

# Sterling Council on Aging

## March 2018



### St. Patty's Day Luncheon

11:30 am

Wednesday March 14th

Traditional Corned Beef and Cabbage Dinner  
with Irish Soda Bread and Dessert

Irish Music by Sláinte

\$3 suggested donation

Reservations Required (Seating limited)



Continue the Irish Celebration

Join us for Armchair Travel  
to Ireland

Thursday, March 15th at 2:30



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**Sterling Senior Center PO Box 243**

**36 Muddy Pond Rd    978 422 3032**

**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

**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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## The Peer Leaders of Chocksett Middle School Offer Technology Help

Bring your cell phones, tablets, nooks and more!  
What a fun opportunity for the youth and the seniors!

**Wednesday March 7th 9:30—10 am**

## Registered Dietician, Alex Welch, Presents: Water, An Essential Nutrient

**March 7th at 10:30 am**



*No other nutrient deficiency has such a profound effect on your health!*

Learn the answers to the following: Can water really reduce my chances of developing cancer? Can water really make me look more youthful? How much water do I need? What is the best way to get enough water everyday? How much water is too much? Learn simple steps to start improving your water intake and health today!

Alex Welch, RD, from MOC Elder Nutrition Services has been instrumental in helping the Sterling Senior Center achieve their goal of serving home-cooked daily lunches. Please take the time to meet Alex and thank her for her support. There will be a give-away!



## ARMCHAIR TRAVEL to Ireland

**Thursday**

**March 15th at 2:30 pm**

A scenic tour of beautiful Ireland  
with Nikki & Mike Connery

The “Emerald Isle” of Ireland is noted for its forty shades of green, castles and hospitality. On their most recent trip in April/May 2017 the Connery’s and their cousins toured along the Galway area and southwest to Killarney and County Kerry. Their itinerary included trips to Irish Mor, Dublin, Clon Macnoise, Ashford Castle, The Ring of Kerry, The Rock of Cashal and ended with Bunratty Castle and Folk Park.

Authentic Irish refreshments will be served. (Sorry, no beer or Guinness!)

***Educational Programs***

**Mar 7th 9:30 am** SHINE by appointment only.

**Mar 21st 12:30 pm** Book Club “**Born in Fire**” by Nora Roberts

***Wellness Programs***

**Mar 1st 10 am-12 noon** BP Clinic Sponsored by Sterling EMS

**Mar 2nd 8:30 am** Guided Meditation with Bob Stickles. Drop In. Free

**Mar 8th 9:00 am** Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 for 1st Appt.)

**Mar 13th 9:30-11:30 am** Elder Wellness Clinic sponsored by the VNA

**Mar 16th 8:30 am** Guided Meditation with Bob Stickles. Drop In. Free

**Mar 22nd 9:00 am** Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

***Ongoing Events***

**Mar 1st - Mar 15th 12:30 pm** Acrylic Painting on Thursdays \$5

**Mar 2nd 1:00-2:00 pm** Senior Strong (Last Day, Congrats to all participants!)

**Mar 5th - Mar 12th 2:00 pm** Photography Workshop on Mondays

**Mar 7th - Mar 28th 1:00pm** Rummikub on Wednesdays

**Mar 30th 7:30-9:00 am** Pancake Breakfast sponsored by FOSS. Celebrity  
Server: Bette Moulton –Woody’s Barber Shop

***Special Events***

**Mar 6th 9:00 am** Dull Men’s Club with Ross Perry, Town Administrator

**Mar 6th 6:00 - 8:00 pm** Artist’s Reception for Peter Christoph

**Mar 7th 9:30-10.00 am** Tech Help from Peer Leaders of Chocksett Middle School

**Mar 7th 10:30am** Alex Welch, RD, “Water, An Essential Nutrient”

**Mar 7th 7:00pm** Ted Reinstein, Reporter from Channel 5 Chronicle \$10 Tickets

**Mar 12th 9-10am** Senator Dean Tran Meet and Greet

**Mar 14th** St Patty’s Day Luncheon followed by music by Sláinte

**Mar 15th 2:30pm** Armchair Travel to Ireland

**Mar 18th 4-6pm** Taste of Sterling, Sterling National Country Club \$15 Tickets

**Mar 22nd 8:30am-5:00pm** Mohegan Sun Trip \$25 Sign up

**Mar 26th 2:00 pm** Fraud Squad Players

***Just for Fun***

**Mar 3rd 6:30 pm** Pitch Party Sponsored by The Grange. All are welcome.

**Mar 9th 12:15 pm** Birthday Cake for March Birthdays !

***Make & Take***

**March 30th 12:30pm** Easter Arrangement \$10. Lisa from Lilacs

## DULL MEN'S CLUB

**Tuesday  
March 6th  
9am**



Guest Speaker, Ross Perry, Town Administrator, will discuss town government, the budget, economic development and more.

## **MEET AND GREET SENATOR DEAN TRAN MONDAY MARCH 12TH 9—10 AM**

On January 3rd of 2018, Senator Tran was officially sworn-in to the State Senate. At the State House, Senator Tran serves on the Joint Committee on Health Care Financing (ranking member), Joint Committee on Transportation, Joint Committee on Higher Education, Joint Committee on Municipalities and Regional Government, Joint Committee on State Administration and Regulatory Oversight, and Senate Committee on Intergovernmental Affairs.

Senator Tran is one of just a handful of Americans who are of Vietnamese descent to be elected to public office in the United States and the first and only Vietnamese-American to hold an elected office in Massachusetts.



**Create an Easter Centerpiece.  
Friday March 30th 12:30 pm  
\$10 Sign Ups required  
Bring gloves and clippers if you  
have them.**

## **THE GREENDALE Y PARTNERSHIP WITH THE STERLING SENIOR CENTER MARCH MEMBERSHIP FEES ON US!**

### **NOT TOO LATE TO TAKE ADVANTAGE OF THIS OPPORTUNITY!**

FOSS, the Friends of the Sterling Seniors, has been given a grant which enables us to pay for your March membership fee.

There is nothing for you to do if you are already enrolled. If you are yet to enroll, see Veronica at the Senior Center FIRST. She will coordinate your Y referral.

Seniors 60 years and older are eligible for this program.

| March Activity Calendar  |   |   |  |   |
|--|---|---|--|---|
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
| Exercise Program<br>Fees<br>Line Dancing \$2<br>Tai Chi \$5<br>Oriol Exercise Free<br>Zumba \$5<br>Chair Pilates \$5<br>Pilates \$5<br>Yoga \$5                                    |   |   | 1<br>8:00 - 8:00 Coffee<br>9:00 Strengthening<br>Yoga<br>10:00-12:00 BP Clinic<br>11:30 Mac & Cheese &<br>Hot Dogs<br>12:30 Acrylic Painting<br>2:00 Mahjong<br>2:30 Ukulele Club                                    | 2<br>8:00-4:00 Coffee<br>8:00-VSO Hours<br>8:30-Meditation<br>9:30 Knitting and<br>crocheting<br>9:30 Pilates<br>11:30 Smorgasbord<br>1:00 Senior Strong<br>Last Day<br>Closed at 2:00 pm |
| 5<br>8:00 - 4:00 Coffee<br>8:30 Tai Chi<br>10:00 Exercise<br>11:30 Pizza Casserole<br>12:30 Zumba<br>1:00 BINGO<br>2:00 Photo Workshop<br>4-6:00 pm Pickle Ball<br>6 pm Meditation | 6<br>8:00 - 4:00 Coffee<br>9:00 Dull Men's Club<br>9:30 Line dancing<br>9:30 Open coloring<br>11:00 Chair Pilates<br>11:30 Spinach Tortellini<br>Soup<br>12:30 Game day<br>12-3:00 Computer<br>Technology Class | 7<br>8:00 - 4:00 Coffee<br>9:30 SHINE<br>9:30 Gentle Chair yoga<br>9:30 Tech Help<br>10:30 Alex Welch-<br>Essential Nutrient<br>"Water"<br>11:30 Chicken Parm<br>12:30 Van shopping trip<br>to Whitney Field<br>1:00 Wii Bowling<br>1:00 Rummikub<br>7:00 Ted Reinstein | 8<br>8:00 - 8:00 Coffee<br>9:00 Strengthening<br>Yoga<br>9:00 Foot Clinic<br>11:30 Meatball Stew<br>12:30 Acrylic Painting<br>2:00 Mahjong<br>2:30 Ukulele Club<br>2:30 Armchair Travel<br>5:30 COA Board<br>Meeting | 9<br>8:00 - 12:30 Coffee<br>8:00 VSO Hours<br>9:30 Knitting and<br>crocheting<br>9:30 Pilates<br>11:30 Smorgasbord<br>12:15 Birthday Cake<br>Closed at 12:30                              |
| 12<br>8:00 - 4:00 Coffee<br>8:30 Tai Chi<br>9:00 Senator Tran<br>10:00 Exercise<br>11:30 Turkey Casse-<br>role<br>12:30 Zumba<br>1:00 BINGO<br>2:00 Photo Workshop                 | 13<br>8:00 - 4:00 Coffee<br>9:30 Line dancing<br>9:30 Open coloring<br>9:30 Elder Keep Well<br>Clinic<br>11:00 Chair Pilates<br>11:30 Sweet .Potato<br>Minestrone<br>12:30 Game day                             | 14<br>8:00 - 4:00 Coffee<br>9:30 Gentle Chair yoga<br>11:30 Corned Beef &<br>Cabbage Dinner with<br>Irish Music<br>12:30 Van shopping trip<br>to Walmart-W.Boylston<br>1:00 Rummikub<br>1:00 Wii Bowling  | 15<br>8:00 - 8:00 Coffee<br>9:00 Strengthening<br>Yoga<br>11:30 Meatball Stew<br>12:30 Acrylic Painting<br>2:00 Mahjong<br>2:30 Ukulele Club   | 16<br>8:00 - 12:30 Coffee<br>8:00 VSO Hours<br>8:30 Meditation<br>9:30 Knitting and<br>crocheting<br>9:30 Pilates<br>11:30 Smorgasbord<br>Closed at 12:30pm                               |



|   |  |  |  |  |
|---|--|--|--|--|
| last class<br>4-6:00 pm Pickle Ball<br>6 pm Meditation  | 12-3:00 Computer<br>Technology Class   |  |  |  |
| 19<br>8:00 - 4:00 Coffee<br>8:30 Tai Chi<br>10:00 Exercise<br>11:30 Bl.Bean Veg.<br>Soup<br>12:30 Zumba<br>1:00 BINGO<br>4-6:00 pm Pickle Ball<br>6 pm Meditation | 20<br>8:00 - 4:00 Coffee<br>9:30 Line dancing<br>9:30 Open coloring<br>11:00 Chair Pilates<br>11:30 Lasagna Roll Ups<br>with Chicken Meatballs<br>12:30 Game day<br>12-3:00 Computer Tech-<br>nology Class | 21<br>8:00 - 4:00 Coffee<br>9:30 Gentle Chair yoga<br>11:30 Chix Veg soup w/<br>Pork fried rice<br>12:30 Book Club<br>12:30 Van shopping trip<br>to Ocean State Job Lot<br>1:00 Rummikub<br>1:00 Wii Bowling | 22<br>8:00 - 8:00 Coffee<br>8:30 Mohegan Sun<br>9:00 Strengthening<br>Yoga<br>9:00 Foot Clinic<br>11:30 BBQ<br>2:00 Mahjong<br>2:30 Ukulele Club | 23<br>8:00 - 12:30 Coffee<br>8:00 VSO Hours<br>8:30 Meditation<br>9:30 Knitting and<br>crocheting<br>9:30 Pilates<br>11:30 Smorgasbord<br>Closed at 12:30 pm |
| 26<br>8:00-8:00 Coffee<br>8:30 Tai Chi<br>10:00 Exercise<br>11:30 Fish Chowder<br>12:30 Zumba<br>1:00 Bingo<br>4-6:00 pm Pickle Ball<br>6 pm Meditation           | 27<br>8:00 - 4:00 Coffee<br>9:30 Line dancing<br>9:30 Open coloring<br>11:00 Chair Pilates<br>11:30 Chix Bowl<br>12:30 Game day<br>12-3:00 pm Computer<br>Technology Class                                 | 28<br>8:00 - 4:00 Coffee<br>9:30 Gentle Chair yoga<br>11:30 Hamb.Veg Soup<br>12:30 Van shopping trip<br>to Walmart-Leominster<br>1:00 Wii Bowling<br>1:00 Rummikub<br>6:00 Comfort Dinner<br>\$5. per person | 29<br>8:00 - 8:00 Coffee<br>9:00 Strengthening<br>Yoga<br>9:00 Foot Clinic<br>11:30 Smorgasbord<br>2:00 Mahjong<br>2:30 Ukulele Club             | 30<br>7:30-9:00 am Pancake<br>Breakfast Sponsored by<br>Foss<br>8:00 VSO Hours<br>9:30 Pilates<br>12:30 Make & Take<br>Closed at 1:30pm                      |



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## CHANNEL 5 REPORTER

Wed March 7th at 7pm

“Chronicle” reporter/author Ted Reinstein will present an illustrated talk, “New England Notebook: One Reporter, Six States, Uncommon Stories” at the Senior Center. Known for his colorful presentation of all things New England, Reinstein’s books highlight our region’s unique character, memorable people, picture-book places, and historic episodes.

The program enjoys the joint sponsorship of the Friends of the Conant Library and the Friends of the Sterling Seniors. Tickets are \$10 each and sales are limited to the first 115 individuals. Refreshments will be served.

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## TASTE OF STERLING

FRIENDS of STERLING SENIORS are busy at work preparing for our 5th Annual TASTE of STERLING.



We are lining up a variety of vendors, and a few surprises, to make this year's event even a notch better than our last.

Sterling National Country Club has again, generously offered to host this fun community event.

Mark your calendar and get your tickets for March 18th. Doors open at 4 and you can munch your way through until 6pm. Again there will be door prizes and a 50/50. Tickets are \$15.00 per person and are available at the Senior Center and from members of the Friends group.

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## MOHEGAN SUN March 22, 2018



FOSS is planning a trip to the Casino! Lots of fun and hopefully we will win big. Only \$25 per person includes round trip bus, \$10 towards buffet or any restaurant on property, \$5 Casino play and Daily Raffle Voucher.

Reservation form and payment must be received by March 8, 2018. Checks payable to FOSS (Friends of the Sterling Seniors). Contact Pam Dell 774 696 3513

## COME JOIN THE FUN!!

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





## FRAUD SQAUD PLAYERS

**MARCH 26th**

**2:00 pm**



The “Fraud Squad Players” is a touring group of Family Services/RSVP Volunteers (must be of age 55 years and older) who are committed to helping other seniors protect themselves against the ever-growing number of scams and frauds targeting them. The “squad” does so by acting out scripted scenes depicting real-life stories of often successful attempts by fraudsters to separate the elderly from their money.

Accompanying the troupe is an opportunity for peer discussion of the epidemic of frauds targeting seniors and the myriad of ways seniors may be tricked. This is a very unique and fun learning experience. Refreshments will be served.

### Save the Date

April 6th 7 pm Slide Show:  
Birds of the Swamp with  
Peter Christoph

### Starting in April

8-week Golf Fitness Program

8-week Series: Take Charge  
of Your Health, Your  
Finances and More

### Players Wanted

**Pickleball**- Find out why this is the fastest growing sport in America. No experience necessary. 4- 6 pm Mondays at First Church

**Game Day** - There is always room for a few more for Bridge, Dominoes, Cribbage and Scrabble. 1pm Tuesdays

**Rummikub** - This fun and addictive board game just started on Wednesdays at 1pm.

### Enjoy our Home-Cooked Lunches Monday—Friday at 11:30 am

**No Reservations Needed \$3 Suggested Donation**

To help us serve you better . . . Please arrive a few minutes early so that we may anticipate how many we are serving. If you are running late, please call us at 978 422 3032. The front desk will be happy to notify the kitchen.

Remember—You must sign up for our special luncheons such as St Patty’s Day!



**Guided Meditation with Bob Stickles at 8:30 on Friday March 2nd and March 16th will be FREE!** New to Meditation? Give this a try to get your practice started.

**Need a trip to the grocery store?**

Our Senior Center Van will be taking our seniors to Hannaford's in Leominster for grocery shopping on Wednesdays at 9:00 am.  
Call for more information.

**FOSS PANCAKE  
BREAKFAST****Friday March 30th**

7:30-9:00am \$3 Donation

No reservations!

**The First Church in Sterling Community Lunch Saturday March 3rd at Noon**

Monthly lunches are open to all. No cost and no reservations. Enjoy a nice meal and good conversation with others. Lunch will be the first Saturday of each month at the First Church in Sterling 6 Meetinghouse Hill Road. Board games after lunch.

Van transportation available through the Senior Center.

**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.

Sun. Mar. 11, 2018 – Sunday Brunch at the Curtis House Inn and more- (60% of bus sold )

\$99.00 pp

Sun. Apr. 08, 2018 – Mystery trip (50% of bus sold)

\$122.00 pp

Sat. May 19, 2018 – “Something Rotten” at PPAC in Providence, RI with lunch at Spirito's on Federal Hill \$145.00 pp  
(50% of bus sold)

Sun. & Mon. June 24 & 25 - A 2 day Trip to “The Hamptons” and Long Island \$409.00 double  
(90% of first bus sold)

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

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

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.

**Living Memorial Honor**

Sterling COA/Senior Center

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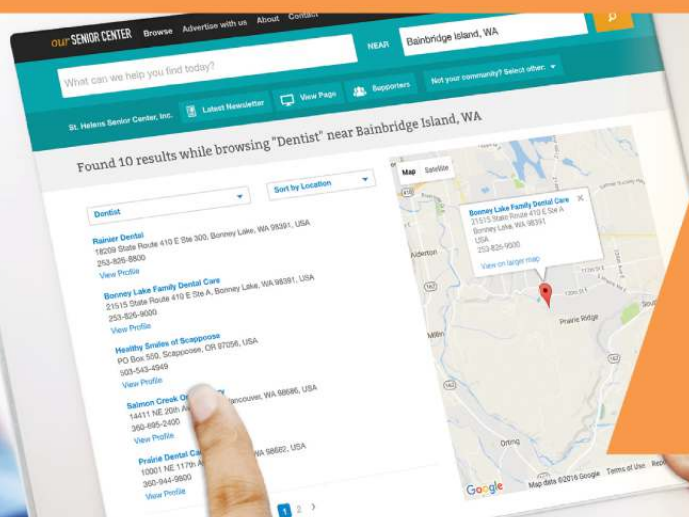


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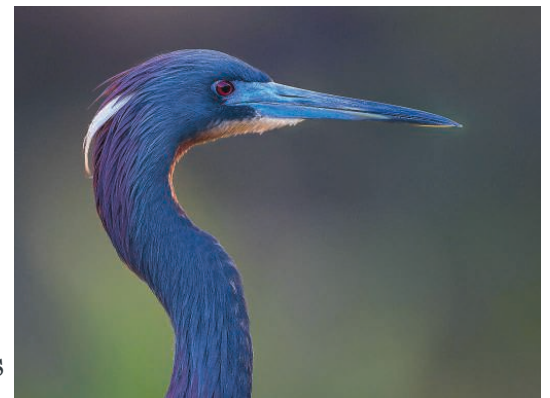


Printing and mailing of this newsletter made possible in part by a grant from the Executive Office of Elder Affairs.

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## **Artists Reception & Book Signing With Peter Christoph March 6th, 6-8 pm**

In March and April, the Sterling Senior Center will feature the work of author and award-winning bird photographer Peter Christoph. His solo exhibit is titled “The Art of Bird Photography,” which is also the title of his third book. All of his artwork is printed on metal which shows off best the vibrant colors in his stunning images.



Peter’s passion for capturing birds in their natural habitat, his technical excellence, and his artistic vision are revealed in his compelling images. His bird images have received widespread exposure in several magazines and magazine covers. Peter has been the recipient of many prestigious national and international awards and medals recognizing his photographic talent. By sharing his photos, Peter hopes to help people appreciate, respect, and assist in the conservation of our feathered friends.

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