



Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

MAY 2018

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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



Mother's Day Tea

Friday, May 11th at 1:00 pm

One of our favorite events of the year!

Enjoy a leisurely afternoon with tea & goodies.

Bring your favorite tea cup and

wear your pretty hat if you so choose.

RSVP 978-422-3032

Dear Readers,

This edition of our newsletter features our new logo and tagline, "connecting with each other and our community." I do not have the words to express my thanks to Diane Pedersen, our graphic designer, for her creativity and patience with us as we sought to find the perfect design for our shirts, hats, business cards, stationery and newsletter. I also want to thank Liz Pape, the COA Board, and the members of the marketing committee who embraced the idea and gave valuable insight to the process.

Veronica

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

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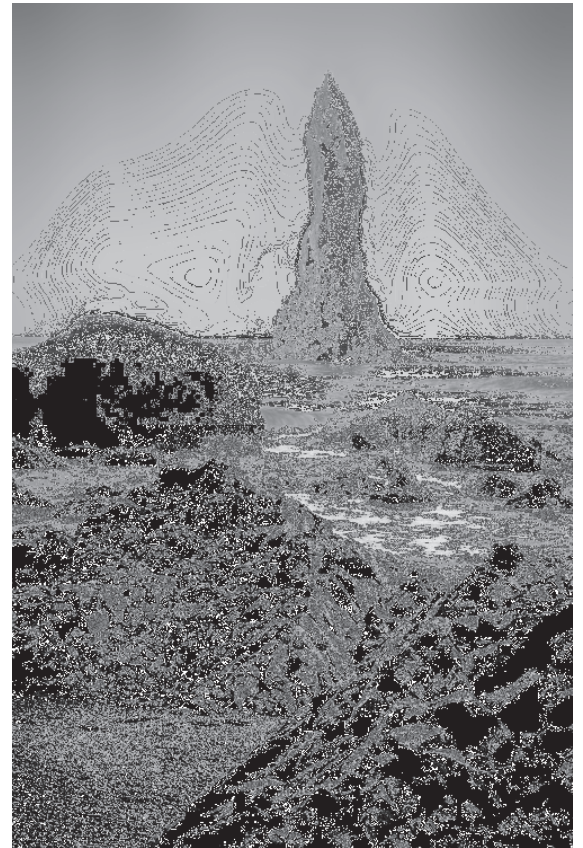
Sterling Council on Aging, Sterling

06-5262

ARMCHAIR TRAVEL: ICELAND

Thursday, May 17 at 2:30 pm

Ron Rosenstock retired from Clark University in Worcester, MA in 2000 after teaching photography there for thirty years. He recently published his sixth book of his photographs, and his work has been featured in over 100 exhibitions, both in the U.S. and abroad, most recently at The National Museum of Iceland. Permanent collections of his work can be found at the Fogg Art Museum at Harvard University, the Worcester Art Museum in Worcester, MA, The Polaroid Collection in Cambridge, MA, and the International Center of Photography in New York City. Ron lectures at camera clubs and professional organizations as well as leading tours for artists and photographers to Ireland, Iceland, Greenland, Santorini, Japan, Italy, Morocco, New Zealand, and Scotland.



Artists' Reception Thursday May 3rd from 6 - 8 pm

Featuring the Artwork of Houghton Elementary and Chocksett Middle School Students

The Senior Center will once again host the reception for Houghton Elementary and Chocksett Middle School artists, family and guests. In addition to the artists' exhibit, several of the kindness quilts are also on display. The School's String Ensemble will perform as part of the festivities.

Our gratitude to all who made this possible including Anthony Cipro, Kathy Greene, Christopher LaBreck, Julie Guerin, Susan Torode, and all the artists and musicians.

The artwork will remain on display at the Senior Center through the end of June.



SPRING FLING

Saturday May 5th 6:00-9:00 pm

Bring your tickets, dancing shoes and appetite
for a fun evening with friends.

Educational Programs

- May 2nd 9:30 am SHINE by appt. only
 May 7th 2 pm Take Charge: Honoring Choices Part 2– Health Care Proxy
 May 14th 2 pm Take Charge: Financial Affairs
 May 16th 12:30 pm Book Club “Small Great Things” By Jodi Picoult
 May 21st 2:00 pm Take Charge: Preplanning your Funeral Arrangements

Wellness Programs

- May 4th 8:30 am Guided Meditation with Bob Stickles \$5
 May 8th 9:30 - 11:30 am Elder Wellness Clinic sponsored by the VNA
 May 9th 10:00 am Walking Club. Meet at the Senior Center.
 May 10th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)
 May 18th 8:30 am Guided Meditation with Bob Stickles \$5
 May 24th 9:00 am Foot Clinic by Appt. \$35 to Foot Clinic Nurse (\$45 1st Appt.)

Ongoing Events

- May 3rd 12:30 pm Acrylic Painting weekly on Thursdays \$5 (Last Thurs. 5/24)
 May 3rd 4:30 pm Golf Fitness weekly on Thursdays \$5 (last Thurs. 5/24)
 May 4th 1:00 pm Senior Strong –New Program begins

Special Events

- May 3rd 6 - 8:00 pm Artist’s Reception for Youth — String Ensemble Performing
 May 5th 6 - 9:00 pm Spring Fling — Music by Clyde Wheatley
 May 8th 9:00 am Dull Men’s Club
 May 11th 1:00 pm Mother’s Day Tea
 May 16th 6 - 8:00 pm Volunteer Appreciation Dinner
 May 17th 2:30 pm Armchair Travel – Iceland
 May 23rd 9:30–10:00 am Chocksett Peer Leader Group monthly program

Just For Fun

- May 2nd 1:00 pm Cheer on the Sox! Boston vs Kansas City
 May 4th 6:30 pm Friday Night Pitch Party sponsored by the Grange. All welcome.
 May 11th 12:15 pm Birthday Cake for all May Birthdays sponsored by Sterling Village.
 May 18th 7:30 - 9:00 am Pancake Breakfast sponsored by FOSS. Celebrity Server
 Rob Guinard, Benchman Asst. Living, Director of Community Relations
 May 30th 1:00 pm Cheer on the Sox! Boston vs Toronto

Make & Take

- May 17th 9:30 - 11:30am Create a Garden Lighthouse \$5

DULL MEN'S CLUB



Tuesday May 8th 9am

Navigating an Uncertain Economy

David Rampello, of Parkview Wealth Management, an independent financial advisor with 27 years experience, will discuss safeguarding your retirement, wealth management and retirement distribution planning. He will also discuss current risks to the stock market, financial systems and ways to reduce your risk.

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."



CREATE A GARDEN LIGHTHOUSE

Thursday May 17th

9:30 am—11:30 am

\$5 for supplies

Sign up in advance!

Bring your home garden
to life!

Monday Evening Meditation

Resumes May 14th

At 6pm

≈≈≈

Friday Morning

Guided Meditation

May 4th & May 18th

8:30 am

\$5 drop in

PICKLEBALL

After a very successful indoor season, we are ready to venture to the Route 62 outdoor tennis courts in West Sterling!

Mondays, Wednesdays &
Thursdays

4—6 pm

Newcomers Welcome

Seniors Turn the Tables

on the Chocksett Peer Leader Group


Wednesday May 23rd 9:30—10am

We have enjoyed the help with our cell phones, tablets and understanding social media. This month the youth will be learning from the Seniors!

Find the time to meet these exceptional students from Chocksett before they graduate and move on to high school! Stop by or call for more info.

MAY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00-4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Pesto Chix Florentine 12-3:00 Computer Tech 12:30 Game Day	2 8:00-4:00 Coffee 9:30 SHINE 9:30 Gentle Chair yoga 11:30 Pork Tenderloin 12:30 Van Shopping Trip Whitney Field 1:00 Wii Bowling 1:00 Rummikub 1:00 Red Sox Game	3 8:00-6:00 Coffee 9:00 Stretching Yoga 10:00-12:00 BP Clinic 11:30 Fish Au Gratin 12:30 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 4:30 Golf Fitness 6-8:00 Artist's Reception	4 8:00-11:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 1:00 Senior Strong CLOSED AT 2PM
7 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Exercise 11:30 Braised Balsamic Chix 12:30 Zumba 1:00 BINGO 2:00 Take Charge 4-6:00 Pickle Ball	8 8:00-4:00 Coffee/ 9:00 Dull Men's Club 9:30 Line dancing 9:30 Open Coloring 9:30-11:30 Elder Keep Well Clinic 11:00 Chair Pilates 11:30 Pot.& Ham Cass. 12-3:00 Computer Tech 12:30 Game Day	9 8:00-4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Chix & Waffles 12:30 Van shopping trip Walmart-W. Boylston 1:00 Wii Bowling 1:00 Rummikub	10 8:00-6:00 Coffee 9:00 Stretching Yoga 9:00 Foot Clinic 11:30 Veg. Lasagna 12:30 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 4:30 Golf Fitness 5:30 COA Board Meeting	11 8:00-11:30 Coffee 8:00 VSO Hours 9:00 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15 Bday Cake 1:00 Mother's Day Tea CLOSED AT 2PM
14 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Exercise 11:30 Caramel Apple Pork Chops 12:30 Zumba 1:00 BINGO 2:00 Take Charge	15 8:00-4:00 Coffee 9:30 Line Dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Ital.MB Sand. Casserole 12-3:00 Computer Tech 12:30 Game Day	16 8:00-4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Soup & Sandwich 12:30 Van shopping trip Target 12:30 Book club 1:00 Wii Bowling	17 8:00-6:00 Coffee 9:00 Stretching Yoga 9:30 Create Lighthouse 11:30 Smorgasbord 12:30 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 3:00 Artist's Reception	18 7:30-9:00 PANCAKE Breakfast Sponsored by FOSS 8:00 VSO Hours 8:30 Meditation 9:30 Pilates 1:00 Senior Strong

12:30 Game Day 2:00 Take Charge 4-6:00 Pickle Ball 6:00 pm Meditation	21	22	23	24	25
8:00-4:00 Coffee 8:30 Tai Chi 10:00 Exercise 11:30 Pasta Salad w Chix 12:30 Zumba 1:00 BINGO 2:00 Take Charge 4-6:00 Pickle Ball 6:00 Meditation	8:00-4:00 Coffee 9:30-Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 Fish Bake 12-3:00 Computer Tech 12:30 Game day	8:00-4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club 11:30 Beef Stew 12:30 Van shopping trip Walmart-Leominster 1:00 Wii Bowling 1:00 Rummikub	8:00-6:00 Coffee 9:00 Stretching Yoga 9:00 Foot Clinic 11:30 BBQ 12:30 Acrylic Painting 2:00 Mahjong 2:30 Ukulele Club 4:30 Golf Fitness	8:00-11:30 Coffee 8:00 VSO Hours 9:00 Knitting and Crocheting 9:30 Pilates 1:00 Senior Strong CLOSED AT 2PM	
CLOSED 	28	29	30	31	Exercise Program Fees Line Dancing \$2 Tai Chi \$5 Oriol Exercise Free Zumba \$5 Chair Pilates \$5 Yoga 5



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The Take Charge Series is designed to help you take charge of your health, your health care decisions, your finances and more.

Mondays in May at 2pm

May 7th Honoring Choices - Completing a Health Care Proxy with Carol Rechionn from Brookhaven Hospice and Veronica Buckley. We will also discuss the MOLST (Medical Orders for Life Sustaining Treatment), and five things to talk about with your care providers.

May 14th Succession Planning with Matt Sexton from United Bank and Phil Hahn from Security Benefit. You've worked hard to save money for your retirement. If you're like most people, your retirement savings are your biggest asset. You want to ensure that you protect as much of this money for you and your heirs as possible. IRA owners often neglect to make important decisions or they make assumptions when it comes to executing their IRA. You may be surprised to learn some of the regulations.

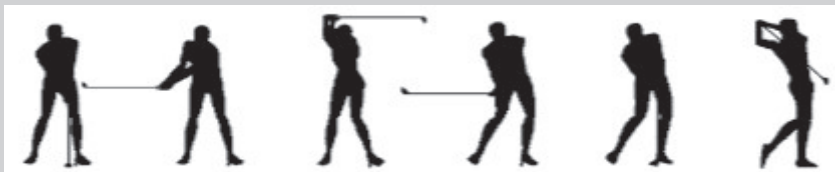
May 21st Advance Planning - A Celebration of Life with Rick Mansfield, Funeral Director and Owner of Miles Funeral Homes. Life moments... memories of home, family and friends. Those special moments we recapture when time seems to stand still. When we die, we want to be remembered in our own way. That's why it is so important to "Have the Talk of a Lifetime." Join us in discussing the importance of planning ahead, with your funeral arrangements and wishes, so that your family is prepared.

Sign ups for these programs are encouraged, but drop ins welcome.

It is not too late to get in shape for the golf season!

Strength, Balance and Flexibility

Join us for the final four weeks of our golf fitness program. Thursdays at 4:30 \$5 drop in



Game Day Tuesdays
12:30 pm
Bridge • Cribbage
Dominoes
Wi Bowling



Acrylic Painting with
Andrea Driscoll
Thursdays at 12:30
\$5 drop in

Home-cooked
Lunches
Daily
11:30 am
No reservations!

Annual Town Meeting
Monday May 7, 2018 6:30 pm
Call the Senior Center if you need transportation!



Would you happen to be missing a pair of sneakers, prescription glasses, a US Navy cap, sunglasses, gloves, sweatshirts or more?

We have found them!!

Please check our Lost and Found for your items before we donate to Recycle.



The simplest change you can make to improve your heart health is to start walking.

Join our Walking Club! Meet at the Center.

Wednesdays at 10am

Starting May 9th

Senior Strong • 3rd Session • Fridays 1–2 pm

The Sterling Senior Center has applied for grant funding for a 3rd session of Senior Strong beginning May 4th. This is your chance to participate in the unique group fitness class led by Matt Changelian, DPT of All-Access Physical Therapy, Sterling. This program addresses 3 areas which are vital for optimal physical function: strength, flexibility and balance. The baseline and post-class testing have shown dramatic results for our past participants.



Pending grant approval, this program will be offered at no cost. There is a \$25 deposit that is refunded when you meet the attendance requirements. Sign up and receive more information at the front desk or call us!

Envision the Green Monster!

We will be cheering on the Sox for their day games on Wed May 2nd and Wed May 30th. First pitch is at 1:05. Wear your Red Sox gear and we will provide the ice cream, popcorn, Cracker Jacks, and beer (minus the \$8 price tag and minus the alcohol!!)

Please sign up so we can plan!

Go Sox!



Lenders' 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.

The First Church in Sterling Community Lunch Saturday May 5th 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, 6 Meetinghouse Hill Road, Sterling. Van transportation available through the Senior Center.



Friday May 18th

7:30-9:00am \$3 Donation
No reservations!

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 form and payment must be received by June 8th. 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 tasting, 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

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

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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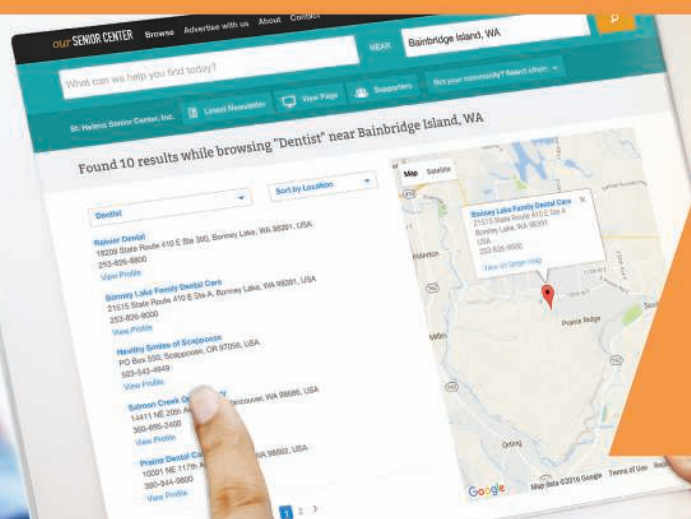
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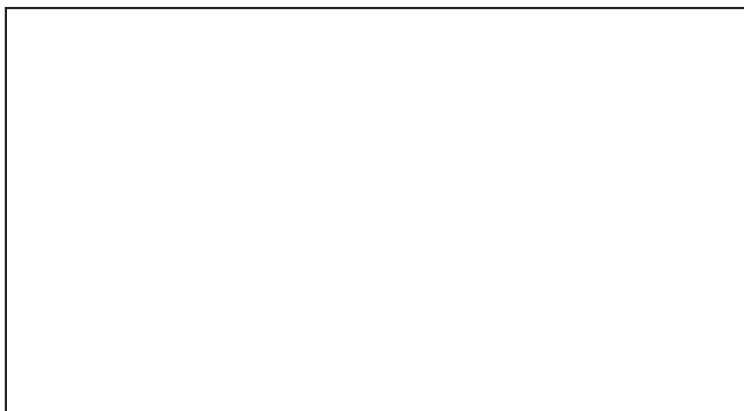
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Volunteer Appreciation Dinner

Wednesday, May 16th 6-8 pm

"Volunteers do not have more time, they just have more heart."

We can never say or do enough to thank our volunteers for all they do to keep our Center running, but we try! Volunteers who have logged in 10 or more hours in the last year and their spouses or significant others are invited to our Volunteer Appreciation Dinner.

You must RSVP by phone or in person at the Center.

Please RSVP by noon on Friday May 11th as we have a LOT of volunteers!!!

Evening Festivities:

BBQ dinner

Cannoli Bar

Entertainment by Comedian, Artie Januario

Thank You