

# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

September 2018

## Hello September!

### Sterling Council on Aging Board Members

Chair: Liz Pape  
 Vice Chair: Kevin Beaupre  
 Secretary: Sue Protano  
 Treasurer: Bob Bloom  
 Members: Nancy Castagna  
 Joe LaGrassa  
 Debra MacLennan  
 Charles Madden

### 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  
 Operations Coordinator:  
 Dorothy (Dot) Millhofer  
 Maintenance Tech: Jim Ash  
 Drivers: Pam Dell  
 Lou Massa  
 Denis Coughlin,  
 Robert Protano  
 Gloria Rugg  
 Meal Site Manager:  
 Melissa Cassata

### Join us at the Sterling Fair!

**Saturday September 8th**

**1pm**

The *Sterling Strummers*, our very own Ukulele Club, will be conducting a concert and sing-along.



**3pm**

The *Sterling Senior Center Skillettes* are hoping for another standing room only crowd as they compete in this year's Skillet Toss!



### The Evening Dinner Committee Presents:

## Ham and Bean Dinner

**Thursday September 20th**

**6pm**

Mouth watering ham served with homemade baked beans and corn bread

Yogurt Pie for dessert

Enjoy good food, great friends and a spectacular sunset!

*Sponsored by the Simpson Family*

**\$5 ticket must be purchased by September 17th.**



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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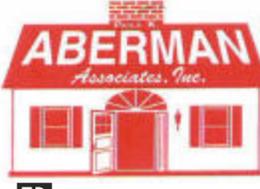
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## Basic Photography 8-Week Workshop

Begins September 10th  
Mondays 2 - 3:30 pm  
Advanced Registration Requested

This workshop is open to all seniors who would like to make better photographs. If you have a camera (smart phone; point-and-shoot; mirrorless; DSLR) or just want to learn, you are welcome to join us. This will be a hands-on learning experience and you should know how your camera functions. This workshop will cover visualization, composition, post-processing (yes, you can post-process the images you make on your smart phone), and how to use light to enhance your images. If time allows we will also cover photographic techniques that interest members of the workshop.

## Advanced Photography 8-Week Workshop

Begins September 10th  
Mondays 9 - 11 am  
Advanced Registration Required



The Advanced Photography Workshop is open to seniors who would like to further their ability to make interesting photographs through the use of more progressive camera techniques coupled with photographic enhancement software. Due to the interactive nature of this workshop, enrollment in this class will be limited. To apply for inclusion into this workshop, please email **Everett Heller** at [everettheller@mac.com](mailto:everettheller@mac.com).

This workshop will cover (but not be limited to) how to extend the dynamic range of your camera, panoramic imaging, artificial lighting, portraiture, and landscape techniques. It will include how to set up your camera for the various genre, lens choices, and how to edit and post-process your selected image. This workshop will be conducted in a small-group environment with an emphasis on individual learning.

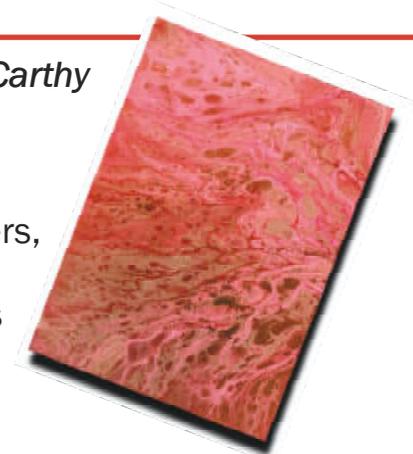
**Make & Take**

## Acrylic Pour on Canvas with Bev McCarthy

Wednesday September 12th at 3pm

Using a variety of rich warm fall colors we will learn this painting technique involving the thinning of acrylic paints, addition of binders, and the use of silicone to produce beautiful abstract designs on canvas. Your chosen paint colors are spread onto the 8x10 canvas and hand manipulated to slowly move the paint around. These fabulous paintings are unique and will add to your fall décor.

*\$5 Sign Up Limited to 20 participants.*



### Educational Programs

- Sept 5th 9:30 am SHINE Answers to Medicare questions. By appointment only.  
 Sept 11th 12:00 pm Computer Help by Appointment (Weekly on Tuesdays)  
 Sept 14th 12:30 pm Lunch & Learn for Volunteers & Staff  
 Sept 18th 6:00 pm Community Response - Recent Age & Dementia Friendly Survey  
 Sept 19th 12:30 pm Book Club - "Born in Ice" By Nora Roberts

### Wellness Programs

- Sept 5th 10:00 am Walking Club every Wednesday. Meet at the Senior Center  
 Sept 6th 10:00 - 12 noon BP Clinic sponsored by the Sterling EMS  
 Sept 6th 1:00 pm Senior Strong every Thursday  
 Sept 11th 9:30-11:30 am Elder Wellness Clinic sponsored by VNA Cares  
 Sept 13th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st App)  
 Sept 26th 3:30pm Parkinson Support Group  
 Sept 27th 9:00 am Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)

### Ongoing Events

- Sept 6th 1:45 - 2:15 pm Beginners Ukulele Club weekly on Thursdays \$3  
 Sept 6th 2:30 pm Ukulele Club weekly on Thursdays \$5  
 Sept 6th 12:30 pm New Fall Session- Acrylic Painting \$5  
 Sept 7th 8 am - 12 noon Veteran Service Officer Hours weekly on Fridays.  
 Sept 10th 9:00 am Advanced Photography Class  
 Sept 10th 2:00 pm Basic Photography Class  
 Sept 11th 9:00 am Dull Men's Club featuring Christian de Marcken

### Special Events

- Sept 6th 6-8 pm Artist's Reception featuring Denis Coughlin  
 Sept 20th 2:30 pm Armchair Travel - Erie Canal by Boat with Ross Perry  
 Sept 20th 6-8 pm Ham & Bean Supper \$5 ticket in advance

### Make & Take

- Sept 12th 3:00 pm Fluid Acrylic Pour on Canvas \$5. Sign Up Please!

### Just For Fun

- Sept 1st 6:30 pm Saturday Night Pitch Party sponsored by the Grange. All welcome.  
 Sept 14th 12:15 pm Birthday Cake for all September birthdays sponsored by Sterling Village.  
 Sept 28th 7:30 - 9:00 am Pancake Breakfast sponsored by FOSS.  
 Celebrity Server: John Kilcoyne, Selectman



Hear First Hand Stories of an American Family  
in Belgium During WW2

Dull Men's Club

Tuesday September 11th at 9:00 am

Christian W. de Marcken grew up in Germany-occupied Belgium during WW2. He was badly poisoned during the War; the awful headaches forced him to drop out of school. He went back to high school in Boston at the "age 28" and then later graduated from Tufts University Engineering as a Mechanical Engineer.

Christian is sure to be one of the most unique guests we have had at the Dull Men's Club. Mark Your Calendar!!

**Armchair Travel Returns**

**Erie Canal by Boat**

*Presented by Ross Perry*

Thursday September 20th, 2:30 pm



Explore the Erie Canal and Mohawk River, the route of commerce from the 1800's as Ross Perry takes his boat from Albany NY to Godfrey Point, NY, camping along the way. The photo tour will highlight interesting contrasts between old and new.

When not serving Sterling as Town Administrator, boating is one of Ross's favorite pastimes.

**Computer Help Sessions to Resume**  
**Tuesdays from 12 - 3 pm by Appointment**  
**Starting September 11th**

Individualized assistance with your laptop, tablet, phone is available through our tech instructor, Peter Cummings. Please call the Senior Center and book an appointment.

**978 422 3032**

# S E P T E M B E R   A C T I V I T Y   C A L E N D A R

Monday	Tuesday	Wednesday	Thursday	Friday
Van Shopping 12:30 Wednesdays 9-5 Walmart-Leominster 9-12 Whitney Field Leominster 9-19 Walmart-W.B. 9-26 Ocean State	Free Exercise: Thank you to Oriol Health Care for sponsoring Senior Fitness on Mondays	Exercise Fees Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5		
CLOSED  LABOR DAY	8:00-4:00 Coffee 8:00-Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Chix Parm 12:30 Game Day	8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 Orange Pork Chops 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	8:00-6:00 Coffee 8:00-Zumba 9:00 Strengthening Yoga 10-12:00 BP Clinic 11:30 Fish Topped Au gratin Potatoes 12:30 Acrylic Painting 1:00 Senior Strong 1:45 Beginners Uke-\$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners PBall	8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord  Closed 12:30
8:00-4:00 Coffee 8:30 Tai Chi 9:00 Advanced Photography 10:00 Oriol Fitness 11:30 Chix Ala King 1:00 BINGO 2:00 Basic Photo	8:00-4:00 Coffee 8:00-Chair Pilates 9:00 Dull Men's Club 9:30 Line Dancing 9:30-11:30 Elder Keep Well Clinic 9:30 Open coloring 11:30 Mac & Tuna	8:00-4:00 Coffee 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Lasagna Rollups w/ Chix Meatballs 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	8:00-6:00 Coffee 8:00-Zumba 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Ratatouille Soup 1:00 Senior Strong 12:30 Acrylic Painting 1:45-Beginners Uke \$3 2:00 Mahjong	8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:15- Birthday Cake 12:30 Lunch & Learn

4-6:00 Pickleball 6:00 Meditation	Salad 12:00 Computer Help 12:30 Game Day	17	18	19	20	21
8:00-4:00 Coffee 8:30 Tai Chi 9:00 Advanced Photography 10:00 Oriol Fitness <b>11:30 Caramel Apple Pork Chops</b> 1:00 BINGO 2:00 Basic Photo 4-6:00 Pickleball 6:00 Meditation	8:00-4:00 Coffee 8:00-Chair Pilates 9:30-Line dancing 9:30 Open coloring <b>11:30 Summer Lasagna</b> 12:00 Computer Help 12:30 Game day	8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club <b>11:30 BBQ</b> 12:30 Van shopping trip 12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthening Yoga <b>11:30 Spin. Chix Parm</b> 12:30 Acrylic Painting 1:00 Senior Strong 1:45 Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners PBall	8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates <b>11:30 Smorgasbord</b> Closed 12:30	8:00-6:00 Coffee 8:00-Zumba 9:00 Strengthening Yoga 9:00 Foot Clinic <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:00 Senior Strong 1:45 Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners PBall	7:30-9:00 PANCAKE Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 9:30 Knitting & Crocheting Closed 12:30
8:00-4:00 Coffee 8:30 Tai Chi 9:00 Advanced Photography 10:00 Oriol Fitness <b>11:30 Pork Soup</b> 1:00 BINGO 2:00 Basic Photo 4-6:00 Pickleball 6:00 Meditation	8:00-4:00 Coffee 8:00-Chair Pilates 9:30-Line Dancing 9:30 Open Coloring 11:00 Chair Pilates <b>11:30 Chix &amp; Waffles</b> 12:00 Computer Help 12:30 Game Day	8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club <b>11:30 Shepherd's Pie</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	8:00-6:00 Coffee 8:00-Zumba 9:00 Strengthening Yoga 9:00 Foot Clinic <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:00 Senior Strong 1:45 Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners PBall	8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates <b>11:30 Smorgasbord</b> Closed 12:30	8:00-6:00 Coffee 8:00-Zumba 9:00 Strengthening Yoga 9:00 Foot Clinic <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:00 Senior Strong 1:45 Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners PBall	7:30-9:00 PANCAKE Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 9:30 Knitting & Crocheting Closed 12:30
8:00-4:00 Coffee 8:30 Tai Chi 9:00 Advanced Photography 10:00 Oriol Fitness <b>11:30 Pork Soup</b> 1:00 BINGO 2:00 Basic Photo 4-6:00 Pickleball 6:00 Meditation	8:00-4:00 Coffee 8:00-Chair Pilates 9:30-Line Dancing 9:30 Open Coloring 11:00 Chair Pilates <b>11:30 Chix &amp; Waffles</b> 12:00 Computer Help 12:30 Game Day	8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club <b>11:30 Shepherd's Pie</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	8:00-6:00 Coffee 8:00-Zumba 9:00 Strengthening Yoga 9:00 Foot Clinic <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:00 Senior Strong 1:45 Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners PBall	8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates <b>11:30 Smorgasbord</b> Closed 12:30	8:00-6:00 Coffee 8:00-Zumba 9:00 Strengthening Yoga 9:00 Foot Clinic <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:00 Senior Strong 1:45 Beginners Uke \$3 2:00 Mahjong 2:30 Ukulele Club 4:00 Beginners PBall	7:30-9:00 PANCAKE Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates 9:30 Knitting & Crocheting Closed 12:30



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## Acrylic Painting with Andrea Driscoll

Resuming Thursday  
Classes at 12:30  
New Fall Session  
Starting Sept 6th  
\$5 Drop In



## Beginners Ukulele Lessons

Thursdays from 1:45 - 2:15  
\$3 drop in fee



## Beginners Pickleball Lessons

Thursdays from 4-6 pm  
West Sterling Courts  
Free! Paddles available.



### The Senior Center is in need of volunteers to deliver meals on wheels.

Choose one day per week. We deliver early (around 9 am) and it takes about 1 1/2 - 2 hours.  
Interested? Call Veronica 978 422 3032

### Parkinson's Support Group Meeting Wednesday September 26th at 3:30 pm

If you are a person with Parkinson's or if you are a care-giver or care partner, come on down.

### It's September!

## Crockpot Oatmeal

has returned to our breakfast nook!

Through the generosity of the Friends of the Sterling Seniors (FOSS), we continue to offer breakfast options.

**Don't forget our fabulous home-cooked lunch program every day at 11:30 am.  
No Reservations Needed!**

Free van rides are available to the senior center. If you need transportation to the center for lunch or an event, all you need to do is ask!



## Walking Club

We have lots of participants in all levels of fitness.

**Wednesdays at 10am**

Walking is the easiest and simplest way to improve your heart health.

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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## **“Self Care for the Volunteer”**

**Friday September 14th at 12:30**

Staff, volunteers, and instructors are invited to enjoy lunch and time with other volunteers while we learn how to take better care of ourselves. Those who give so much to the Sterling Senior Center will be encouraged to adopt a new outlook on self care. Learn to treat yourself as well as you treat others!

Program presenter, *Katie Cohen*, is the founder and director of Centered Seniors. She brings both professional and personal expertise and experiences to those who desire to de-stress, enrich and transform their lives. She holds a M.Ed. from Boston University and an LCSW from the Commonwealth of Massachusetts. Katie is also a Registered Yoga Teacher (E-RYT) with the Yoga Alliance.

### **Community Response:**

## **The Results from the Age and Dementia Friendly Survey**

**Tuesday September 18th at 6pm**

In May, the Sterling Council On Aging was awarded a grant to explore community perceptions regarding age and dementia-friendliness. A survey comprised of thirty-three multiple choice questions and one free response was prepared to assess age and dementia-related views focused upon eight major areas including aging in the community, outdoor spaces and buildings, housing, transportation, health and wellness, social interaction, volunteerism/civic engagement, and availability of public technology. The survey was mailed to 1000 Sterling households of all ages selected at random.

The results of this survey indicate a relatively high degree of satisfaction with aging in the Town of Sterling while identifying several areas of need. Join us for an in depth look at the survey results and just how these results may provide guidance for future actions and goal setting.

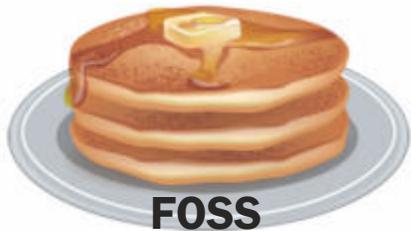
### **Get up and EXERCISE!! Starting in September . . .**

**Zumba with Amy has been rescheduled to Thursday mornings at 8am!**

**Chair Pilates with Jennifer has been rescheduled to Tuesday mornings at 8am!**

Thanks to the instructors and participants of Zumba and Chair Pilates for working with us to maximize the utilization of the Sterling Senior Center. The most consistent exercisers are those who make it a habit. Morning workouts make sure that the workout happens before the events of the day thwart the best-laid plans!

**You should have received your new Medicare Card in the mail by the end of August. If you don't receive it by September 14th, call Social Security to check on the status of your new card.**



**FOSS**

**Pancake Breakfast**

Friday September 28th

\$3 suggested donation

Celebrity Server: John Kilcoyne, Selectman

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

No reservations needed.

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Please see Nickole

**Saturday Community Lunches at  
the First Church  
will resume in October!**

**Wachusett Food Pantry**

Friday, September 14th 9-11 am Saturday, September 15th 9-11 am

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



**JOIN MARY LAJOIE "On the Road Again" 978-827-4882 for Information & Reservations**

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

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**Sun Nov 11**, Ivoryton Playhouse, "The Queens of the Golden Mask," \$129.00pp

*(seats available -Bus 2)*

**Sat. Dec.8**, Christmas Stocking Stuffer & Bright Nights (New Trip), \$105.00pp

After lunch, a stop at Richardson's Chocolates and then on to the Springfield's Forest Park for the Bright Nights 2 mile tour. *(Over half Full)*

**2019**

**Sun Mar 10**, Cabin Fever Tour: Brunch, Chocolates & Wines, in NH, \$99.00pp *(over 2/3 full)*

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## SPECIAL REPORT

by Neuroscientist Dr. Keith Darrow



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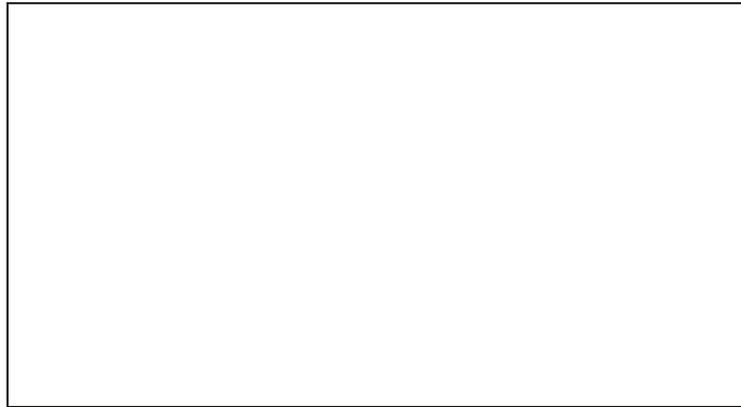
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Printing and Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs

## **Mixed Media by Denis Coughlin Artist's Reception**

**Thursday Sept 6th, 6-8 pm**

Denis, a nationally acclaimed song writer, has been performing in the Boston - Central Mass area for over twenty years. After selling his business in 2013, he took up his brushes and started a life-long desire to paint. Shortly after joining the Princeton Arts Society in 2014, he began to grow his art delving into oil, watercolor, and acrylics. Working with the area's finest artists he has developed a style and technique that closely resembles his penchant for story telling as a song writer. There are at least a thousand words with each piece he produces.

Come see the characters and experience the stories of each of his works. The paintings will be on display September and October.

