

# Sterling **Newsletter** SENIOR CENTER

Connecting with each other & our community

June 2019

## Sterling Council on Aging Board Members

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*Vice Chair:* Kevin Beaupre

*Secretary:* Sue Protano

*Treasurer:* Bob Bloom

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Sheila Battles

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Debra MacLennan

## 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

## *Happy Father's Day*

*Dads are invited to an*

### **Evening BBQ**

*Entertainment by Joe Cariglia Live!*

**Thursday June 20th**

**6-8 pm**

**Manly Man Menu featuring:**

**Burgers, Sausage, peppers and onions**

**Spaghetti Salad, Green Salad**

**Brownie Sundae for dessert**

**Dads—free, but you must sign up!**

**All others purchase \$5 ticket in advance**

**Sign ups and tickets available**

**through June 17th or until**

**seating capacity is reached.**

Peter Watson



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➤ Reach the Senior Market

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CONTACT

Susanne Carpenter to place an ad today!

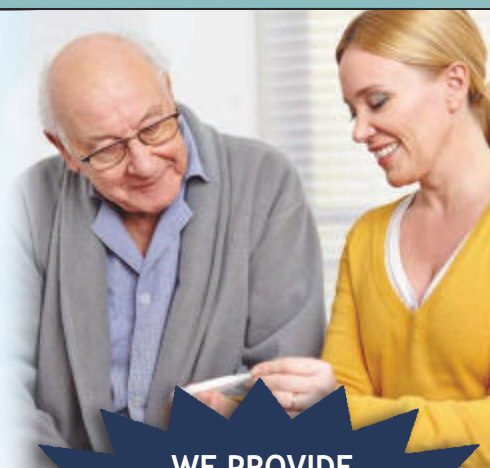
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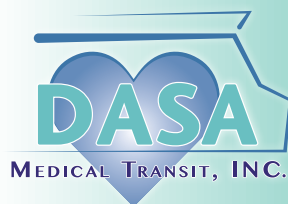
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Sterling Council on Aging, Sterling

06-5262



# Volunteer Appreciation

## Clambake

Sunday, June 9th at 4:00 pm

The Senior Center is grateful for the dedication of our volunteers.

In thanks, volunteers with 10 hours or more volunteer service in the past year and their spouse / significant other are invited.

*RSVP by noon on June 5th.*

Thank you for all you do all year long!



Learn how to

## Grow, Harvest and Arrange Strawflowers

*with Greg Billings (our favorite botanist)*

Come and make a small flower arrangement that will last for years.

Friday, June 7th at 12:30PM

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

### What you get....

About 20 dried strawflowers

Small mug or vase with foam to hold the wired flowers

A few live potted plants to start your own crop

20 wires to start drying your next bouquet

An hour of fun and learning

### What you'll learn....

How & where to grow the plants

How to harvest the flowers

How to wire and dry the flowers

How to arrange??? Well you may be better at that than I am so.... let's share!



## SPECIAL EVENTS

Jun 5	11:00 am	Peer Leaders Send Off
Jun 6	10:15 am	Pen Pal Meet & Greet
Jun 7	12:30pm	Strawflowers Learn to grow, harvest & arrange
Jun 7	1:00 pm	History Club Begins (weekly on Fridays)
Jun 9	4:00 pm	Volunteer Appreciation Dinner
Jun 13	11:30 am	Sheriff's Luncheon and Presentation
Jun 14	12:30 pm	Census 2020 employment info
Jun 17	10:30 am	MSNME Support Group Begins (monthly 3rd Monday)
Jun 17	1:00–2:30 pm	Ink Scarf Workshop
Jun 20	6:00–8:00 pm	Father's Day BBQ
Jun 27	3:30 pm	A Date with Music Begins (Monthly on 4th Thursday)
Jun 28	12:15–4:00 pm	Friday Afternoon at WAM

## JUST FOR FUN

Jun 1	6:30 pm	Saturday Night Pitch sponsored by the Grange
Jun 14	12:15 pm	June Birthday Cake sponsored by Sterling Village
Jun 28	7:30-9 am	Pancake Breakfast sponsored by FOSS

## ONGOING PROGRAMS

Jun 4	9:30 am	SHINE by appointment
Jun 6	12:30 pm	Acrylic Painting \$5 (weekly on Thurs)
Jun 6	1:30-2:15 pm	Beginners Ukulele Lessons \$3 (weekly on Thursdays)
Jun 6	2:30 pm	Ukulele Club \$5 (weekly on Thursdays)
Jun 7	8-12 Noon	Veterans Service Office Hours (weekly on Fridays)
Jun 19	12:30 pm	Book Club: One Town One Book: Educated by Tara Westover

## WELLNESS PROGRAMS

Jun 3	6:00 pm	Meditation with Cindy (Weekly on Mondays)
Jun 5	10:00 am	Walking Club (weekly on Wed., meet at Senior Center)
Jun 6	10-12 Noon	BP Clinic sponsored by the Sterling EMS
Jun 6	2:00 pm	Going Steady (weekly on Thursdays)
Jun 11	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Jun 13	9:00 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt
Jun 19	3:30 pm	Parkinson's Support Group
Jun 24	9:30-11 am	Caregivers Connect (at Sterling Senior Center)
Jun 27	9:00 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt

## COMMUNITY PROGRAMS

Jun 11	9:30 am	Flag Day Ceremony at Houghton
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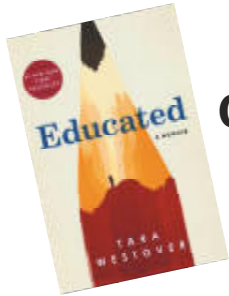
Our beginner ukulele members are moving up to the "Club!"  
So now is a good time to start your lessons! Thursdays at 1:30



If you are interested in expanding your golf circle this season . . . playing with other golfers, playing some different courses . . .

Check out our golf book at the front desk!

By signing up in the golf book, you will allow other Sterling Senior Center golfers to contact you by telephone, text or email as you prefer. Golf play will be determined by the individual golfers, not the Senior Center.



Try our Book Club!

### One Book One Town

Wednesday, June 19th

12:30pm

### Friday Afternoon at the Museums

This summer we kick off with a trip to the  
**Worcester Art Museum!**

**Friday, June 28th**



Van leaves the Senior Center at 12:15  
Return to the Senior Center around 4pm

Cost is \$2 for transportation

Museum is free courtesy of  
the Highland Street Foundation.

Sign ups required.

More museum trips planned for  
July and August

## Alcohol Ink Scarf Workshop Monday, June 17th, 1–2:30 Limited to 16 participants. Sign up required. \$10

Alcohol ink is a versatile medium that can provide vibrant, intense colors on any number of nonporous surfaces. Alcohol ink can be used to create beautiful designs on silk. This is an easy and fun way to create a special scarf for yourself or to give as a gift. No experience required. We'll have all the supplies—a 8" x 54" silk scarf, inks, Sharpies, brushes, alcohol (isopropyl), and inspiration.



**Judy Dino** is a local artist who dabbles in many media. She is a member of the Princeton Arts Society and the Wachusett Mt Chapter of the Assoc of Traditional Rug Hooking Artists. She enjoys painting with watercolor, working on many substrates with alcohol ink, experimenting with eco printing, playing with cement, and trying many crafts.



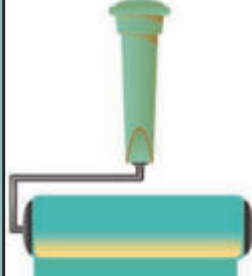
# JUNE ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30 Tai Chi</p> <p>10:00 Oriol Fitness</p> <p><b>11:30 Breakfast at Lunch</b></p> <p>1:00 BINGO</p> <p>3:00 Open Strumming</p> <p>4-7:00 Pickleball</p> <p>6:00 Meditation</p>	<p>4</p> <p>8:00 Chair Pilates</p> <p>9:30 SHINE by appt</p> <p>9:30 Line Dancing</p> <p>9:30 Open coloring</p> <p><b>11:30 Mac &amp; Cheese</b></p> <p>12:30 Game Day</p>	<p>5</p> <p>9:30 Gentle Chair Yoga</p> <p>9:30- Beginner Painting</p> <p>10:00 Walking Club</p> <p>11:00 Peer Leaders</p> <p><b>11:30 Beef Tenderloin</b></p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>1:00 Wii Bowling</p> <p>4 - 6 Pickleball</p>	<p>6</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>10-12 BP Clinic</p> <p>10:15 Pen Pals</p> <p><b>11:30 Sweet Potato Minestrone / Chicken</b></p> <p>12:30 Acrylic Painting</p> <p>1:30 Beginner Uke</p> <p>2:00 Mahjong</p> <p>2:00 Going Steady</p> <p>2:30 Ukulele Club</p>	<p>7</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p><b>11:30 Smorgasbord</b></p> <p>12:30 Strawflowers</p> <p>1:00 History Club</p> <p>Closed 2 pm</p>
<p>10</p> <p>8:30 Tai Chi</p> <p>10:00 Oriol Fitness</p> <p><b>11:30 Herb Roasted Pork</b></p> <p>1:00 BINGO</p> <p>3:00 Open Strumming</p> <p>4-7:00 Pickleball</p> <p>6:00 Meditation</p>	<p>11</p> <p>8:00 Chair Pilates</p> <p>9:30 Line Dancing</p> <p>9:30 Open coloring</p> <p>9:30-11:30 Elder Keep Well Clinic</p> <p><b>11:30 General Tso's Chicken</b></p> <p>12:30 Game Day</p>	<p>12</p> <p>9:30 Gentle Chair Yoga</p> <p>9:30-Beginners Painting</p> <p>10:00 Walking Club</p> <p><b>11:30 Summer Stuffed Squash</b></p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>4 - 6 Pickleball</p>	<p>13</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>9:00 Foot Clinic</p> <p><b>11:30 Sheriff's Lunch and Presentation</b></p> <p>12:30 Acrylic Painting</p> <p>1:30 Beginner Uke</p> <p>2:00 Mahjong</p> <p>2:00 Going Steady</p> <p>2:30 Ukulele Club</p>	<p>14</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p><b>11:30 Smorgasbord</b></p> <p>12:15 Birthday Cake</p> <p>12:30 Census 2020</p> <p>1:00 History Club</p> <p>Closed 2 pm</p>
<p>17</p> <p>8:30 Tai Chi</p> <p>10:00 Oriol Fitness</p> <p>10:30 MSNME</p> <p><b>11:30 Lemon Butter Fish Filet</b></p> <p>4:00 Pickleball</p>	<p>18</p> <p>8:00 Chair Pilates</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p><b>11:30 Pasta &amp; Sage</b></p>	<p>19</p> <p>9:30 Gentle Chair Yoga</p> <p>9:30-Beginners Painting</p> <p>10:00 Walking Club</p> <p><b>11:30 Salisbury Steak</b></p> <p>12:30 Van shopping trip</p>	<p>20</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p><b>11:30 Creamy Chicken &amp; Wild Rice Soup</b></p> <p>12:30 Acrylic Painting</p>	<p>21</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p><b>11:30 Smorgasbord</b></p>

1:00 BINGO 1:00 Ink Scarf Wkshp 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	12:30 Game day 12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkisnons Support 4 - 6 Pickleball	1:30 Beginner Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club 6:00 Father's Day BBQ	1:00 History Club Closed 2 pm
24 8:30 Tai Chi 9:30 Connect in Sterling 10:00 Oriol Fitness <b>11:30 Shepherd's Pie</b> 1:00 BINGO 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	25 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring <b>11:30 Pulled Pork Sandwich</b> 12:30 Game Day	26 9:30 Chair yoga 9:30-Beginners Painting 10:00 Walking Club <b>11:30 Lemon Herb Chix</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4 - 6 Pickleball	27 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 3:30 A Date w Music
Coffee served all day in the dining room <u>Exercise Fees</u> Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5	Van Shopping Wednesdays @12:30 6-5 Marshall's / Home Goods 6-12 Walmart Leom. 6-19 Ocean State 6-26 Walmart WB	28 <b>7:30-9:00 Pancake Breakfast Sponsored By FOSS</b> 8:00 VSO Hours 9:30 Pilates 12:15 WAM Trip 1:00 History Club Closed 2 pm	



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## Chocksett Middle School Peer Leaders

Wed June 5th 11 am

It is time to say good luck as our peer leaders graduate from middle school! All are invited to send off the youth with a reminder of days past—a game of jax and a peck on a Smith Corona . . .perhaps some cursive lessons!

(We are working this event around final exams, so please call to confirm time.)



## Pen Pal Meet and Greet

Thursday, June 6th at 10:15 am

Seniors continue to pair up with 4th grade students at Houghton Elementary School and become Pen Pals. Letters are exchanged on a monthly basis, and seniors are invited to meet with their pen pals at school events. At the meet and greet, the pen pals and seniors will share a craft and sing a few songs.

It is not a big time commitment to become a pen pal, but it is a wonderful experience for all involved. Please speak with Nickole Boardman if you would like to be a pen pal next year!



## Flag Day Ceremony

Houghton Elementary School, June 11th at 9:30am

Join the staff and students at the annual Flag Day Ceremony on the front lawn at Houghton Elementary School. If you want a ride, the van will leave the Senior Center at 9:15.

## SUPPORT

### Caregivers Connect



Next Meeting:  
**Monday, June 24th**  
**from 9:30-11 am**  
here at the  
Sterling 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  
**June 19th 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.

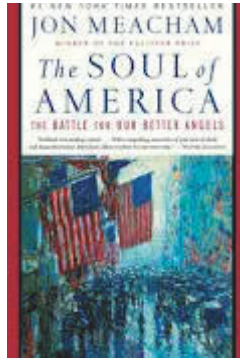
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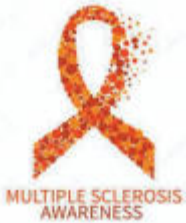
**History Club**  
**starting June 7th**  
**Weekly on Fridays**  
**1–2 pm**



Join other history buffs as we start a history club! To get started, Pat Fox will be leading an 8 week discussion of “*The Soul of America*.” Purchase or download your own copy or books will be available through the Sterling library.

June 7th meeting will focus on Chapter 1, “The Confidence of the Whole People.”

### The Wachusett Area MSNME support group



**June 17, 2019** at 10:30–11:30 and every third Monday of the month thereafter. 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.

**“A Date with Music” 4th Thursday of each month at 3:30 pm**

**Starting June 27th with Music Bingo!**



Every month the Senior Center Program Committee will bring you an entertaining musical experience. This month we play music bingo. Upcoming months will include a sing-along with tunes from Cole Porter and introductions to various musical genres,

“Music is the universal language of mankind.” Henry Wadsworth Longfellow

## ONGOING

**Wii Bowling**  
**Every Wednesday**  
**1 pm**

**Walking Club** Weds at 10:00am  
 Meet at Senior Center Entrance

**Going Steady: Fall Prevention**  
 With Marty  
 Drop in - Thursdays at 2pm

**Armchair Travel,**  
**Dull Men’s Club & Computer Help**  
 are on hiatus for the summer.

Returning in September.



Meet Susan LaFrance, Recruiting Assistant, Census 2020

Friday, June 14th at 12:30

Learn about the online hiring process for temporary positions working for Census 2020. The pay is good, the work hours are flexible and you will be doing an important job for our country.



### Wachusett Food Pantry

Seniors  
Friday, June 14th  
9-11 am

All  
Saturday, June 15th  
9-11 am

### Community Lunch at First Church

June 1st at noon  
Chicken A La King  
Salad, Dessert



Transportation Available



### Pancake Breakfast

Friday, June 28 7:30 - 9:00

*Celebrity Server:*  
**Christopher LaBreck, Principal**  
Chocksett Middle School

Plain and special pancakes,  
ham, eggs, mixed fruit, tea  
breads, juices & coffee.  
\$3 suggested donation

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

Sat, July 21	Sand Sculpting Festival & a Charles River Cruise, lunch at Maggiano's, full with a wait list	\$120.00 pp
Sat, Aug 17	Kennebunkport Cruise with lunch at the Colony Hotel and more, full with wait list	\$119.00
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, 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

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## SPECIAL REPORT

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



**Sheriff's Luncheon**  
**Thursday June 13th**  
**11:30 am Pasta & Meatballs Luncheon**  
**Followed by " Be Safe!"**

A program designed by the Sheriff's office to help us  
Be Safe in our car / Be Safe at home / Be Safe at the bank  
Including how to spot a credit card skimmer  
**Sign ups required!**