

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

May 2019

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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:

Denis Coughlin

Pam Dell

Lou Massa

Robert Protano

Meal Site Manager:

Melissa Cassata

Mother's Day Tea

Wednesday, May 8th
1-3 pm

Tea, finger sandwiches, and an assortment of desserts will be served.

Harpist, **Rebecca Swett**, will provide the heavenly background music.

Optional: Wear your fancy hat and bring your favorite teacup!

Reservations Required

978-422-3032

(Music provided by the Sterling Cultural Grant)

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

Peter Watson



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View our gallery at: leominstermonument.com

➤ Reach the Senior Market

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CONTACT

Susanne Carpenter to place an ad today!

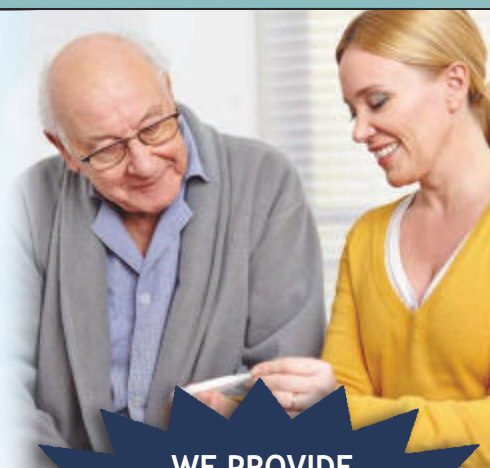
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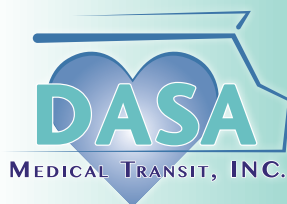
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Sterling Council on Aging, Sterling

06-5262



Artists' Reception Thursday May 2nd 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 will also be on display. The school's String Ensemble will perform as part of the festivities.

Our gratitude to all who make this possible including Anthony Cipro, Kathy Greene, Christopher LaBreck, Julie Guerin, Josh Sabourin and all the artists and musicians.

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

THE TASTE of STERLING

Sunday, May 5th, 4-6:30 pm



WHERE: STERLING SENIOR CENTER (NOTE NEW VENUE LOCATION)

WHAT: Highlighting Local Food Vendors
(no need to go too far to enjoy good food, take out or party!)

TICKETS: \$15.00 (children under 10 \$10.00)

available @ Senior Center or
maureen cranson @ 978 422-9727
pam dell @ 978 422-8863

50-50 RAFFLE/ DOOR PRIZES

All proceeds to benefit Friends of Sterling Seniors

SPECIAL EVENTS

May 2	6-8 pm	Artists Reception for Chocksett and Houghton Students
May 5	4-6:30 pm	Taste of Sterling (Sterling Senior Center)
May 8	1-3 pm	Mother's Day Tea
May 20	2:00 pm	Understanding Senior Benefits at Sholan Terrace
May 21	12:30-1:30 pm	Computer Safety
May 22	12:30 pm	Reverse Mortgage Presentation
May 23	6-8 pm	Evening Dinner BBQ \$5 tickets (purchase in advance)

JUST FOR FUN

May 4	6:30 pm	Saturday Night Pitch sponsored by the Grange
May 10	12:15 pm	April Birthday Cake sponsored by Sterling Village
May 17	7:30-9 am	Pancake Breakfast sponsored by FOSS

ONGOING PROGRAMS

May 2	12:30 pm	Acrylic Painting \$5 (weekly on Thurs)
May 2	1:30-2:15 pm	Beginners Ukulele Lessons \$3 (weekly on Thursdays)
May 2	2:30 pm	Ukulele Club \$5 (weekly on Thursdays)
May 3	8-12 Noon	Veterans Service Office Hours (weekly on Fridays)
May 7	9:30 am	SHINE by appointment only
May 7	12:00 pm	Computer Help by appt or walk-in (weekly on Tues)
May 14	9:00 am	Dull Men's Club
May 15	12:30 pm	Book Club: <i>Before We Were Yours</i> , By Lisa Wingate
May 16	3:30 pm	Armchair Travel – Dolomites in Italy

WELLNESS PROGRAMS

May 1	10 am	Walking Club (weekly on Wed., meet at Senior Center)
May 2	10-12 Noon	BP Clinic sponsored by the Sterling EMS
May 6	6 pm	Meditation with Cindy (Weekly on Mondays)
May 9	9:00 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt
May 9	2:00 pm	Going Steady (weekly on Thursdays)
May 14	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
May 16	9:00	Malnutrition Awareness -Alex Welch, Registered Dietician
May 20	9:30-11 am	Caregivers Connect (at Clinton Senior Center)
May 22	3:30 pm	Parkinson's Support Group

COMMUNITY PROGRAMS

May 1	9:15 am	Intergenerational Pickle Ball at Chocksett Middle School with Chocksett Peer Leaders
May 5	1:30-2:00 pm	Ukulele Club Performance at the West Boylston Senior Ctr Open House
May 18	12:45-1:15 pm	Ukulele Club Performance at Sholan Farms Apple Blossom Festival

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.



Do you need the library to come to you? Seniors lacking transportation to the library will now be able to feed their brain!

The Conant Public Library and the Senior Center are teaming up to provide library services to the community. The library offers fiction and non-fiction print books, large print books, audiobooks on CD, and also, movies and television series on DVD. The outreach program at the Senior Center will arrange for your library materials to reach your door.

Anyone interested can call the library at 978-422-6409.

NEW TO THE SENIOR CENTER FAQs

How do I join?

Simply complete a registration form at the front desk. There is no cost to belong!

I am not 60 yet. Can I use the Senior Center?

Sure you can! We do not card!

How do I use the Senior Van?

Sterling residents can call the Senior Center at 978-422-3032 and ask for a ride.

What if I cannot make that first step onto the van?

Our van drivers are trained to assist you. Both of our vans have a lift for those who are mobility impaired.

What does a van ride cost?

Free to the senior center, \$1 in town and \$2 out of town

Do I need a reservation for lunch?

No reservation needed! Please be in the dining room prior to 11:30 so that our kitchen volunteers can plan for the crowd!

Will I have to eat alone?

Absolutely not! All of our diners sit at a round table with others!

What does lunch cost?

\$3 confidential and voluntary donation.

Caregivers Connect



Next Meeting:
Monday, May 20th
from 9:30-11 am
at the
Clinton 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
May 22nd at 3:30 pm

MAY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coffee served all day in the dining room</p> <p><u>Exercise Fees</u></p> <p>Line Dancing \$2</p> <p>Tai Chi \$5</p> <p>Zumba \$5</p> <p>Pilates \$5</p> <p>Yoga \$5</p>	<p>Van Shopping Wednesdays @12:30</p> <p>5-1 Walmart WB</p> <p>5-8 Whitney Field</p> <p>5-15 Walmart Leom.</p> <p>5-22 Target/Kohl's</p> <p>5-29 Walmart-WB</p>	<p>1</p> <p>9:30 Gentle Chair Yoga</p> <p>9:30- Beginner Painting</p> <p>10:00 Walking Club</p> <p>11:30 Pesto Chicken Florentine</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>2</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>10-12 BP Clinic</p> <p>11:30 Pork Tenderloin</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>6:00 Artist Reception</p>	<p>3</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>Closed 12:30</p>
<p>6</p> <p>8:30 Tai Chi</p> <p>10:00 Oriol Fitness</p> <p>11:30 Crispy Chix</p> <p>1:00 BINGO</p> <p>3:00 Open Strumming</p> <p>4-7:00 Pickleball</p> <p>6:00 Meditation</p>	<p>7</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>11:30 Braised Chix</p> <p>12:00 Computer Help</p> <p>12:30 Game Day</p>	<p>8</p> <p>9:30 Gentle Chair Yoga</p> <p>9:30-Beginners Painting</p> <p>10:00 Walking Club</p> <p>11:30 Quinoa Salad</p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>1:00 Mother's Day Tea</p> <p>4 - 6 Pickleball</p>	<p>9</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>9:00 Foot Clinic</p> <p>11:30 Chix & Waffles</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>10</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>12:15 Birthday Cake</p> <p>Closed 12:30</p>
<p>13</p> <p>8:30 Tai Chi</p> <p>10:00 Oriol Fitness</p> <p>11:30 Veg. Lasagna</p> <p>1:00 BINGO</p> <p>3:00 Open Strumming</p> <p>4-7:00 Pickleball</p> <p>6:00 Meditation</p>	<p>14</p> <p>8:00 Chair Pilates</p> <p>9:00 Dull Men's Club</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>9:30-11:30 Elder Keep Well Clinic</p> <p>11:30 Caramel Apple Derby Chex</p>	<p>15</p> <p>9:30 Chair yoga</p> <p>9:30-Beginners Painting</p> <p>10:00 Walking Club</p> <p>11:30 Italian Meatball Sandwich Casserole</p> <p>12:30 Van shopping trip</p> <p>12:30 Book Club</p> <p>12:30 Rummikub</p>	<p>16</p> <p>8:00 Zumba</p> <p>9:00 Malnutrition Awareness</p> <p>9:00 Strengthen Yoga</p> <p>11:30 Soup & Sand.</p> <p>12:30 Acrylic Painting</p> <p>1:30 Beginner Uke</p> <p>2:00 Mahjong</p>	<p>17</p> <p>7:30-9:00 Pancake Breakfast Sponsored By FOSS</p> <p>8:00 VSO Hours</p> <p>9:30 Pilates</p> <p>Closed</p>

	Pork Chops 12:00 Computer Help 12:30 Game day		12:30 Closed
20	8:30 Tai Chi 9:30 Connect in Clinton 10:00 Oriol Fitness 11:30 Ken's Biscuits & Gravy 1:00 BINGO 2:00 Benefit Programs at Sholan Terrace 3:00 Open Strumming 4-7:00 Pickleball 6:00 Meditation	21 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Pasta Salad w/Chix 12:00 Computer Help 12:30 Computer Safety 12:30 Game Day 6:30 Sundae School	22 9:30 Chair yoga 9:30-Beginners Painting 10:00 Walking Club 11:30 Fish Bake 12:30 Van shopping trip 12:30 Rummikub 12:30 Reverse Mortgage 1:00 Wii Bowling 3:30 Parkinson Support 4- 6 Pickleball
27	CLOSED 	28 8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 BBQ 12:00 Computer Help 12:30 Game Day	29 9:30 Chair yoga 9:30-Beginners Painting 10:00 Walking Club 11:30 Spin Chix Parm 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4-6 Pickleball
8	2:00 Going Steady 2:30 Ukulele Club 3:30 Arm Chair Travel	30 8:00 Zumba 9:00 Strengthen Yoga 11:30 Mushroom Pork Chop 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 6:00 Evening BBQ	31 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:30 Closed
8	8:00 Zumba 9:00 Strengthen Yoga 11:30 Beef Stew 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 6:00 Evening BBQ	23 8:00 Zumba 9:00 Strengthen Yoga 11:30 Beef Stew 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 6:00 Evening BBQ	24 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:30 Closed





Tuesday, May 14th at 9 am

"Are you seeing trees being killed by vines that seem to grow overnight? Then you may want to hear from Extension Weed Specialist, Randy Prostak from the University of Mass. How to recognize invasive plants and learning what to do about them on your land or on town property will make for an important and educational program."

The Montachusett Opportunity Council Presents:

Malnutrition Awareness

Thursday, May 16th at 9 am

Did you know older adults are particularly at risk for malnutrition, due to changes in our bodies as we age?

Our favorite Registered Dietician, Alex Welch, will teach us how good nutrition can help us prevent infection, heal faster and feel stronger.



Free Dried Fruit Plates and & Nutrition Info Packet to take home

Armchair Travel

May 16th at 3:30 pm

Dolomites in Italy



Come to Northeastern Italy with Joanne and Aldo Bianco for a fun family vacation in the Dolomites. Take hikes with gorgeous views, stop in small towns and villages, stay in picturesque lodging, dine on regional cuisine. Three generations will share your adventure in this lesser known but fascinating area. Joanne and Aldo are both trained geologists so expect some fascinating insights into this unique landscape.

Aldo came to the USA at age six from Trieste, Italy, still speaks Italian but grew up in NYC as did Joanne. They are long time local residents who have a passion for family, education and travel. Be part of the adventure!

Computer Security

with Pete Cummings

Tuesday May 21st at 12:30 pm



Scammers, hackers and identity thieves are looking to steal your personal information and your money! But there are steps you can take to protect yourself. In this program Pete will cover safety issues with passwords, how to use a password manager, and phishing.

Ongoing Weekly Class
Going Steady: Fall Prevention
 With Marty
 Drop in - Thursdays at 2pm

High Blood Pressure The Silent Killer

BP checks available at Senior Center
 SFD EMTs on Thurs 5/2 from 10 -12
 VNA Cares Tues 5/14 from 9:30 - 11:30

Reverse Mortgage 101



presented by

Tom Gibbons & Diana Ancia
 Wachusett Mortgage Corporation

Wednesday, May 22nd at 12:30 pm

This presentation will provide attendees with the basics of Reverse Mortgage loans.

Question and answer period. All are welcome.

Mortgage loans (including reverse), installment loans and credit card loans contain what are known as default provisions, circumstances that can result in the lender seeking legal remedies against the borrower.

Should you be concerned about default provisions? Not really. Remember 2 things:

1. The last thing a lender wants to do is to take action against a borrower and
2. You would not have been granted the loan if the lender thought you were not a worthy borrower.

As a borrower of any type of credit:

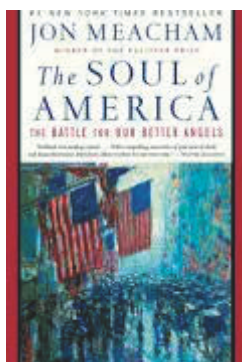
Be sure you understand your contract including the default provisions.

Be pro-active if any situation arises that might cause you to trigger a default provision.

Make sure to deal with a reputable lender or loan originator.



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.”

Volunteer Appreciation Dinner Sunday, June 9th at 4:30 pm

Volunteers with 10 hours or more volunteer service in the past year and their spouse / significant other are invited.
You must RSVP by noon on June 5th.
Thank you for all you do all year long!

Wachusett Food Pantry
Friday, 5/17, 9-11 am
Seniors

**Community Lunch at
First Church**
May 4th at noon



Pancake Breakfast

Friday, May 17th 7:30 - 9:00

Celebrity Servers:

*Bob Temple—American Legion
Adjutant*

Rick Votour—VSO

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

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Sat. Jun. 29 – Jul. 6 th	Nova Scotia, featuring the Annapolis Valley, Cabot Trail & Tattoo (prices are based on a minimum of 40 passengers), NEW!	\$1999 /pp double, \$2599 single
Sun. Sept 8	Mystery Tour. Join us on another mystery tour. Included is a buffet lunch and much more.	\$130/pp
Sept. 12 – 15	Canada's Eastern Townships: Magog, Fitch Bay, Sherbrooke & Lake Memphremagog	\$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, 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
<p><u>Contact:</u> Gladys Merrow 508-835-4312 (C) 508-612-5312 (H) happytravelers.gem@gmail.com</p> <p>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.</p>		



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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



**Old Fashioned
Chicken BBQ
Thursday, May 23rd
6 pm
Tickets \$5**

Please purchase ticket by 5/20

In addition to our regular evening dinner crowd, this month we want to reach out to those “too-busy-during-the-day seniors” and those “still-working seniors” who may not be able to attend our daily programming.

New to the Senior Center? Join us for dinner!