

Sterling Council on Aging

March 2017



St Patty's Day Celebration

Thursday March 16th

11:30 Corned Beef Dinner \$3 Donation

12:30 Irish-American Step Dancers

The performance includes a variety of Irish dances including Jigs, Reels, Trebles and more. Guaranteed to get your toe tapping!

RSVP by calling us at 978 422 3032

Newcomers Welcome Lunch

Wednesday March 22nd at 11:30

So, you haven't been to the Senior Center in a while if ever! Perhaps you need a ride. Perhaps you will need a little assistance when you get here. This lunch is for you.

You will be greeted and assisted by one of our volunteers. You will meet other newcomers and our regulars, too! Stay a bit.

We would like to get to know you.

Call 978 422 3032 for reservations. \$3 meal donation

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Sterling Senior Center PO Box 243

36 Muddy Pond Rd 978 422 3032

Director: Veronica Buckley

Outreach Coordinator: Nickole Boardman

Drivers: Pam Dell, Lou Massa, Denis Coughlin,

Robert Protano, Gloria Rugg

Meal Site Manager: Melissa Cassata

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

Hours: Mon—Wed 8-4; Thurs 8—8; Fri 8—12:30

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Senior Spotlight by Maureen Cranson

John Perry doesn't 'make the donuts' but he does break out at the wee hours to 'pack the Meals on Wheels' for our Sterling Seniors! John started as a van driver about 11 years ago. He gave up that job and moved into the kitchen. Every morning John opens the doors, makes the coffee and packs nutrition for our home-bound agers.

John, an only child, came to Sterling with his folks at 5 and never left. His family specialized in raising strawberries on their Redstone Hill farm. Picking, packing and carting them off to sell to 'mom & pop' shops in Worcester County was part of the youngster's routine. You can't live on strawberries alone of course, and John & his folks also bought, raised and sold horses back in the day.

His work, when coming of age, found him in the mills in Clinton. His aggressive nature, attention to detail and willingness to learn would have him moving along in the hierarchy of Nypro where 'on the job training' found him in management. After a bit he was again noticed and basically stolen by Dennison.

John and his wife raised their three girls in Sterling...proudly part of our community's basic fabric. He always seems busy with family and grandkids but never too busy to fulfill his commitments to our Senior Center! I should mention that John is also our resident story teller, historian and jokester. A sit down and cup of coffee with John is rarely boring!



I think we have sparked a good conversation in our community regarding the need for socialization and companionship as we age. The importance of these conversations is to move the process from the theoretical to the real life situations that exist in our town. We know social interactions are beneficial in preserving cognition as we age. So, as a senior center, what can we do to encourage social activities? The possibilities are endless from morning coffee, congregate lunches, exercise programs, activities, games, art programs and so on. This is great for some seniors, but not all.

For some, life has brought some challenges. Perhaps retirement or years of caregiving for your spouse has left you out of the loop in the social circles. Perhaps hearing loss has caused you to avoid group activities. Perhaps those young years of playing baseball or softball has left you with arthritic knees and difficulty walking. Whatever may be occurring in your life, we recognize that there are barriers to your participation here; but barriers are not road blocks! So take the first step and call to reserve your seat for our welcome lunch on Wednesday, March 22. We are serving a turkey dinner. How can you say no?

MARCH UPCOMING EVENTS

- Mar 1st 9:30 am** SHINE appointments. Answers to your insurance questions.
- Mar 1st 11:30 am** Home-cooked Soup and Sandwich. \$3 donation. Sign up please.
- Mar 2nd 10 am—12** BP Clinic sponsored by Sterling EMS.
- Mar 3rd 8:30 am** Guided Meditation with Bob Stickles. \$5
- Mar 3rd 6 pm** Artist's Reception for Carleen DeBlois.
- Mar 4th 6:30 pm** Pitch Party sponsored by the Grange. All are welcome!
- Mar 6th 12:30 pm** Special Senior Tour of the Sterling Historical Society Museum.
- Mar 7th 8:30 am** Men's Club.
- Mar 8th 11 am** Free luncheon and retirement info provided by Santander Bank.
- Mar 9th 9 am** Foot Clinic by appt. \$35 to Foot Care Nurse
- Mar 9th 12:30 pm** Free Art Workshop provided by Andrea Driscoll.
- Mar 10th 12:15 pm** Birthday Cake. Celebrate your March birthday with us!
- Mar 14th 9:30—11:30 am** Elder Keep Well Clinic. Medical and prescription questions answered by the VNA nurse. BP checks.
- Mar 15th 11:30 am** Home-cooked American Chop Suey.
- Mar 16th 11:30 am** St Patty's Day Celebration. Corned Beef Dinner (\$3 donation) followed by Irish Step Dancers. Sign up please.
- Mar 16th 6pm** Potluck! Entertainment provided by the Gypsy Moon Dance Company. (Belly Dancing!) Sign up please.
- Mar 17th 8:30 am** Guided Meditation with Bob Stickles. \$5
- Mar 22nd 11:30 am** Newcomers Welcome Lunch. We are serving a turkey dinner. Sign up please
- Mar 23rd 9—2 pm** Foot Clinic by appointment. \$35 to Foot Care Nurse.
- Mar 23rd 12:30 pm** Book Club featuring "The Art Forger."
- Mar 28th 10:30 am** Spring Makeover courtesy of Fallon Navicare.
- Mar 29th 11 am** Sterling Fire Chief David Hurlbut will speak about the Sterling Fire Department and give us some safety recommendations.
- Mar 29th 11:30 am** Home-cooked Chicken Alfredo. Sign up please. \$3 donation.
- Mar 31st 7:30—9:30 am** Pancake Breakfast sponsored by FOSS. Plain and surprise pancakes, sausage or spiral ham, scrambled eggs, fruit cup, juices, coffee. \$3 per plate. All ages welcome.
- Mar 31st 12:30 pm** Friday Flicks at the West Boylston Cinema.

Santander Bank's Luncheon

March 8th 11 am

Learn how to spend your money wisely in your retirement years and be treated to a free lunch courtesy of the Sterling branch!

Sign up at the front desk.

Sterling Fire Chief David Hurlbut

March 29th 11 am

Meet the Fire Chief and learn about the Sterling Fire Department and all they do for the community. Senior Safety issues will be addressed. Bring your questions!

Home-cooked lunch to follow.

Guided Meditation to provide second session!!

1st and 3rd Fridays at 8:30 am

\$5

Meditation is a tool, a useful device to make friends with the chatter, let it go and quiet your mind. This program is suitable for beginners and those experienced with meditation. Drop ins welcome!

Knit & Crochet Club has Returned!

Welcoming all novices and those experienced with knitting needles and crochet hooks to join us on Fridays from 9:30—11:30. Let's have some laughs and help each other out with what to do with those dropped stitches and uneven borders!

Historical Tour

We all know that Mary Had a Little Lamb originated in Sterling, but did you know that we are the home of Butterick patterns?

On Monday, March 6th join us for a special senior tour of the Sterling Historical Society Museum off Maple St. Van rides provided for \$1 or meet us there at 12:30pm.

Learn about our history!

Veteran Services

Officer

Rick Voutour

Explains Benefits

at the

Senior Center



On February 8th, our VSO provided a pre-lunch information session on veteran's benefits, including Aid and Attendance, VA Healthcare, Ch 115 State Veteran's benefits and burial benefits. To find out how these programs may apply to you as a veteran, spouse or widow of a veteran, drop in to the Sterling Senior Center.

The VSO hours in Sterling are Mondays from 9:30—1:30 and Fridays from 8-12.


Participate in our Survey!

**Please return to the Senior Center
Prior to April 1st.**

Your response is anonymous.

Once we gather all the surveys, we will be posting the results in future issues.

MARCH Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 - 4:00 Coffee /snacks</p> <p>8:30 Tai Chi</p> <p>9:30 Peer writing</p> <p>10:00 Exercise</p> <p>11:30 Beef & Lentil Chili</p> <p>12:30 Zumba</p> <p>1:00 BINGO \$1 a card</p>		<p style="text-align: right;">1</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:00 Computer class</p> <p>9:30 Gentle Chair Yoga</p> <p>9:30 SHINE Apts</p> <p>11:30 Soup and Sand</p> <p>12:30 Van shopping trip to Target Plaza</p> <p>1:00 Wii Bowling</p>	<p style="text-align: right;">2</p> <p>8:00 - 8:00 Coffee/snacks</p> <p>9:00 Strengthening Yoga</p> <p>10:00 BP Clinic</p> <p>11:30 Chicken Jambalaya</p> <p>2:00 Open Coloring</p> <p>2:00 Mahjong</p> <p>2:00 Cribbage</p> <p>7:00 Rec Dept Cribbage</p>	<p style="text-align: right;">3</p> <p>8:00 - 12:30 Coffee/snacks</p> <p>8:00 VSO Hours</p> <p>8:30 Meditation</p> <p>9:30 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>11:30 Baked Pollock</p> <p>CLOSED at 12:30</p>
<p>6</p> <p>8:00 - 4:00 Coffee /snacks</p> <p>8:30 Men's Club</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair pilates</p> <p>11:30 Grilled Chicken</p> <p>12:30 Game day</p>	<p style="text-align: right;">7</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>8:30 Men's Club</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:00 Chair pilates</p> <p>11:30 Grilled Chicken</p> <p>12:30 Game day</p>	<p style="text-align: right;">8</p> <p>8:00 - 4:00 Coffee/snacks</p> <p>9:00 Computer class</p> <p>9:30 Gentle Chair yoga</p> <p>11:30 Free Luncheon</p> <p>12:30 Van shopping trip to Walmart WB</p> <p>1:00 Wii Bowling</p>	<p style="text-align: right;">9</p> <p>8:00 - 8:00 Coffee/snacks</p> <p>9:00 Foot Clinic</p> <p>9:00-Strengthening Yoga</p> <p>11:30 Roast Pork</p> <p>12:30 Art Workshop</p> <p>2:00 Open Coloring</p> <p>2:00 Mahjong</p> <p>2:00 Cribbage</p> <p>5:30 COA Board Meeting</p> <p>7:00 Rec Dept Cribbage</p>	<p style="text-align: right;">10</p> <p>8:00 - 12:30 Coffee/snacks</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and crocheting</p> <p>9:30 Pilates</p> <p>11:30 Lasagna Rolls</p> <p>12:15 Birthday Cake</p> <p>CLOSED at 12:30</p>
<p>13</p> <p>8:00 - 4:00 Coffee</p>	<p style="text-align: right;">14</p> <p>8:00 - 4:00 Coffee/snacks</p>	<p style="text-align: right;">15</p> <p>8:00 - 4:00 Coffee/snacks</p>	<p style="text-align: right;">16</p> <p>8:00 - 8:00 Coffee/snacks</p>	<p style="text-align: right;">17</p> <p>8:00 12:30</p>

<p>/snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Turkey Corn Stew 12:30 Zumba 1:00 BINGO \$1 a card</p>	<p>9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 11:00 Chair pilates 11:30 BBQ Chicken 12:30 Game day</p>	<p>9:00 Computer class 9:30 Gentle Chair yoga 11:30 American Chop Suey 12:30 Van shopping trip to Ocean State Job Lot 1:00 Wii Bowling</p>	<p>9:00 Strengthening Yoga 11:30 Corned Beef Dinner 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage 6:00 Potluck Dinner 7:00 Rec Dept Cribbage</p>
<p>20 8:00 - 4:00 Coffee /snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Chicken Pesto 12:30 Zumba 1:00 BINGO \$1 a card</p>	<p>21 8:00 - 4:00 Coffee/snacks 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Roast Pork 12:30 Game day</p>	<p>22 8:00 - 4:00 Coffee/snacks 9:00 Computer class 9:30 Gentle Chair yoga 11:30 Turkey Dinner 12:30 Van shopping trip to Walmart Leominster 1:00 Wii Bowling</p>	<p>23 8:00 - 8:00 Coffee/snacks 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Chicken Meatball Toriyaki 12:30 Book Club 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage</p>
<p>27 8:00 - 4:00 Coffee /snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Sloppy Joe 12:30 Zumba 1:00 BINGO \$1 a card</p>	<p>28 8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Roast Turkey 12:30 Game day</p>	<p>29 8:00 - 4:00 Coffee/snacks 9:00 Computer class 9:30 Gentle Chair yoga 11:30 Chicken Alfredo 12:30 Van shopping trip to Family Dollar / Dollar Tree 1:00 Wii Bowling</p>	<p>30 8:00 - 8:00 Coffee/snacks 9:00 Strengthening Yoga 11:30 Salisbury Steak 12:30 Art Workshop 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage</p>
<p>Coffee/snacks 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Rainbow Trout CLOSED AT 12:30</p>	<p>24 8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Broccoli Bake CLOSED AT 12:30</p>	<p>31 8:00 - 12:30 Coffee/snacks 7:30 Pancake Bkfst 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates No Lunch Served 12:30 Friday Flicks CLOSED AT 12:30</p>	

Senior Center Donations Needed

We can always use donations of Depends or disposable undergarments and Ensure or other nutrition shakes. Also we need about 5—7 ukuleles! Thank you!

Community Lunch March 4th

You are invited to lunch at First Community Church in Sterling on Saturday March 4th at 12 noon. No cost, No Reservations. Entertainment. All are welcome First Church is at 6 Meetinghouse Hill Road, Sterling. Questions? Call the church office at 978 422 6657

ON THE ROAD AGAIN TRIPS

April 27, 2017– Wrights Chicken Farm—\$58 includes bus, driver’s gratuity, lunch and bingo.
Sept 1st-11th, 2017 - Mt. Rushmore \$949
Call for more information.
Contact: Mary Lajoie 978 827 4882

11th Annual One Book, One Sterling Program

The Art Forger by BA Shapiro is the book the Conant Public Library is encouraging people who live, work in or visit Sterling to read at the same time. Join in book discussions and programs that unite our community in a reading program for all ages.

The book involves the infamous art heist at the Isabella Stewart Gardner Museum in Boston—still the largest unsolved art theft in history. The Boston Globe named it a Globe Best Crime Book for 2012 and Entertainment Weekly praised The Art Forger as “not just emotionally involving, but addictive.”

The book discussion will be held at the Sterling Senior Center on Thursday, March 23rd at 12:30.

THE HAPPY TRAVELERS TRIPS LIST

Contact: Gladys Merrow At: 508-835-4312, cell phone 508-612-5312 Or via e-mail: glady2@verizon.net
Flyers can be picked up at Shrewsbury, Sterling, or WB Senior Center

2017 TRIPS

Mar 17 (Fri) A Mystery Tour to a New England city with 2 attractions & lunch (FULL/waitlist)	\$89.00
Apr 08 (Sat) the Broadway Show “ONCE” at the Palace Theater, Waterbury, CT (seats on the second bus)	\$139.00
Apr. 23 (Sun) Daffodils at Blithewold Mansion & a tour of Linden Place, Beautiful Bristol, R.I.	\$99.00
May 13 (Sat) Albany, N.Y. Tulip Festival, buffet lunch at The Evans Brewing Co.	\$99.00
May 20-24 Williamsburg, VA, Jamestown,VA, Philadelphia,PA and more	\$879.00 PP Double
June 17 (Sat) Tall Ships Parade of Sail, ships with their sail up & Sail Boston Festival (2 buses FULL/waitlist)	\$199.00
July 15 (Sat) Provincetown by fast ferry from Plymouth with dinner on return	\$115.00
Aug. 05 (Sat) Isle of Shoals (New Hampshire) Cruise, lunch at the Warren Lobster House	\$109.00
Oct 8—13 Six days Iceland	\$2269.00 PP Double
Nov / Dec 2 Day New York City with botanical gardens, Radio City and more	TBA

Do not hesitate to get on the wait list. Life changes!

Tour list is subject to change. All day trip pricing includes driver & escort gratuity and cancellation waiver. A \$5.00 cancellation waiver has been added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip. The refund will be minus the cancellation waiver. If you cancel after that date, the refund will only be sent if you or we can fill your seat.

Artist Reception for Carleen DeBlois

Friday March 3rd at 6pm

Artist's statement:

Art is: Color, light and shapes

Art is: Emotional, rewarding and fun

Art is: Enjoying the wonder of God's world and appreciating His Gifts



Those looking for a preview of what the warmer months will bring—seascapes, gardens in bloom and even a few spring chickens—can enjoy an exhibit of more than 30 paintings by Carleen DeBlois of Clinton and Leominster in March and April at the Senior Center.

The Sterling Senior Center will host the reception for Carleen on Friday, March 3rd from 6– 8pm. Meet the artist and enjoy the exhibition with others. You may be surprised to learn that Carleen discovered her delight in painting after her retirement!



Volunteer /Staff Luncheon

Submitted by Kathy Carlin, Volunteer

On Friday, February 3, The Friends of the Senior Center hosted a delicious luncheon for the volunteers and staff of the Senior Center. Director Veronica Buckley schedules quarterly meetings to gather people together for informational updates and discussion. This meeting's theme stressed communication, progress and positive attitudes.

The mission of the Senior Center (stated prominently in this newsletter) was reviewed, and attendees were encouraged to commit it to memory and “make it your own” as we communicate with people in the community. Veronica presented statistical information regarding Senior Center usage. Our “numbers” increased from 196 patrons (for December, 2015-January, 2016) to over 400 patrons (for December, 2016-January, 2017). That is an increase of 100%! Event sign-ins increased 57%.

Staff and volunteers were complimented and thanked for their commitment and hard work at the Sterling Senior Center. Veronica stressed the need to stay positive and enthusiastic in our attitudes and interactions as we continue to identify and meet the challenges of our senior citizens. Katie Cohen, Yoga Instructor, shared important information about the mind-body connection: Positive thinking=Healthy living!

Art for Those that Think They Can't Draw!

Have you ever dreamed of making art but didn't know where to begin? Would you like to have a sense of satisfaction by creating and have fun doing it? If you are intrigued, then come for a free workshop from 12:30—2pm Thursday March 9th.



Local artist, Andrea Driscoll, will show you how to make beautiful art with simple materials and you will have fun while you create! This is not a complicated project and you will be able to finish it in 1 1/2 hours. If you decide that art is fun and relaxing, then join us! Workshops will be held each Thursday from 12:30—2pm from March 23rd through April . . . and possibly on-going. The \$10 weekly fee will cover all materials for each workshop.

Andrea Driscoll is a Sterling resident who lives and breathes everything art related. She is chairman of the Sterling Cultural Council and shows her paintings, drawings and mixed media work locally. A graduate of Lesley College, Cambridge, Andrea also teaches art at the Thomas Prince School in the afterschool enrichment program and during the summers in the Princeton Community Building.

Friday Flicks

March 31st at 12:30pm

Take the van to the West Boylston Cinema for the movie of your choice.

Potluck March 16th 6pm

Bring your favorite appetizer, main dish or dessert to share. Then stay to enjoy the Gypsy Moon Dance Company. Perhaps a little belly dancing lesson?

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.

HOME-COOKED WEDNESDAYS

We serve lunch weekdays at 11:30 am. Every Wednesday we will be preparing our home-cooked favorites. Please make your reservations 24 hours in advance (by 12 noon.) \$3 donation.

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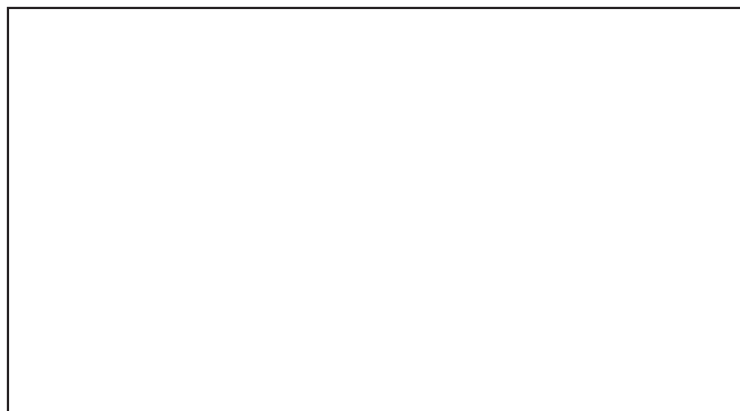


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Printing and mailing of this newsletter made possible in part by a grant from the Executive Office of Elder Affairs.

Inside this edition is a survey. Your thoughtful responses will enable us to design programs, services and activities to meet your needs. After all, this is **your** senior center!



Thank you Clinton Savings Bank for the educational info on scams, the fun game of trivia and the generous luncheon!