

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

July 2019

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Treasurer: Bob Bloom

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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

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

Sunset on the Patio

July 17th 7:00pm

Enjoy the
sunset and s'mores
around the fire pit
on the
Senior Center patio
(weather permitting)

Peter Watson



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➤ Reach the Senior Market

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Susanne Carpenter to place an ad today!

scarpenter@lpiseniors.com or (800) 477-4574 x6348



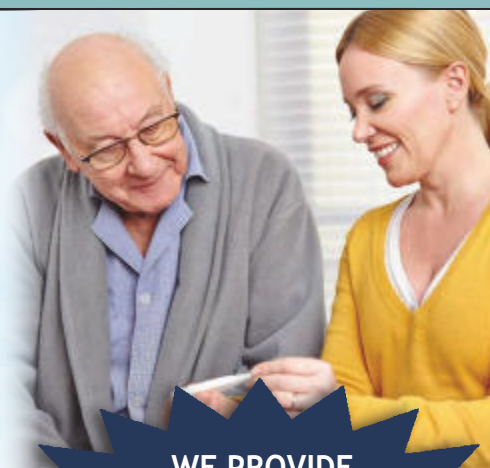
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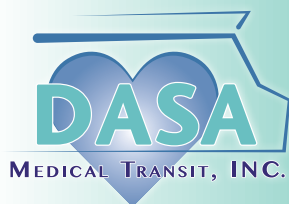
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Sterling Council on Aging, Sterling

06-5262

Artists' Reception

Sterling Watercolor Class

Tuesday, July 9th 6:00 – 8:00pm

Join us as we celebrate the work created by the Sterling Watercolor Painting Class.

The students range in ability from those who have had years of art lessons to those who have never handled a brush. They have developed into a unique group that helps each other with ideas, friendships, and moments of fun times with serious intentions to create!

There is a great sense of accomplishment and growing self confidence in watercolor painting, as well as pride in the results of hard work and attention to detail.

Featured Artists: Leita Brown, Natalia Cherepanova, Judy Doherty, Barbara Dumont, Steven Faucher, Beth FitzGerald, Elaine Milosz, Diane Pedersen, Jayne Perkins, Chuck Plaisted, Judy Regan, Delaney Rezac, Paula Roberts, Lynn Saltys, Jane Smith, Don Wilson and instructor Charlie Gray.



Make a Mason Jar Solar Light & Herb Garden with Laurel

Friday, July 26th at 11:00am

Program is limited to the first 20 signups! \$5



Solar Light includes

Mason Jar
Solar light kit
Assorted decorations*

.... Herb Garden includes

Mason Jar
Soil
Herb Starter
Assorted decorations*

*Some decorations provided, but bring your own shells, stones, jewels, etc., for more personalized creations!

SPECIAL EVENTS

Jul 9	6:00 pm	Artists' Reception
Jul 10	3:45 pm	Mini-Golf at Mulligan's
Jul 17	7:00 pm	Sunset on the Patio
Jul 23	6:30 pm	Alzheimer Education — Healthy Living
Jul 25	3:30 pm	A Date with Music (Cole Porter Sing Along)
Jul 26	11:00 am	Mason Jar Workshop
Jul 31	6:30pm	Cannabis 101

JUST FOR FUN

Jul 6	6:30 pm	Saturday Night Pitch sponsored by the Grange
Jul 12	12:15 pm	July Birthday Cake sponsored by Sterling Village
Jul 15	12:15 pm	Ice Cream at Rota Springs
Jul 26	7:30-9 am	Pancake Breakfast sponsored by FOSS

ONGOING PROGRAMS

Jul 2	9:30 am	SHINE by appointment
Jul 5	1:00 pm	History Club (weekly on Fridays)
Jul 11	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Jul 11	1:30-2:15 pm	Beginners Ukulele Lessons \$3 (weekly on Thursdays)
Jul 11	2:30 pm	Ukulele Club \$5 (weekly on Thursdays)
Jul 17	12:30pm	Book Club: "Little Fires Everywhere" by Celeste Ng
Jul 19,26	8-12 Noon	Veterans Services Office (Fridays—no hours on 7/5 & 7/12)

WELLNESS PROGRAMS

Jul 3	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Jul 9	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Jul 11	9:00 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt
Jul 11	10-12 Noon	BP Clinic sponsored by the Sterling EMS
Jul 11	2:00 pm	Going Steady (weekly on Thursdays)
Jul 15	10:30 am	MSNME Support Group (monthly 3rd Monday)
Jul 15,22	6:00 pm	Meditation with Cindy
Jul 17	3:30 pm	Parkinson's Support Group
Jul 25	9:00 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt
Jul 29	9:30-11 am	Caregivers Connect (at Clinton Senior Center)

Please
Attend!!

Public Forum held by Sterling Affordable Housing Committee
Wed July 17th at 6:30 pm BOS meeting room at Town Hall
Discussion of Updated Housing Production Plan



Wednesday
July 10th
Van leaves Senior Center
at 3:45pm

\$7 to play!

Save
the
Date

Classic Car Show
August 15th 6pm
rain date August 22nd



Save
The
Date

Senior Health and Cannabis
August 12th @ 1pm



Center Closed
July 4th
Open July 5th

Programs running for Friday July 5th
include breakfast bar, knit and crochet,
pilates, lunch, history club . . .

"Great music and a lot of fun!"

Going Steady
Fall Prevention
with Marty
Thursdays at 2pm

Free drop-in program
Learn the latest techniques for:

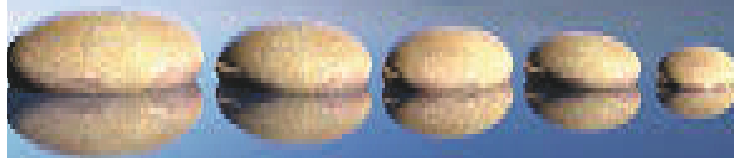
- * fall prevention
- * balance and strength
- * rising safely from a chair
- * rising safely from the floor
- * correct walking stride

Meditation

with Cindy


Mondays 7/15 & 7/22 @ 6:00pm

Thanks to the Conant Library for their
generous support of the
meditation program throughout
the year!



Summer Meditation is through the Senior
Center with a \$5 participation fee.

JULY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:30 Tai Chi 10:00 Oriol Fitness 11:30 Grilled Chimichurri Chicken Avocado Salad 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball</p>	<p>2</p> <p>8:00 Chair Pilates 9:30 SHINE by appt 9:30 Line Dancing 9:30 Open coloring 11:30 Ham Salad Sandwich 12:30 Game Day</p>	<p>3</p> <p>9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Fiesta Ranch Chicken Pasta Salad 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4 - 6 Pickleball</p>	<p>4</p> <p>Closed</p>  <p>Happy Independence Day!</p>	<p>5</p> <p>9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 1:00 History Club Closed 2 pm</p>
<p>8</p> <p>8:30 Tai Chi 10:00 Oriol Fitness 11:30 Chef's Turkey Salad 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball</p>	<p>9</p> <p>8:00 Chair Pilates 9:30 Line Dancing 9:30 Open coloring 9:30-11:30 Elder Keep Well Clinic 11:30 Egg Salad Sandwich 12:30 Game Day 6:00-8:00 Artists' Reception</p>	<p>10</p> <p>9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Chicken Caesar Salad 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 3:45 Mini Golf 4 - 6 Pickleball</p>	<p>11</p> <p>8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 10:00 BP Clinic 11:30 Tuna Salad Sandwich 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club</p>	<p>12</p> <p>9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 Birthday Cake 1:00 History Club Closed 2 pm</p>
<p>15</p> <p>8:30 Tai Chi 10:00 Oriol Fitness 10:30 MSNME 11:30 Pesto Chicken with Peppers 12:15 Rota Springs 4:00 BINGO</p>	<p>16</p> <p>8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring 11:30 Barbecue & Potato Salad 12:30 Game day</p>	<p>17</p> <p>9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Cranberry Chicken Salad Sandwich 12:30 Van shopping trip 12:30 Book Club 4:00 BINGO</p>	<p>18</p> <p>8:00 Zumba 9:00 Strengthen Yoga 11:30 Cold Cut Platter 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Mahjong 2:30 Ukulele Club</p>	<p>19</p> <p>8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 1:00 History Club</p>

1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation		12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinsons Support 4 - 6 Pickleball 7:00 Sunset on the Patio		2:00 Going Steady 2:30 Ukulele Club Closed 2 pm
8:30 Tai Chi 10:00 Oriol Fitness 11:30 Tortellini Chicken Kabobs 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	22	8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Chili Dog with Mac & Cheese 12:30 Game Day 6:30 Alz Education	23	8:00 Chair yoga 10:00 Walking Club 11:30 BBQ Chicken Salad 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4 - 6 Pickleball
			24	8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Smorgasbord 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 3:30 Sing-Along
			25	7:30-9:00 Pancake Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 11:00 Mason Jar Craft 1:00 History Club Closed 2 pm
			26	
8:30 Tai Chi 9:30 Connect in Clinton 10:00 Oriol Fitness 11:30 Summer Lasagna 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball	29	8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 BBQ Chicken Pizza 12:30 Game Day	30	Coffee served all day in the dining room Exercise Fees Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5
			31	Van Shopping Wednesdays @12:30 7-3 Whitney Field 7-10 Walmart Leom. 7-17 Target/Kohl's 7-24 Walmart WB 7-31 Christmas Tree Shop



healthy living for your brain and body

alzheimer's  association



For centuries, we've known that the health of the brain and body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday July 23 6:30-8:00pm

enjoy a

healthy
sundae



including
sherbet
and
fresh fruit



The Wachusett Area MSNME support group

July 15, 2019 at 10:30—11:30 and every third Monday of the month. Anyone with any form of Multiple Sclerosis, caregivers, family and friends are invited to come and enjoy current info, talking and sharing, snacks, games etc.

This is a drop in program. No preregistration necessary. Feel free to call Donna for more information at 978-660-4744.

Caregivers Connect



Next Meeting:
Monday, July 29th
from **9:30-11 am**
at the
Clinton Senior Center

No registration...
drop in!
Light Refreshments
Facilitated by
Clyde Wheatly



*Are you or a loved one
living with Parkinson's?
You are NOT alone!*

**The Parkinson's
Support Group
Meets Wednesday
July 17th at 3:30 pm**

Are you a veteran, dependent, or widow/widower of a veteran? Are your assets under \$5,000? If you answered yes to these questions, you may be eligible for MGL Chapter 115.

Rick Voutour, Veteran's Services

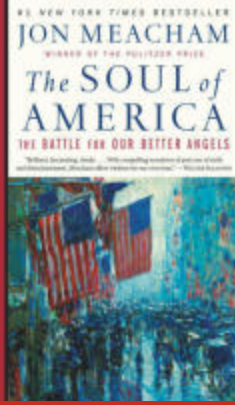
Office Hours at Sterling Senior Center Fridays 8—12 noon or call 978 534 7518

VSO Sterling Office Closed July 5th & July 12th.

History Club

Fridays

1–2 pm



Join Pat Fox as he leads a discussion of “*The Soul of America*.”

Newcomers welcome as we continue our exploration of American history through Jon Meacham’s bestseller.

Purchase or download your own copy, or books are available through the Sterling library.

A Date with Cole Porter

Thursday July 25th 3:30pm

Sing-along with tunes from Cole Porter

With guest pianist Ronna Davis



Ronna Davis is the Minister of Music at the First Church in Sterling. Ronna began piano lessons at age 5 and trained at the Royal Conservatory of Music, Toronto as well as obtaining an undergraduate minor in music. While classically trained, she was drawn to musical theater and other music genres. Ronna’s adage is “Participation and not Perfection”.

Come and enjoy a fun sing-along.

A Date with Cole Porter is part of our “A Date with Music” series. Every month the Senior Center Program Committee brings you an entertaining musical experience, with introductions to various musical genres.

Wii Bowling

Practice Every Wednesday
1:00 pm

Tournament Bowling League
Friday July 19th @ 1pm
West Boylston Senior Center

Pool Players Wanted!

Tables available daily
Ladies, Gents, Beginners, Experts
All Welcome!



Beginner Ukulele Lessons!

Newcomers welcome.

Thursdays at 1:30pm.

Loaner instruments available.



Our Pen Pal Program has wrapped up after another successful year!
We need double the pen pals for next year!

Contact Nickole if interested.



**July 15th
12:15pm
Rota Spring
Ice Cream
Trip!
Sign up!**



Pancake Breakfast **Friday, July 26 7:30 - 9:00**

Celebrity Servers:

David Shapiro - Affordable Housing
Committee and Planning Board

Deidre Shapiro - Sterling Recreation Board

Plain and special pancakes, ham, eggs, mixed fruit, tea
breads, Juices & coffee.

\$3 suggested donation Open to all. No reservations.

Wachusett Food Pantry



Seniors Friday, July 12th 9-11 am
All Saturday, July 13th 9-11am
Call Nickole at Sr Ctr for assistance

Community Lunch at First Church

July 6th at noon
Taco Salad



**Transportation
available
through the
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H A P P Y T R A V E L E R S

2019 THE HAPPY TRAVELERS & AWAY WE GO TRAVEL TRIP LIST for Aged 50+ Travelers

Sun, July 28 (date change)	Sand Sculpting Festival & a Charles River Cruise, lunch at Maggiano's. Full with wait list	\$120 pp
Sat, Aug 17	Kennebunkport Cruise with lunch at the Colony Hotel and more. Full with wait list.	\$119 pp
Sun. Sept 8	Mystery Tour. Join us on another mystery tour. Included is a buffet lunch and much more.	\$130 pp
Sat. Oct. 12	Newfane, VT, Heritage Festival & lunch Grafton Inn FULL	\$99 pp
Sun. Oct. 13	Newfane, VT, Heritage Festival & lunch Grafton Inn NEW!	\$99 pp
Oct. 25 - Nov. 08	Southern Caribbean Cruise, 15-days, no flying, round trip from Boston (Join Fred and Gladys, 23 booked-to-date!)	From \$1459 pp
Sat. Nov. 23	"Tea & Trees", Barrington, NH, shop at Calef's Country Store & Stonewall Kitchens. Afternoon tea-lunch at the Silver Fountain Inn, stop at the Lindt Chocolate store & the Methuen Festival of Trees.	\$114 pp
Sun. Dec. 8	Something Old & Something New NEW!	\$114 pp
<p><u>Contact:</u> Gladys Merrow 508-835-4312 (C) 508-612-5312 (H) happytravelers.gem@ gmail.com</p> <p>All of our trips include the gratuity for our driver and escort. Also included in the prices of the day trips is our cancellation waiver. You will receive a refund, minus the \$5.00 built in cancellation fee or if there is a theater ticket involved your refund will be minus the cost of the ticket and the \$5.00 cancellation 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.</p>		



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by Neuroscientist Dr. Keith Darrow



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

Cannabis 101
Wednesday July 31st 6:30pm
Presented by Ross Riley of The Botanist



Join the conversation with Ross Riley of The Botanist about cannabis, from its ancient history – evidence of usage dates back to the end of the last Ice Age! -- to its modern medicinal applications for ailments like chronic pain, seizures, and arthritis. Learn how cannabis works within the body, about our Endocannabinoid System, and the chemical compounds Phytocannabinoids and Terpenoids and why they attract so much attention from researchers. And become familiar with Massachusetts policies and procedures on obtaining a medical marijuana card, and the laws regarding the new legal adult-use sale and consumption of marijuana.

This will be the first of a series of discussions surrounding marijuana, with the second session scheduled for Monday, August 12th to explore senior-specific uses.

Questions are encouraged!!

Sponsored by Sterling Senior Center and Sterling Library