S T E R L I N G C O U N C I L O N A G I N G

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community March 2019

Sterling Council on Aging Board Members

Chair: Liz Pape
Vice Chair: Kevin Beaupre
Secretary: Sue Protano
Treasurer: Bob Bloom
Members:
Sheila Battles
Nancy Castagna
Joe LaGrassa
Debra MacLennan
Charles Madden

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
Operations Coordinator:
Dot Millhofer
Maintenance Tech: Jim Ash
Drivers:
Denis Coughlin
Pam Dell
Lou Massa
Robert Protano
Meal Site Manager:
Melissa Cassata

Shenanigans Allowed

at the

St. Patrick's Luncheon

March 14th, 11:30 am

Menu

Traditional Corn Beef & Cabbage Dinner
Soda Bread & Dessert

Featured Entertainment@ 12:15 PM

Irish-American Step Dancers

Instructor Anne O'Connell Boucher

Reservations Required
$3 Suggested Donation

Our mission is to maintain the health and well being of Sterling seniors and to assist them with preserving their independence.

Peter Watson

WATSON'S PAINTING SERVICE

61 Redstone Hill, Sterling, MA
1-978-422-3166
cell: 978-502-8847

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM

$29.95/MO
BILLED QUARTERLY
PLUS SPECIAL OFFER
CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

ABERMAN Associates, Inc.
REALTOR®

PAULA K. SAVARD
REALTOR®, ABR, CRB, CRS, GRI
OFFICE: (978) 537-4971 x101
PERSONAL FAX: (978) 833-5020
CELL: (978) 660-9548
PSAVARD@REALTOR.COM
WWW.PAULASAVARD.COM
2086 Main St., Lancaster, MA
Paula K. Aberman Associates, Inc.

Complementary Hearing Evaluation
$1750 For State Of The Art Blue Tooth Technology Hearing Aids
Why Pay More? Compimentary Evaluations

HEARING YOUR WAY
Save money. Hear better.
26 West Boylston St., Suite 5 • West Boylston, MA 01583
774.327.3451
HearingYourWay@gmail.com • HearingYourWay.com

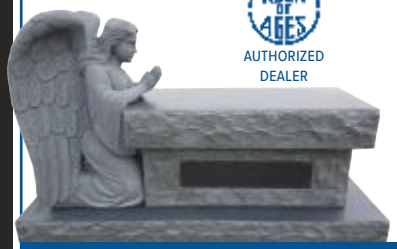
SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-862-6429
ADT AUTHORIZED DEALER
HOME SECURITY TEAM

Leominster Monument Co.

- Comfortable private setting
- At need and pre-need options
- Rock of Ages - lifetime warranty
- On site engraving
- Custom options
- Designing & engraving done in our shop
- Many stock monuments available from flat markers, slants, upright monument, and benches

ROCK OF AGES AUTHORIZED DEALER



"Those we love are never forgotten"
339 Electric Ave
Lunenburg, MA
978-345-8263
View our gallery at: leominstermonument.com

Reach the Senior Market
ADVERTISE HERE
CONTACT
Susanne Carpenter to place an ad today!
scarpenter@lpiseniors.com or (800) 477-4574 x6348

new

FREE Weekly Class "Going Steady: Fall Prevention"

Thursdays at 2 p.m.

MARCH 21st

"This is truly one of the most important classes any senior center can offer and that's why we are offering it for *FREE." Veronica*

For seniors with mobility issues, being educated about the importance of balance can help dramatically reduce the risk of falling. Fortuitously, Instructor **Marty French** has designed a year-long, weekly class beginning March 21st which includes homework and a repetition of safe practices.

"Fall prevention isn't something you do for a couple weeks and forget about it," says **French**. "It means understanding safe practices and developing the right habits." After a balance circulation warm-up and review of basic fall prevention movements, the class will continue with different exercises, including: floor tape balance walking, ball and walk, backwards walk, and wall strength.

Because space is limited to 25 participants, **you must sign-up for each weekly class during the months of March and April!** The program will run through 2019 and is open to all, including those who use walkers or canes.

"Let's be safe out there!"

Left to right: Nancy Burke, Marty French, Betsey Quail, and Susan Karas

ARM CHAIR TRAVEL

"A Dream Vacation in the Wild: South Africa and Kruger National Park"

MARCH 21st at 3:30 pm

*with **Joyce Ayadi Hinckley** and **Bill Ayadi***

What do you imagine when you think of South Africa — a safari and wild animals? Yes, all of that but more, with wonderful people, incredible scenery, fascinating cities and inspiring history.

From the Cape of Good Hope to Kruger National Park, with stops in between, Bill and Joyce will share their experiences with the people, cultures and landscape of South Africa and Swaziland. This is a place that should be on everyone's bucket list!

It takes a village to support a senior center.

Interested in volunteering?

Please contact **Veronica** or **Dot** at 978-422-3032

March UPCOMING EVENTS

EDUCATIONAL PROGRAMS

Mar 5	12:00 pm	**Computer Help** by appointment or walk-in (weekly on Tues.)
Mar 6	9:30 am	**SHINE** by appointment only
Mar 20	12:30 pm	**Book Club:** *The Wife between Us* by Greer Hendricks

JUST FOR FUN

Mar 2	6:30 pm	**Saturday Night Pitch** sponsored by the Grange
Mar 8	12:15 pm	**March Birthday Cake** sponsored by Sterling Village
Mar 21	8:30 am-5 pm	**Mohegan Sun** sponsored by FOSS
Mar 29	7:30-9 am	**Pancake Breakfast** sponsored by FOSS

MAKE & TAKE

Mar 8	1:00 pm	**Zen Garden** – FREE, sign-up required

ONGOING EVENTS

Mar 1	8 am – 12 Noon	**Veterans Service Officer** (weekly on Fri.)
Mar 4	9-11 am	**Advanced Photography** Class
Mar 6	9:30-11 am	**Beginners Acrylic Class**, $5 (weekly on Wed.)
Mar 6	1 pm	**ART with a smART Phone** (Wed.)
Mar 7	12:30 pm	**Acrylic Painting** $5 (weekly on Thurs.)
Mar 7	1:30-2:15 pm	**Beginners' Ukelele Lessons** $3 (weekly on Thurs.)
Mar 7	2:30 pm	**Ukelele Club** $5 (weekly on Thurs.)
Mar 12	9:00 am	**Dull Men's Club**

SPECIAL EVENTS

Mar 5	6-8	**Artist Reception**, Camera Club of New England
Mar 7	7-9 pm	**Cribbage** sponsored by the Rec. Dept. (weekly on Thurs. evenings)
Mar 14	11:30 am	**St. Patrick's Luncheon** followed by "The Irish-Amer. Dancers"
Mar 21	3:30 pm	**Armchair Travel** – South Africa: Kruger National Park
Mar 27	9:30-10 am	**Chocksett Peer Leaders** Intergenerational Program
Mar 27	6-8 pm	**Spring Picnic**, sponsored by the Dinner Committee, $5

WELLNESS PROGRAMS

Mar 4	6 pm	**Meditation with Cindy** (weekly on Mon.)
Mar 6	10 am	**Walking Club** (weekly on Wed., meet at Senior Center)
Mar 7	10-12 Noon	**BP Clinic** sponsored by the Sterling EMS
Mar 12	9:30-11:30 am	**Elder Wellness Clinic** sponsored by VNA Cares
Mar 14	9 am	**Foot Clinic** by appointment, $35 to Foot Care Nurse ($45 1st appt.)
Mar 20	3:30 pm	**Parkinson's Support Group**
Mar 20	12:15 PM	**Food For Thought** with Alex Welch
Mar 21	2 pm	**Going Steady: Fall Prevention**, FREE, sign-up required
Mar 25	9:30-11 am	**Caregivers Connect** (at Clinton Senior Center)
Mar 28	9 am	**Foot Clinic** by appointment, $35 to Foot Care Nurse ($45 1st appt.)

What's art got to do with aging? Plenty!

Beginners Acrylic Class
8-week Program
Begins March 6th
Wednesdays $5
from 9:30-11:00 am
Instructor Andrea Driscoll

Participating in and enjoying artistic endeavors can have a positive impact on health.

"Painting creates a sense of purpose, keeps the mind engaged, particularly for those novice seniors who have shied away from creative projects in the past," says Instructor **Andrea Driscoll.** "Most importantly, students can meet new friends as they explore the many joys of working with acrylics." Sign up today!

"Successful Aging and Creativity in Later Life"
Journal of Aging Studies

This study found that art can help prevent boredom and feelings of depression, while helping with hand-eye coordination, cognitive abilities and concentration.

Furthermore, study participants aged 60-93 identified six features of successful aging:

1. a sense of purpose
2. interactions with others
3. personal growth
4. self-acceptance
5. autonomy
6. health

Join Instructor **Kerry Bart-Raber** to create your own miniature Zen garden. Based on the Zen Buddhist sect primarily in Japan, these "dry" gardens focus meditative thought on the ephemera of nature. Bring in a few special rocks or natural objects for your garden. This program is FREE of charge, but sign-up is required as space is limited to 20.

Dear Readers:

Each month we mail over 1700 newsletters to inform you of the events and more at the Senior Center. We are able to do this because the cost of the printing of our newsletter is covered by the ads from our sponsors. Please support our sponsors and let them know that you saw their ad in this newsletter. Thank you for your support!

Veronica

You're in for a surprise!

Chocksett Peer Leaders Intergenerational Program
Wednesday, March 27th
9:30—10 am

There's still time to get FREE battery-operated smoke alarms for your house! Call the Senior Center to schedule a visit by Sterling Fire and the American Red Cross.

MARCH ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Exercise Fees</u> Line Dancing $2 Tai Chi $5 Zumba$5 Pilates $5 Yoga $5		Van Shopping Wednesdays-12:30 3-6 WalmartWB 3-13 Marshall / Homegoods, Leom. 3-20 Walmart Leom. 3-27 Target/Kohls Leom.		1 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord Closed 12:30
4 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness 11:30 Pizza Casserole 1:00 BINGO 2:30 German Lit 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	5 8:00-4:00 Coffee 8:00 Chair Pilates 9:00 Dull Men's Club 9:30 Line Dancing 9:30 Open coloring 11:30 BBQ Chicken Sandwich 12:00 Computer Help 12:30 Game Day 6:00 Artist's Reception	6 8:00-4:00 Coffee 9:30 Shine 9:30 Gentle Chair Yoga 9:30-11 Beginners Acrylic Painting 10:00 Walking Club 11:30 Spin/Tort Soup 12:30 Van shopping trip 12:30 Rummikub 1:00 WII Bowling 1:00 smART ARt	7 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 10-12 BP Clinic 11:30 Turkey Casserole 12:30 Acrylic Painting 1:30 Beginners Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club	8 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 Birthday Cake 1:00 Zen Garden Closed 1:30
11 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness 11:30 Meatball Stew 1:00 BINGO 2:30 German Lit 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	12 8:00-4:00 Coffee 8:00 Chair Pilates 9:00 Dull Men's Club 9:30-11:30 Elder Keep Well Clinic 9:30 Line dancing 9:30 Open coloring 11:30 SwtPotato Mine. 12:00 Computer Help	13 8:00-4:00 Coffee 9:30 Chair yoga 9:30 Peer Leaders Tech 9:30-11 Beginners Acrylic Painting 10:00 Walking Club 11:30 Chicken Pot Pie 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling	14 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 St. Patrick's Day Luncheon 12:30 Acrylic Painting 1:30 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club	15 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:30 Closed

6:00 Meditation	12:30 Game day	1:00 Wii Bowling	2:30 Ukulele Club	
18 8:00-4:00 Coffee 8:30 Tai Chi 9:00 Adv Photography 10:00 Oriol Fitness **11:30 Fish Chowder** 1:00 BINGO 2:30 German Lit 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	19 8:00-4:00 Coffee 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring **11:30 Breakfast at Lunch** 12:00 Computer Help 12:30 Game Day	20 8:00-4:00 Coffee 9:30 Chair yoga 9:30-11 Beginners Acrylic Painting 10:00 Walking Club **11:30 Beef Tenderloin** 12:30 Van shopping trip 12:30 Rummikub 12:30 Book Club 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	21 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga **11:30 Lemon Herb Chicken** 12:30 Acrylic Painting 1:30 Beginners Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 3:30 Arm Chair Travel	22 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates **11:30 Smorgasbord** Closed 12:30
25 8:00-4:00 Coffee 8:30 Tai Chi 9:30 Caregivers Connect in Clinton 10:00 Oriol Fitness **11:30 Chicken Stew** 1:00 BINGO 2:30 German Lit 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	26 8:00-4:00 Coffee 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring **11:30 Beef Stew** 12:00 Computer Help 12:30 Game Day	27 8:00-6:00 Coffee 9:30 Chair yoga 9:30-11 Beginners Acrylic Painting 10:00 Walking Club **11:30 Beef Veg Soup** 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball 6:00 Evening Dinner	28 8:00-4:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic **11:30 Smorgasbord** 12:30 Acrylic Painting 1:30 Beginners Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club	29 **7:30-9:00 Pancake Breakfast Sponsored By FOSS** 8:00 VSO Hours 9:30 Pilates 12:30 Closed

DMC meets Tuesday, March 12th at 9 am!

Celebrate the Ordinary
DMC
DULL MEN'S CLUB

David Gibbs, local historian and member of the 1835 Town Hall Committee will give an illustrated talk about life in Sterling in the years following the Civil War. Bring your questions about the mid-to-late 1880's and see if you can challenge the expert!

What are prebiotics & probiotics?

What is a microbiome?

FOOD FOR THOUGHT

Wednesday, March 20th at 12:15 pm

Presenter **Alex Welch** (MA RDN, LDN) will help us understand how the microbiome affects our health through the foods we eat and more importantly, how quickly & easily we can improve our health with foods that feed our microbiome.

Are you or a loved one living with Parkinson's?

You are NOT alone!

Living with Parkinson's

The Parkinson's Support Group

Meets Wednesday
March 20th at 3:30 pm

Caregivers Connect

Next Meeting:
Monday, March 25th
from 9:30—11 am
at the Clinton Senior Center

No registration...drop in!

Light Refreshments
Facilitated by Clyde Wheatly

Reasons for Joining!

- Vent in a Safe Place
- Learn Tips from Experienced Caregivers
- Make New Friends
- Know You're Not Alone
- Build a Bigger Support Circle

"Connects" are scheduled on the last Monday of the month from 9:30—11 am with location alternating between the

Monthly Community Lunch
at
First Church

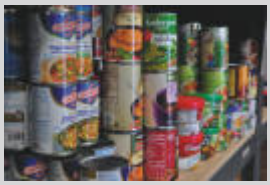
March 2nd, 12 Noon

Menu

Tossed Salad, Meatloaf, Mashed Potatoes, Corn, Lemon Cake

If you need a ride, please call the Senior Center at 978-422-3032.

Friday, March 15th, 9-11 am (Seniors)
Sat. March 16th, 9-11 am (Everyone)



Wachusett Food Pantry

50 Worcester Road, Route 12
Sterling, MA Phone: 978-563-1064

Please see Nickole if you need assistance with pick-up or delivery.

FITNESS REIMBURSEMENT

If you receive a fitness reimbursement from your insurance carrier, please note that forms must be submitted by **March 31st,** 2019!

2019 THE HAPPY TRAVELERS & AWAY WE GO TRAVEL TRIP LIST

for Aged 50+ Travelers

Sat. June 15	**Lake Sunapee:** Lunch and boat ride, tour of the Fells (6 seats left)	$129/pp
Sat. Jun. 29 – Jul. 6th	**Nova Scotia**, featuring the Annapolis Valley, Cabot Trail & Tattoo (prices are based on a minimum of 40 passengers), NEW!	$1999 /pp double, $2599 single
Sept. 12 – 15	**Canada's Eastern Townships:** Magog, Fitch Bay, Sherbrooke & Lake Memphremagog, NEW!	$789/pp Double, Single room $979
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, with time to shop at Calef's Country Store & Stonewall Kitchens. Afternoon tea-lunch at the Silver Fountain Inn, stop at the Lindt Chocolate store & final stop at the Methuen Festival of Trees.	$114/pp

Contact:
Gladys Merrow
508-835-4312 (C)
508-612-5312 (H)
happytravelers.gem@gmail.com

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. Cancellation insurance for all overnight trips are offered with an outside travel insurance company.

Pancake Breakfast

Friday, March 29th, 7:30 - 9:00 am

Meet Our Celebrity Servers before the Master Plan Open House!
***Domenica Tatasciore**, Town Planner*
***Arden Sonnenberg**, Chairperson, Master Planning Committee*

Plain and special pancakes, sausage, eggs, mixed fruit, juices & coffee.

$3 suggested donation / No reservations

Thursday, March 21st $25 Round Trip to Mohegan Sun

Whether you're interested in roulette, hitting the slots, or watching the action at the tables, it will only cost you $25 for a round-trip bus ride to Mohegan Sun, which also includes $10 towards a restaurant on-site, a $5 Casino Play, and a daily raffle voucher. The bus will depart from the Town Hall at 8:30 am and return to the same around 5 pm. Contact **Pam Dell** at 774-696-3513 or come to the Senior Center to sign up.

BYE, BYE WINTER BLUES

Hello Spring Picnic!
March 27th, 6-8 pm

Join Us for an Early Celebration of Spring

Menu

Picnic fare including: sliders, potato and other salads, deviled eggs, pickle & olive trays and delicious desserts.

Games and Prizes!

Sponsored by the Dinner Committee

$5 tickets available at the Reception Desk. Please purchase tickets by 3/22.

Friendly Visitor Program

Seeking volunteers who are interested in visiting with a senior in his or her home. You will be matched with a senior of similar interests. You and your senior will arrange your own schedule.

If you know of a senior who could benefit from the Friendly Visitor Program, please make the referral to **Veronica** or **Nickole.**

MILES
Your Local Caring Funeral Home

1158 Main St., Holden
508-829-4434

100 Worcester Rd., Sterling
978-422-0100

Richard Mansfield, *Director*
"Serving the Community of Sterling Since 1896"
Your Advance Planning Information Center

WACHUSETT MORTGAGE CORPORATION

Call us for the facts:
• Stay In Your Home • Increase Income
• Pay Off Debt • No Monthly Payments
(508) 835-8803
45 Sterling Street, West Boylston
MA Broker #MB2897
Evelyn Salmon ML021537 • Tom Gibbons ML021535 • Diana Anctil ML021538
REVERSE MORTGAGES
wachusettmortgage.com

THE LAW OFFICES OF MICHAEL D. GORMAN, LLC
2014 READERS' CHOICE AWARD Landmark
Specializing in: Special Needs Planning • Elder Law
MassHealth/Medicaid Applications • Trusts • Wills
mike@mikegormanlaw.com • **www.mikegormanlaw.com • 508-438-1198**
160 Doyle Road, Holden, MA
Check us out on

RIVER TERRACE
REHABILITATION AND HEALTHCARE CENTER
978-365-4537
www.RiverTerraceRehab.com
Short Term Rehabilitation
Call Today for a Tour
Cardiopulmonary Specialty Program
Five of Five Overall Rating with Medicare
1675 Main Street, Lancaster, MA

WE'RE HIRING
AD SALES EXECUTIVES

• Full Time Position with Benefits
• Sales Experience Preferred
• Paid Training
• Overnight Travel Required
• Expense Reimbursement
CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

SPECIAL REPORT
by Neuroscientist Dr. Keith Darrow

31 million people living with **Diabetes** are at an **increased risk of developing hearing loss & Dementia.**

Hearing Balance
Centers of New England

To Get Your FREE Report, Visit:
www.HBNEDiabetesReport.com
Or Call Us at (508) 753-8155

Sterling
SENIOR CENTER
36 Muddy Pond Rd
PO Box 243
Sterling, MA 01564-0243

PRSRT STD
U.S. POSTAGE
PAID
LEOMINSTER, MA
PERMIT NO. 17

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

The Camera Club of Central New England

Artist Reception

Tuesday, March 5th

8-10 pm

Open to the Public

The Camera Club of Central New England is a vibrant group of photographers of all ages and photographic abilities who meet on a regular basis to share an interest and passion for photography. Members attend Club sponsored field trips to the far corners and islands of New England, as well as regularly participate in local competitions. Furthermore, membership entails award-winning photographers and renown speakers who present their work throughout the community. Photographs will be on display through April.