

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

September 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

Apple Fest & Bake Off

Wednesday

September 25th @ 11:30am

Presentation by Joanne DiNardo,
President of Sholan Farms Board of Directors
Special Guest: Johnny Appleseed

Luncheon Menu
Caramel Apple Pork Chops
served with sweet potato & broccoli.
Dessert: Apple Bake Off (details inside!)

Take Home Apples provided by Sholan Farms
Reservations Required
\$3 suggested donation



Our thanks to Sholan Farms for their generous weekly donation of apples throughout this autumn.

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

Peter Watson



61 Redstone Hill, Sterling, MA
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➤ Reach the Senior Market

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CONTACT

Susanne Carpenter to place an ad today!

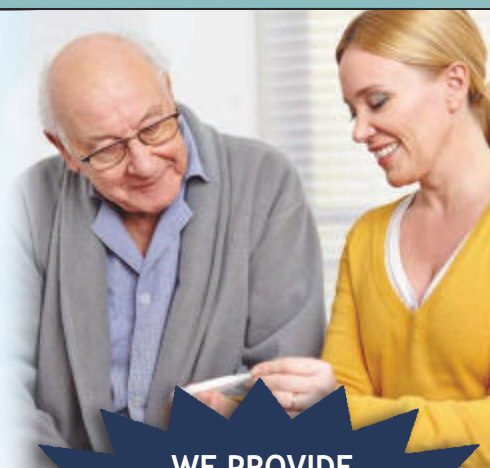
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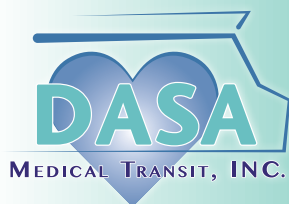
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Sterling Council on Aging, Sterling

06-5262

Armchair Thursday Sept 19th at 3:30pm

Join host Steve Doxsey
for a virtual trip to Kenya

From the sandy beaches of Mombasa through the bush country to Mt Kilimanjaro, and over the "Mountains of the Moon" in Uganda, home to 600 pound gorillas. From his two years' study in Kenya, Steve will share anecdotes, treasures and photographs of the mammals, birds, reptiles and human imposters that inhabit this wide variety of ecological niches.



Dull Men's Club returns!

Tuesday, September 10th at 9:00 am

Captain Scott Amati will be speaking to the Dull Men's Club regarding the function of the Massachusetts Environmental Police. Captain Amati holds a Bachelor's Degree in Wildlife Biology and has an extensive career in conservation law enforcement.



Advanced Photography Workshop

September 16th
1:00-3:00pm

Mondays

Further your ability to take more interesting photos through the use of new camera techniques and photo enhancement software. Small group environment with emphasis on individual learning.

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

Computer Help Sessions Resume
Tuesdays from 12 - 3 pm
starting September 10th

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

SPECIAL EVENTS

Sep 2	CLOSED	Labor Day
Sep 5	6:00-8:00 pm	Artist's Reception: Victoria Smith, Town of Sterling Treasurer
Sep 7	All Day	Sterling Fair: Senior Shots; 3pm Ukelele Club; 4pm Skillettes,
Sep 18	6:00 pm	Evening Barbecue (Last of the Year!)
Sep 25	11:30 am	Apple Fest and Apple Dessert Bake Off
Sep 26	3:30 pm	A Date with Music: Folk songs with Toly

JUST FOR FUN

Sep 7	6:30 pm	Saturday Night Pitch sponsored by the Grange
Sep 13	12:00 pm	September Birthday Cake sponsored by Sterling Village
Sep 27	7:30-9 am	Pancake Breakfast sponsored by FOSS

ONGOING PROGRAMS

Sep 3	9:30 am	SHINE by appointment
Sep 5	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Sep 5	1:30-2:15 pm	Beginners Ukulele Lessons \$3 (weekly on Thursdays)
Sep 5	2:30 pm	Ukulele Club \$5 (weekly on Thursdays)
Sep 6	8-12 Noon	Veterans Services Office (weekly on Fridays)
Sep 6,27	1:00pm	History Club
Sep 10	9:00 am	Dull Men's Club
Sep 16	1:00 pm	Advanced Photography (weekly on Mondays)
Sep 18	12:30pm	Book Club: "Need to Know" by Karen Cleveland

WELLNESS PROGRAMS

Sep 4	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Sep 5	10-12 Noon	BP Clinic sponsored by the Sterling EMS
Sep 5	2:00 pm	Going Steady (weekly on Thursdays)
Sep 10	9:30-11:30am	Elder Wellness Clinic sponsored by VNA Cares
Sep 12	9:00 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Sep 13	1:00 pm	Senior Strong (weekly on Fridays)
Sep 16	10:30 am	MSNME Support Group (monthly 3rd Monday)
Sep 16	6:00pm	Meditation sponsored by the Conant Library (weekly, Mondays)
Sep 25	3:30 pm	Parkinson's Support Group
Sep 26	9:00 AM	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Sep 30	9:30-11 am	Caregivers Connect (at Clinton Senior Center)



Friday, September 27th 7:30 - 9:00

Celebrity Server: Theresa Blanchard, Leominster Credit Union

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

\$3 suggested donation.

Open to all. No reservations.



Increase

- **Strength**
- **Flexibility**
- **Balance**

Fridays 1-2 pm September 13th – November 1st

Registration Required - Limited class size!

\$25 deposit refunded upon meeting attendance requirements.

Sponsored by the Friends of the Sterling Seniors, Sterling Council on Aging and the Sterling Senior Center. Call 978-422-3032 for more information.

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.

ESPECIALLY FOR VOLUNTEERS

LUNCH AND LEARN

Kitchen Volunteers
September 11th 12:30-1:30pm

Front Desk and Others
September 20th 12:30-1:30pm

Staff, volunteers, and instructors are invited to enjoy lunch and time with other volunteers while we attend a refresher course on our respective positions. A lot has changed at the Senior Center over the past couple of years, so let's update our knowledge and review the important policies and procedures. Sign up at front desk and let us know allergies and food preferences so that we may plan accordingly.

Friendly Visitors wanted to brighten the day of a homebound Sterling senior. Meals on Wheels and Food Pantry drivers wanted—regular, temporary and relief. Opportunities always available for regular and ad-hoc shifts in the kitchen! Call 978-422-3032 for more information.

SEPTEMBER ACTIVITY CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>Labor Day</div> <div>Closed</div>	<div>3</div> <div>8:00 Chair Pilates</div> <div>9:30 Line Dancing</div> <div>9:30 SHINE by appt.</div> <div>9:30 Open coloring</div> <div>11:30 Chicken & Waffle</div> <div>12:30 Game Day</div>	<div>4</div> <div>9:30 Gentle Chair Yoga</div> <div>10:00 Walking Club</div> <div>11:30 Orange Pork Chops</div> <div>12:30 Van shopping trip</div> <div>12:30 Rummikub</div> <div>1:00 Wii Bowling</div> <div>4:00 Pickleball</div>	<div>5</div> <div>8:00 Zumba</div> <div>9:00 Strengthen Yoga</div> <div>10:00 BP Clinic</div> <div>11:30 Cheese Pizza</div> <div>12:30 Acrylic Painting</div> <div>1:30 Beginner Uke</div> <div>2:00 Mahjong</div> <div>2:00 Going Steady</div> <div>2:30 Ukulele Club</div> <div>6:00 Artist Reception</div>	<div>6</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>1:00 History Club</div> <div>Closed 2:00 pm</div>
<div>9</div> <div>8:30 Tai Chi</div> <div>10:00 Oriol Fitness</div> <div>11:30 Cheese Steak sub & French Onion Soup</div> <div>1:00 BINGO</div> <div>4:00 Pickleball</div>	<div>10</div> <div>8:00 Chair Pilates</div> <div>10:00 Dull Men's Club</div> <div>9:30 Line Dancing</div> <div>9:30 Open coloring</div> <div>9:30 Elder Well Clinic</div> <div>11:30 Mac & Tuna Salad</div> <div>12:30 Game Day</div>	<div>11</div> <div>9:30 Gentle Chair Yoga</div> <div>10:00 Walking Club</div> <div>11:30 Lasagna & Chicken Meatballs</div> <div>12:30 Lunch and Learn</div> <div>12:30 Van shopping trip</div> <div>12:30 Rummikub</div> <div>1:00 Wii Bowling</div> <div>4:00 Pickleball</div>	<div>12</div> <div>9:00 Strengthen Yoga</div> <div>9:00 Foot Clinic</div> <div>11:30 Ratatouille Chicken Soup</div> <div>12:15 Acrylic Painting</div> <div>1:30 Beginner Uke</div> <div>2:00 Mahjong</div> <div>2:00 Going Steady</div> <div>2:30 Ukulele Club</div>	<div>13</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>12:00 Birthday Cake</div> <div>1:00 Senior Strong</div> <div>Closed 2:00 pm</div>
<div>16</div> <div>8:30 Tai Chi</div> <div>10:00 Oriol Fitness</div> <div>10:30 MSNME</div> <div>11:30 Cinnamon Raisin French Toast Casserole</div> <div>1:00 BINGO</div> <div>1:00 Advanced Photo</div>	<div>17</div> <div>8:00 Chair Pilates</div> <div>9:30 Line dancing</div> <div>9:30 Open coloring</div> <div>11:30 General Tso's Chicken</div> <div>12:30 Game day</div>	<div>18</div> <div>9:30 Gentle Chair Yoga</div> <div>10:00 Walking Club</div> <div>11:30 Barbecue</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>19</div> <div>8:00 Zumba</div> <div>9:00 Strengthen Yoga</div> <div>11:30 Spinach Chicken Parmesan</div> <div>12:30 Acrylic Painting</div> <div>1:30 Beginner Uke</div> <div>2:00 Mahjong</div> <div>2:00 Going Steady</div>	<div>20</div> <div>8:00 VSO Hours</div> <div>9:30 Knitting and Crocheting</div> <div>9:30 Pilates</div> <div>11:30 Smorgasbord Meatballs</div> <div>12:30 Lunch and</div>

<p>1:00 Advanced Photo</p> <p>4:00 Pickleball</p> <p>6:00 Meditation</p>	<p>23</p> <p>8:30 Tai Chi</p> <p>10:00 Oriol Fitness</p> <p>11:30 Chicken Pot Pie</p> <p>1:00 BINGO</p> <p>1:00 Advanced Photo</p> <p>4:00 Pickleball</p> <p>6:00 Meditation</p>	<p>24</p> <p>8:00 Chair Pilates</p> <p>9:30 Line dancing</p> <p>9:30 Open Coloring</p> <p>11:30 Shepherd's Pie</p> <p>12:30 Game Day</p>	<p>25</p> <p>9:30 Chair yoga</p> <p>10:00 Walking Club</p> <p>11:30 Apple Fest and Dessert Bake off</p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>12:30 Book Club</p> <p>1:00 Wii Bowling</p> <p>3:30 Parkinsons Support</p> <p>4:00 Pickleball</p>	<p>26</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>9:00 Foot Clinic</p> <p>10:15 Diabetes Prog</p> <p>11:30 Smorgasbord</p> <p>12:30 Acrylic Painting</p> <p>1:30 Beginner Uke</p> <p>2:00 Going Steady</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p> <p>3:30 Date with Music</p>	<p>27</p> <p>7:30-9:00 Pancake Breakfast Sponsored By FOSS</p> <p>8:00 VSO Hours</p> <p>9:30 Pilates</p> <p>1:00 Senior Strong</p> <p>1:00 History Club</p> <p>Closed 2:00 pm</p>	<p>Learn</p> <p>1:00 Senior Strong</p> <p>Closed 2:00 pm</p>
<p>8:30 Tai Chi</p> <p>9:30 Connect in Clinton</p> <p>10:00 Oriol Fitness</p> <p>11:30 Beef Stew</p> <p>1:00 BINGO</p> <p>1:00 Advanced Photo</p> <p>4:00 Pickleball</p> <p>6:00 Meditation</p>				<p>Van Shopping Wednesdays @12:30</p> <p>9-4 Walmart-Leom.</p> <p>9-11 Whitmey Field</p> <p>9-18 Walmart-W.B.</p> <p>9-25 Target</p>	<p>Coffee served all day every 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>	





Wachusett Area MSNME support group

September 16th, 2019 10:30—11:30 and 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. Feel free to call Donna for more information at 978-660-4744.

Caregivers Connect



Next Meeting:
Monday, September 30th
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

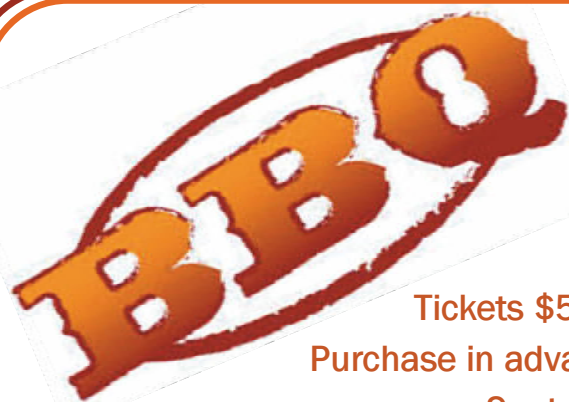
- * fall prevention
- * balance and strength
- * rising safely from a chair
- * rising safely from the floor
- * correct walking stride



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

The Parkinson's Support Group
Meets Wednesday
September 25th at 3:30 pm

FOOD AND NUTRITION



Tickets \$5
Purchase in advance by
noon on Sept 16th

Last Barbecue of the Year

September 18th @ 6:00pm

Barbecue Chicken
Salad Grilled Vegetables
Oven Roasted Potatoes
Strawberry Yogurt Pie

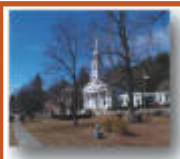
Wachusett Food Pantry



Seniors

Friday September 20th 9-11 am
All

Saturday September 21st 9-11am
Call Nickole at Senior Center for assistance.

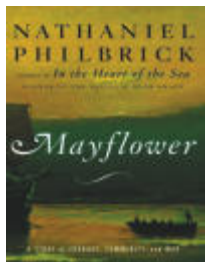


Community Lunch at First Church

September 7th at noon

Cheese & Crackers,
pulled pork, cole slaw & ice cream
Transportation available 978 422 3032

History Club



Friday September 6th & 27th @ 1pm

Mayflower: A Story of Courage, Community, and War by Nathaniel Philbrick
Join the discussion with Denis Coughlin.

Exploring the first fifty-five years of the Pilgrims' life in the New World, Philbrick particularly focuses on the social and economic relationships between the English and their Native American neighbors.

Friday October 11th & 25th

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

A Date with Music with Toly

September 26th @ 3:30 pm



A self-taught singer-songwriter from Lancaster, Toly started playing guitar and writing songs at the age of 12 and learned the ukulele at age 22. He has played in several rock bands, including Rhyme and Reason. His influences include The Beatles, Simon and Garfunkel, as well as modern folk artists like Iron and Wine, and Passenger.

Toly is a church musician at the First Church in Sterling.

Thank you to Toly for recently playing with our own Ukelele Club—his guidance and experience brought out a wonderful performance.

Calling new Pen Pals

It's time to start writing!

We need double the pen pals
this year.

Contact Nickole if interested.

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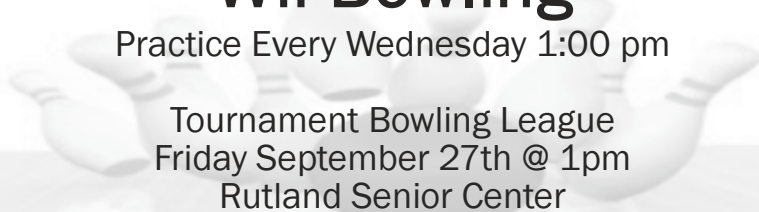
Contact Clare for information

978-422-3032

Wii Bowling

Practice Every Wednesday 1:00 pm

Tournament Bowling League
Friday September 27th @ 1pm
Rutland Senior Center



Senior Shots All Day



Join us at the Sterling Fair!

Saturday September 7th

3pm

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

4pm

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



Apple Dessert Bake Off Wednesday September 25th

Contestants must pre-register with name and name of dessert.

The recipe must be provided by 10 am at the absolute latest, printed on one side of paper, and must be displayed with your dessert. Copies of your recipe will be available for distribution. Please, no secret ingredients as we need to be mindful of food allergies.

Desserts must be delivered prior to 11 am

Judges will be awarding prizes. (Keep in mind our judges have been known to be bribed in the past!!) Good luck and have fun!

HAPPY TRAVELERS

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

Sun, Sep. 8	Mystery Tour. Join us on another mystery tour. Includes buffet lunch and more.	\$130 pp
Sat, Sep. 17	Kennebunkport Cruise with lunch at the Colony Hotel and more. Full with wait list.	\$119 pp
Sat. Oct. 12	Newfane, VT, Heritage Festival & lunch Grafton Inn FULL	\$99 pp
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 (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
Sun. Dec. 8	Something Old & Something New	\$114 pp
Sat, Mar. 14	Boston Flower Show with lunch at Maggiano's	\$109 pp
Sun, Apr. 26	Matilda the Musical at Stoneham Theater with lunch at the Chateau Restaurant	\$133 pp

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

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

Artist Reception

Victoria Smith, Photographer

Thursday, September 5th 6 - 8 pm

The unexpected gift of a professional camera and the new vision of the world through a lens, capturing the limitless colors, landscapes and profiles, opened Victoria's eyes to a whole new world of discovery.

Inspired by nature's beauty on hikes with her dog, Cinders, or on motorbike rides with her husband, this is where Victoria best captures moments in time and the images that reflect her thoughts and rewarding times of life.

Join us in celebrating the artistry of our own local photographer.

