

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

July 2018

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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

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Our patio is open! Enjoy the summer!



We have sunsets like no other!

Join us on the patio on Thursday July 19th
for sunset and toasted marshmallows.



Views like this help us appreciate life and our vision.
The Lions Club is sponsoring an innovative program on
July 19th at 6pm for those who suffer from low vision, but
are not deemed legally blind. Details inside.
Come for the presentation and stay for the sunset.

**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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Sterling Council on Aging, Sterling

06-5262

Parkinson's Support Group**Wednesday July 18th 3:30 to 5 PM**

The Senior Center will be starting a support group for people with Parkinson's Disease (PD) in Northern Worcester County. The group will be open to anyone with PD and/or their care givers/partners. The meetings will be to share experiences and support each other. Each meeting will end with an optional exercise session with exercises specially designed for people with PD. From time to time we will have drop-in speakers who will tell us about special events and things we "Parkies" can do to help ourselves.

This will be a peer led support group facilitated by Joe O'Connor. A little bit about Joe - a 27 time marathon finisher and RRCA certified running coach, Joe was diagnosed with Parkinson's in December of 2016. He has since been involved in many clinical trials for PD and is very excited about getting a support group going in the north county.

**Sterling Lions Club to Introduce
Low Vision Rehabilitation Network
Thursday July 19th at 6pm**

The Sterling Lions Club in conjunction with the Massachusetts Multiple District Lions will introduce the Low Vision Rehabilitation Network (MA-LOVRNET) to seniors in our area at the Sterling Senior Center.



Low vision is a chronic and disabling vision impairment that can't be corrected by glasses, medication or surgery. It is estimated that over 85,000 Massachusetts residents suffer from low vision with 80% being over the age of 65.

MA-LOVRNET is an initiative of the Lions of Massachusetts to identify and link resources to help individuals who are coping with low vision and vision loss typically caused by Macular Degeneration, Glaucoma, Diabetic Retinopathy or Cataracts. It's a cooperative network of optometrists, rehabilitation therapists, mobility specialists, health and service providers, professionals and Lions volunteers that aims to reduce the barriers to receiving appropriate and beneficial low vision rehabilitation services by those who would benefit from them.

The Lions and the Sterling Senior Center are teaming up to provide transportation to this event. If you need a ride, call us at 978 422 3032.

Free One Hour Self Defense Class Taught by George Simone**Tuesday July 24th at 2pm**

George is a certified instructor who has over 40 years of Martial Arts experience. He has a 3rd degree black belt. Join us for an instructional 1 hour workshop on safety and self defense.

George will take your questions and teach you some moves!

Sign up please!

Educational Programs

- Jul 11th 9:30 am SHINE Answers to Medicare questions. By appointment only.
 Jul 18th 12:30 pm Book Club - One Book / One Town "The Stranger in the Woods" by Michael Finkel

Wellness Programs

- Jul 5th 10:00 - 12 noon BP Clinic sponsored by the Sterling EMS
 Jul 10th 9:30 - 11:30 am Elder Wellness Clinic sponsored by VNA Cares.
 Jul 11th 10:00 am Walking Club every Wednesday. Meet at the Senior Center
 Jul 12th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)
 Jul 26th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

Ongoing Events

- Jul 5th 1:45 - 2:15 Beginners Ukulele Club weekly on Thursdays \$3
 Jul 5th 2:30 pm Ukulele Club weekly on Thursdays \$5
 Jul 6th 8 am - 12 noon Veteran Service Officer Hours weekly on Fridays.
 Jul 9th 12:30 pm Acrylic Painting weekly on Mondays through August 27th \$5

Special Events

- Jul 10th 6:00 pm Artist's Reception- Duck Tape Art!!
 Jul 18th 11:30 pm BBQ Luncheon- Music by Bill McCarthy at 12:30pm Reservations for this luncheon are required!! Sign Up Please!
 Jul 18th 3:30-5:00 pm Parkinson Support Group
 Jul 19th 2:30 pm Ukulele Concert- Oakdale Nursing & Rehab
 Jul 19th 6:00 pm Lions Club-Low Vision Rehabilitation
 Jul 19th 7:00 pm Sunset on the Patio. Official sunset at 8:19pm
 Jul 24th 2:00 pm Self Defense Class
 Jul 27th 12:15-4:30 pm Museum of Russian Icons

Make & Takes

- Jul 11th 1:00 pm Create a Shrimp Jar \$5 Sign Up required please! Limit 20 people
 Jul 25th 1:00 pm Beaded Glass Bracelets \$5 Sign Up required please! Limit 20 people

Just For Fun

- Jul 7th 6:30 pm Saturday Night Pitch Party sponsored by the Grange. All welcome.
 Jul 13th 12:15 pm Birthday Cake for all July birthdays sponsored by Sterling Village.
 Jul 27th 7:30 - 9:00 am Pancake Breakfast sponsored by FOSS.
 Celebrity Server: Lex Thomas, Editor Sterling Meetinghouse News

Create a Shrimp Jar with Gregg Billings Wednesday July 11th at 1pm



You will be creating a shrimp jar (or more accurately perhaps a shrimp vase) featuring colorful female shrimp and active male shrimp, who chase the females! The shrimp eat the java moss and algae and provide the nitrate fertilizer for the plants. The pothos plant takes the nitrates and ammonia from the water and uses it as fertilizer. Voila! A balanced ecosystem that is fun to make and entertaining to watch after you bring it home.

\$5 for supplies. Sign up in advance!

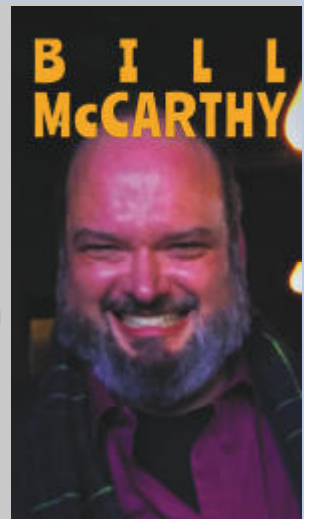
Luncheon BBQ Wednesday July 18th 11:30

Reservations required for lunch at this event! \$3 Donation

Music by Bill McCarthy to follow at 12:30

The BBQ luncheons have been one of your favorites, but for July we are going to step it up a notch! So come hungry and be prepared to hang out for a while and enjoy the sounds of Bill McCarthy. (You may know Bill from Barber's Crossing.)

You do not need a reservation if you are planning to come to the music only. However, a "heads up" would be appreciated as it will help us plan for seating. Thanks!



Make and Take Beaded Bracelets with Bev McCarthy Wednesday July 25th at 1pm

Bev is a published artisan, has taught Lampwork, Precious Metal Clay (PMC), and jewelry making throughout the country, and was chosen as part of the faculty for the biggest bead show in the country, Bead & Button. Best of all, Bev is fun, she has a lot of beads to peruse and you will enjoy the experience of creating your unique art.


\$5 for supplies. Sign up in advance!



Thank you to all who supported us at Annual Town Meeting as we asked for and were granted the opportunity to add a part time position to our staff.

Another thank you to all who completed the age friendly survey. Results will be published soon. There is more work to be done in this arena. If you would like to assist, please speak to Veronica.

JULY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Turkey w/ Broccoli Quinoa Salad 12:30 Zumba 1:00 BINGO 4-6:00 Pickle Ball	3 8:00-4:00 Coffee 9:30 Line dancing 9:30 Open Coloring 11:00 Chair Pilates 11:30 Fiesta Ranch Chicken Pasta Salad 12:30 Game Day	4 CLOSED 	5 8:00-6:00 Coffee 9:00 Stretching Yoga 10 - 12 noon BP Clinic 11:30 Ham Salad Sand 1:45-2:15 Beginners Ukulele Class-\$3 2:00 Mahjong 2:30 Ukulele Club	6 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord Closed 12:30
9 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Chef's Turkey Salad 12:30 Zumba 12:30 Acrylic Painting 1:00 BINGO 4-6:00 Pickle Ball	10 8:00-4:00 Coffee 9:30 Line dancing 9:30 Open Coloring 9:30-11:30 Elder Keep Well Clinic 11:00 Chair Pilates 11:30 Egg Salad Sand 12:30 Game Day 6:00 Artist's Reception	11 8:00-4:00 Coffee 9:30 SHINE 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Chicken Caesar Salad 12:30 Van shopping trip 12:30 Rummikub 1:00 Make & Take 1:00 Wii Bowling 4:00 Pickle Ball	12 8:00-6:00 Coffee 9:00 Stretching Yoga 9:00 Foot Clinic 11:30 Tuna Salad Sand 1:45-2:15 Beginners Ukulele Class-\$3 2:00 Mahjong 2:30 Ukulele Club 5:30 COA Board Mtg	13 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 Bday Cake Closed 12:30
16 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Pesto Chickenw/peppers 12:30 Zumba	17 8:00-4:00 Coffee 9:30 Line Dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Cranberry Chicken Salad Sand 12:30 Game Day	18 8:00-4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 BBQ Sign Up!! 12:30 Music 50's 60's 12:30 Book Club 12:30 Rummikub	19 8:00-6:00 Coffee 9:00 Stretching Yoga 11:30 Cold Cut Plate 1:45-2:15 Beginners Ukulele Class-\$3 2:00 Mahjong 2:30 Ukulele Club	20 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord

12:30 Acrylic Painting 1:00 BINGO 4-6:00 Pickle Ball	23 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Turket Breat Pasta Salad 12:30 Zumba 12:30 Acrylic Painting 1:00 BINGO 4-6:00 Pickle Ball	24 8:00-4:00 Coffee 9:30-Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Tortellini Chicken Kabobs 12:30 Game day 2:00 Self Defense	25 8:00-4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Beef & Broccoli Quinoa Salad 12:30 Van shopping trip 12:30 Rummikub 1:00 Make & Take 1:00 Wii Bowling 4:00 Pickle Ball	12:30 Rummikub 1:00 Wii Bowling 1:30 Van shopping Trip 3:30 PD support group 4:00 Pickle Ball	Concert 6:00 Low Vision Prog 7:00 Sunset on the Patio	Closed 12:30
30 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Roast Beef Potato Salad 12:30 Zumba 12:30 Acrylic Painting 1:00 BINGO 4-6:00 Pickle Ball	31 8:00-4:00 Coffee 9:30-Line Dancing 9:30 Open Coloring 11:00 Chair Pilates 11:30 BBQ Chicken Salad 12:30 Game Day	Van Shopping 7-11 Walmart-Leominster @ 12:30 7-18 Christmas Tree Shop @ 1:30 7-25 Walmart-W Boylston @ 12:30	Free Exercise: Thank you to Oriol Health Care for sponsoring Senior Fitness on Mondays!	Exercise Fees Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5	26 8:00-6:00 Coffee 9:00 Stretching Yoga 9:00 Foot Clinic 11:30 Smorgasbord 1:45-2:15- Beginners Ukulele Class \$3 2:00 Mahjong 2:30 Ukulele Club	27 7:30-9:00 PANCAKE Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 12:15-Museum of Russian Icons Closed 12:30



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Try something new this summer!



Ukulele Club Concert at Oakdale Nursing and Rehab Thursday July 19th at 2:30



Thinking about joining our club?
Beginner lessons (\$3 drop in) available at the
Senior Center on Thursdays from 1:45–2:15.
Club meets Thursdays at 2:30 (\$5 drop in)

Stay tuned for more information . . .

Our Ukulele Club will be performing at the
Sterling Fair!

Senior Strong 3rd Session 8/17- 10/5 on Fridays 1-2 pm

This program is sponsored by the Friends of Sterling Seniors (FOSS). The program is free to participants. There is a \$25 deposit which will be refunded providing you meet attendance requirements. Call for more information and enrollment.



Check Out Our New Breakfast Nook!

Through the generosity of the Friends of the Sterling Seniors (FOSS), we are now able to offer healthy breakfast choices, such as juices, yogurts, fresh fruit, hard boiled eggs and more.

**Don't forget our fabulous home-cooked
lunch program every day at 11:30 am.
No Reservations Needed!**

Free van rides are available to the senior center. If you need transportation to the center for lunch or an event, all you need to do is ask! Some get a ride every day, some once a week. What do you need?



Walking Club

The simplest change you can make to improve your heart health is to start walking. Join our Walking Club!

Wednesdays at 10am

We will find a partner to walk with you regardless of your level of fitness.

No one will walk alone!!

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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WHAT'S BEEN HAPPENING!!



Ken Day celebrates his 101st Birthday with family and friends here at the Center!



Bill Tuttle talks about the many roles of the DPW at a recent Dull Men's Club meeting. The Dull Men's Club is on hiatus for the summer but will reconvene in September with lively discussions and interviews with people in the know.



Our dining room hosts a fun crowd daily for lunch at 11:30.



Annual Volunteer Appreciation dinner honored our 85 volunteers with a BBQ prepared by Berubes, a cannoli bar and a comedian!



Sheriff Lew at the pasta & meatball luncheon.



Sterling Senior Center Friday Afternoon at the Museums



Trips with free museum admission
sponsored by Highland Street Foundation
Friday, July 27th Museum of Russian Icons
Friday, August 17th Fruitlands Museum

The van (and possibly cars) will depart the Senior Center
at 12:15.

Return to the Senior Center is estimated for 4:30.
Cost is \$2 for transportation on van. Sign ups required.



Friday July 27th
7:30-9:00am
All Ages Welcome
\$3 donation

Plain and blueberry
pancakes, sausage, eggs,
fresh fruit, juices & coffee.

No reservations needed.

Grab your friends and
family and come on down!

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August 5, 2018- Sunday -Pawtucket Red Sox -\$49.00 pp

Oct 17, 2018- Wednesday - The Winnepesaukee Scenic Railroad & Turkey Dinner—\$89.pp

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West Boylston or Shrewsbury Senior Centers.

Sat July 14th Mama Mia at the Mac Haydn Theater, Wine, Lunch & Play. New trip over half sold \$139.00

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

Sun & Mon, Sept 16 & 17 - Dutchess County, NY, Overnight with many venues to visit and tour \$369.00pp

Double occupancy Price for single and triple are available on flyer (Only 7 seats left)

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

Sun Nov 11-Ivoryton Playhouse, "The Queens of the Golden Mask" (new trip over half sold) \$129.00

Sat. Dec.8-Christmas Stocking Stuffer & Bright Nights (New Trip)) \$105.00

Sun Mar 10, 2019-Cabbin Fever Tour: Brunch, Chocolates & Wines (New trip) \$99.00PP

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Sun. Mar 10-Cabin Fever Brunch, Chocolate & Wine. (New Trip) \$99.00

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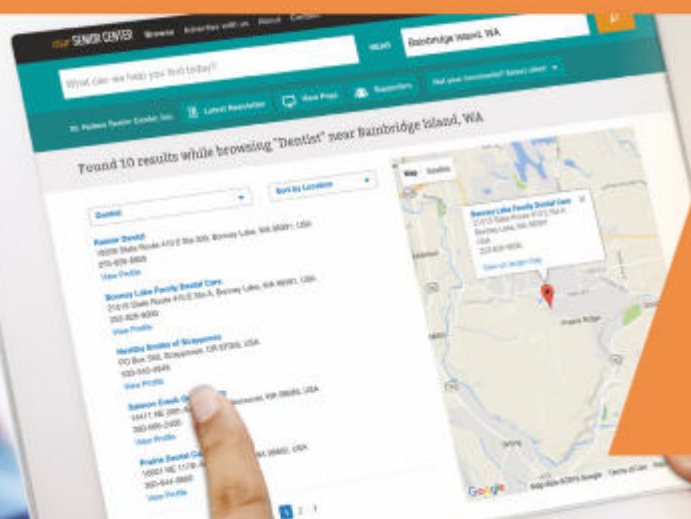
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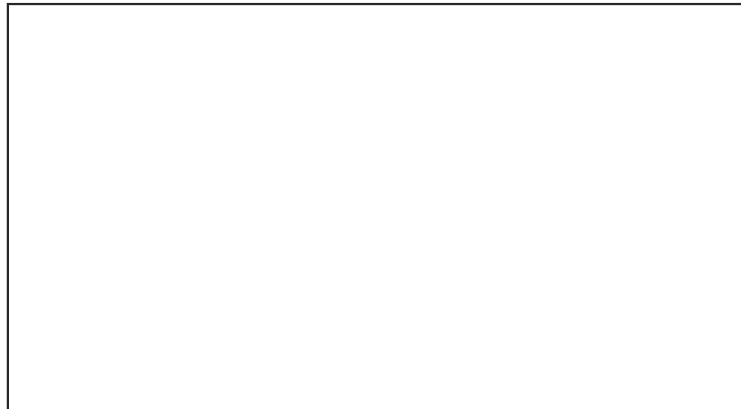
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Printing and Mailing of this edition of our newsletter made possible by the Friends of the Sterling Seniors (FOSS).

Artist's Reception for Benson Bercovitz

Tuesday, July 10th from 6 - 8pm

Duck Tape Art

Originally from New York City and presently living in West Boylston, Benson had a business in Worcester which occupied most of his time. Nevertheless, he considered himself artistic and creative. At different stages in his life he worked with black and white photographs, stained glass and wood. After becoming semi retired, Benson challenged himself to be creative in a different medium. He was also searching for a creative endeavor that he could sustain should his spinal stenosis worsen. While shopping at a local store, he saw duck tape in a variety of colors and thought, "That could be a possibility!" After some research, he found that many people work with duck tape creating wallets, flowers, and other items. But Benson wanted to create pictures to hang on the wall and that he has done!



Stop by the reception, meet Benson and learn just how he works in this medium to create artwork. The display will be sure to bring a huge smile to your face. Benson's work will be featured at the Senior Center for July and August.