

# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

October 2019

## Sterling Council on Aging Board Members

*Chair:* Kevin Beaupre

*Secretary:* Liz Pape

*Treasurer:* David Cosgrove

*Members:*

Sheila Battles

Bob Bloom

Nancy Castagna

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

*Operations Coordinator:*

Clare Anderson-Felton

*Maintenance Tech:* Jim Ash

*Van Drivers:*

Denis Coughlin

Pam Dell

Lou Massa

Robert Protano

Diane Sousa

*Meal Site Manager:*

Melissa Cassata

# Halloween Party

## October 31st

11:00am-1:00pm

Mummy Wrapped Dogs

Tater Bugs & Eye Ball Beans

Dessert: Mixed Guts

## Costumes all Day !!

## Frighteningly Good Fun

~ Sign up please ~



Check out our other spooky events inside!

Peter Watson



61 Redstone Hill, Sterling, MA  
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View our gallery at: [leominstermonument.com](http://leominstermonument.com)

➤ Reach the Senior Market

# ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!

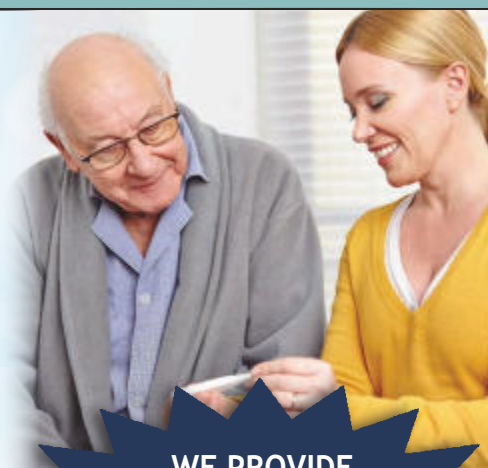
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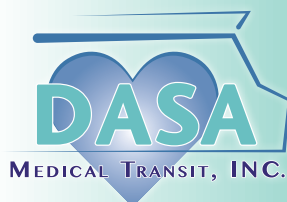
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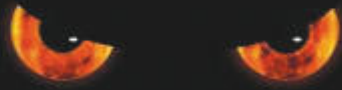
Sterling Council on Aging, Sterling

06-5262



## Armchair Travel to

# MONSTERLAND



Encounters with UFOs,  
Bigfoot and Orange Orbs,  
with author Ronny LeBlanc

Thursday, October 17th 3:30pm

A Massachusetts native, Ronny's book and presentation covers the history of UFOs in Massachusetts, as well as recorded and first-time reported Bigfoot Encounters in the Bay State. He has had numerous encounters with Orange Orbs, UFOs and the paranormal and believes that there is a connection with all three.

Numerous residents in and around Monsterland (another name for Leominster) have had similar encounters with strange craft, balls of light and Bigfoot in the 4,500 acre Leominster State Forest. His book entails the legend and true history of the area.

Ronny has a new Monsterland beer being launched with Bull Spit Brewery in Lancaster, MA in October and a new book - "Monsterland: The Shaman's Secret" - coming out next month. You can see Ronny on Travel Channel. He stars in the new hit show "In Search of Monsters", and will be starring in an upcoming scientific expedition that became a reality show about Bigfoot which will be debuting in November as well.

## ACRYLIC PAINTING EIGHT WEEK BEGINNERS CLASS WITH ANDREA DRISCOLL WEDNESDAY OCTOBER 9TH 9:30 - 11:00AM

### Learn:

- ◇ Mixing colors
- ◇ Utilizing different brushes and strokes to get the effect you want
- ◇ Creating a rough sketch of your painting on paper
- ◇ Developing the background and foreground with paint
- ◇ Developing details such as flowers, trees, shadows.

**\$5 per class Sign up please!**

## Evening Comfort Dinner Wednesday October 23rd 6:00-8:00 pm

Meatloaf wrapped in Bacon  
Mashed Potatoes  
Green Beans Almondine  
Chocolate Cake

Tickets: \$5.00  
purchase by noon on October 21st

entertainment

Halloween Spookaoke  
Screamingly fun karaoke!

Call Clare with any special song requests!  
978-422-3032

**SPECIAL EVENTS**

Oct 1	10am-1:00pm	Flu Clinic sponsored by WalMart
Oct 8	12:30 pm	Sholan Farm Field Trip \$5    Rain date: Oct 15
Oct 11	9:40 am	Peace Pole at Houghton Elementary School
Oct 14	Closed	Columbus Day
Oct 17	3:30 pm	Armchair Travel: Monsterland with Ronny LeBlanc
Oct 22	6:30 pm	Alzheimer Program Part III: Safety & Memory
Oct 23	6:00 pm	Evening Dinner
Oct 24	3:30 pm	A Date with Music: Country Music with Denis & Angie
Oct 31	11:00 am	Halloween Party

**JUST FOR FUN**

Oct 5	6:30 pm	Saturday Night Pitch sponsored by the Grange
Oct 11	12:00 pm	October Birthday Cake sponsored by Sterling Village
Oct 25	7:30-9 am	Pancake Breakfast sponsored by FOSS

**ONGOING PROGRAMS**

Oct 1	9:30 am	SHINE by appointment
Oct 3	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Oct 3	1:30-2:15 pm	Beginners Ukulele Lessons (weekly on Thursdays)
Oct 3	2:30 pm	Ukulele Club (weekly on Thursdays)
Oct 4	8-12 Noon	Veterans Services Office (weekly on Fridays)
Oct 7	1:00 pm	Advanced Photography (weekly on Mondays)
Oct 8	9:00 am	Dull Men's Club
Oct 8	12:00-3:00pm	Computer Help (weekly on Tuesdays)
Oct 9	9:30 am	Beginners' Acrylic Painting \$5 (weekly on Wednesdays)
Oct 11,25	1:00pm	History Club
Oct 16	12:30pm	Book Club: Killer of the Flower Moon By David Grann
Oct 23	1:00 pm	Art with a Smart Phone (four week program on Wednesdays)

**WELLNESS PROGRAMS**

Oct 2	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Oct 3	10 am--Noon	BP Clinic sponsored by the Sterling EMS
Oct 3	2:00 pm	Going Steady (weekly on Thursdays)
Oct 4	1:00 pm	Senior Strong (weekly on Fridays)
Oct 8	9:30-11:30am	Elder Wellness Clinic sponsored by VNA Cares
Oct 10, 24	9:00 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Oct 16	3:30 pm	Parkinson's Support Group
Oct 17	4:30 pm	Bereavement Program begins (weekly on Thursdays)
Oct 21	10:30 am	MSNME Support Group (monthly 3rd Monday)
Oct 28	9:30-11 am	Caregivers Connect (at Sterling Senior Center)

**See the Sterling Strummers perform !**

**Saturday October 12th @ 2:00pm at the Sholan Farm Harvest Festival**



## ART with a smART phone

4 week program    Wednesdays 1–3 pm    Starts October 23rd

SmART phones have advanced to the point where stunning images are only a few screen taps away. Learn to better hold your phone, improve composition, make your smART more artsy or dynamic, use various apps to emulate camera features, edit your images on your phone, and more.

*All you need is your smART phone and your imagination!*    **Sign Up Please!**



Charles Conroy,  
author of "Oh, By the Way"  
Tuesday October 8th, 9:00am

Charlie Conroy will lead a discussion of some of the topics contained in his recently published book *Oh, By The Way*. These include general human interest stories, organizational and management issues, education and mental health issues, some with particular focus on the "baby boomer" generation. *"Oh, By the Way" is available to borrow from the senior center.*

## Advanced Photography Workshop

**Mondays 1:00-3:00pm**

Please e-mail Everett  
for course information  
[everetttheller@me.com](mailto:everetttheller@me.com)

**Computer Help Sessions Resume**  
Tuesdays from 12 - 3 pm  
starting October 8th

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

## NEW TO THE CENTER?    WAYS TO HELP!

### Drivers Wanted!

#### Drive the Senior Center's new Chevy Bolt !

Occasional Senior Transport to medical appointments.

Substitute Meals on Wheels drivers deliver meals  
Monday through Friday mornings to Sterling residents.

Food Pantry drivers deliver one Friday per month.

Shifts vary 1½ to 2 hours.

**Valid Driver's License and CORI check required.**

New Marketing/ Communications  
Committee volunteers for social  
media updates, pictures and  
promotional activities

Friendly Visitors wanted  
to brighten the day of a homebound  
Sterling senior.

Opportunities always available for  
regular and ad-hoc shifts  
in the kitchen!

Contact Clare on 978-422-3032 for more information!



# OCTOBER 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>1</p> <p>8:00 Chair Pilates  9:30 Line Dancing  9:30 SHINE by appt.  9:30 Open coloring  10:00-1:00 Flu Clinic  11:30 Sweet Potato Minestrone  12:30 Game Day</p>	<p>2</p> <p>9:30 Gentle Chair Yoga  10:00 Walking Club  11:30 Chicken Spinach Tortellini Soup  12:30 Van shopping trip  12:30 Rummikub  1:00 Wii Bowling  4:00 Pickleball</p>	<p>3</p> <p>8:00 Zumba  9:00 Strengthen Yoga  10:00 BP Clinic  11:30 Fish Chowder &amp; Tomato Grilled Cheese  12:30 Acrylic Painting  1:30 Beginner Uke  2:00 Mahjong  2:00 Going Steady  2:30 Ukulele Club</p>	<p>4</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>7</p> <p><b>Columbus Day</b></p> <p><b>Closed</b></p>	<p>8</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 Chicken Bowl  12:30 Game Day  12:30 Sholan Farm Trip</p>	<p>9</p> <p>9:30 Beginners Acrylic  9:30 Gentle Chair Yoga  10:00 Walking Club  11:30 Potato &amp; Ham Soup  12:30 Van shopping trip  12:30 Rummikub  1:00 Wii Bowling  4:00 Pickleball</p>	<p>10</p> <p>9:00 Strengthen Yoga  9:00 Foot Clinic  11:30 Pulled Pork Sandwich  12:15 Acrylic Painting  1:30 Beginner Uke  2:00 Mahjong  2:00 Going Steady  2:30 Ukulele Club</p>	<p>11</p> <p>8:00 VSO Hours  9:30 Knitting and Crocheting  9:30 Pilates  9:40 Peace Pole  11:30 Smorgasbord  12:00 Birthday Cake  1:00 Senior Strong  1:00 History Club  Closed 2:00 pm</p>
<p>14</p> <p>8:30 Tai Chi  10:00 Oriol Fitness  10:30 MSNME  11:30 Beef Stroganoff  1:00 BINGO  1:00 Advanced Photo  3:00 Open Strumming  4:00 Pickleball</p>	<p>15</p> <p>8:00 Chair Pilates  9:30 Line dancing  9:30 Open coloring  11:30 Barbecue  12:30 Game day  12:30 Sholan Rain Date</p>	<p>16</p> <p>9:30 Beginners Acrylic  9:30 Gentle Chair Yoga  10:00 Walking Club  11:30 Spanish Chicken with Chorizo &amp; Potatoes  12:30 Van shopping trip  12:30 Book Club  12:30 Rummikub  1:00 Wii Bowling</p>	<p>17</p> <p>8:00 Zumba  9:00 Strengthen Yoga  11:30 UFO  12:30 Acrylic Painting  1:30 Beginner Uke  2:00 Mahjong  2:00 Going Steady  2:30 Ukulele Club  3:30 Armchair Travel</p>	<p>18</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>

6:00 Meditation		3:30 ParkinsonSupport 4:00 Pickleball	3:30 Ammirail Travel 4:30 Bereavement Program	
21	22	23	24	25
8:30 Tai Chi 10:00 Oriol Fitness 10:30 MSNME Support Group <b>11:30 Hamburg Vegetable Soup</b> 1:00 BINGO 1:00 Advanced Photo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring <b>11:30 Cheese Ravioli / Chicken Parmesan</b> 12:30 Game Day 6:30 Alzheimer Program	9:30 Beginners Acrylic 9:30 Chair yoga 10:00 Walking Club <b>11:30 Beefy Mushroom Barley Soup</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 1:00 Smart Phone Art 4:00 Pickleball 6:00 Evening Dinner	8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 3:30 Date with Music 4:30 Bereavement Program	<b>7:30-9:00 Pancake Breakfast Sponsored By FOSS</b> 8:00 VSO Hours 9:30 Pilates 1:00 Senior Strong 1:00 History Club 1:00 Wii Tournament (West Boylston) Closed 2:00 pm
28	29	30	31	
8:30 Tai Chi 9:30 Connect in Sterling 10:00 Oriol Fitness <b>11:30 Sausage &amp; Apple Stuffed Acorn Squash</b> 1:00 BINGO 1:00 Advanced Photo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring <b>11:30 Fish Sandwich with Corn Chowder</b> 12:30 Game day	9:30 Beginners Acrylic 9:30 Chair yoga 10:00 Walking Club <b>11:30 Turkey Dinner</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 1:00 Smart Phone Art 4:00 Pickleball	8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic <b>11:00 Halloween Luncheon</b> 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 4:30 Bereavement Program	Van Shopping Wednesdays @12:30 10-2 Walmart-Leom. 10-9 Ocean State 10-16 Walmart-W.B. 10-23 Christmas Tree Shop 10-30 Walmart - Leominster



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## SAFETY & MEMORY CHALLENGES

October 22nd at 6:30pm

Dementia related changes affect how we must think about safety. This program will teach strategies to encourage a safe environment and lifestyle for those affected with memory challenges.

enjoy a  
pumpkin sundae



## Healing Your Spirit

Ten week program for those dealing with the loss of a loved one  
Thursdays, October 17th–December 26th, 4:30–6:00 pm

*Peggye Arcouette, MSW, LCSW, BC, Licensed Clinical Social Worker & Bereavement Instructor*

Grief is universal and each person's journey is unique. We can respond to our loss in an emotional way, but grief can also have physical, cognitive, behavioral, social, cultural and spiritual dimensions. The aim of this program is to help individuals gain a sense of control and empowerment, to help reduce their isolation, maintain their self-esteem during these stressful life changes, and to assist in developing trust in others.

**\$100 Course Fee; \$25 Book Fee**

**Sign up by October 7th required**

Understanding Your Grief—Ten Essential Touchstones for Finding Hope & Healing Your Heart  
Understanding Your Grief Journal: Exploring the Ten Essential Touchstones



### Wachusett Area MSNME support group

October 21st, 2019 10:30–11:30

Every third Monday of the month.

Anyone with any form of Multiple Sclerosis, caregivers, family and friends are invited to come and enjoy current info, talking and sharing, snacks, games etc. Drop in program. No preregistration necessary. Call Donna for more information at 978-660-4744.

### Caregivers Connect



Next Meeting:  
**Monday, October 28th**  
from 9:30-11 am  
Sterling 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

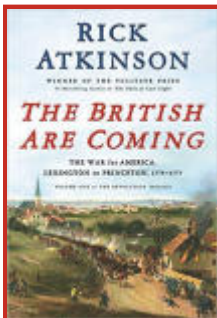
- \* fall prevention
- \* balance and strength
- \* rising safely from a chair
- \* rising safely from the floor
- \* correct walking stride



Are you or a loved one  
living with Parkinson's?  
You are NOT alone!

**The Parkinson's Support Group**  
Meets Wednesday  
October 16th at 3:30 pm





## History Club

Friday October 11th & 25th @ 1pm

**The British Are Coming: The War for America, Lexington to Princeton**  
by Rick Atkinson

The story of the first twenty months of the bloody struggle to shake free of King George's shackles. Discussion will be led by Patrick Fox.



## Country Music with Denis & Angie

October 24th @ 3:30 pm

October is Country and Western month, and back by popular demand are our very own Angie Richards and Denis Coughlin.

Angie has been singing since she was a little girl, and loves to share the joy she has in music. Singer/songwriter Denis has music in his blood, he says.

They will be performing popular and traditional Country songs.



## Wii Bowling

Practice Every Wednesday 1:00 pm  
Tournament Bowling League  
Friday October 18th @ 1pm  
West Boylston Senior Center

## Calling new Pen Pals

It's time to start writing!  
We need more pen pals this year.  
Contact Nickole if interested.

## Pool Players Wanted!

Tables available daily  
Ladies, Gents,  
Beginners, Experts  
All Welcome!



## Beginner Ukulele Lessons!

Newcomers welcome.  
Thursdays at 1:30–2:15  
Loaner instruments available.



## PLAY BRIDGE

Tuesdays at 12:30pm  
Contact Clare for information  
978-422-3032

## FOOD AND NUTRITION



Friday,  
October 25th  
7:30 - 9:00

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

Open to all.  
No reservations.



Community  
Lunch  
at First  
Church

October 5th at noon  
Meatloaf, veg & dessert  
Transportation available  
978-422-3032



## Wachusett Food Pantry

Seniors Friday  
October 18, 9-11 am

All Saturday October 19, 9-11 am

Call Nickole at Senior Center for  
assistance at 978-422-3032

## Sholan Farms Apple Trip Tuesday, October 8th @ 12:30pm \$5.00 payable at farm

Includes a small bag of apples, a cup of cider, and a narrated wagon tour of the orchard.

You are welcome to pick your own apples. Visit the Country Store which will be selling hand made consignment items, honey, apple crisp mix, cider and vegetables.

Bus returns @ 2:45pm.

**Sign-up required.**

**Rain Date October 15th.**



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CHEVY BOLT**

Thanks to the  
Sterling Municipal Light Department  
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We will be using the Bolt for  
Meals on Wheels  
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**PEACE POLE CEREMONY  
HOUGHTON  
ELEMENTARY SCHOOL  
OCTOBER 11TH, 9:40 AM  
*May Peace Prevail on Earth***

## HAPPY TRAVELERS

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

Sun. Oct. 13	Newfane, VT, Heritage Festival & lunch Grafton Inn	11 seats left	\$99 pp
Oct. 25–Nov. 08	Southern Caribbean Cruise, 15-days, no flying, round trip from Boston		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
Sun. Dec. 8	Something Old & Something New		\$114 pp
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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**Hearing Brain**

Centers of New England

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Sterling Council on Aging, Sterling

06-5262





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



# Flu Clinic

## sponsored by Walmart

Tuesday, October 1st from 10am - 1pm

Walk into the Senior Center for your annual flu shot. Please wear a short sleeved shirt and bring your insurance card. Note—if you are on Medicare primary, bring your Medicare card. If you are on a Medicare Advantage Plan (HMO, PPO) bring your Advantage Plan card.

*According to the CDC (Centers for Disease Control and Prevention), you should get the flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get the flu vaccine by the end of October.*