

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

June 2018

Sterling Council on Aging

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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 Coordinator:

Nickole Boardman

Maintenance Tech: Jim Ash

Drivers: Pam Dell,

Lou Massa, Denis Coughlin,

Robert Protano, Gloria Rugg

Meal Site Manager:

Melissa Cassata

Fathers' Day BBQ

Thursday, June 14th 6-8 pm



Come enjoy a night to
honor all the "DADS"

Hamburgers

Hot Dogs

Salads

Brownie Sundaes

Dads free / Guests \$5.00

Live Music and Games

RSVP: Sign up at Senior Center
or call 978-422-3032

Seating limited. Sign up early!

Live Music

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and to assist them with preserving their independence.

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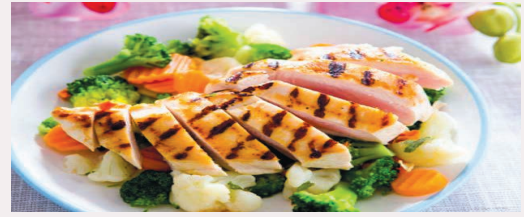
Heart Healthy Ways to Wellness

Alex Welch, MA RDN, LDN

Montachusett Opportunity Council

Research has shown adding certain foods to your diet is just as important as cutting back on others. Learn powerful nutrition strategies and focus on foods you can & should enjoy. Learn how to reduce or even eliminate certain risk factors for cardiovascular disease.

The good news is, it's easier than you think!



Wednesday, June 6, 2018 10:30 AM

Volunteer Open House Thursday, June 7, 2018 6-8 pm

The Sterling Senior Center is hosting an open house for four programs seeking volunteers: CASA, Court Appointed Special Advocates; Literacy Volunteers of the Montachusett Area; the Sterling Village Friendly Visitor Program; and the American Cancer Society's Road to Recovery. At the beginning of the open house, each program will have a brief opportunity to describe what they do and the types of volunteers they are seeking. After that, audience members will be able to meet with program representatives to learn more.

Many of you have time, energy, resources and talents that you are willing to share. Through this program we hope to make it easier for you to connect with other volunteer programs that best fit your talents.

Fun Facts:

96% of volunteers believe that volunteering makes people happier in their lives.

40% of volunteers choose to do it because a friend or someone close to them suggested the idea. (Hint - Invite a friend!)

Adults who took part in volunteering when they were younger are twice as likely to volunteer in their adult lives than those who did not.

Please share this info! All ages welcome!



Literacy Volunteers
of the
Montachusett Area



Road to Recovery®



STERLING VILLAGE
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Educational Programs

Jun 6th 9:30 am SHINE by appt. only

Jun 20th 12:30 pm Book Club "Underground Railroad" by Colson Whitehead

Wellness Programs

Jun 6th 10:00 am Walking Club every Wednesday. Meet at the Senior Center

Jun 7th 10:00–12 noon BP Clinic sponsored by the Sterling EMS

Jun 12th 9:30 - 11:30 am Elder Wellness Clinic sponsored by VNA Cares. Win Fruit Basket!

Jun 14th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

Jun 28th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

Ongoing Events

Jun 8th 8 am - 12 noon Veteran Service Officer Hours weekly on Fridays.

Jun 7th 12:30 pm Acrylic Painting weekly on Thursdays through June 28th \$5

Jun 7th 1:45-2:15 Beginners Ukulele Club weekly on Thursdays \$3

Jun 7th 2:30 pm Ukulele Club weekly on Thursdays \$5

Special Events

Jun 5th 9:00 am Dull Men's Club with Bill Tuttle

Jun 6th 10:30 am Heart Healthy Ways to Wellness

Jun 7th 6-8 pm Volunteer Open House

Jun 13th 9-11:30 am MCPHS Nursing Interviews

Jun 14th 6-8:00 pm Fathers' Day BBQ

Jun 15th 10:35 am Pen Pals Meet Seniors

Jun 15th 1:00 pm Sterling Hosts Wii Bowling Tournament

Jun 18th 9:30 am VNA Osteoporosis Presentation with bone density screenings

Jun 21st 8:30 am Foxwoods Trip sponsored by FOSS

Jun 29th 12:15-4:30 pm Worcester Art Museum Trip only \$2

Just For Fun

Jun 2nd 6:30 pm Friday Night Pitch Party sponsored by the Grange. All welcome.

Jun 8th 12:15 pm Birthday Cake for all June birthdays sponsored by Sterling Village.

Jun 29th 7:30 - 9:00 am Pancake Breakfast sponsored by FOSS.

Celebrity Server: Town Selectman, Rich Lane

Free Osteoporosis Screenings

Sponsored by VNA Care
Monday June 18th

A brief presentation on osteoporosis will be held at 9:30 am followed by individualized bone density screenings using your ankle. Screenings will be booked at 15 minute intervals beginning at 9:45 am.

Sign ups are required and attendance at the presentation is strongly encouraged so that you may derive maximum benefit from this program.

RUMMIKUB

Our group is growing, but newcomers are always welcome. Wednesdays at 1pm.

Come find out why Rummikub has won six game-of-the-year awards! By the way, it is pronounced "Rummy Cube."



Meet New Elder Wellness Nurse Meg Robinson, RN

Tuesday June 12th from 9:30—11:30

Meet Meg, have your BP checked, and you will have an opportunity to win a yummy and healthy fruit basket.

How easy is that?



The Elder Wellness Clinic is sponsored by VNA Care.

MCPHS Health Interviews

Wednesday June 13th 9:00 am

Nursing Students from MCPHS conduct health interviews.

6 Senior Volunteers Needed!

Sign up to support our partnership with this nursing program!

Beginner Ukulele Classes

Thursdays from 1:45 - 2:15 \$3

This is perfect if you would like to join our ukulele club but are intimidated because you cannot read music and you have never touched a ukulele! We have a couple of soprano ukuleles you can use to try it out! Our instructor, Lou, will teach you the basics. When you are ready ~ Join the Club!



Game Day Tuesdays 12:30 pm

Bridge • Cribbage

Dominoes • Wii Bowling

Pitch • Scrabble

JUNE ACTIVITY C A L E N D A R

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise Fees Line Dancing \$2 Tai Chi \$5 Zumba \$5 Chair Pilates \$5 Yoga \$5	Free Exercise: Thank you to Oriol Health Care for sponsoring Senior Fitness on Mondays!			1 8:00-11:30 Coffee 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord
4 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Cream Chix & Rice Soup 12:30 Zumba 1:00 BINGO 4-6:00 Pickle Ball 6:00 Meditation	5 8:00-4:00 Coffee 9:00 Dull Men's Club 9:30 Line dancing 9:30 Open Coloring 11:00 Chair Pilates 11:30 Mac&Tuna Salad 12-3:00 Computer Tech 12:30 Game Day	6 8:00-4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club 10:30 Heart Healthy Ways to Wellness 11:30 Beef Tenderloin 12:30 Van shopping trip Walmart-Leominster 1:00 Wii Bowling 1:00 Rummikub 4:00 Pickle Ball	7 8:00-6:00 Coffee 9:00 Stretching Yoga 10 - 12 noon BP Clinic 11:30 Chix Bruschetta 12:30 Acrylic Painting 1:45-2:15 Beginners Ukulele Class-\$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Pickle Ball 6:00 Vol Open House	8 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 Bday Cake
11 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Roast Pork 12:30 Zumba 1:00 BINGO 4-6:00 Pickle Ball 6:00 Meditation	12 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 Ratatouille & Chix Kabobs 12-3:00 Computer Tech 12:30 Game Day	13 8:00-4:00 Coffee 8:00 VSO Hours 9:00-11:00 MCPHS Nursing Interviews 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Stuffed Summer Squash 12:30 Van shopping trip Whitney Field 1:00 Wii Bowling	14 8:00-6:00 Coffee 9:00 Stretching Yoga 9:00 Foot Clinic 11:30 Steak Salad Nicoise 12:30 Acrylic Painting 1:45-2:15 Beginners Ukulele Class-\$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Pickle Ball	15 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Cro- cheting 9:30 Pilates 10:35 Pen Pals Meet Seniors 11:30 Smorgasbord 1:00 Hosting WII Tournament

5:30 COA Board Mtg	4:00 Wii Bowling 1:00 Rummikub 4:00 Pickle Ball	6-8:00pm-Fathers'Day BBQ	4:00 Pickle Ball
18 8:00-4:00 Coffee 8:30 Tai Chi 9:30 Osteo presentation & screenings 10:00 Oriol Senior Fitness 11:30 Lemon Butter Fish Filet 12:30 Zumba 1:00 BINGO 4-6:00 Pickle Ball 6:00 Meditation	19 8:00-4:00 Coffee 9:30-Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Orange Pork Chops 12-3:00 Computer Tech 12:30 Game day	20 8:00-4:00 Coffee 8:00 VSO Hours 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 BBQ 12:30 Van shopping trip Walmart-W Boylston 12:30 Book Club 1:00 Wii Bowling 1:00 Rummikub 4:00 Pickle Ball	21 8:00-6:00 Coffee 8:30 Foxwoods Trip 9:00 Stretching Yoga 11:30 Breakfast for Lunch 12:30 Acrylic Painting 1:45-2:15- Beginners Ukulele Class \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Pickle Ball
25 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Senior Fitness 11:30 Shepherd's Pie 12:30 Zumba 1:00 BINGO 4-6:00 Pickle Ball 6:00 Meditation	26 8:00-4:30 Coffee 9:30-Line Dancing 9:30 Open Coloring 11:00 Chair Pilates 11:30 Pulled Pork Sand 12-3:00 Computer Tech 12:30 Game Day	27 8:00-4:00 Coffee 8:00 VSO Hours 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Lemon Herb Chix 12:30 Van shopping Trip—Target 1:00 Wii Bowling 1:00 Rummikub 1:00 Red Sox on TV	28 8:00-6:00 Coffee 9:00 Stretching Yoga 9:00 Foot Clinic 11:30 Pasta/Sausage 12:30 Acrylic Painting 2:00 Mahjong 1:45-2:15 Beginners Ukulele Class \$3 2:30 Ukulele Club 4:00 Pickle Ball
			29 7:30-9:00 PANCAKE Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 12:15 Worcester Art Museum Trip
			22 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord



**Acrylic Painting with
Andrea Driscoll
Thursdays at 12:30
\$5 drop in
Through June 28th**

Lender's Closet

The Senior Center operates a Lender's Closet which provides durable medical equipment, such as walkers, canes, transfer benches, bath chairs, and wheelchairs for seniors to borrow.

Check in with the front desk staff for durable equipment loans.

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?

Have you noticed?

It is summer!

Summer = Vacations



The Sterling Senior Center needs a few extra hands to keep things humming in the summer. Many of our "regular" volunteers take a few weeks off to be with family and grandkids.

Please consider helping out in the summer. We totally understand if you have vacations planned as well!

Opportunities available in the kitchen and delivering meals on wheels.



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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Pen Pals Meet the Seniors

Friday, June 15th at 10:35 am

On Friday, June 15th, the Houghton elementary student pen pals will meet their senior pen pals at the senior center. The seniors involved in the program have given nothing but positive feedback on how rewarding this program has been. The students write to their pen pals about once a month and the seniors have about 2 weeks to write back. The seniors get invited to events their pen pals are having at school as well as an end of the year celebration at the senior center. It is not a big time commitment to become a pen pal, but it has been a wonderful experience for all involved.

We would like to thank: Kathleen B, Clyde H. Margaret L, Jeff K, Angie R, Debbie C, Jean T, Carol H, Mary M, Bob D, Linda H, Jill S, Sharon B, Kathy P, Leita B, Sue D, Don C, Jan V, Barbara F, Cheryl K, Sandy O, Karen K, Linda W, & Andrea D for being Pen Pals this year.

Please speak to Nickole Boardman if you would like to be a pen pal next year!

Sterling Senior Center Friday Afternoon at the Museums

Series of three trips with free museum admission sponsored by Highland Street Foundation

Friday, June 29th Worcester Art Museum

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.



Age and Dementia Friendly Grant

The Sterling Senior Center was recently awarded a grant through MCOA to assess community perceptions related to the designation of Sterling as an Age and Dementia Friendly Community. Surveys have been mailed to 1000 Sterling households of all ages.

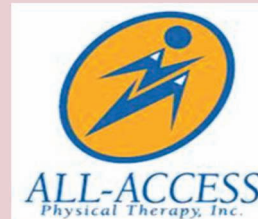
Community input is vital to this process. We hope for a high survey response. You can help by spreading the word. Surveys need to be returned by June 8th. Thank you!

Senior Strong

3rd Session

8/17- 10/5

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 refundable deposit providing you meet attendance requirements. We are accepting names for our wait list.

Call Veronica at 978-422-3032

The First Church in Sterling Community Lunch Saturday June 2nd at Noon

Lunch is open to all and served at the First Church, 6 Meetinghouse Hill Road, Sterling. No cost and no reservations. Enjoy a nice meal and good conversation with others. This will be the last of the monthly lunches until October. Van transportation available through the Senior Center.



Friday June 29th 7:30-9:00am

All Ages Welcome \$3 donation

Plain and blueberry pancakes, spiral ham, eggs, fruit cup, fruit juices, coffee.

No reservations needed. Grab your friends and family and come on down!

Foxwoods Thursday June 21st



FOSS is planning a trip to the Casino! \$25 includes round trip bus, buffet voucher and \$15 slot or table play. Reservation forms and payment accepted until bus is full. Checks payable to FOSS (Friends of the Sterling Seniors). Contact Pam Dell at 774-696-3513

AA Limousine & Charter Bus departs back parking lot of Sterling Town Hall at 8:30 a.m. Returns 5:00 pm.

THE HAPPY TRAVELERS TRIPS LIST— For the over 50 travelers

Contact: Gladys Merrow 508-835-4312 cell 508-612-5312 e-mail: happytravelers.gem@gmail.com

Call with any questions, request a flyer or to make reservations. Flyers can also be picked up at the Sterling, 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, Millbrook Winery for a testing, Madava Maple Farm, overnight in Poughkeepsie, Tour the Vanderbilt Mansion & lunch at Beekman Arms Tavern, two per room \$369.00, three per room \$359.00, Singles \$459.00

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

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

15-Day Southern Caribbean Cruise, October 25-November 88, 2019 from Boston on the Norwegian Gem Limited time offer! Book before July 1, 2018. Deposit is \$250.00/pp-Final payment due June 19, 2019 Trip insurance is recommended.

Mid-ship inside stateroom \$1559.00;mid-ship ocean-view stateroom \$2019.00;mid-ship balcony stateroom \$2829.00. (All prices are per person)

As you can see there are not many seats available on the first four trips for 2018. Call with any questions.

All our trips include 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 for cancellations. If you have to cancel 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. Cancellation insurance for all overnight trips is within an outside travel insurance company.



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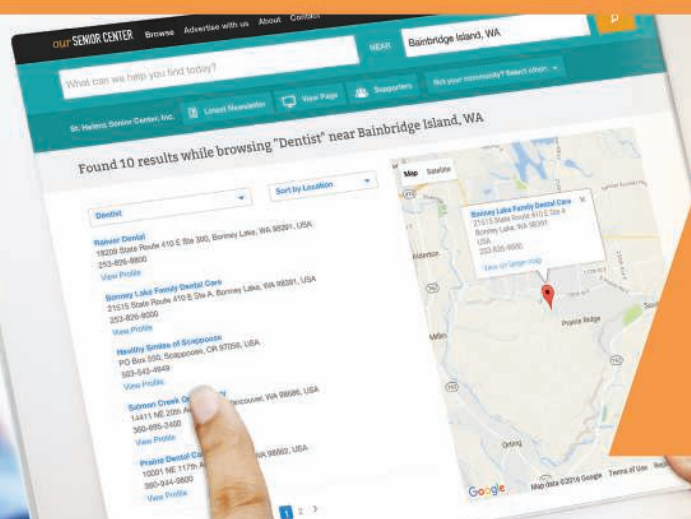
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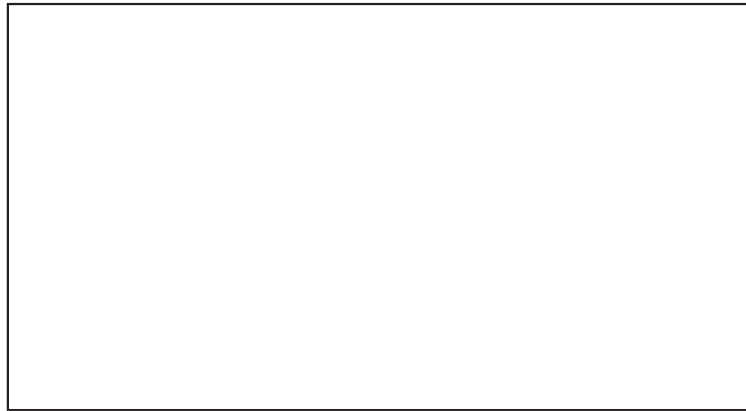
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Sterling Council on Aging, Sterling

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



DULL MEN'S CLUB

Tuesday, June 5th
9am



Dull Men's Club Digs into DPW Issues

While his department is responsible for less than 15% of the Town's operating budget, their work covers over 100 street miles, managing the cemeteries, maintaining the parks and athletic fields, and providing water to residents and businesses. DPW director Bill Tuttle will be on hand this month to answer all of your questions about his department, street maintenance schedule, seasonal operations, water supply issues and future plans. Meet with Bill Tuttle at the Dull Men's Club to better understand the full breadth of responsibilities that are under his leadership.