

The Sturbridge Ageless Connection May/June 2024 Bi-Monthly Newsletter



Our bi-monthly newsletter can be found on-line and at Cornerstone Bank, Southbridge Credit Union, Micknuck's, Town Hall, and the Joshua Hyde Library. If you would like it emailed, please contact us.

A note from our team....

Looking forward to warmer days. We are beyond excited by the progress at the Center. We have created a link on the town website, www.sturbridge.gov/council-aging/slideshows/senior-center-building-progress-photos. Enjoy



FEATURED EVENTS in MAY & JUNE

Sign up starting May 1st

YOU MAY BE ELIGIBLE

Senior/Veterans Property Tax
Work Off Program begins **July 1st.**

First come basis, limited spots.

**PROGRAM BENEFITS UP TO
\$500.00 off your property taxes
per person.**

Call the Center for Full Details.



Mother's Day Dinner & Craft with the Daisies Troop

**Tuesday, May 7th
Lasagna dinner 4:30
Craft 5:00-5:45**

**Open to Sturbridge Seniors
Space is Limited
Sign up by May 2**



Home Fire Safety Risk Assessment

The Sturbridge Fire Department wants to take a more personalized approach to home fire safety including:

- ♦ Smoke Alarm & Carbon Monoxide Alarm Inspection: Battery Replacement or Alarm Installation
- ♦ Fire Extinguisher Installation and Use
- ♦ Creation of an Emergency Escape Plan
- ♦ Access to the "Are You OK" Program

This program is available to any Sturbridge Resident, aged 65 – 200, or residents with mobility challenges. The visit is scheduled in advance and will last between 30 minutes to 1 hour. We are happy to answer any questions.

***To schedule a visit, please contact Lt. Jennifer Ashe at 508-347-2525 Ext. 317.**



Memorial Day Celebration on The Common

**Thursday, May
23rd at 12:00 pm**

**Music by Duane
Carlson**

**Bring a Chair
Enjoy a Hot Dog, Chips
and Cookie**

Wear your Red, White & Blue



Friends
50/50
Raffle



Escape the Pike comes to the Senior Center

Join in the fun to
solve the challenges

May 29th 11:00 –12:00

Space is Limited — Sign up begins May 1st
Must sign up by May 22nd

Lunch and



Thursday, June 13th

Lunch served at 12:00 pm

**Broccoli & cheese quiche, salad, & dessert
\$5.00**

Fee:

Trivia begins at 12:30 pm

Four rounds, with 10 questions per round -
a different theme for each round

Prizes !! No fee to play, open to all !



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • New items in Red • Cancellations in Purple • Changes in Green 		1 8:30 Aerobics 9:45 Aerobics 11:00 Grief Support <i>(Town Hall)</i> 12:30 Movie Matinee 1:00 Pitch	2 8:30 Tai Chi 9:45 Arthritic Class 10:45 Cardio Funk 12:30 9 Card Golf 1:00 Dominoes	3 8:30 Aerobics 9:45 Aerobics
6 9:00 Chair Yoga 10:30 Floor Yoga 1:00 Dominoes 1:00 Mah Jong	7 9:00 Zumba 10:00 Knitting 10:30 Corn hole 1:00 Gin & Satch 1:00—3:30 Cribbage 4:30 Mother's Day Dinner with Craft	8 8:30 Aerobics 9:45 Aerobics 1:00 Pitch 2:00 Painting	9 8:30 Tai Chi 9:45 Arthritic Class 10:45 Cardio Funk 12:30 9 Card Golf 1:00 Dominoes 1:00 S.A.L.T	10 8:30 Aerobics 9:45 Aerobics
13 9:00 Chair Yoga 10:30 Floor Yoga 1:00 Dominoes 1:00 Mah Jong	14 9:00 Zumba 10:00 Knitting 10:00 COA Board MTG. 10:30 Corn hole 1:00 Gin & Satch 1:00 Cribbage	15 8:30 Aerobics 9:45 Aerobics 12:30 FRIENDS Mtg 1:00 Pitch	16 8:30 Tai Chi 9:45 Arthritic Class 10:45 Cardio Funk 11:00 Veterans Social 12:30 9 Card Golf 1:00 Dominoes	17 8:30 Aerobics 9:45 Aerobics 12:00 Lunch Date Self Pay @ Kaizen
20 8:30 Brisk walk 9:00 Chair Yoga 10:30 Floor Yoga 1:00 Dominoes 1:00 Mah Jong	21 9:00 Zumba 10:00 Knitting 10:30 Corn hole 1:00 Cribbage 1:00 Gin & Satch 4:30 Dinner & a Movie	22 8:30 Aerobics 9:45 Aerobics 1:00 Pitch	23 NO Cardio 8:30 Tai Chi 9:45 Arthritic Class Join us on the Common at Noon: Memorial Day Celebration	24 8:30 Aerobics 9:45 Aerobics
27  Center is Closed	28 NO Knitting/ Cornhole 9:00 Zumba 10:00 BINGO 1:00 Cribbage 1:00 Gin & Satch 4:30 Ted Talk	29 8:30 Aerobics 9:45 Aerobics 11:00 Escape the Pike 12:30 Film App. 1:00 Pitch	30 8:30 Tai Chi 9:45 Arthritic Class 10:45 Cardio Funk 12:30 9 Card Golf 1:00 Dominoes	31 8:30 Aerobics 9:45 Aerobics

Sponsored by The Friends of the Seniors

Movie Matinee

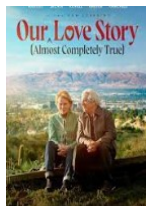
Wednesday, May 1st @ 12:30 PM

Our (almost completely true) Love Story

2021 R 1 hr 36 min

Mariette Hartley, Jerry Sroka

When a beautiful, tall, aging Hollywood star and a short, funny Jewish man try online dating, it's a disaster. But when they randomly meet at a bird store, he is immediately smitten, but she not so much. As he pursues the woman of his dreams, his charm, sense of humor, and multiple impressions win her over in their heartwarming (almost completely true) love story.



**Please sign up a week ahead of time.
Limited Space.**



**Tuesday, May 7th @ 4:30 —Special
Mother's Day Dinner/Craft with Lasagna, rolls
& Dessert**

Sturbridge residents only—Our Treat - Limited Space

May 23rd— NOON No fee

Memorial Day on the Common

Enjoy a Hot Dog, a bag of Chips & a cookie

**LUNCH
DATE**

Friday, May 17th: Kaizen @ 12:00

Call the center a week in advance if you plan on attending, so we can make reservations.

Self-pay date

Film Appreciation: Film and Discussion

Led by Dr. Carol Mitchell

Wednesday, May 29th @ 12:30 PM

Local Hero

1983 PG 1 hr 51 min

Peter Riegert, Burt Lancaster

"A small film to treasure, a loving, funny understated portrait of a small Scottish town and its encounter with a giant oil company" (Roger Ebert)

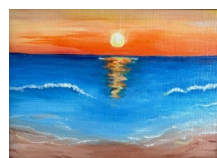


Painting with Lisa

Wednesday May 8th

2:00 to 3:30

All levels of painters invited



Residents No Fee / Non-residents \$5.00

Space limited to 15—Register by May 6th

Dinner & a Movie

May 21st: Maestro

2023 R 2 hrs 9 min

Carey Mulligan, Bradley Cooper

This love story chronicles the lifelong relationship of conductor-composer Leonard Bernstein and actress Felicia Montealegre Cohn Bernstein.



Dinner served at 4:30 pm

**2 slices of pizza with salad and
dessert \$5.00**

Movie begins at 5:00 pm

Register by May 16th



**S.A.L.T. /Senior Safe Seniors and Law
Enforcement Together / Fire Safety**

Thursday, May 9th at 1:00 pm

May Topics:

Marc French from Product Security Group (Security & Privacy Consulting) will be our special guest speaking on virtual kidnapping scam.

**Fire Safety—Working Smoke/Carbon Monoxide
Alarms and Escape Planning for Senior Adults.**



**Veterans' Monthly
Coffee Social**

Thursday, May 16th, 11:00 am

Every 3rd Thursday of each month

All Veterans are invited for coffee,
pastry and conversation



TED TALK: Tuesday, May 28th @ 4:30

**The Secret to Living Longer may be Your
Social Life: by Susan Pinker**

This monthly lecture offers a different topic that encourages thought and dialogue. These are powerful ideas presented by remarkable people.



**Last BINGO called by the
Tantatasqua Students**



Join us on

Tuesday, May 28th

10:00-11:00





Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Floor Yoga 10:00 Chair Yoga 1:00 Dominoes 1:00 Mah Jong	4 9:00 Zumba 10:00 Knitting 10:30 Corn hole 1:00 Cribbage 1:00 Gin & Satch Chat	5 8:30 Aerobics 9:45 Aerobics 11:00 Grief Support <i>(Town Hall)</i> 1:00 Pitch	6 8:30 Tai Chi 9:45 Arthritic Class 10:45 Cardio Funk 12:30 Dominoes 1:00 9 Card Golf	7 8:30 Aerobics 9:45 Aerobics
10 8:30 Floor Yoga 10:00 Chair Yoga 1:00 Dominoes 1:00 Mah Jong	11 NO Cribbage / Gin & Satch 9:00 Zumba 10:00 Knitting 10:00 COA Board MTG. 10:15-11:15 Cornhole 12:00 Father's Day Lunch 1:00 Movie	12 8:30 Aerobics 9:45 Aerobics 1:00 Pitch 2:00 Card Craft	13 8:30 Tai Chi 9:45 Arthritic Class 10:45 Cardio Funk 12:00 Lunch 12:30 Trivia & prizes 2:00 9 Card Golf 2:00 Dominoes	14 8:30 Aerobics 9:45 Aerobics
17 8:30 Floor Yoga 10:00 Chair Yoga 1:00 Dominoes 1:00 Mah Jong	18 9:00 Zumba 10:00 Knitting 10:30 Corn hole 1:00 Gin & Satch Chat 1:00 Cribbage 4:30 Dinner & a Movie	19  Center is Closed	 20 8:30 Tai Chi 9:45 Arthritic Class 11:00 Vet's Social 10:45 Cardio Funk 12:30 Friends Annual 2:00 Dominoes 2:00 9 Card Golf	21 8:30 Aerobics 9:45 Aerobics 12:00 Lunch Date Self Pay @ The Duck at Avellino's
24 8:30 Floor Yoga 10:00 Chair Yoga 1:00 Dominoes 1:00 Mah Jong	25 NO Knitting / Cornhole 9:00 Zumba 10:00 NEW BINGO 1:00 Gin & Satch Chat 1:00 Cribbage 4:30 Ted Talk	26 8:30 Aerobics 9:45 Aerobics 12:30 Film App. 1:00 Pitch	27 8:30 Tai Chi 9:45 Arthritic Class 10:45 Cardio Funk 12:30 9 Card Golf 1:00 Dominoes	28 8:30 Aerobics 9:45 Aerobics Happy 100th Birthday - Virginia J.

Sponsored by The Friends of the Seniors
Movie Matinee

Tuesday, June 11th @ 1:00 pm

Oppenheimer

Cillian Murphy, Emily Blunt

2023 R 3 hours

A dramatization of the life story of Oppenheimer, the physicist who had a large hand in the development of the atomic bomb, thus helping end World War 2.



Film Appreciation: Film and Discussion

Led by Dr. Carol Mitchell

Wednesday, June 26th @ 12:30

The Age of Innocence

Daniel Day Lewis, Michelle Pfeiffer

1993 PG 2 hr 18 min

Directed by Martin Scorsese, this romantic and beautiful film set in 1870s New York's Gilded Age is based on Edith Wharton's poignant novel.



Dinner & a Movie

June 18th: A Haunting in Venice

2023 PG-13 1 hr 43 min

Kenneth Branagh, Michelle Yeoh



In post-World War II Venice, Poirot, now retired and living in his own exile, reluctantly attends a seance. But when one of the guests is murdered, it is up to the former detective to once again uncover the killer.

Dinner served at 4:30 pm

2 slices of pizza with salad and dessert \$5.00

Movie begins at 5:00 pm



NEW BINGO!

Tuesday, June 25th @ 10:00 am

\$1 per card / 2 card limit

**1 Quarter per game—quarter pot prize
for each game**

Coverall cash prize



TED TALK: Tuesday, June 25th @ 4:30

**Grief and Love in the Animal Kingdom:
by Barbara J. King**



This monthly lecture offers a different topic that encourages thought and dialogue. These are powerful ideas presented by remarkable people.



**Please sign up and pay a week ahead
of time. Limited Space**



Thursday, June 13th @ Noon

Broccoli & cheese quiche, salad & dessert

Fee: \$5.00

**Tuesday, June 11th @ Noon —Father's Day
Luncheon**

Pasta & meat sauce with a roll & dessert

Sturbridge Resident Fathers Only— Our Treat

LUNCH DATE **Friday, June 21st: The Duck**
(at Avellino's) @ 12:00 Self-pay date

Call the center a week in advance if you plan on attending, so we can make reservations.



Veteran's Monthly Coffee Social

Thursday, June 20th @ 11:00 am

New 9:45-10:45 Wed & Fri in July & August

Jen is offering Interval Training

What is an interval? Alternating 6 different, short exercises with brief rest periods, and then 1 minute of active recovery at the end of each interval. Exercises can be a range of low to high level, based on your fitness level.

**July-Aug Fitness
Class Schedule**

Mon

8:30 Floor Yoga

10:00 Chair Yoga

Tues

9:00 Zumba

Wed

8:30 Aerobics

9:45 Interval
Training

Thurs

8:30 Tai Chi

9:45 Arthritis

10:45 Parkinson's

Fri

8:30 Aerobics

9:45 Interval
Training

July-August Sign up

All fitness classes begin the first of the month and run for a two-month session, unless otherwise indicated.

Payment is due at sign up. Make checks payable to: Sturbridge COA

Residents: starts June 10th

Out of Town: starts June 17th

Residents 60 and over - \$15

Residents Under 60 or Non-Residents \$35

*** 2-Day Wed & Fri Classes**

8:30 Aerobics:

Residents 60 and over- *No Fee*.
Non-Residents and Residents under 60 - \$45

9:45 Interval Class:

Residents 60 and over - \$15.
Non-residents and Residents under 60 - \$45

New time for Tai Chi & Arthritis

Sturbridge Council on Aging

480 Main Street—Fiskdale, MA 01518- 508- 347-7575

www.sturbridge.gov/councilonaging

Facebook: Sturbridge Council on Aging

Elder Bus: 508-248-1050

Hours: Monday, Wednesday & Thursday 8:00-4:00
Tuesdays 8:00-7:00 & Fridays 8:00-12:00

Our Team

Assistant Director/ Outreach: Marcia Wildgrube

Director: Leslie Wong

Office Assistant: JoAnn Kass

Program Assistant: Ellen Thibodeau

Exercise Instructor: Jennifer Tetreault

Council on Aging Board

Chairperson: Rebecca Mimeault

Vice Chair: Annette Roberts

Secretary: Joyce Bradley—*Volunteer*

Members: Bonnie Brandt, Joan Chamberland,
Diane Clark, Margaret Darling, Deb Steinberg,
Ann White & Ken White

News from the Friends:

The next two months are very important for the Friends organization! This June is the end of our fiscal year, and the time to plan for the next year. At our April meeting we had nominations for the office of President and Vice-President and copies of suggested changes to our by-laws were passed out for our members to review. We will be voting on these items at the May meeting. The nominees for the positions and the changes to the By-Laws are available at the Senior Center, if you were not able to attend the April meeting. Please stop by and check out these items and plan to attend the Wednesday May 15th at 12:30 meeting to vote.

Our annual meeting will be on Thursday, June 20th at 12:30 to celebrate National Ice Cream Soda day. We will be enjoying Ice Cream sodas as we install the new officers. Come and enjoy tasty sodas and good friends while we wind up our fiscal year!



~Carolyn DeLong Present President of the Friends of the Sturbridge/Fiskdale Senior Center



Grief Support Group at Town Hall

*Small Conference Room
(2nd floor—use elevator by back door)*

Wednesday, May 1st at 11:00 a.m.

Wednesday, June 5th at 11:00 a.m.

Please join COMPASSUS Social Worker, Kathy Bogigian, in a safe, welcoming place where people understand the difficult emotions of loss & grief.

Bakery Donations

After 8:30

Stop & Shop - Tuesday & Thursday

Panera—Wednesdays



Best of Times Trips 2024

All trips include transportation, luncheon, meal, tax, gratuity and show tickets. For more information call Linda Fortier at (508-347-1452) or email at bestoftimes2020@aol.com.

Book early! Payment is due 3 weeks before the trip.

*Please note: Payments must be made directly to Linda Fortier - we do not accept payments at the Senior Center.



July 17th The Ultimate Jimmy Buffett Tribute Lobsterbake

July 23-24 Penn Dutch/Sight & Sound Theatre.

Aug. 6-8 Mt. Washington Getaway

Aug. 20-31 Alaska Cruise

Sept. 18th Happy 2 Gather A 60's Flashback peace, love, music

Sept. 20-22 Lake George Balloon Festival

Oct. 23rd Rod Stewart Tribute

Oct. 28-31 Ultimate Gambling Getaway

Nov 13th The Sicilian Tenors/Downton Abby2

Dec 4th Kenny & Dolly tribute Smoky Mountain Christmas

Dec. 8-9 Christmas NY Style/Radio City Spectacular

Knotty Knitters

Tuesdays @ 10:00

(Unless otherwise noted in the calendar)

Looking to learn how to knit or crochet?

Needles and yarn provided.

