

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

October 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

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Melissa Cassata



Thursday Oct 11th at 11:30 am

Presentation by Sholan Farms

Luncheon Menu

Apple Cider Beef Stew

served with hot dinner rolls and apple butter

Baked Sliced Apple Bar

served with your choice of toppings

Take Home Apples provided by Sholan Farms

Reservations Required / \$3 suggested donation

Our thanks to Sholan Farm for their generous weekly donation of apples throughout this Fall.



Thursday Oct 18th at 6 pm

Dinner Menu

Roasted Pork Loin served with oven roasted potatoes,
green beans, and pearl onions

Apple Crisp and ice cream

\$5 ticket must be purchased by Friday Oct 12th

Sponsored by Keith Cutler

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

Peter Watson



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Sterling Council on Aging, Sterling

06-5262

Flu Clinic sponsored by Walgreen's

Tuesday, October 2nd from 10am - 1pm

Walk in to 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.

— FALL MAKEOVER —

Wednesday, October 10th at 10am

Sharon Nolli, of Fallon Health / Summit ElderCare will present a demonstration of **wearing scarfs, light makeup, choosing colors best for you and wearing silver versus gold.**

Sharon knows fashion and she believes, "It is all about the eyebrows!!"

Sharon will be available after the makeover from 11:00-11:30 to discuss privately the programs and options for seniors that need services. Summit ElderCare, a Program of All-Inclusive Care for the Elderly (PACE) offers complete, coordinated, individualized care for older adults who want to live at home instead of a nursing home. The program's team of geriatric care professionals works with participants and caregivers to address each individual.

Please sign up for the makeup, the info session or both!



Trinity Big Band

Tuesday October 16th at 12:30pm

*Great music from the 30's
thru contemporary times!*

The Sterling Wii Bowling Team Hosts the Tournament

Friday October 19th at 1 pm

Go Sterling!

Educational Programs

- Oct 2nd 12:00 pm Computer Help by Appointment (Weekly on Tuesdays)
 Oct 3rd 9:30 am SHINE Answers to Medicare questions. By appointment only.
 Oct 17th 12:30 pm Book Club - "This Is How It Always Is" by Laurie Frankel

Wellness Programs

- Oct 2nd 10:00 am - 1 pm Flu Clinic
 Oct 3rd 10:00 am Walking Club every Wednesday. Meet at the Senior Center
 Oct 4th 10:00 - 12 noon BP Clinic sponsored by the Sterling EMS
 Oct 4th 1:00 pm Senior Strong Last Day! **CONGRATS !!**
 Oct 9th 9-11:00 am Elder Wellness Clinic sponsored by VNA Cares
 Oct 11th 9:00 am Foot Clinic by Appt. \$35 to Footcare Nurse (\$45 1st Appt.)
 Oct 17th 3:30 pm Parkinson's Support Group
 Oct 25th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

Ongoing Events

- Oct 1st 9-11:00 am Advanced Photography Workshop weekly on Mondays
 Oct 1st 2-3:30pm Basic Photography Workshop weekly on Mondays
 Oct 4th 1:45 - 2:15 pm Beginners Ukulele Club weekly on Thursdays \$3
 Oct 4th 12:30 pm Acrylic Painting weekly on Thursdays \$5
 Oct 4th 2:30 pm Ukulele Club weekly on Thursdays \$5
 Oct 5th 8 am - 12 noon Veteran Service Officer Hours weekly on Fridays.
 Oct 9th 9:00 am Dull Men's Club

Special Events

- Oct 10th 10:00 am Fall Makeover with Sharon Nolli, Summit ElderCare
 Oct 11th 11:30 am Apple Fest Day Luncheon \$3. Suggested Donation-Sign Up Please
 Oct 16th 12:30 pm Trinity Big Band
 Oct 18th 2:30 pm Armchair Travel - Travel to the Galapagos Islands with Robert Farmer
 Oct 18th 6-8pm Octoberfest Evening Dinner \$5 Sign Up Please

Take It or Leave It!

- Oct 31st 9:30 am Decorating Pumpkins with Peer Leaders from Chocksett Middle School

Just For Fun

- Oct 6th 6:30 pm Saturday Night Pitch Party sponsored by the Grange. All welcome.
 Oct 12th 12:15 pm Birthday Cake for all September birthdays sponsored by Sterling Village.
 Oct 26th 7:30 - 9:00 am Pancake Breakfast sponsored by FOSS.
 Celebrity Servers: Sterling Lancaster Cable TV-Matt Downing, Chris Detsikes And Melissa Jellie
 Oct 31st 11:00 am Halloween Party
 Oct 31st 1:00 pm Halloween Jingo



Dull Men's Club

Tuesday, October 9th
9am

The Dull Men's Club will have featured speaker Steven Hennigan, Detective Lt. Massachusetts State Police (retiring on October 4, 2018). Hennigan served over 27 years in the MSP primarily in Troop "C", which is central Massachusetts. His major assignments included as an instructor at the Massachusetts State Police Academy and most recently as a Det. Lt. in the Internal Affairs Office. This is bound to be an interesting window into the operations and happenings of the State Police so please mark your calendars. Exceptional women are welcome!



Join Sterling resident, **Robert Farmer**, as he takes us on an adventure, mostly underwater! This archipelago of about 19 islands and many smaller islets sprinkled 620 miles off Ecuador's coast in the Pacific Ocean served as the inspiration for Charles Darwin's Theory of Evolution.

The Galapagos Islands are considered one of the world's foremost destinations for wildlife-viewing. Its isolated terrain shelters a diversity of plant and animal species, many found nowhere else!

Thursday October 18th at 2:30 pm

Monday Evening Meditation at 6pm

Our meditation program will continue to meet this fall under the leadership of *Cindy Popp-Hager, MS.* on Monday evenings, 6-7pm. The focus for this fall series will be on practicing mindfulness meditation. Each session begins with a guided body-mind relaxation. A short lesson on the theme of the evening is presented and practiced. The class generally ends with a short chanting meditation. Participants can join the chant or simply meditate while listening to the recording.

Participants sit comfortably in chairs. There is no pre-registration, but we do ask all participants to sign in. A notification is sent every Monday to those who have signed in. This program is sponsored jointly by the Conant Public Library and the Sterling Senior Center. There is no charge and the program is open to all ages.

"Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally."

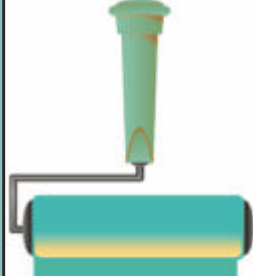
— Jon Kabat-Zinn

OCTOBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00-4:00 Coffee</p> <p>8:30 Tai Chi</p> <p>9-11am Advanced Photo Workshop</p> <p>10:00 Oriol Fitness</p> <p>11:30 Hamburg Veg Soup</p> <p>1:00 BINGO</p> <p>2-3:00 Basic Photo Workshop</p> <p>4-6:00 Pickleball</p> <p>6:00 Meditation</p>	<p>2</p> <p>8:00-4:00 Coffee</p> <p>8:00-Chair Pilates</p> <p>9:30 Line dancing</p> <p>9:30 Open Coloring</p> <p>10-1:00 Flu Clinic</p> <p>11:30 Chix Parm w/stuffed shells</p> <p>12:00 Computer Help</p> <p>12:30 Game Day</p>	<p>3</p> <p>8:00-4:00 Coffee</p> <p>9:00 SHINE</p> <p>9:30 Chair yoga</p> <p>10:00 Walking Club</p> <p>11:30 Chix Spinach Tortellini Soup</p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>1:00 Wii Bowling</p> <p>4:00 Pickleball</p>	<p>4</p> <p>8:00-6:00 Coffee</p> <p>8:00-Zumba</p> <p>9:00 Strengthen Yoga</p> <p>10-12:00 BP Clinic</p> <p>11:30 Fish Chowder</p> <p>12:30 Acrylic Painting</p> <p>1:00 Senior Strong</p> <p>1:45 Beginners Uke</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p> <p>4:00 Beginners PBall</p>	<p>5</p> <p>8:00-11:30 Coffee</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>8</p> <p>CLOSED</p> 	<p>9</p> <p>8:00-4:00 Coffee</p> <p>8:00-Chair Pilates</p> <p>9:00 Dull Men's Club</p> <p>9:30-11:30 Elder Keep Well Clinic</p> <p>9:30 Line dancing</p> <p>9:30 Open Coloring</p> <p>11:30 Chix Bowl</p> <p>12:00 Computer Help</p> <p>12:30 Game Day</p>	<p>10</p> <p>8:00-4:00 Coffee</p> <p>9:30 Chair yoga</p> <p>10:00 Walking Club</p> <p>11:30 Pot.& Ham Soup</p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>1:00 Wii Bowling</p> <p>4:00 Pickleball</p>	<p>11</p> <p>8:00-6:00 Coffee</p> <p>8:00-Zumba</p> <p>9:00 Strengthen Yoga</p> <p>9:00 Foot Clinic</p> <p>11:30 Apple Fest</p> <p>12:30 Acrylic Painting</p> <p>1:45 Beginners Uke</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p> <p>4:00 Beginners PBall</p>	<p>12</p> <p>8:00-11:30 Coffee</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>15</p> <p>8:00-4:00 Coffee</p> <p>8:30 Tai Chi</p> <p>9-11:00 Adv Photo</p> <p>10:00 Oriol Fitness</p> <p>11:30 Minestrone Soup</p>	<p>16</p> <p>8:00-4:00 Coffee</p> <p>8:00-Chair Pilates</p> <p>9:30 Line Dancing</p> <p>9:30 Open coloring</p> <p>11:30 Chix Pot Pie</p>	<p>17</p> <p>8:00-4:00 Coffee</p> <p>9:30 Gentle Chair Yoga</p> <p>10:00 Walking Club</p> <p>11:30 BBQ</p> <p>12:30 Van shopping trip</p>	<p>18</p> <p>8:00-6:00 Coffee</p> <p>8:00-Zumba</p> <p>9:00 Strengthen Yoga</p> <p>11:30 Turkey Dinner</p> <p>12:30 Acrylic Painting</p>	<p>19</p> <p>8:00-11:30 Coffee</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p>

1:00 BINGO 2-3:30 Basic Photo 4-6:00 Pickleball 6:00 Meditation	12:00 Computer Help 12:30 Game Day	12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	1:45-Beginners Uke 2:00 Mahjong 2:30 Ukulele Club 2:30 Armchair Travel 4:00 Beginners PBall	Closed 12:30	11:30 Smorgasbord
22 8:00-4:00 Coffee 8:30 Tai Chi 9-11:00am Advanced Photo Workshop 10:00 Oriol Fitness 11:30 CH.Steak Sub w/Fr. Onion Soup 1:00 BINGO 2:00 Basic Photo 4-6:00 Pickleball 6:00 Meditation	23 8:00-4:00 Coffee 8:00-Chair Pilates 9:30-Line dancing 9:30 Open coloring 11:30 Pulled Pork Sand. 12:00 Computer Help 12:30 Game day	24 8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 Beef Tenderloin 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	25 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Smorgasbord 12:30 Acrylic Painting 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners PBall	26 7:30-9:00 PANCAKE Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 9:30 Knitting & Crocheting Closed 12:30	
29 8:00-4:00 Coffee 8:30 Tai Chi 9-11:00am Adv Photo 10:00 Oriol Fitness 11:30 Turkey Cass. 1:00 BINGO 2:00 Basic Photo 4-6:00 Pickleball 6:00 Meditation	30 8:00-4:00 Coffee 8:00-Chair Pilates 9:30-Line Dancing 9:30 Open Coloring 11:30 Fish Sandwich w/Corn Chowder 12:00 Computer Help 12:30 Game Day	31 8:00-4:00 Coffee 9:30 Chair yoga 9:30 Chocksett Peer Grp 10:00 Walking Club 11:30 Halloween Lunch 12:30 Halloween Jingo 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	Exercise Fees Line Dancing \$2 Tai Chi \$5 Zumba\$5 Pilates \$5 Yoga \$5		

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Parkinson's Support Group Wed October 17th at 3:30 pm

Medicare Open Enrollment October 15th – December 7th

What is the Medicare Open Enrollment Period? Medicare health and drug plans can make changes each year such as cost, coverage, and which providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans? People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

What do they do if they are not satisfied with their current plan? Use the Medicare.gov web site to evaluate the current plan and compare it to other plans that are available. Consult with a SHINE counselor. The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers.

At the Sterling Senior Center

November 1st at 1pm Learn how to use the Medicare.gov website to choose a Medicare Part D Plan (or stand alone prescription drug plan). Use the Medicare.gov website to determine if your Medicare Health Plan covers your prescription medication. If you have a computer, can access the internet, and know how to do an internet search (use Google for example), you will be able to follow this program. Sign up, please!!

SHINE Appointments during Open Enrollment: November 7th, November 19th and December 5th.

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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Which Exercise Class is Right for Me?

The Sterling Senior Center has many exercise classes, at several levels. This information will help you select a class to fit your needs. Most classes are one hour in duration.

If you cannot stand unaided (cane, walker, wheelchair)

Chair Pilates: This chair exercise class is designed to strengthen your core muscles, as well as the muscles surrounding your hips, in order to maintain better balance and prevent falls.

Tuesdays at 8:00 AM. Class fee: \$5

Gentle Chair Yoga: This chair exercise class is designed to gently stretch and tone muscles.

Wednesdays at 9:30. Class fee: \$5

If you want to learn a new exercise and can stand unaided

Tai Chi: Tai Chi is an ancient system of health preservation to increase balance, mood, coordination and bone strength.

Mondays at 8:30. Class fee: \$5

Oriol Exercise: This is a combined chair exercise and standing class, that combines mild aerobic and toning exercises.

Mondays at 10. FREE (suggested \$2 donation)

Line Dancing: Learn some new steps while getting your heart rate up in this aerobic activity that exercises your brain and heart.

Tuesdays at 9:30. Class fee: \$2

Strengthening Yoga: This class focuses on breathing and stretching to maintain muscle tone and build core strength. Some standing postures. Please bring a yoga mat.

Thursdays at 9. Class fee: \$5

If you want an active class focused on building strength and raising your aerobic activity level

Zumba: Have fun with friends as you learn Latin and international rhythms that will keep you moving.

Thursdays at 8:00. Class fee: \$5

Mat Pilates: This class consists of mostly floor exercises to engage core strength and balance. Please bring a yoga mat.

Fridays at 9:30. Class fee: \$5

Pickle Ball: The fastest growing sport in America combines the elements of tennis, badminton and ping pong.

Mondays and Wednesdays at 4pm at the West Sterling Courts for October.

Mondays at 4pm at the First Church for November.

New times started in September!!

Zumba with Amy Thursday mornings at 8am!

Chair Pilates with Jennifer Tuesday mornings at 8am!



FOSS Pancake Breakfast

Friday, October 26th

\$3 suggested donation

Celebrity Servers from SLCT

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

No reservations needed.

Saturday Monthly Community Lunches

at the First Church

Starting October 6th at 12 Noon

Garden Salad, Garlic & Rosemary

Balsamic Roasted Pork Loin,

Rice Pilaf, Seasoned Veggies

Luscious Lemon Cake

If you need a ride call the Senior Center

978-422-3032

Wachusett Food Pantry

Friday, October 12th, 9-11 am Saturday, October 13th, 9-11 am

See Nickole if you need assistance with pick up or delivery.



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Oct 17, 2018- Wednesday - The Winnepesaukee Scenic Railroad & Turkey Dinner—\$89.pp

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2019

Sun Mar 10, Cabin Fever Tour: Brunch, Chocolates & Wines, in NH, \$99.00pp *(almost full)*

Sun Apr 14. "Dreamgirls" Cheney Hall, Manchester CT, lunch at Adams Mill Restaurant

Sat May 18— Million Dollar Quartet at the Stone Theater Stoneham, Ma. \$127.00pp

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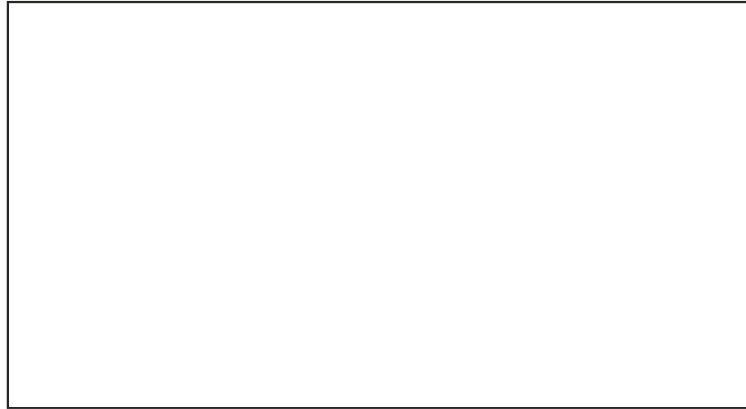
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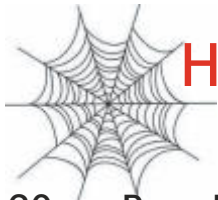


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Happy Halloween from the Senior Center

Wednesday Oct 31st Costumes All Day

9:30 am Pumpkin Take it or Leave It

Our version of the Make and Take! We have invited the Peer Leaders from the Chocksett Middle School to join us to decorate pumpkins. Pumpkins can be taken home (take it) or left at the Senior Center for decoration (leave it).

All supplies provided. Sign up!

10:00 am Spook Walk

Janet, Dave and the Walking Club have some Halloween tricks planned. Join in!

11:00 am Costume Party with prizes

11:30 am Halloween Luncheon

Menu includes mummy wrapped dogs, tater bugs, eye ball beans, spider slaw and a trick or treat dessert

12:30 pm Halloween Jingo

