

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

November 2019

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Joe LaGrassa

Debra MacLennan

Sue Protano

Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Wed 8 - 4,

Thurs 8 - 6, Fri 8 - 2

Director: Veronica Buckley

Outreach: Nickole Boardman

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Clare Anderson-Felton

Maintenance Tech: Jim Ash

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Pam Dell

Lou Massa

Robert Protano

Diane Sousa

Meal Site Manager:

Melissa Cassata

VETERANS DAY LUNCHEON

WEDNESDAY NOVEMBER 13TH

11:30 AM

Menu

Beef Bourguignon

Mashed Potato & Broccoli

Dessert Cannoli

**PREFERRED SEATING TO VETERANS
AND THEIR GUESTS**

*** RESERVATIONS REQUIRED ***



*Honoring All
the Men and Women
Who Have Selflessly
Served Our Country
Veterans Day*

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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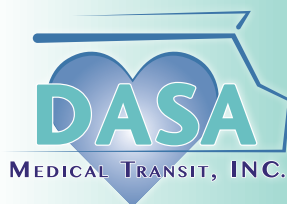
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Sterling Council on Aging, Sterling

06-5262



**2ND ANNUAL VOLUNTEER FAIR
WEDNESDAY NOVEMBER 13TH 6—8 PM
AT THE STERLING SENIOR CENTER**

Members of the community of all ages are welcome to join us to learn from our host organizations how to support their good work.

Host organizations for 2019 are:

The American Cancer Society – Road to Recovery

Sterling Village Nursing and Rehabilitation

The CASA Project (Court Appointed Special Advocate)

CMDART (Central MA Disaster Animal Response Team)

Sterling School System

WHEAT Community Connections

Alzheimer's Association

At the start of the fair, each organization will have a few minutes to speak about their mission and their volunteer opportunities. After the presentations, individuals will be able to meet the representatives to gather more in-depth information and to explore the service connection.

Volunteering for an organization is one way to share our energy, talents and knowledge to help others. It has been shown to improve our health and our mood.

Light refreshments will be served.



**THE O'CONNORS
GO TO
WASHINGTON**

Recently Joe (who leads the Parkinson's support group at the Senior Center) and Barbara (baking coordinator and bingo caller) O'Connor were selected to go to Washington DC to attend the 2019 Parkinson's Forum. Joe and Barbara were warmly welcomed by the aides in the offices of Senator Elizabeth Warren, Senator Ed Markey and Congressman James McGovern where they stressed their three key points:

1. Government research.
2. Out-of-pocket maximum for Medicare Part D.
3. Need for more licensed clinical social workers to the rolls of Medicare.

Joe & Barbara are looking forward to being delegates again next year. This was a real chance to put actual patient advocacy into practice.

SPECIAL EVENTS

Nov 7	6:00-8:00 pm	Artists' Reception honoring Catherine & Julie Fox
Nov 13	11:30 am	Veterans Day Lunch
Nov 13	6:00-8:00 pm	Volunteer Fair
Nov 18	8:30 am	Peer Leaders Intergenerational Card-Writing
Nov 19	12:30 pm	A Date with Music: Trinity Big Band
Nov 21	3:30 pm	Armchair Travel: Bill Ayadi "Coming to America"

JUST FOR FUN

Nov 2	6:30 pm	Saturday Night Pitch sponsored by the Grange
Nov 8	12:00 pm	November Birthday Cake sponsored by Sterling Village
Nov 22	7:30-9 am	Pancake Breakfast sponsored by FOSS

ONGOING PROGRAMS

Nov 1	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Nov 4	1:00 pm	Advanced Photography (weekly on Mondays)
Nov 5,26	9:30 am	SHINE by appointment
Nov 5	12:00-3:00 pm	Computer Help (weekly on Tuesdays) Sign up please!
Nov 6	9:30 am	Beginners' Acrylic Painting \$5 (weekly on Wednesdays)
Nov 6, 13	1:00 pm	Art with a Smart Phone
Nov 7	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Nov 7	1:30-2:15 pm	Beginners' Ukulele Lessons (weekly on Thursdays)
Nov 7	2:30 pm	Ukulele Club (weekly on Thursdays)
Nov 8	1:00 pm	History Club "The British are Coming"
Nov 12	9:00 am	Dull Men's Club Bruce Lucier, Homebrew Emporium
Nov 15	1:00 pm	Wii Bowling Tournament Sterling Senior Center
Nov 18	9:15 am	SSC Singers (weekly on Mondays)
Nov 20	12:30 pm	Book Club: "Five Presidents" by Clint Hall

WELLNESS PROGRAMS

Nov 1	1:00 pm	Senior Strong (Last week—Congratulations!)
Nov 5	10:00 am	The Power of Positive Thinking
Nov 6	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Nov 7	10 am--noon	BP Clinic sponsored by the Sterling EMS
Nov 7	2:00 pm	Going Steady (weekly on Thursdays)
Nov 12	9:30-11:30am	Elder Wellness Clinic sponsored by VNA Cares
Nov 14	8:30 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Nov 18	10:30 am	MSNME Support Group (monthly 3rd Monday)
Nov 20	3:30 pm	Parkinson's Support
Nov 25	9:30-11 am	Caregivers Connect (at Clinton Senior Center)

**Computer Help
Sessions**

**Tuesdays from 12 - 3
Sign ups requested!**

Individualized assistance with your
laptop, tablet, phone is available
through our tech instructor,
Peter Cummings.

**When calling an advertiser,
please let them know you
saw their ad in this
Newsletter!**

Peer Leaders Intergenerational Card-Writing

Mon Nov 18th 8:30-9:00 am



Every year the American Legion provides holiday care packages for Veterans living in assisted living, nursing homes, or are homebound. The Peer Leaders invite everyone to join them in creating cards to accompany these packages. Sign up please!

**Sheriff's Annual
Coat Drive here
at the SSC!**

Clean mittens,
hats and coats
accepted at
the bin in the
front foyer

**The Sterling Senior Center
thanks all for their
generosity—be it your kind
smile, your donation, or
your volunteerism—
throughout the year! Thank
you for making the Senior
Center a warm and
welcoming place for all!**



Turkeys from the Rotary!

If you meet eligibility guidelines for farmer's market coupons, please sign up with Nickole or Veronica for your free Thanksgiving Turkey.

NEW & ONGOING PROGRAMS



**Bruce Lucier
Homebrew Emporium**

Tuesday November 12th, 9:00 am

If you have never tried home brewing for beer or wine, you will want to meet Bruce Lucier, a partner in the Homebrew Emporium in West Boylston. After spending a dozen years traveling worldwide with the U. S. Air Force, Bruce spent two decades as a homebrew entrepreneur. Come find out what home brewing is all about.



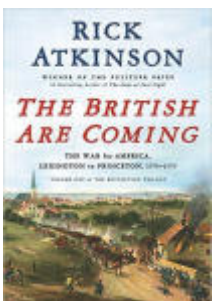
**Trinity
Big Band**

**November 19th
12:30pm**

Get a taste of the big band era with the Trinity Big Band. Enjoy the toe tapping music as they sing your favorite songs, and be prepared to join in!

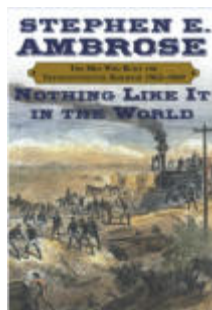
A Date With Music brings you a different musical experience every month.

History Club



Friday November 8th @ 1pm

**The British Are Coming: The
War for America, Lexington to
Princeton, 1775-1777**
by Rick Atkinson
Discussion led by Pat Fox.



Friday December 6th @ 1pm

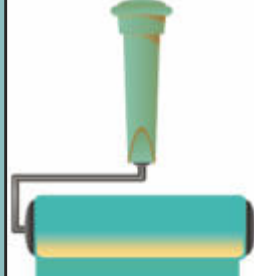
**Nothing Like It in the World:
The Men Who Built the Trans-
continental Railroad 1863-
1869** by Stephen Ambrose
Discussion led by Bob Kimball.

NOVEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coffee served all day every day in the dining room</p> <p><u>Exercise Fees</u> Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5</p>	<p>Van Shopping Wednesdays @12:30 11-6 Blackstone Valley, Millbury 11-13 Walmart, West Boylston 11-20 Whitney Field 11-27 Walmart, Leominster</p>	 <p>Betsey—Grand prize winner at Sterling Fair</p>		<p>1</p> <p>8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 1:00 Senior Strong Closed 2:00 pm</p>
<p>4</p> <p>8:30 Tai Chi 10:00 Oriol Fitness 11:30 Chicken Marsala 1:00 BINGO 1:00 Advanced Photo 2:30 ALFA 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>5</p> <p>8:00 Chair Pilates 9:30 SHINE 9:30 Line Dancing 9:30 Open coloring 10:00 Power of Positive Thinking 11:30 Pork Tenderloin 12:00 Computer Help 12:30 Game Day</p>	<p>6</p> <p>9:30 Beginners Acrylic 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Pepperoni Pinwheel 12:30 Van shopping trip 12:30 Rummikub 1:00 Smart Phone Art 1:00 Wii Bowling 4:00 Pickleball</p>	<p>7</p> <p>8:00 Zumba 9:00 Strengthen Yoga 10:00 BP Clinic 11:30 Chicken Noodle Casserole 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club 6-8 Artists' Reception</p>	<p>8</p> <p>8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:00 Birthday Cake 1:00 History Club Closed 2:00 pm</p>
<p>11</p> <p>Closed</p> 	<p>12</p> <p>8:00 Chair Pilates 9:00 Dull Men's Club 9:30 Line dancing 9:30 Open coloring 9:30 Elder Well Clinic 11:30 Chili 12:00 Computer Help 12:30 Game day</p>	<p>13</p> <p>9:30 Beginners Acrylic 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Veterans Day Lunch—Sign up please 12:30 Van shopping trip 12:30 Rummikub 1:00 Smart Phone Art 1:00 Wii Bowling</p>	<p>14</p> <p>8:00 Zumba 9:00 Strengthen Yoga 8:30 Foot Clinic 11:30 Lemon Butter Fish Filet 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Mahjong 2:00 Going Steady</p>	<p>15</p> <p>8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 1:00 Wii Bowling Tournament</p>

<div>THANK YOU FOR YOUR SERVICE</div>	<div>2:00 Wii Bowling</div> <div>3:30 Parkinson's Support</div> <div>6-8 Volunteer Fair</div>	<div>2:30 Ukulele Club</div> <div>3:30 Armchair Travel</div> <div>5:30 COA Board Mtg</div>	<div>Closed 2:00 pm</div>	
<div>18</div> <div>8:30 Tai Chi</div> <div>8:30 Peer Leaders</div> <div>9:15 SSC Singers</div> <div>10:00 Oriol Fitness</div> <div>10:30 MSNME Support</div> <div>11:30 Irish Pork Stew</div> <div>1:00 BINGO</div> <div>1:00 Advanced Photo</div> <div>2:30 ALFA</div> <div>3:00 Open Strumming</div> <div>4:00 Pickleball</div> <div>6:00 Meditation</div>	<div>19</div> <div>8:00 Chair Pilates</div> <div>9:30 Line dancing</div> <div>9:30 Open Coloring</div> <div>11:30 Chicken Pot Pie</div> <div>12:00 Computer Help</div> <div>12:30 Trinity Big Band</div> <div>12:30 Game Day</div>	<div>20</div> <div>9:30 Beginners Acrylic</div> <div>9:30 Chair yoga</div> <div>10:00 Walking Club</div> <div>11:30 Ravioli</div> <div>12:30 Van shopping trip</div> <div>12:30 Book Club</div> <div>12:30 Rummikub</div> <div>1:00 Wii Bowling</div> <div>3:30 Parkinson's Support</div> <div>4:00 Pickleball</div>	<div>21</div> <div>8:00 Zumba</div> <div>9:00 Strengthen Yoga</div> <div>9:00 Foot Clinic</div> <div>11:30 Smorgasbord</div> <div>12:30 Acrylic Painting</div> <div>1:30 Beginner Uke</div> <div>2:00 Going Steady</div> <div>2:00 Mahjong</div> <div>2:30 Ukulele Club</div> <div>3:30 Armchair Travel</div>	<div>22</div> <div>7:30-9:00 Pancake Breakfast</div> <div>sponsored by FOSS</div> <div>8:00 VSO Hours</div> <div>9:30 Pilates</div> <div>Closed 2:00 pm</div>
<div>25</div> <div>8:30 Tai Chi</div> <div>9:15 SSC Singers</div> <div>9:30 Connect in Clinton</div> <div>10:00 Oriol Fitness</div> <div>11:30 Fish Bake</div> <div>1:00 BINGO</div> <div>1:00 Advanced Photo</div> <div>2:30 ALFA</div> <div>3:00 Open Strumming</div> <div>6:00 Pickleball</div>	<div>26</div> <div>8:00 Chair Pilates</div> <div>9:30 SHINE</div> <div>9:30 Line dancing</div> <div>9:30 Open coloring</div> <div>11:30 Beef Stew</div> <div>12:00 Computer Help</div> <div>12:30 Game day</div>	<div>27</div> <div>9:30 Beginners Acrylic</div> <div>9:30 Chair yoga</div> <div>10:00 Walking Club</div> <div>11:30 Barbecue</div> <div>12:30 Van shopping trip</div> <div>12:30 Rummikub</div> <div>1:00 Wii Bowling</div>	<div>28</div> <div>Closed</div> <div></div>	<div>29</div> <div>8:00 VSO Hours</div> <div>9:30 Knitting and Crocheting</div> <div>9:30 Pilates</div> <div>11:30 Smorgasbord</div> <div>Closed 2:00 pm</div>

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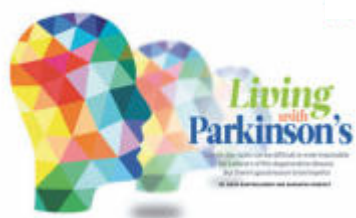


The Power of Positive Thinking

November 5th 10:00 am

- * Believe in yourself
- * A peaceful mind generates power
- * How to have constant energy
- * How to create your own happiness
- * Stop fuming and fretting
- * Expect the best, get it & stop worrying

Led by Sharon Nolli from Fallon Health



*Are you or a loved one
living with Parkin-
son's?
You are NOT alone!*

**The Parkinson's Support Group
Meets Wednesday
November 20th at 3:30 pm**

Caregivers Connect



Next Meeting:
**Monday November 25th
from 9:30-11 am
Clinton Senior Center**

No registration...
drop in!
Light Refreshments
Facilitated by
Clyde Wheatly

**Going Steady * Fall Prevention
with Marty Thursdays at 2pm
Free drop-in program**

- * fall prevention
- * balance and strength
- * rising safely from a chair
- * rising safely from the floor
- * correct walking stride



Wachusett Area MSNME support group

November 18th 10:30–11:30
Every third Monday of month.

Drop in program. No preregistration
necessary. Call Donna for information at
978-660-4744.

**Medicare
2019 OPEN
ENROLLMENT**
Oct. 15th – Dec. 7th

**This is the time to check your plans
and make any changes for 2020**

The new law prevents individuals new to Medicare from purchasing a supplement plan that pays for the Part B deductible (\$185 in 2019). This new supplement plan that will cover all Medicare covered out of pocket costs except for the Part B deductible will be known as Supplement 1A.

Please use the Medicare drug plan finder to evaluate your drug plan for 2020. You will notice the format for the drug plan finder has changed from last year.

If you have limited income or resources, please check with the SHINE counselor or the outreach department in January as eligibility for Medicare Savings Plans will be expanded. Medicare Savings Plans pay for your Part B premium and help lower drug costs.

Make an appointment with a SHINE Counselor for more information. (first Tuesday of every month at Sterling Senior Center.)

Sterling Senior Center Singers

Mondays 9:15-10:00am, starting November 18th

If you can sing in the shower, you can sing with us!

A new and informal group—

reading music is not necessary and no auditions are required.

If you play an instrument or are interested in leading, please let us know.

We'll be singing Carols in November & December!



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Tuesdays at
1:00pm

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\$5



SCC is partnering with ALFA (Adult Learning in the Fitchburg Area) to bring you three classes here at the Sterling Senior Center!

Session II Plant-Based Vegan Cooking Mon 2:30—4pm starting Nov 4th (class is full!)

Session III Masterpieces of Modern Italian Literature with Jim Wilkinson Mon 2:30—4pm starting January 27th

Session IV Plant-Based Vegan Cooking Mon 2:30—4pm with Louisa Del'Amico starting March 23rd

You must register through ALFA

<https://www.fitchburgstate.edu/offices-services-directory/alfa/>

Armchair Travel from Tunisia to America

Thursday November 21st @ 3:30 pm

As a different perspective on travel, Bill Ayadi will share how and why he came to America. He will give an overview of immigration history and fit himself into it. Travel with him from his original home in Tunisia, to his years in Paris, and his life in the USA. See how America looks to a visitor and how it transforms into a home when you have a family, career, friends, garden and a community.





Friday, November 22nd 7:30 - 9:00

Celebrity Server: Andy Sears, owner of C&M Pizza

Plain & special pancakes, ham, eggs, mixed fruit, tea breads, juices & coffee.

\$3 suggested donation. Open to all.

No reservations.

Community Lunch at First Church

November 2nd at noon

Chicken Parmesan, Pasta,

Mixed Veggies, Apple Cranberry Bars

Transportation available 978-422-3032



Wachusett Food Pantry

Seniors: Friday November 15, 9-11 am

All: Saturday November 16, 9-11 am

Call Nickole at Senior Center for assistance
978 422 3032



Save the Dates in December



Sterling COA Christmas Party

Chocksett Senior Breakfast

Ukulele Holiday Concert

Make & Take Gingerbread House

Make & Take Garden Club Décor

FOSS Cookie and Craft Fair

(Crafter registration forms available at SSC)

Parkinson's Chorus Holiday Concert Monday December 16th

Sunday December 8th

Friday December 13th

Thursday December 12th

Monday December 9th

Friday December 13th

Saturday December 14th



**Wachusett Area
Rotary Club**

**Christmas Breakfast
Sat December 14th, 9am**

The Manor Restaurant,
West Boylston. All Sterling
seniors welcome.

**Reservations are required
through the Holden Senior
Center.**

Please call 508-210-5570.

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

Sat, Feb . 15	Museum Day at Boston Museum of Fine Arts and the Isabella Gardner Museum. Includes a \$10 lunch voucher.	\$99 pp
Sat, Mar. 14	Boston Flower Show with lunch at Maggiano's and a stop at Boston Market	\$109 pp
Sun, Apr. 26	Matilda the Musical at Stoneham Theater with lunch at the Chateau Restaurant	\$133 pp
May 14-17	Ottawa Tulip Festival, including Canadian War Museum, Ottawa River Cruise & more.	\$889 pp/single rm \$739 pp/double rm \$699 pp/triple rm
Sep 20-30	Enchanting Canyonlands, Las Vegas, Grand Canyon, Lake Powell, Monument Valley, Moab, Arches National Park Bryce Canyon, Zion & back to Las Vegas.	Please Inquire

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

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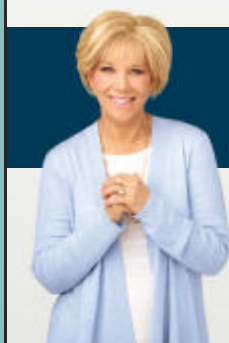
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◀ **Joan Lunden**, journalist,
best-selling author, former
host of Good Morning America
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Sterling Council on Aging, Sterling

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



Artists' Reception
Catherine Fox
Julie Fox
Thursday, November 7th
6:00—8:00 pm

Mother and daughter artists Catherine and Julie Fox have drawn their inspiration from living and growing up in Sterling with its diverse characters, both botanical and human. Both artists use multiple mediums, including oil, acrylic, ink, gouache and pastel. Cultivating her garden first drew Catherine to painting flora, fauna and landscapes. Recent mixed media pieces incorporate blossoms, seeds and leaves. She enjoys capturing the beauty of color and light in nature in her art. For Julie, choosing colors is an intuitive process and she loves experimenting with combinations. Digital art captivated her from a young age, and learning traditional mediums informs her observational skills.