

# 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.

### Message From the Director

### 36 Muddy Pond Road

April 2016

On Monday, April 4, we will be open in the new Senior Center. Come on down and check us out. We have a lot of new programs starting. Be sure to sign up.

COA (Council on Aging)

Thursday: 8—8

Friday: 8—12:30

Office: 978-422-3032

Rides: 978-422-3032

Fax: 978-422-9916

- \* Senior Center Staff
- Director:
  Karen Phillips
- Outreach Aide:
  Nickole Boardmar
- \* Drivers: Pam Dell, Lou Massa, Joan Seymour, Denis Coughlin, Gloria Rugg
- \* Meal Site Manager:

We will be giving tours of the center during the week from 10—12 noon. While you are more than welcome to walk around on your own, the tours will give you some history and information.

What a long, strange trip it has been to get to the opening of the new Senior Center. There are too many people to thank. To everyone who has volunteered time, money, energy, thoughts, etc., we thank you. It definitely took a village to get this built. We are very thankful to the residents for supporting the seniors. Thanks! Thanks! Thanks!

Karen



## **Upcoming Events**

S	Monday, April 4—Opening				
ide:	Wednesday, April 6—SHINE counselor				
rdman	Thursday, April 7—Blood Pressure clinic with the EMTs at 10 AM				
n Dell, Joan enis oria	Thursday, April 7—Movie at 1 PM				
	Thursday, April 14—Meditation & Aromatherapy at 1 PM				
	Monday, April 18—Senior Center closed				
	Thursday, April 21—May baskets at 12:30				
	Thursday, April 21— Elder Keep Well clinic at 12 noon				
lanager:	Thursday, April 28—Book club at 12:30 PM				
	Friday, April 29—Pancakes at 7:30 AM				

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#### Special Events for April

Monday, April 4-Open at the new Senior Center.

Wednesday, April 6—SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, April 7—Blood Pressure Clinic by the Sterling Fire Dept/EMTs from 10—12 noon

Thursday, April 7—Movie at 1 PM.

Thursday, April 14—Meditation & Aromatherapy by Michelle Jones from River Terrace at 1 PM. Everyone is stressed these days. Learn how meditation is good for your soul.

Monday, April 18-Senior Center closed for Patriots' Day

Thursday, April 21—May Baskets with Tara from Navicare at 12:30 PM. Come and join us as we make May baskets. Sign up by calling the Senior Center at 978-422-3032 by Tuesday the 19th.

Thursday, April 21—Elder Keep Well Clinic at 12 noon. Come and see a nurse in the new, private room.

Thursday, April 28—Book Club at 12:30 PM. This month's selection is The Road to Grace by Richard Paul Evans.

Friday, April 29—Pancake breakfast by FOSS. 7:30—9:30 AM. \$2.00 a plate for pancakes, sausage, fruit cup, tea breads, coffee, and juice.



Come and play pool! The Senior Center has had 1 pool table for many years. Many people have enjoyed using it but wished for more opportunities to play. Your prayers have been answered. At the new center, our current pool table will be accompanied by a new table, graciously donated by Leominster Credit Union through the efforts of the Friends of the



Sterling Seniors. The pool tables will be usable during regular Senior Center hours. You can come and practice your trick shots, play a solo game, or play with a friend or two. Now that we have 2 tables, we have the ability to join the Senior Pool League, playing against other Senior Centers. Dust off your cue stick, or use one of ours! We look forward to having

you come on down!

April Book Club—The Road to Grace by Richard Paul Evans. This is the third book in the series. What do you do when you lose everything? This book explores the will to go on in the face of extreme adversity.

Yoga Classes with Katie to help you live and move more gracefully through the years! Leave your troubles at the door and treat yourself and your body to the gentle stretching and strengthening, breathing, and movement that will keep your mind and body happy and healthy! Join us for Chair Yoga on Wednesdays at 9:30 AM and Yoga on Thursdays at 9 AM.

#### **Ongoing Events**





**Game Day** on Tuesdays at 12:15 PM. Join us for Mexican Train dominoes, chicken foot dominoes, scrabble, bridge, or other games. Fun for all.



**Meals**—We serve a healthy lunch Monday to Friday at 11:30 AM. We do the cooking and the dishes, so you can come to the Senior Center and enjoy. No one should eat alone all the time. Please make your reservations 24 hours in advance (by 12 noon). Your \$3.00 donation is appreciated. Call the meal site at 978-422-8022. Books, books, and more books! The Senior Center has books to lend. Large print, mystery, fiction, and love stories. We have it all. Come on down and take a book or two. Keeping your mind

active is important, too!



Wii Sterling, Wii Bowl on Wednesdays at 12:30 PM. Join our wonderful bowling league. No experience necessary. They practice every Wednesday and travel monthly to compete in tournaments with other Senior Centers.



**Computer class** on Wednesdays at 9 AM—come and have your computer questions answered. Bring your own device or use one of ours.





**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. The van is available Monday through Friday mornings and Monday, Tuesday, Thursday, and Friday afternoons. Reservations can be made by calling the office at 978-422-3032.

#### News from SHINE April 2016

#### ARE YOU TURNING 65 WITH A HEALTH CONNECTOR PLAN

People with Health Connector coverage nearing Medicare eligibility face many obligations – to enroll in Medicare in a timely way, to notify their Connector plan about their Medicare eligibility, and to cancel their Connector plan. Despite these responsibilities, people with Connector plans receive **no notice about their Medicare eligibility** unless they are auto-enrolled in Medicare because they receive Social Security cash benefits. In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible.

These notification gaps put people in the Health Connector who are nearing Medicare eligibility at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, disruptions in access to needed care, **tax penalties and recovery, by the IRS resulting from the loss of premium tax credits** and delayed Medicare enrollment. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility, and cancel their Connector plan. As always feel free to contact your local SHINE Regional Office at 1-800-243-4636 #3 if you have any questions.

#### "SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

<u>CENTRAL MASS SHINE WEBSITE</u>—The Central Mass Region has recently launched its website. You can visit us on the web at <u>www.shinema.org</u>. Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

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), then press or say 3. Once you get the SHINE answering machine,leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

Living Memorial Honor Sterling COA./Senior Center 1 Park Street, Sterling, MA 01564 I am enclosing \$ In honor/memory of Donor's name	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.
Address	<u> </u>

#### Information



#### New programming—

We have a lot of new programs which will be starting in April, once we are settled into the new Senior Center. Here is a listing of the new programs. Please call the Senior Center at 978-422-3032 to sign up for the new classes.

**Beginner's French Class**—Norman Plourde will be teaching this class on Tuesdays and Thursdays from 11—12 noon, starting April 5th. This is an 8week class. Free

**Knitting/Crocheting**—If you like to knit and/or crochet, come and join us on Friday mornings from 9—11 AM. We will be choosing a charity. Yarn donations are greatly appreciated.



On Tuesdays and Thursdays from 2—4, come and explore your creative side. Free

**Open coloring**—Adult coloring is a great way to relive stress and be creative.

**Do you like to play cards**? Join us on Monday afternoons at 1 PM for Pitch and Poker and Wednesday afternoons at 1 for Cribbage.

**Chair pilates**—In addition to our chair yoga class, we are now offering a chair pilates class on Tuesday mornings at 11 AM. You would be surprised what you can do in a chair! \$5.00 a class. Jennifer Davidson will be teaching this class.

**Yogalates**—Come and join us for a combined Yoga/pilates class. This class is an 8 week class for \$80. The class will meet on Thursday evenings from 6-7 PM. Jennifer Davidson will be teaching this class.

**Journaling to Tell Your Life Story**—Learn how to organize your thoughts on paper. Learn how to keep track of memories. Lex Thomas will be leading this class. \$5.00 a class.

**Art Studio: Try it Out!** - Get creative and try your hand at a different art technique each week in a friendly, relaxed atmosphere. All supplies are included. No experience needed. Suzanne Hauerstein will be leading this class. \$50 for a 5 week class.





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





#### The Happy Travelers, bus trips for the over 50 traveler

Do not hesitate to reserve a seat ASAP on any of these trips, then follow up with the deposit. This will hold your seat until final payment is due.

May 14/15 —2 day New York with 9/11 Memorial & Museum and the Statue of Liberty @\$349.00 pp

May 22—Mount Auburn Sunday brunch and Kennedy Library @ 105.00 pp

Jun 25—Crane Estate, Essex and Ispwich with lunch & a boat ride @ \$115.00

July 10—Boston Pops at Tanglewood with Seth MacFarlane with Sunday Brunch @ \$139.00

Jul 30—Plymouth Whale Watching, lunch at the Hearth & Kettle @ \$99.00 pp

Aug 20-Portland Maine via Amtrak, lunch at Hearth & Kettle @ \$99.00 pp

Sep 11-14 —4 day Niagara Falls Canada @ \$579.00 double

Oct 1-Friesians of Majesty and lunch, Vermont @ \$99.00 pp

Pick up flyers at the senior center. Call Gladys Merrow at 508-835-4312 with any questions and to sign up or email at **glady2@verizon.net** 

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Elder Services of Worcester Area, Inc. invites you to the Rainbow Lunch Club at the Unitarian Universalist Church, 90 Holden Street, Worcester. Now held on the 2nd and 4th Wednesday of every month at noon: social hour follows. Reservations required: 508-756-1545 x 404. Hosted for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, Questioning and Allies) Elder Community, 60 and older.

> If you have an email address and would like to get updates, send an email to kphillips@sterling-ma.gov.

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

#### On the Road Again with Mary Lajoie Call 978-827-4882 for reservations

April 14—Newport Playhouse, dinner theater and lunch buffet @ \$88.00 pp



May 29—June 5—Nashville Show Trip @ \$899.00 double

June 22—Trip to Nubble Lighthouse, lunch at Foster's, and Hampton sandcastles @ \$77.00 pp

#### Area Food Pantries:

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

WHEAT (Clinton): 508-370-4943 (food pantry Tues, Wed, Thurs from 10—1)

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Billiards every day while the center is open.			1 8-11:30 Coffee and 9:30—Pilates 11:30— macaroni and cheese
4 8-11:30 Coffee and 10—Exercise 11:30— pork 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	5 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— chicken 12:30—Game day 2—Open coloring	6 8-11:30 Coffee and 9—Computer class 9:30—SHINE 9:30—Chair yoga 11:30—ham & cheese bake 12:30—Wii 1 Christmas Tree Shop 1– Cribbage	7 8-11:30 Coffee and 9—Yoga 10—EMT BP clinic 11—French class 11:30—chicken divan 1—Movie 2—Open Coloring 6—Yogalates	8 8-11:30 Coffee and 9:30—Pilates 11:30— meatloaf
11 8-11:30 Coffee and 10—Exercise 11:30— chicken kiel- basa 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	12 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— penne & meat sauce 12:30—Game day 2—Open coloring	13 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30— chicken 12:30—Wii 1 Walmart WB 1– Cribbage	14 8-11:30 Coffee and 9—Yoga 11—French class 11:30— turkey 2—Open Coloring 6—Yogalates	15 8-11:30 Coffee and 9:30—Pilates 11:30— breaded pollack
18 Senior Center closed for Patriots' Day	19 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— chicken 12:30—Game day 2—Open coloring	20 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30—roast beef 12:30—Wii 1 Target 1– Cribbage	21 8-11:30 Coffee and 9—Yoga 11—French class 11:30— broccoli bake 12—Elder Keep Well 2—Open Coloring 6—Yogalates	22 8-11:30 Coffee and 9:30—Pilates 11:30— Swedish meat- balls
25 8-11:30 Coffee and 10—Exercise 11:30— salmon 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	26 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— beef patty 12:30—Game day 2—Open coloring	27 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30—chicken parm 12:30—Wii 1 Walmart Leom 1– Cribbage	28 8-11:30 Coffee and 9—Yoga 11—French class 11:30—Shepherd's pie 12:30—Book club 2—Open Coloring 6—Yogalates	29 7:30—Pancakes 9:30—Pilates

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> Phone: 978-422-3032 Fax: 978-422-9916

E-mail: kphillips@sterling-ma.gov nboardman@sterlingma.gov 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.

Did you get sand from us this Winter? If yes, we would like to pick up your sand bucket in order to reuse them next year. If possible, leave them outside and someone will come and pick them up. If you have any questions, call the Senior Center at 978-422-3032. Do you need to borrow a walker or other medical equipment? The Senior Center has some equipment to loan out. Call us at 978-422-3032 to see what equipment is available.

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