



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.

May 2016

36 Muddy Pond Road

COA (Council on Aging)

Mon—Wed 8—4

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 Boardman

* **Drivers: Pam Dell,**

Lou Massa, Denis

Coughlin, Robert

Protano, Gloria Rugg

* **Meal Site Manager:**

Melissa Cassata

Message From the Director

Thank you all for your patience with the moving process. It has been a long road, but it will be worth it!

May is Older Americans month. This year's theme is "Blaze a Trail", emphasizing the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages. This coincides perfectly with the opening of the Senior Center. Come and reinvent yourself with all of the new programs.

Here are some interesting facts about Older Americans Month:

- 10,000 Americans turn 65 each day, and this year the first baby boomers will turn 70
- By the year 2033, the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

Enjoy life! Hope to see you at the new center.

Karen

If you would like a tour of the new building, they will be available from 10-12 during the week.

Upcoming Events

May 5—Blood Pressures by EMS at 10 AM

May 5—Scarf Tying at 1 PM

May 6—Safety talk and pizza at 11 AM

May 11—SHINE

May 12—Mushroom talk at 1 PM

May 18—Healthy Lifestyles talk at 1 PM

May 19—Elder Keep Well Clinic at 12 noon

May 30—Closed for Memorial Day

May 31—Trinity Big Band at 1 PM

Special Events for May

Monday, May 2—Open at new Senior Center (take 2!)

Monday, May 2—Annual Town Meeting at 6:30 PM.

Thursday, May 5—Scarf Tying class with tea and cookies at 1 PM. Do you know how to tie all of those decorative scarves in your drawer? Bring a scarf. Come and learn. Have a fun afternoon with us. Please register by Monday, May 2 by calling the Senior Center at 978-422-3032.

Friday, May 6— Safety talk by Ray Gouley, sponsored by the Sterling Municipal Light Department. The talk begins at 11 AM. Pizza will be served after the program. You must attend the program in order to get pizza. Reservations required by calling the Senior Center at 978-422-3032 by Wednesday, May 4 at 2 PM.

Monday, May 9—Annual Town Elections. If you need a ride to the polls, call the Senior Center at 978-422-3032.

Wednesday, May 11—SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, May 12—Mushrooms of the Northeast talk by John Root at 1 PM. There are many different types of mushrooms around us. This talk should be fascinating. Refreshments will be served after the talk.

Wednesday, May 18—Healthy Lifestyles by Sharon Nolli from Summit ElderCare at 1 PM. Everyone needs to pay attention to improving their health. This is a great place to start.

Monday, May 30—Senior Center closed for Memorial Day.

Tuesday, May 31—Trinity Big Band Concert at 1 PM. Join us for a wonderful musical experience. Refreshments will be served.

May Book Club—Night Road by Kristin Hannah. Senior year in high school is the best for the student and the craziest for the mom. Read about when the worst happens and how they all learn to cope.

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!

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

Stay active at the Senior Center:

- Mondays at 10—Exercise class, free, sponsored by Oriol Healthcare
- Wednesdays at 9:30—Chair Yoga, \$5.00 a class
- Thursdays at 9—Yoga, \$5.00 a class
- Fridays at 9:30—Pilates, \$5.00 a class



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.



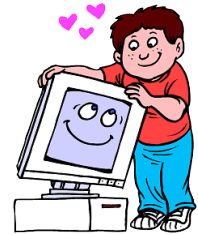
Meals—We serve a healthy lunch Monday to Friday at 11:30 AM. We do the cooking and the dishes, so you can come to the Senior Center and enjoy. No one should eat alone all the time. Please make your reservations 24 hours in advance (by 12 noon). Your \$3.00 donation is appreciated. Call the meal site 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!

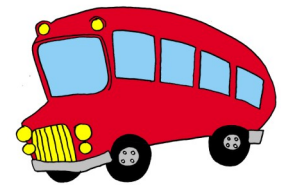


Wii Sterling, Wii Bowl on Wednesdays at 12:30 PM. Join our wonderful bowling league. No experience necessary. They practice every Wednesday and travel monthly to compete in tournaments with other Senior Centers.



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

Journaling Class on Fridays at 10:30 AM. Have you always wanted to write down your thoughts and learn how to organize them? This is the class for you! No experience necessary.



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 May 2016

Need Help with the Cost of your Prescription Medications?

Prescription Advantage can help!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on income only and there is no asset limit!

Who Can Join?

If you are a Massachusetts residents, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple
- Or
- Under 65 years and disabled, with an annual income at or less than \$22,335 for a single person or \$30,118 for a married couple.
- You may also join if you are 65 or older and not eligible for Medicare. There is no income limit.
- There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO then press or say 2. You may also apply online by going to www.prescriptionadvantagemma.org.

Trained SHINE 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 then press or say 3. Once you get the SHINE voice mail, leave your name and number. A volunteer will call you back. You can also visit us on the internet at shinema.org.

Central Mass SHINE Website: You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. We also have a link to our very informative cable TV program Medicare and More.

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. This is an 8-week 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.

Open coloring—Adult coloring is a great way to relive stress and be creative. On Tuesdays and Thursdays from 2—4, come and explore your creative side. Free



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.



Line Dancing—Come and have some fun! Line dancing is a great way to add movement and exercise to your day in a fun way. \$2.00 a class. Join us and bring a friend!



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• 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.
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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 22—Mount Auburn Sunday brunch and Kennedy Library @ \$105.00 pp

Jun 25—Crane Estate, Essex and Ipswich 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 @ \$110.00 pp

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

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

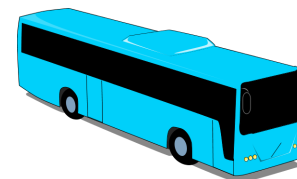
In 2017 we are going to Paris. If interested come to the Shrewsbury Senior Center on Wed., June 22 at 2:30 PM for an informational talk.

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.

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

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



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

Area Food Pantries:

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

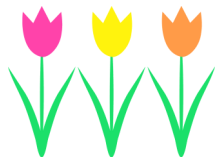
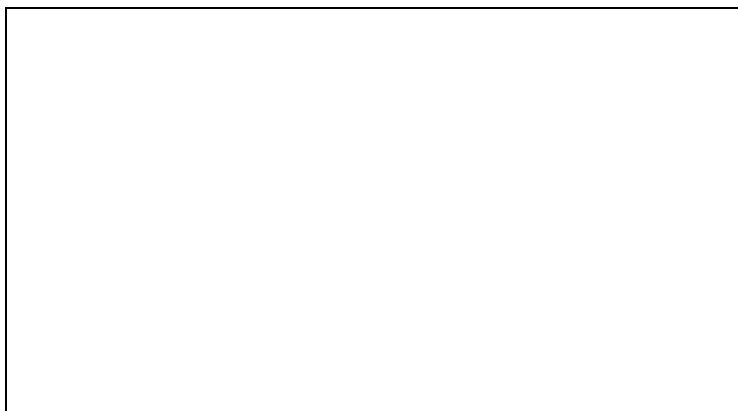
WHEAT (Clinton): 508-370-4943 (food pantry Tues, Wed, Thurs from 10—1)

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 8-11:30 Coffee and 10—Exercise 11:30— penne & meat sauce 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	3 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— chicken breast 12:30—Game day 2—Open coloring	4 8-11:30 Coffee and 9—Computer class 9:30—SHINE 9:30—Chair yoga 11:30—sweet & sour chicken 12:30—Wii 1— Cribbage	5 8-11:30 Coffee and 9—Yoga 10—EMT BP clinic 11—French class 11:30—pork 1—Movie 2—Open Coloring 6—Yogalates	6 8-11:30 Coffee and 9:30—Pilates 11—Safety Talk fol- lowed by Pizza (sign up required)
9 8-11:30 Coffee and 10—Exercise 11:30— chicken breast 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	10 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— chicken special 12:30—Game day 2—Open coloring	11 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30— Pollock filet 12:30—Wii 1— Cribbage	12 8-11:30 Coffee and 9—Yoga 11—French class 11:30— roast beef 2—Open Coloring 6—Yogalates	13 8-11:30 Coffee and 9:30—Pilates 10:30—Journaling 11:30— broccoli bake
16 8-11:30 Coffee and 10—Exercise 11:30— BBQ beef patty 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	17 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	18 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30—ham 12:30—Wii 1— Cribbage	19 8-11:30 Coffee and 9—Yoga 11—French class 11:30— chicken meat- balls 12—Elder Keep Well 2—Open Coloring 6—Yogalates	20 8-11:30 Coffee and 9:30—Pilates 10:30—Journaling 11:30— beef cabbage casserole
23 8-11:30 Coffee and 10—Exercise 11:30— chicken 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	24 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— chef salad 12:30—Game day 2—Open coloring	25 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30—hot dog 12:30—Wii 1— Cribbage	26 8-11:30 Coffee and 9—Yoga 11—French class 11:30—trout 12:30—Book club 2—Open Coloring 6—Yogalates	27 7:30—Pancakes 9:30—Pilates 10:30—Journaling
30 Senior Center closed for Memorial Day	31 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— mac and cheese 12:30—Game day 2—Open coloring		Van shopping this month: 4—K-Mart 11—Walmart in West Boylston 18—Ocean State Job Lot 25—Walmart in Leom- inster	

Sterling Council on Aging
PO Box 243
Sterling, MA 01564-0243

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Sterling COA
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PO Box 243
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Phone:
978-422-3032
Fax:
978-422-9916

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

Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.