



Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

September 2022

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Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hrs: Mon-Thur 8 - 4, Fri 8 - 2

Director: Veronica Buckley

Outreach: Linda Chignola

Kim Houck

Ops/Vol Coord: Clare Felton

Maintenance Tech: Jim Ash

Van Drivers:

Pam Dell

Kevin Lowe

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

Kitchen Manager:

Ruby Hall



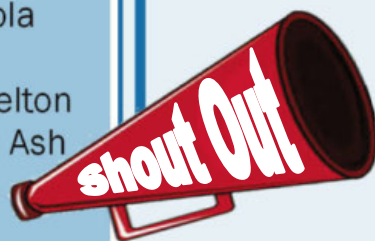
Sterling Fair

Saturday, September 10th from 9:30 am - 6pm

- Age and Dementia Friendly (ADF) parking at the Senior Center
- Free shuttle trip to and from the accessible entrance at the Fair! (see details inside)

Other ADF changes you might notice at the Fair:

- Second accessible entrance
- Signage on lower level of some bleacher seats encouraging priority seating for those less able to stand
- Several picnic benches with signage for priority seating



to the Fair Committee for embracing the concept of all ages and all abilities, and for participating in the Alzheimer Education Program "Dementia and Your Community."

The Sterling Strummers will be performing at Sterling Fair on

**Saturday, September 10th
at 10:00 am**

Come along to support the Strummers and enjoy a fun and entertaining sing-a-long!



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

Peter Watson



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ADF Shuttle Bus

The Senior Center and Age & Dementia Friendly Sterling will be offering free shuttle van rides throughout the day on a half-hour loop from the Senior Center to the accessible entrance at Sterling Fair on Saturday, September 10th from 9:30am to 6pm.

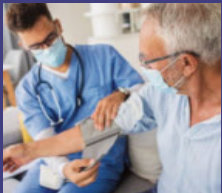
If you need a ride from home, or if you want to board the 9:30am shuttle to listen to the Strummers, then you must reserve your shuttle ride in advance. Please call SSC Van Dispatch on 978-422-3032.

Otherwise, no reservations are required, but please let us know your interest so that we may plan accordingly.



KEEP WELL CLINIC

September 13th 9:30-11:30 am
with Amy from VNA Care



Need a BP check?
On a new medication?
Have a new diagnosis?
Interested in discussing diet,
exercise or supplements?

Call 978-422-3032
to make a reservation



Appointments at the Senior Center with Moira, RN. Call us at 978-422-3032 to schedule your clinic visit for \$45 on Sep 8 & 22, and Oct 13 & 27.



CAREGIVER SUPPORT

September 29th, 3 - 4:30pm

This is a peer directed meeting, facilitated by Eileen Brooks from Sterling Village.

You're a caregiver! We understand your schedule can be unpredictable - so drop in anytime during 3-4:30!

Registration Suggested 978-422-3032

Yoga as Holistic Self-Care



*for those on a journey in the caregiving process
or in need of bereavement support*

Sept 15th at 9:30am and every third Thursday

Sponsored by Bikram Yoga of Auburn, and Trinity Hospice
No cost to participants

IN THIS TOGETHER parkinson's

In person support (with Zoom option)
2nd & 4th Wednesdays
September 14 & 28 at 3:30-5:00 pm

Please contact Joe at 508-335-0672
or northworcparkies@yahoo.com

SPECIAL EVENTS

Sep 5	CLOSED	Labor Day
Sep 7, 21	1:00-1:45 pm	Growing Places at Sholan Terrace (1st & 3rd Wednesday)
Sep 10	9:30 am - 6 pm	Shuttle Van Rides from Senior Center to Sterling Fair
Sep 13	12-1:30 pm	Mobile Market (monthly, second Tuesday)
Sep 13	6-8 pm	Artist Reception with Michelle Roy
Sep 26	12:00 pm	Birthday Cake
Sep 30	7:30-9:00 am	Pancake Breakfast with David Smith, Sterling Selectman

ONGOING - *see calendar for exercise programs*

Sep 1		Pool daily
Sep 1	8am-4pm	Bread Pickup (weekly on Thursdays)
Sep 1	9:30 am	History Club (first Thursday of month)
Sep 1	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Sep 1	2:00 pm	Ukulele Club (weekly on Thursdays)
Sep 1	2:00 pm	Mahjong (weekly on Thursdays)
Sep 2	8:00 am-noon	Veterans Services Office
Sep 2	9:30 am	Knitting Club (weekly on Fridays)
Sep 3	6:30 pm	Grange Pitch Party
Sep 6	by appointment	SHINE counseling
Sep 6	9:00 am	Open Coloring (weekly on Tuesdays)
Sep 6	1:00 pm	Game Day (weekly on Tuesdays)
Sep 7	12:30 pm	Rummikub (weekly on Wednesdays)
Sep 7	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Sep 7	1:00 pm	Wii Bowling (weekly on Wednesdays)
Sep 8	9:30 am	Dull Men's Club (second Thursday of month)
Sep 8	1:00 pm	Beginner Ukulele (weekly on Thursdays, <i>sign-up required</i>)
Sep 12	1:00 pm	BINGO (weekly on Mondays)
Sep 12	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Sep 12	6:00 pm	Meditation (weekly on Mondays, \$5)
Sep 16,17	9-11:00 am	Food Pantry
Sep 20	11:30 am	State Office Hours (third Tuesday of month)
Sep 21	12:30 pm	Book Club <i>The Yellow Bird Sings</i> by Jennifer Rosen

WELLNESS

Sep 2	10:00 am	Going Steady (weekly on Fridays)
Sep 8 & 22	by appointment	Foot Clinic \$45 to FC Nurse
Sep 13	9:30-11:30 am	Well Clinic sponsored by VNA Care
Sep 14 & 28	3:30-5:00 pm	Parkinson's Support
Sep 15	9:30 am	Caregiver Yoga <i>registration suggested</i>
Sep 29	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>

Medicare Savings Plans

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Gross Monthly Income Limit	Asset Limit	Benefits
\$1,869 (individual) \$2,518 (couple)	\$16,800 (ind) \$25,200 (cpl)	Pays Medicare B premium and full extra help with prescription costs (\$170)

Contact Linda or Kim in SSC Outreach at 978-422-3032 for assistance.

Friendly Visitor Program

Get the Word Out!
Do you know someone who might benefit?
Do you want to Volunteer?



This program provides social interaction to homebound seniors through home visits and phone calls from a caring volunteer. Our program connects a Friendly Visitor to a senior for weekly or bi-weekly interaction.

Get together for a cup of coffee, chat over lunch, build a puzzle or take a walk. However you spend your time, know that you will enrich your lives just by enjoying each other's company.

If you are interested in participating in this program and becoming a Friendly Visitor, or if you wish to refer someone who may benefit from a weekly visit, contact Linda or Kim in Outreach at 978-422-3032.



Dialing "988" will route calls to the National Suicide Prevention Lifeline. In 2020, Congress designated 988 as a new three-digit dialing, texting, and chat code for direct connection to support for anyone experiencing substance use issues, a suicidal crisis, or mental health-related distress.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen to callers, understand how their problems are affecting them, provide support, and connect them to resources as necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

For more information visit: www.988lifeline.org



Tuesday, Sep 13
12–1:30pm

Mobile Market



at the Senior Center

ENJOY A POP-UP PRODUCE MARKET
LEARN ABOUT SNAP & HIP
ELIGIBLE PRODUCE DELIVERY PROGRAM

Food Market

Wed, Sep 7 & 21 at 1-1:45pm
1st & 3rd Wednesdays
at Sholan Terrace

Look for the refrigerated truck with the Growing Places Table!



Wachusett Food Pantry
50 Worcester Rd, Sterling

Seniors: Fri Sep 16, 9-11
All: Sat Sep 17, 9-11
Call Linda for assistance

Interested in volunteering to deliver food
pantry parcels to Sterling residents?
2-3 hours, once per month. Call Clare!

New Day!

Free Bread
Thursdays

8am-4pm
or until
supplies last


Limit
two
loaves



SEPTEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Fees for Tai Chi, Yoga, Meditation & Pilates : \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Clean indoor shoes for exercise classes please.	 <p>July Trip to the American Heritage Museum</p>	Wednesday Shopping Trips: 9/7 Target 9/14 Walmart, Leom 9/21 Whitney Field 9/28 Walmart, WB <i>Registration Required</i>	8 - 4 Bread Pickup 9:30 History Club 11:30 Pulled Pork Sandwich 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
	8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 9:30 SHINE 11:30 Tim's Barbecue Chicken 1:00 Game Day	9:30 Chair Yoga 11:30 Beef Stew 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish Sandwich 1:00 Beginner Ukulele 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong 5:30 COA Board Mtg	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
8:00 Muffin Monday 8:30 Tai Chi 11:30 Baked Chicken 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	8:15 Pilates 9:00 Open Coloring 9:30-11:30 Well Clinic 9:30 Line Dancing 11:30 Pork Dinner 12:00 Mobile Market 1:00 Game Day 6-8:00 Art Reception	9:30 Chair Yoga 11:30 Chicken Sandwich 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	8 - 4 Bread Pickup 9:30 Caregiver Yoga 11:30 Tuna Salad Plate 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong	8:00 VSO Hours 9 - 11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
8:00 Muffin Monday 8:30 Tai Chi 11:30 Ham Dinner 1:00 Bingo 3:00 Open Strumming	8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Breakfast for Lunch	9:30 Chair Yoga 11:30 Chicken Nuggets 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip	8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 11:30 Tim's Burgers 1:00 Acrylic Painting 1:00 Beginner Ukulele	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord

4:00 Pickleball 6:00 Meditation	11:30 State Office Hrs 1:00 Game Day	1:00 Wii Bowling 4:00 Pickleball	2:00 Ukulele Club 2:00 Mahjong	
26 8:00 Muffin Monday 8:30 Tai Chi 11:30 Chicken Salad Plate 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	27 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Spaghetti & Meatballs 1:00 Game Day	28 9:30 Chair Yoga 11:30 Turkey Dinner 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	29 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 3:00 Caregiver Support	30 7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady



Rise and shine! It's PANCAKE TIME!


Friday, September 30th
7:00 - 9:30am

Celebrity Server:
David Smith, Sterling Selectman

Plain & special pancakes,
ham, eggs, fresh fruit,
tea breads, juice, coffee.

Open to all! \$4 suggested donation!

Sponsored by Friends of Sterling Seniors



Farmers Market Coupons may be used for fresh, unprepared fruits, vegetables, honey and cut herbs.

Call Linda or Kim in Outreach at 978-422-3032 to learn if you are eligible and to request coupons.

When calling an advertiser, please let them know you saw their ad in this newsletter!

SUPPORT OUR ADVERTISERS!



Sterling Strummers

Beginner Class

Thursdays at 1:00pm

Starts September 8th

Loaner ukuleles available

New New New

Open Strumming Ukulele Club

Mondays 3:00 - 4:00 pm

Thursdays 2:00 - 3:00 pm Zoom Option

Contact Nancy at nancyhp246@gmail.com

October 1st, 10:00am Concert at the Gazebo



Book Club
Sep 21 @ 12:30pm

The Yellow Bird Sings
by Jennifer Rosner

Fun! **Air Conditioned!**
Wednesdays @ 1:00pm
Wii Bowling
Join the team for Monthly Tournaments!

Learn a new craft....

Acrylic Painting
Thursdays 1:00pm

\$5

New Members Welcome

Mindful Meditation
Mondays at 6pm

\$5

Take time to step off the treadmill of daily life and cruise in neutral for an hour.

Stop, Breathe, and develop deeper self-awareness, mental clarity, and peace of mind. Using a chair, some easy body stretches will be incorporated.

Carol McGuiggan, MA, is a seasoned Meditation and Yoga Practitioner.

Rummikub
WED 12:30

BINGO!
Mondays at 1pm

Tai Chi **\$5**
Mondays at 8:30am with John
Call us at 978-422-3032 to join!

Pilates **Tuesdays 8:15am \$5**
Join Mary from The Core Connection
Chair and Mat combined class
Come In and Give it a Try!!
Registration Required

Going Steady
Fridays at 10:00am
Learn the tricks of fall prevention.
For all levels.
Sponsored by Leominster Credit Union

PITCH PARTY!
Sept 3rd at 6:30pm
In partnership with Sterling Grange



WALK FOR HEALTH Benefits for Body & Mind

Erica Saccoccio DPT, CSCS Physical Therapist, Joint Ventures
September 8th at 9:30am

New or returning to walking? A walker already, but looking to gain more? Erica will discuss how to start; what to consider with regards to your health, equipment and terrain; what to expect and how to build up; as well as the mental and physical benefits of walking.

We'll also be discussing the restart of SSC Walking Club. So bring your ideas for local and destination walks.

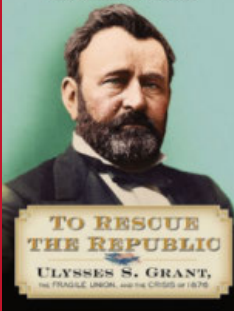


Pool Players Wanted!
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Bring your friends to play!



HISTORY CLUB

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To Rescue the Republic: Ulysses S. Grant, the Fragile Union, and the Crisis of 1876 by Bret Baier

An epic history spanning the battlegrounds of the Civil War and the violent turmoil of Reconstruction to the forgotten electoral crisis that nearly fractured a reunited nation.

Thursday, September 1 at 9:30am

Oct 6: Ten Caesars by Barry Strauss



Fridays 9:30am
**Bring your knit,
crochet, macramé
or craft project**



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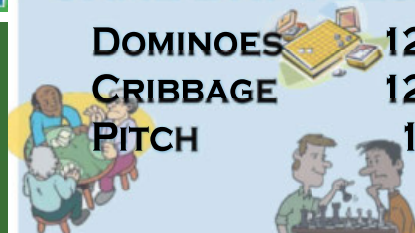
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Call us to set up a
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GAME DAY TUESDAYS

DOMINOES 12:30
CRIBBAGE 12:30
PITCH 1:00



OPEN COLORING

TUESDAYS 9-10AM
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OR SUPPLIES AVAILABLE**



Thursdays
2:00 pm

MAHJONG

Poets, Artists, Theater Types, Musicians, History Buffs, Science Inventors!



*The Sterling Cultural Council Announces Funds
to Support Arts, Humanities and Cultural Programs for Our Town
by Judith Doherty*

Sterling Cultural Council announces that the *Massachusetts Cultural Council* will open its grant application process on September 1, 2022. Application deadline is October 15, 2022.

Monies provided through the MCC pay for local music concerts in the park during summer months, field trips for school children, artists in residence, community events and more.

You can DREAM up your own project so long as it is open to the public and in the areas of art, humanities, science, music, social studies, literary. Projects from religious organizations must be open to all in the community and are to the public benefit without promoting a particular religion.

Visit the Sterling page on the MCC website at www.massculturalcouncil.org/local-council/sterling for details and to apply. Applicants can be from any town.

If you have questions about the grant proposal process, contact Judy Doherty at Doherty_bwp@yahoo.com.

To learn more about the Sterling Cultural Council and to get involved in planning events such as Arts in the Park, contact Rosanne Mapp, Council Chairperson at ccofsterling@comcast.net



HOME DELIVERY PROGRAM

This program enables you or someone you care about to enjoy the collections of the library without having to visit the library building. Whether you like to read books and magazines, watch DVDs, or listen to audio books and music, we will arrange to have items delivered to and picked up from your home. We serve people of all ages with permanent or temporary disabilities, those confined by physical or mental illness, and all caregivers. Homebound Delivery recipients may request specific materials by title, or librarians will provide assistance in selecting books based on users' interests.

To enroll, call the Senior Center at 978-422-3032 or the Library at 978-422-6409.



Veterans' Services Fridays, 8:00am-noon at the Senior Center

If you need assistance outside of these times, please call
Leominster Veterans' Services
978-534-7538



STATE OFFICE HOURS

Representatives from the offices of
Senator Anne Gobi, and Representatives
Kimberly Ferguson & Meghan Kilcoyne
September 20th, 11:30am - 12:30pm
at Sterling Senior Center.
Come with a question, or just to meet.

AND AWAY WE GO TRAVEL

2022 Trip List For age 50+ travelers

Sun, Oct 9	Calvin Coolidge Museum A visit to Plymouth, Vermont with lunch at the Quechee Inn at Marshland Farm, then onto the birth place of President Calvin Coolidge to tour the many historical buildings and the Calvin Coolidge Museum.	\$119 pp
Dec 9-10	Freeport & Portland, ME A visit to Victoria Mansion, Portland then to Wilbur's Chocolates. Overnight at Hilton Garden Inn, Freeport. Day 2 includes Muddy Rudder for lunch then Portland's Symphony Orchestra's Magic of Christmas.	\$409 double \$529 single

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 andawaywegotravel.gem@gmail.com

Signed COVID waiver and proof of vaccination required. All trips include gratuity for driver & escort.

Cancelation waiver included — you will receive refund, minus \$5 fee. If trip includes theater ticket, refund will also be minus cost of ticket up to 10 days prior to trip. After that, refund only if your seat can be filled.



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Art Reception

*“Hometown Girl”
by Sterling Artist, Michelle Roy*

Tuesday, Sept 13th 6-8pm



From an unconventionally talented and artistic family, Michelle majored in graphic design at FSU but found a greater love in taking photographs. She snaps anything interesting that she feels should be shared: a moment in time preserved as a visual history.

As Michelle's family grows, so does her photography, capturing whimsical and wonder-filled memories, though she does have to remind herself to live in and embrace the moment!

Michelle's artistic confidence continues to grow as she exhibits at local shows.

“It is an honor and a privilege to share this showing as a local girl born and raised in Sterling - hopefully some of you will recognize a few of these places!”
Michelle