

March 2016

Butterick Building 1 Park Street

COA (Council on Aging)
Mon—Thurs: 8:30—2:30
Friday: 8:30—12 noon
Office: 978-422-3032
Rides: 978-422-3032
Meals: 978-422-8022
Fax: 978-422-9916

- * Senior Center Staff
- Director:
 Karen Phillips
- Outreach Aide:
 Nickole Boardman
- * Drivers: Pam Dell, Lou Massa, Joan Seymour, Gloria Rugg
- Meal Site Manager:
 Sandra Jacala

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

This is the month of the big move. Since we do not have a date as of the printing of this newsletter, please watch the papers and cable for the exact date. This is such an exciting time. We are excited to raise the bar on programs and activities. We have done a lot at the Butterick Building. We cannot wait to showcase more opportunities at the new center. We are always interested in new ideas and suggestions. Please let us know if you have a program that you would like to see or would like to offer.

I would like to wish everyone a Happy St. Patrick's Day. With an Irish grandmother, March 17th was a major event in my childhood. Everyone is Irish on St. Patrick's Day. We are having 2 Irish-themed programs this month. If you get a chance, come on down and join us.

Dust off your green hat and celebrate with friends.



Karen



Daylight Savings Time begins on Sunday, March 13. Don't forget to turn your clocks AHEAD one hour!

Upcoming Events

Tuesday, March 1—State Primaries Thursday, March 3—Movie at 1 PM Thursday, March 9—SHINE counselor Sunday, March 13—Taste of Sterling from 4—6:30 PM Monday, March 14—Glenshane Irish Duo entertainment at 1 PM Wednesday, March 16—Irish Step Dancers at 12:30 PM Thursday, March 17—Elder Keep Well clinic at 12 noon Thursday, March 24—Book club at 12:30 PM Friday, March 25—Pancake Breakfast from 7:30—9:30 AM

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Special Events for March

Tuesday, March 1—State Primaries. You have seen the ads. It is time to get out and make your vote count. If you need a ride to the polls, the van will be available in the afternoon.

Thursday, March 3-Movie at 1 PM.

Wednesday, March 9—SHINE counselor will be here to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Sunday, March 13—FOSS is having their annual Taste of Sterling from 4-6:30 PM at the Sterling National Country Club. More information will be available.

Monday, March 14—Glenshane Irish Folk Duo at 1 PM. Come and join us for an early St. Patrick's Day party. Jean and John Nesbitt are back for a return performance of Irish songs and stories. Refreshments will be served after the performance. Wear your green and join the fun with us.

Wednesday, March 16—Irish Step Dancers at 12:30 PM. Celebrate Irish dance and culture with a variety of Irish dances to traditional and modern Irish music. This should be an amazing performance. Come and get your Irish on!

Thursday, March 17-Elder Keep Well Clinic at 12 noon.

Thursday, March 24—Book club at 12:30 PM. This month's selection is The Art of Hearing Heartbeats by Jan-Philipp Sendker.

Friday, March 25—Pancake Breakfast from 7:30—9:30 AM. Join FOSS for their monthly breakfast. \$2.00 gets you pancakes, sausage, fruit cup, tea bread, juice, and coffee. All are welcome.



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!

March Book Club—The Art of Heating Heartbeats by Jan-Philipp Sendker. Does anyone really know their father? This story starts with a woman's father disappearing. She decides to search through his past and uncovers a tale of perseverance, love, and loss. This is a beautiful story that will re-ignite your belief that true love exists.

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.

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News from SHINE March 2016

Prescription Drug Costs too High?

Look into the Extra Help program from the Social Security Administration! You may be eligible to apply for Extra Help in meeting prescription drug costs...and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An Extra Help application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011/month	\$27,250

Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

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.

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



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.

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.

Apr 10—Ivoryton Playhouse featuring On the Road with John Denver @ \$115.00 pp

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**

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

March 30—Mystery trip

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



May 21-May 29—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)

March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30—chicken white bean chili 12:15—Game day	2 9—Computer class 9:30—Chair yoga 11:30— hot dog 12:30—Wii 1—Van shopping trip to Walmart (Leom)	3 9—Yoga 11:30— roast pork 1—Movie	4 9:30—Pilates 11:30— lasagna rolls
7 10—Exercise 11:30— teriyaki chicken	8 11:30— turkey and gravy 12:15—Game day	9 9—Computer class 9:30—Chair yoga 11:30—Cacciatore chicken 12:30—Wii 1—Van shopping trip to Dollar Tree/Family Dollar	10 9—Yoga 11:30— meatloaf and gravy	11 9:30—Pilates 11:30—breaded pol- lock Sunday, March 13— Taste of Sterling
14 10—Exercise 11:30—chicken breast with Florentine sauce 1—Glenshane Irish Duo	15 11:30—BBQ pork sandwich 12:15—Game day	16 9—Computer class 9:30 —Chair yoga 11:30— chicken and rice bake 12:30—Irish Step Dancers 1—Van shopping trip to Walmart (WB)	17 9—Yoga 11:30— SPECIAL: corned beef hash 12—Elder Keep Well clinic	18 9:30—Pilates 11:30— broccoli bake
21 10—Exercise 11:30— beef patty with mushroom sauce	22 11:30— chicken meat- balls and penne 12:15—Game day	23 9—Computer class 9:30 —Chair yoga 11:30— beef stew 12:30—Wii 1—Van shopping trip to Mall at Whitney Field	24 9—Yoga 11:30— chicken with supreme sauce 12:30—Book club	25 7:30—Pancakes 9:30—Pilates
28 10—Exercise 11:30— chicken a la king	29 11:30—Salisbury steak with gravy 12:15—Game day	30 9—Computer class 9:30—Chair yoga 11:30—turkey 12:30—Wii 1—Van shopping trip to Walmart (Leom)	31 9—Yoga 11:30—grilled chicken with red pepper pesto	

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