10th Zentangle Workshop

July 27th Forensic Science Road Show

Plus all of our regular scheduled programming!



**Christmas**  
**in July**

**COOKOUT**  
**ON THE PATIO!!!**

**Thursday, July 20th**

**5:30-7:30 pm**

\$5 tickets must be purchased on or  
before July 17th

**Don't be left out in the cold!**

### **COUNCIL ON AGING BOARD MEMBERS**

**Barbara Foster—Chair**

**Liz Pape— Treasurer**

**Sue Doucette— Secretary**

**Constance Cleary    Mary Higgins**

**Debra MacLennan    Charles Madden**

**Bob Bloom            Kevin Beaupre**

**Associate: Angela Richards**

**Sterling Senior Center PO Box 243**

**36 Muddy Pond Rd 978 422 3032**

**Director: Veronica Buckley**

**Outreach Coordinator: Nickole Boardman**

**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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## Spotlight on Our Volunteers:

### The Life Force of the Senior Center

By Liz Pape, Volunteer Coordinator

Over 1000 volunteer hours in May.

Nearly 8000 volunteers hours from June 2016-now.

Our Senior Center volunteers are a dedicated group, committed to making the center a welcoming, active and healthy place for all our seniors. From helping cook great home-cooked meals every Wednesday, serving and cleaning up lunch, packing meals for homebound seniors, answering phones, helping seniors check in at the front desk, keeping books and brochures organized, planting and maintaining our herb and vegetable gardens, and baking for our special events and every-other-month artist's reception, our volunteers cheerfully pitch in. Not only do they pitch in, but they find new ways to make the center a friendlier place – new table centerpieces, decorating for the holidays, building a shed.

Our volunteers range from Emma, our high school student at the front desk on Thursdays, to Walter, our nearly 80 years young Tuesday dishwasher. We have volunteers who come in several times per week, to volunteers who help out on an occasional basis. The volunteers are an enormous help in making the Senior Center a wonderful place, and what I've also learned is that the Senior Center brings something to our volunteers – socializing with one another, making new friends, and having a sense of accomplishment. Check out our tribute to our volunteers on our Facebook page, Sterling Senior Center.



Did you know that dehydration in elders is one of the 10 most frequent diagnoses for hospitalization in the US? Did you know that dehydration can lead to confusion and falls?

As we age, maintaining adequate hydration becomes more complicated as our thirst tends to decrease and our kidneys become less adept at regulating sodium levels. Also, the water level in our body decreases making even small fluctuations of hydration more consequential. Finally, we don't like to drink after the late afternoon as we want to sleep during the night! (Hint - elevate your legs an hour or two before bedtime to help the water in your tissues return to circulation before sleep.)

All fluids are helpful, except alcohol, so in addition to water, consider fruit juices, broths, smoothies and popsicles. Caffeinated drinks are acceptable in moderation and may be counted as part of your fluid intake. Foods that are high in water content are helpful including cucumbers, tomatoes, watermelon, grapes, oranges, blueberries and cantaloupes.

# JULY UPCOMING EVENTS

**July 1st 6:30 pm** Pitch Party sponsored by the Grange. All Are Welcome!

**July 4th** Closed for Holiday

**July 5th 11:30 am** Home-Cooked Lemon Chicken Skewers

**July 6th 9 am** SHINE appointments. Answers to your insurance questions.  
By appointment only

**July 6th 6-8 pm** Artist's Reception , Photographer Kim Beckham

**July 6th 10 am-12** BP Clinic sponsored by Sterling EMS

**July 7th 8:30 am** Guided Meditation with Bob Stickles \$5.

**July 10th 12:00 Noon** KenKen Class

**July 10th 2:30 pm** Free 90 Minute Zentangle Class. Sign up, please.

**July 11th 9am** Dull Men's Club-Historical Speaker

**July 11th 9:30-11:30 am** Elder Keep Well Clinic

**July 12th 11:30 am** BBQ Pork Sandwich \$3 donation. Sign up please.

**July 12th 9:00 am** Computer Class

**July 13th 9 am** Foot Clinic by appt. \$35 to Foot Care Nurse. Sign up please.

**July 13th 5:30 pm** COA Board Meeting

**July 14th 12:15 pm** Birthday Cake for all July birthdays!

**July 17th 12:00 Noon** KenKen Class

**July 17th 12:30 pm** Van Ice Cream Trip. Sign up please.

**July 19th 11:30 am** Home-cooked Tortellini Kabobs \$3 donation. Sign up please.

**July 19th 12:30 pm** Michele Ellicks, Mass/Dot Disability Placard Program

**July 21st 8:30 am** Guided Meditation with Bob Stickles \$5.

**July 24th 12:30** Brown Bag Pharmacy sponsored by MCPHS

**July 24th 12:00 Noon** KenKen Class

**July 26th 11:30 am** Home-cooked Fiesta Ranch Chix Pasta-\$3 donation. Sign Up

**July 27th 9 am** Foot Clinic by appt. \$35 to Foot Care Nurse. Sign up please.

**July 27th 12:30 pm** Book Club featuring *Blood in The Water* by Larry Stoddard!

**July 27th 1:00** Forensic Science Road Show

**July 28th 7:30—9:00 am** Pancake Breakfast. Sponsored by FOSS. Plain and surprise pancakes, sausage or spiral ham, scrambled eggs, fruit cup, juices, coffee. \$3 per plate. All ages welcome.

### **Forensic Science Road Show**

**July 27th 1:00 PM**

Venture into the world of CSI with this interactive program that introduces you to the fascinating subject of forensic science.

Interactive demos include blood, DNA, metal detectors, fingerprints and crime lights. Other subjects include gunshot residue and footwear impressions.

Paul Zambella was employed as a Forensic Scientist at the Mass State Police Crime Lab for 36 years. He participated in over 500 crime scene investigations and more than 350 criminal trials.

### **MASS DOT Registry of Motor**

**Vehicles -Guest Speaker-**

**Michelle Ellicks**

**Community Outreach Coordinator**

**July 19th 12:30 pm**

### **Disability Placard Program**

In an effort to make Massachusetts roadways and parking lots safer for people with disabilities, Mass Dept. of Transportation RMV will present a free workshop on disabled parking placards and plates. The workshop will include information on applying for a disabled parking placard, a disabled plate, or a disabled veteran's plate. Michelle will discuss rules and regulations as well as information on adaptive equipment for drivers with different disabilities.

### **KenKen Class**

**July 10, 17, 24 Noon**

**Instructor Bernie Loraditch**

**World Championship participant**

KenKen is an arithmetic puzzle similar to Sudoku. It is featured daily in the Worcester Telegram. It can be played on a very easy level with a 3 by 3 square grid of numbers and can be advanced to 6 by 6, and even 9 by 9.

**Join the Fun! Learn Something New!**

### **Brown Bag Pharmacy**

**Sponsored by Mass College of  
Pharmacy and Health Sciences**


**Monday July 24th at 12:30**


Pack your medications, prescription and over the counter, in a brown bag and bring them to the Senior Center for a medication review. The pharmacists will discuss medication usage, effectiveness, reducing the risks of adverse effects and more.

**Advanced registration required.**

JULY Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Tilapia 12:30 Zumba 1:00 BINGO \$1 a card	4 CLOSED Fourth of JULY Happy Fourth! Be Safe	5 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Lemon Chix Skewers 12:30 Van shopping trip to Walmart WB 1:00 Wii Bowling	6 8:00 - 8:00 Coffee 9:00 SHINE Apts 9:00-Strengthening Yoga 10:00 BP Clinic 11:30 BBQ Pulled Pork 12:30Art Workshop 2:00 Mahjong 2:30 Ukulele Club 6:00 Artist's Reception	7 8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Guided Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Cheese Omelet CLOSED AT 12:30
10 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Chix Corn Stew 12:00 KenKen Class 12:30 Zumba 1:00 BINGO \$1 a card 2:30 Zentangle 6 pm Meditation	11 8:00 - 4:00 Coffee 9:00 Dull Men's Club 9:00 Walking Club (Cider) 9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 11:00 Chair pilates 11:30 Chicken Breast 12:30 Game day	12 8:00 - 4:00 Coffee 9:00 Computer class 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 BBQ Pork Sand. 12:30 Van shopping trip to Target 1:00 Wii Bowling	13 8:00 - 8:00 Coffee 9:00 Strengthening Yoga 11:30 Roast Turkey 12:30 Art Workshop 2:00 Mahjong 2:30 Ukulele Club 5:30 COA Board Meeting	14 8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Tuna Salad 12:15 Birthday Cake CLOSED AT 12:30
17 8:00-4:00 Coffee 8:30 Tai Chi 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Roast Pork 12:00 KenKen Class 12:30 Zentangle	18 8:00 - 4:00 Coffee 9:00 Walking Club (Cider) 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Sweet&Sour	19 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Tortellini Kabobs	20 8:00 - 8:00 Coffee 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Chunky Tomato Soup 12:30 Art Workshop	21 8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Guided Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30...


12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	Chicken 12:30 Game day	12:30 Michelle Ellicks 12:30 Van shopping trip to Walmart Leominster 1:00 Wii Bowling .	2:00 Manjong 2:30 Ukulele Club	11:30 Chix Breast CLOSED AT 12:30
24 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Pasta, MB & Marinara Sauce 12:00 KenKen Class 12:30 Zumba 12:30 Brown Bag Pharmacy 1:00 BINGO \$1 a card 6 pm Meditation	25 8:00 - 4:00 Coffee 9:00 Walking Club (Cider) 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Beef Burgundy 12:30 Game day	26 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Fiesta Ranch Chix Pasta 12:30 Van shopping trip to Whitney Field 1:00 Wii Bowling	27 8:00 - 8:00 Coffee 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Salmon 12:30 Art Workshop 12:30 Book Club 1:00 Forensic Science Road Show 2:00 Mahjong 2:30 Ukulele Club	28 7:30 - 9:00 Pancake Bkfst 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates CLOSED AT 12:30
31 8:00 - 4:00 Coffee 8:30 Tai Chi 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Beef and Lentil chili 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation				Like Us on Facebook @ Sterling Senior Center



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## Zentangle Class Monday July 10th 2:30—4pm with Karen Keefe, CZT

This free 90 minute introductory class will cover the basic Zentangle method and produce a lovely 3.5"x 3.5" piece of art. All materials will be provided. Participants will be given instructions for four different patterns (or tangles) and an overview of the Zentangle story, intent and easy-to-learn process. No artistic ability is required to engage in the Zentangle process – come and see how fun and easy it is to be creative with pen, paper and pencil. Zentangle is often referred to as “yoga for the brain”. We know you’ll enjoy yourself so much you’ll want to sign up for the fall series of Zentangle classes.

Zentangle is an easy-to-learn method of creating beautiful images from repetitive patterns. The Zentangle tag line is

“Anything is possible... one stroke at a time”; people leave class amazed at what they were able to create. See more art work and learn more at [www.zentangle.com](http://www.zentangle.com)



## On The Road Again Trips

September 1st-11th, 2017  
Mt. Rushmore  
\$949

September 22, 2017  
Cape Cod Scallop Fest  
\$61

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Flyers can be picked up at Shrewsbury, Sterling, or WB Senior Center

Aug. 06 (Sun) Isle of Shoals (New Hampshire) Cruise, lunch at the Warren Lobster House	\$109.00
Sep 30 (Sat) Bennington, VT via the Molly Stark Trail	\$109.00
Oct 22 (Sun) Mystery Tour	\$110.00
Dec. 1-2 (Fri & Sat) 2 days New York City & Hudson Valley-	\$499.00

Double-\$419.00-Triple \$409

Day 1—New York Botanical Gardens, Rockefeller Center, Radio City Music Hall Christmas Show, Buca DiBeppo for dinner, our overnite is at The Spring Hill Suites in Tarrytown, NY –Day 2 After breakfast we will have a guided tour of the Lyndhurst Mansion, after lunch on your own ,we visit Washington Irving’s “Sunnyside” with a guided tour. (First Bus is Full, 2nd Bus is half full)

We are looking into a Mississippi River cruise for 2018 –Let us know if you are interested.

The Smash Broadway hit “Hamilton” will be coming to Boston September 18th to Novemebr 18th 2018” Call the office or e-mail us to get your name on the pre-order list and we will call you as soon as they are available. Tickets will be EXTREMELY limited and will be first come-first-serve. Get your name in now!!

Don’t hesitate to get on my waitlists, so many times I will work my way down through it before the trip because life changes, people put their names on the list months before, then when I call they have made other plans.

Tour list is subject to change. All day trip pricing includes driver & escort gratuity and cancellation waiver. A \$5.00 cancellation waiver has been added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip. The refund will be minus the cancellation waiver. If you cancel after that date, the refund will only be sent if you or we can fill your seat.



## **The Artist's Statement: Through Kim's Eyes**

Every day is filled with one of a kind, one time only experiences that we often miss. I try to capture these with my camera to share with others, my unique view of the world around me: a flower we might pass every day or a butterfly we may see once and never again, wildflowers or mushrooms that may only be in existence for a very short period of time. Each is a gift for me to see and photograph and becomes my gift to share with others.



### **About Kim**

Originally from Ohio, Kim moved to Massachusetts in 2000. She has been taking pictures for many years, ever since her mother gifted her with a 110-pocket camera way back in the seventies. After many years as a personal assistant and office manager, Kim now has more time to spend on her photography and writing. While nature tends to provide her with endless inspiration, she also enjoys taking photos of architecture, trains, equestrian events, fairs as well as candid photos of friends.

**View Kim's Exhibit at the Senior Center July and August.**

**Artist's Opening Reception July 6th 6pm—8pm**

[www.kimbeckham.com](http://www.kimbeckham.com) Portfolio website

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### **Walking Club**

Join Elaine on the Rail Trail at 9am on Tuesdays or Janet at the Senior Center at 10 am on Wednesdays for our senior walk. Walk to your ability / weather permitting.

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### **Computer Class Summer Hours**

Wednesday July 12th 9am

Wednesday August 9th 9am

2 desktops and a laptop available for participant use daily.

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### **Summer Cooling Tips**

When temperatures reach the upper nineties, a fan may not be sufficient to prevent heat related illness. However, spending at least two hours per day in air conditioning does significantly reduce the risk of heat related illness.

Please remember that a ride to and from our senior center is free and our vans are wheel chair accessible. We can also give you a ride to the library or another air conditioned building of your choice.

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## “That One Glorious Season”

The monthly Men’s Club meeting featured local author Richard H. Letarte who talked about his book, “That One Glorious Season”. Demonstrating an almost encyclopedic statistical knowledge of baseball players, Letarte relayed stories about key baseball players and teams who had one spectacular baseball season sandwiched between struggling years. Re-

member the Red Sox in 2013? Focusing on easily recognized players from 1950 to 1961, he shared unique details about the personal and professional experiences of the likes of Ned Garvey, Don Newcombe, Dusty Rhodes, Jackie Jensen, and others.

Letarte researched his book by reaching out at individual meetings and telephone conversations with all the surviving players. Among the players he featured, he reminded his audience about Jackie Jensen’s well-known fear of flying and how it reduced his time at the plate. Less well known is the fact that Jensen was an unusually well-balanced athlete having played in the baseball World Series, the Rose Bowl, and All-Star games. Mr. Letarte donated a copy of his book to the Sterling Senior Center.

Next month the Men’s Club will meet on July 11th at 9am. A local historian addressing the construction of the Clinton Dam will be speaking.

### **PANCAKE BREAKFAST SPONSORED BY FOSS**

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### **WE NEED SUPPLIES FOR OUR LENDER’S CLOSET!**

The Senior Center’s Lender’s Closet provides durable medical equipment, such as walkers, canes, wheel chairs and bath chairs, for seniors to borrow. If you have medical equipment in good, clean condition, please consider a donation to us.

You can stop by to borrow medical equipment at any time. However, you may want to meet with Nickole Boardman, our outreach coordinator, to learn about other available services at the same time!

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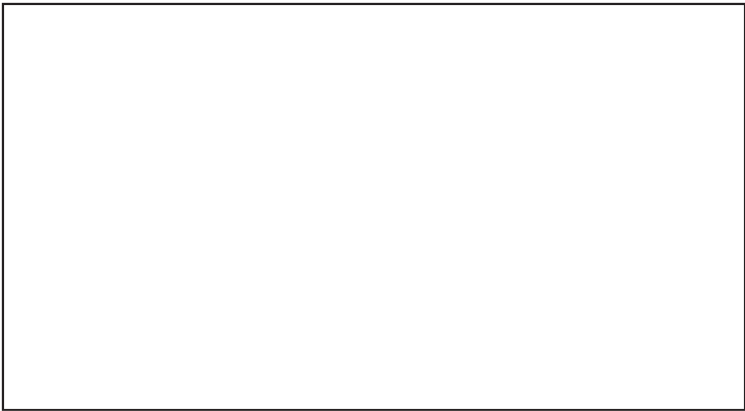
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