

OCTOBER

STERLING COUNCIL ON AGING LIVING OUT OUR STERLING YEARS TOGETHER

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

NEW HAPPENINGS

The Sterling Senior Center welcomes Veronica Buckley as our new Director. Veronica comes to us with extensive experience in the senior community. She is looking forward to expanding on the existing programs at our new Senior Center. Please come meet Veronica when you join us at our Grand Opening Celebration on October 2, 2016 from 1pm-4pm.

COUNCIL ON AGING BOARD MEMBERS

Sharon Bloom- Chair

Barbara Foster- Vice Chair

Liz Pape- Treasurer

Sue Doucette- Secretary

Connie Cleary

Mary Higgins

Debra MacLennan

Charles Madden

Associates:

Kevin Beapre

Bob Bloom

Angela Richards

Senior Center Staff

Director: Veronica Buckley

Outreach Coordinators: Nickole Boardman and Hollie Lucht

Drivers: Pam Dell, Lou Massa, Denis Coughlin,

Robert Protano, Gloria Rugg

Meal Site Manager: Melissa Cassata

COUNCIL ON AGING

36 Muddy Pond Rd PO Box 243

HOURS:

MONDAY - WEDNESDAY 8:00-4:00

THURSDAY 8:00—8:00

FRIDAY 8:00-12:30

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TRIPS & TRAVEL FOR OCTOBER

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 Shrewsbury, Sterling, or WB Senior Center

Make check payable: Happy Travelers, Mail to: 33 Hillside Village Drive, West Boylston MA 01583

Cancellation waiver. If you cancel after that date, refund will only be sent if we can fill your seat.

2016 TRIPS

Dec 11– Stocking Stuffer Tour & Bright Nights Christmas Lights \$99.00

2017 TRIPS

Mar 17– A Mystery Tour to a New England city with 2 attractions & lunch \$89.00

Apr 8– The Broadway show “ONCE” at the Palace Theater, Waterbury CT. Lunch at Curtis House \$139.00

Apr 23– Daffodils at Blitewold Mansion in beautiful Bristol, CT \$99.00

May 13– Albany, NY Tulip Festival \$99.00

Overnight trips are based on two per room—single and triple rates available.

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.

ON THE ROAD AGAIN TRIPS

Nov 10– Newport Playhouse “Last of the Red Hot Lovers” Cost \$88 includes bus, driver’s gratuity, buffet lunch, show and cabaret.

Dec—Reagle Music Theatre- “It’s Christmas Time” \$90 includes show with lunch at the Chateau Restaurant plus bus and driver’s gratuity

Save the dates– April 27, 2017– Wrights Chicken Farm and Bingo for prizes. More info soon.

September 1st-11th, 2017 - Mt. Rushmore. Call for more information.

Contact: Mary Lajoie 978 827 4882 to book

TRANSPORTATION

We provide transportation on our 2 senior vans. The charge is \$1.00 roundtrip in town and \$2.00 roundtrip out of town. There is no charge to come to the Senior Center. Please call at least 48 hours in advance to make a reservation. Available Monday-Friday mornings and Monday, Tuesday, Thursday, and Friday afternoons. Reservations can be made by calling the office at 978-422-3032.

ONGOING EVENTS

Meals

Healthy lunches Monday-Friday. Served at 11:30 a.m. We do the cooking and the cleaning, so you can sit back and enjoy. No one should eat alone. Please make your reservations 24 hours in advance (by 12 noon.) Your \$3.00 donation is appreciated. 978-422-3032



GAME DAY

Tuesdays at 12:15p.m.

Join us for Mexican Train Dominoes, Chicken Foot Dominoes, Scrabble, Uno, Bridge, & more!

Interested in learning to play Bridge? We have someone to teach you! Call us for details!

October Book Club

Walking on Water

by Richard Paul Evans

Come join us for a discussion on this GREAT book. It is the 5th and final book in The Walk series

OCTOBER 27 at 12:30PM

Computer

Questions?

Come have them answered on Wednesdays at 9am. Bring your own device or use one of ours.

BOOKS TO SHARE

The Senior center has books to lend. Large print, mystery, fiction, love stories, and more! Take a book or leave a book for others to read!

HAPPY BIRTHDAY

Do you have a Birthday in October? Come join us for cake after lunch on October 14 at 12:15. Call the day before and make lunch reservations or just come for cake. 978 422 3032

Wii Sterling Wii Bowl on Wednesdays at 1:00pm

Wii Bowling is a computer generated action bowling game that is interactive and FUN for all!

Come join or just watch. No experience necessary.

Practice every Wednesday & travel monthly to compete in tournaments.

Just want to play and not compete? Join us on Tuesdays at 12:30pm

Health & Wellness

Thursday, October 6– Blood Pressure Clinic– 10am-12pm

Thursday, October 20– Elder Keep Well Clinic– 12pm-2pm

OCTOBER UPCOMING EVENTS

- Oct 3**– Tea, Talk & Cookies. 1pm- Senior Financial Safety Talk. Learn how to keep your money safe, phone scams, identity theft, & more. Free giveaways
- Oct 5**– SHINE– Get all your insurance questions answered. Call for an appointment
- Oct 6**– Blood Pressure clinic from 10am-12pm -Come get your blood pressure checked for free. Sponsored by Sterling EMS
- Oct 7**– FREE LUNCHEON– 11am– Come learn what the Worcester County Sheriff’s Office has to offer you. Free giveaways. **RSVP**
- Oct-13**– Pottery Demonstration– 1pm– FREE. Pied Piper Hamelin will give a fast paced pottery demo with emphasis on the West Sterling pottery history.
- Oct 13**– Bridging the Gap talk. 6:30pm- Kristen Diatal will talk about all the activities going on through the Recreation Department this Fall and Winter. Talk sponsored by The Sterling Source.
- Oct 17**– Hand Massages and Aroma Therapy at 1pm– FREE. Come relax and treat yourself. Sponsored by River Terrace
- Oct 20**– Elder Keep Well Clinic from 12pm-2pm– FREE- Have your medical & prescription questions answered by a VNA nurse. Blood Pressure checks.
- Oct 20**– Potluck, Patio and Pit Party!! 6pm-8pm—Bring a dish to share and a friend and come enjoy an evening on the patio next to the fire pit. **RSVP**
- Oct 25**– Apple Pie and Warm Cider Social– 12:15– FREE. Meet and Greet with Ace Medical Services. Come learn what they have to offer.
- Oct 26**– JINGO– 12:15pm– FREE. A Halloween themed BINGO game. PRIZES!!!
- Oct 27**– Book Club– 12:30 –Discussing *Walking on Water* by Richard Paul Evans.
- Oct 28**– Pancake Breakfast from 7:30am-9:30am- \$2 a plate. ALL ages welcome.




No one should eat alone on the Holidays.

This year, the family of Kevin Lowe, would like to cook seniors spending the holiday alone a complete Thanksgiving Dinner on Thanksgiving Day, November 24 at 12pm. Please call the Senior Center and make your reservations. 978 422 3032

October Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8-11:30 Coffee</p> <p>8:30— Tai Chi</p> <p>9:30-Peer writing</p> <p>10:00- Exercise</p> <p>11:30-Honey chicken</p> <p>12:30-Zumba</p> <p>2:00— BINGO</p> <p>\$1 a card</p>	<p>4</p> <p>8-11:30 Coffee/snacks</p> <p>9:30-Line dancing</p> <p>9:30-Open coloring</p> <p>10:00-French class</p> <p>11:00-Chair pilates</p> <p>11:30-Chicken chili</p> <p>12:30—Game day</p>	<p>5</p> <p>8-11:30 Coffee/snacks</p> <p>9:00— Computer class</p> <p>9:30-Gentle Chair yoga</p> <p>11:30-Ham/cheese bake</p> <p>12:30-Van shopping trip</p> <p>1:00- Wii Bowling</p> <p>SHINE— Call for appt.</p>	<p>6</p> <p>8-11:30 Coffee/snacks</p> <p>9:00-Stretching Yoga</p> <p>9:30-Cribbage (drop in)</p> <p>10:00- Adv French class</p> <p>11:30— Pollock</p> <p>2:00-Open Coloring</p> <p>2:00-Mahjong</p> <p>2:30-Cribbage league</p> <p>5:30-Yogalates</p>	<p>7</p> <p>8-11:30 Coffee/snacks</p> <p>9:00-Knitting and crocheting</p> <p>9:30—Pilates</p> <p>10:30-Journaling</p> <p>11:30— Special Lunch</p> <p>CLOSED AT 12:30</p>
<p>10</p> <p>Senior Center closed for Columbus Day</p>	<p>11</p> <p>8-11:30 Coffee/snacks</p> <p>9:30-Line dancing</p> <p>9:30-Open coloring</p> <p>10:00-French class</p> <p>11:00-Chair pilates</p> <p>11:30-Salisbury steak</p> <p>12:30—Game day</p>	<p>12</p> <p>8-11:30 Coffee/snacks</p> <p>9:00— Computer class</p> <p>9:30-Gentle Chair yoga</p> <p>11:30-Salmon boat</p> <p>12:30-Van shopping trip</p> <p>1:00- Wii Bowling</p>	<p>13</p> <p>8-11:30 Coffee/snacks</p> <p>9:00-Stretching Yoga</p> <p>9:30-Cribbage (drop in)</p> <p>10:00- Adv French class</p> <p>11:30—Chicken meatballs</p> <p>2:00-Open Coloring</p> <p>2:00-Mahjong</p> <p>2:30-Cribbage league</p> <p>5:30-Yogalates</p>	<p>14</p> <p>8-11:30 Coffee/snacks</p> <p>9:00-Knitting and crocheting</p> <p>9:30—Pilates</p> <p>10:30-Journaling</p> <p>11:30-Herb chicken</p> <p>CLOSED AT 12:30</p>
<p>17</p> <p>8-11:30 Coffee /snacks</p> <p>8:30— Tai Chi</p> <p>9:30-Peer writing</p> <p>10:00- Exercise</p>	<p>18</p> <p>8-11:30 Coffee/snacks</p> <p>9:30-Line dancing</p> <p>9:30-Open coloring</p> <p>10:00-French class</p> <p>11:00-Chair pilates</p>	<p>19</p> <p>8-11:30 Coffee/snacks</p> <p>9:00— Computer class</p> <p>9:30-Gentle Chair yoga</p> <p>11:30-Turkey al a king</p> <p>12:30-Van shopping trip</p>	<p>20</p> <p>8-11:30 Coffee/snacks</p> <p>9:00-Stretching Yoga</p> <p>9:30-Cribbage (drop in)</p> <p>10:00- Adv French class</p> <p>11:30— Roast pork</p>	<p>21</p> <p>8-11:30 Coffee/snacks</p> <p>9:00-Knitting and crocheting</p> <p>9:30—Pilates</p> <p>10:30-Journaling</p>

<p>11:30-Beef stew 12:30-Zumba 2:00— BINGO \$1 a card</p>	<p>11:30-Hawaiian chicken 12:30—Game day</p>	<p>1:00- Wii Bowling</p>	<p>2:00-Open Coloring 2:00-Mahjong 2:30-Cribbage league 5:30-Yogalates</p>	<p>11:30-Broccoli bake CLOSED AT 12:30</p>
<p>24 8-11:30 Coffee/ snacks 8:30— Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-BBQ chicken 12:30-Zumba 2:00— BINGO \$1 a card</p>	<p>25 8-11:30 Coffee/snacks 9:30-Line dancing 9:30-Open coloring 10:00-French class 11:00-Chair pilates 11:30-Lasagna 12:30—Game day</p>	<p>26 8-11:30 Coffee/snacks 9:00— Computer class 9:30-Gentle Chair yoga 11:30-Lemon chicken 12:30-Van shopping trip 1:00- Wii Bowling</p>	<p>27 8-11:30 Coffee/snacks 9:00-Stretching Yoga 9:30-Cribbage (drop in) 10:00- Adv French class 11:30— Roast beef Au Jus 2:00-Open Coloring 2:00-Mahjong 2:30-Cribbage league 5:30-Yogalates</p>	<p>28 7:30—Pancakes 9:00-Knitting and crocheting 9:30—Pilates 10:30—Journaling NO LUNCH SERVED CLOSED AT 12:30</p>
<p>31 8-11:30-Coffee 8:30— Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-Shepards pie 12:30-Zumba 2:00— BINGO -\$1</p>			<p>Van shopping this month: 5- Walmart- Leominster 12-Whitney Field mall 19-Walmart- West Boylston 26- Ocean State plaza</p>	



Has it been a while since you have exercised? Are you recovering from an injury? Join us at the Sterling Senior Center for our modified exercise classes. Chair Pilates and Gentle Yoga are done in a chair and will help build your core strength and increase your flexibility.

Tai Chi (Mondays) An ancient system of health preservation to increase balance, mood, coordination and bone strength. No experience necessary. \$5 per class. Taught by Joanne Jeneski

Exercise (Mondays) Cardio, core, yoga and balance. Sponsored by Oriel Healthcare— FREE. Taught by Marty French

Line Dancing (Tuesdays) A choreographed repeated sequence of steps in which a group of people dance in one or more lines or rows. No experience necessary. \$2 per class. Taught by Carol Butler

Zumba (Mondays) There is no wrong way to Zumba! Have fun with friends as you learn Latin and international rhythms that will keep you moving. No experience necessary \$5 per class. Taught by Amy LeBlanc

Gentle Chair yoga (Wednesdays) Seated Yoga for stretching and breathing. Enhance your well being. \$5 per class. Taught by Katie Cohen.

Strengthening Yoga- (Thursdays) Classic yoga for strength and balance. Experience graceful aging. Taught by Katie Cohen. \$5 per class

Pilates (Fridays) Mostly floor exercise to engage core strength and balance. Taught by Jennifer Davidson. \$5 per class

Chair Pilates-(Tuesday) Adapts floor exercises to a chair for those who have a difficult time on the floor. Taught by Jennifer Davidson \$5 per class

Yogalates- (Thursdays night) Core strength of Pilates with flexibility of Yoga. Taught by Jennifer Davidson. \$5 per class

French Class (Tuesday/Thursday) It is never to late to learn the basics of a new language. Beginner and advanced French taught by Norman Plourde. This is an 8-week class. Free

Knitting/Crocheting (Friday) If you like to knit and/or crochet, come join us. We will be choosing a charity to donate to. Yarn donations are greatly appreciated. FREE

Open coloring (Tuesday/Thursday) Adult coloring is a great way to relieve stress and be creative. We have supplies or bring your own. Bring a friend. Free

Journaling to Tell Your Life Story (Friday) Learn how to organize your thoughts on paper. Learn how to keep track of memories. \$5.00 a class. Taught by Lex Thomas.

Peer Writer's Group—(Monday) Do you write? Bring something you have written for a friendly constructive peer review and discussion. Open to all levels. Free.

Mahjong— (Thursday) Chinese Dominos. Do you play Mahjong or want to learn to play? Join us for a great game.

News from SHINE October 2016



**The Medicare Open Enrollment begins on
October 15th and ends on December 7th**

Don't Wait Until It's Too Late! Make a SHINE Appointment Soon!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage plans, they can also drop providers from their plan, It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK **BEFORE** YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED.

MEDICARE UPDATE MEETINGS

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check our website www.shinema.org for a list of our local meetings.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. **Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636)**

STERLING SENIOR CENTER SHINE APPOINTMENT

**OCTOBER 5, 2016 - Call to book your appointment
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PEN PAL PROGRAM

We're looking for Pen Pal's to pair up with students from Mrs. Miller's 4th grade class at Houghton School in Sterling. We ask that once a month you write

(type) a short letter to a student about something that interests you or just something you want to share. It's an exciting program for both the seniors and the children. If you're interested in becoming a Pen Pal, please call Nickole at the Senior Center - 978-422-3032.

BEAN BAG MAKERS—DO YOU SEW?

The Houghton school is looking for a few seniors that can sew. They need square bean bags made. Instructions and materials will be supplied. If you are able to help, please contact Nickole at the Senior Center 978 422 3032

AREA FOOD PANTRIES:

Wachusett Food Pantry: 978-563-1064 (distribution Friday before 3rd Saturday of the month)

WHEAT(Clinton):508-370-4943 (Food pantry -Tuesday,Wednesday, Thursday from 10am-1pm)

St. Richard's: 978-422-8881 (Food pantry- Mondays and Thursdays 10am-1pm)

Are you homebound or unable to drive or carry items? Did you know our Outreach Team can deliver items from the Food Pantries to you?

Call Hollie or Nickole to schedule your pick up. 978 422 3032

LOCAL EMERGENCY NUMBERS:

Police and Fire—911 for emergencies

Police non-emergency—978-422-7331

Fire non-emergency—978-422-8107

Light Department—978-422-8267

DPW—978-422-6767

Senior perks: Rose, Kathy and Donna at Attitudes Salon in Sterling will give a 20% discount for perms if they book an appointment and show their MySeniorCenter card. Call her at 978-422-6382 for complete details.

Being a caregiver, while very rewarding, can be isolating. The Senior Center is looking to start a calling circle. Getting out of the house can be difficult at times. This calling circle would be caregivers calling caregivers to check in and give verbal support. Someone who is going through similar circumstances understands. We hope that this will help support those of you who feel all alone and overwhelmed at times. If you are interested, call Nickole at 978-422-3032.

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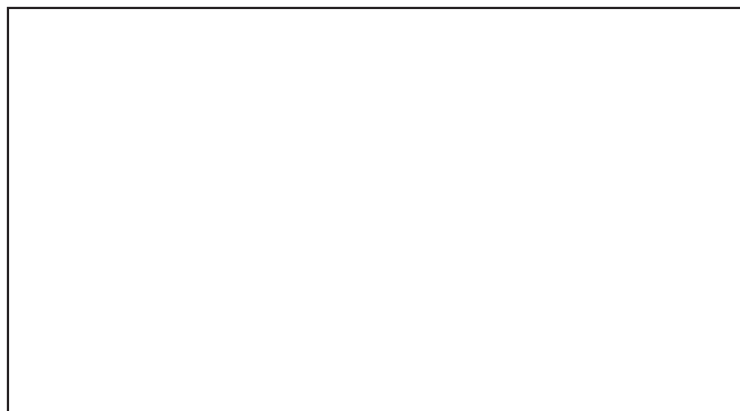


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Do you need to borrow a walker, cane, crutches, commode or other medical equipment? The Senior Center has some equipment to loan out. We will also take equipment you are no longer using. Call us at 978-422-3032 to see what



**VOLUNTEERS
NEEDED**

We are still looking for volunteers to help out in the kitchen for the morning and lunch shifts. Morning shift is from 7:30-8:30, and lunch is from 11:00 to 1:30. Please contact Liz Pape - 978 422 8301. Help us make your Senior Center a success.