

# **Sterling** Newsletter SENIOR CENTER

Connecting with each other & our community

April 2023

## Sterling Council on Aging Board Members

*Chair:* Gail Bergeron

*Vice Chair:* Kevin Beaupre

*Secretary:* Liz Pape

*Treasurer:* David Cosgrove

*Members:*

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Sue Protano

## 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

Bonnie Decker

*Ops/Vol Coord:* Clare Felton

*Kitchen Manager:* Ruby Hall

*Van Drivers:*

Pam Dell

Gary Hill

Kevin Lowe

Robert Protano

Rob Seidel

Diane Sousa



## Safety Presentation

**Friday April 21st**

**11:30 Pizza**

**12:15 Presentation**

Learn updated safety information for you and your home.

Bring your questions.

**free mini pie!**



\$50 Market Basket gift cards  
for four lucky attendees.

**Registration Required.**



## Get Happy with Heather Rae The WOO Girl!

**Friday, April 14th at 1:00 Pm**

**Meet singer songwriter Heather who will be sharing some old time favorites, classics and originals.**

**Registration suggested  
But not required.**



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

Randy Watson Peter Watson



61 Redstone Hill, Sterling, MA  
1-978-422-3166  
cell: 978-502-8847



#### REVERSE MORTGAGES

Call us for the facts:

- Stay In Your Home • Increase Income
  - Pay Off Debt • No Monthly Payments
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[wachusettmortgage.com](http://wachusettmortgage.com)



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Moving? Downsizing? De-Cluttering?  
We have the right size dumpster for you!

Locally owned, serving the  
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*We're the clean guys in a trashy business!*

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CHRISTOPHER HEIGHTS  
OF WORCESTER  
AN ASSISTED LIVING COMMUNITY

## Senior Spark Program

- Guided Cannabis and CBD Solutions
- Special member benefits
- Hosted shopping days
- Medical Card guidance



## Medical Delivery

- Get it right to your door
- Valid MA Medical Card required



Contact us!  
**(508) 476-6290**

1191 Millbury St,  
Worcester, MA 01607

Call for a no obligation estimate of your property

Call Catherine & Brian Kiernan at  
**617.538.3147**  
[www.thekiernanteam.com](http://www.thekiernanteam.com)

# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Susanne Carpenter**

[scarpenter@lpicommunities.com](mailto:scarpenter@lpicommunities.com)

**(800) 477-4574 x6348**

## Place Your Ad Here and Support our Community!

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Sterling Council on Aging, Sterling 06-5262





# MAKE & TAKE FELT PAINTING WITH LAURA

FRI APRIL 28TH, 1:00PM

**\$5**

All supplies included.  
Registration required.



## Sterling Police Association Spring Grab 'n' Go

Reminder: If you ordered a spaghetti supper,  
collect it on Saturday April 1st, 5:00 - 5:45pm

## Mindful Meditation Mondays at 5:00pm with Carol McGuigan

Improve your health and wellbeing.

It's Spring - the days are longer!  
You can enjoy mindful meditation and  
still be home before dark!

**free**

Open to All Ages

The Evening Dinner Committee presents an



# Italian Dinner

**Thursday, April 20th at 5:30pm**

**Lasagne • Garlic Bread • Salad • Specialty Dessert**

**Buy your \$5 tickets at the Sterling Senior Center**

**\$5**

## Sterling Town-wide Clean Up April 22nd, 10am-2pm

Visit the Clean-Up tent at the Town  
Common on Saturday, April 22nd,  
and pick up special roadside debris  
collection bags and gloves, and tell  
us what roadways you are  
interested in cleaning up.

You can also get suggestions as to  
roadways that need attention.

Thank you for making Sterling a  
better place to live and work!

Organized by members of the  
Economic Development Committee.

Sterling

**Y.A.H.O.O.**

"Young Adults Helping Out Others"

Every spring and fall, this amazing group of youth  
volunteers gives up several Saturday mornings to  
assist Sterling Seniors with yardwork. The spring  
project is geared toward getting your lawn ready!

Volunteers will help with tasks like raking, removing  
branches/twigs, cutting down dead flowers and  
helping to clear debris and damage left by  
snowplows. The group is generally able to assist  
about 20 homeowners per season and the spring  
program takes place in April.

If you could use some help, please call Linda or  
Bonnie at 978-422-3032 for more information.

## SPECIAL EVENTS

|        |               |  |
|--------|---------------|--|
| Apr 1  | 5:00-5:45 pm  | Sterling Police Assoc Spaghetti Supper <i>Sign-Up Required</i>   |
| Apr 5  | 11:00         | Peer Leaders TikTok Dance Challenge                              |
| Apr 11 | 12:30-1:30 pm | Indoor Mobile Market (monthly, second Tuesday)                   |
| Apr 12 | 1:00 pm       | Pastels Art Class begins \$5                                     |
| Apr 14 | 1:00 pm       | Heather Rae, The Woo Girl!                                       |
| Apr 17 | CLOSED        | Patriots Day   |
| Apr 20 | 5:30 pm       | Evening Dinner <i>Tickets \$5</i>                                |
| Apr 21 | 11:30 am      | SMLD Pizza and 12:15 pm Safety Presentation <i>Sign-Up Req'd</i> |
| Apr 24 | 12:00 pm      | Birthday Cake  |
| Apr 25 | 1:00 pm       | MassRelay Presentation   |
| Apr 28 | 7:30-9:00 am  | Pancake Breakfast  |
| Apr 28 | 7:30-9:00 am  | Fat Daddy's Farmer Market  |
| Apr 28 | 1:00 pm       | Make & Take with Laura \$5 <i>Registration Required</i>          |

## ONGOING - see calendar for exercise programs

|           |                |  |
|-----------|----------------|--|
| Apr 3     |                | Pool daily   |
| Apr 3     | 1:00 pm        | BINGO (weekly on Mondays)  |
| Apr 3     | 5:00 pm        | Meditation (weekly on Mondays)                                   |
| Apr 4     | by appointment | SHINE counseling   |
| Apr 4     | 1:00 pm        | Game Day (weekly on Tuesdays)                                    |
| Apr 5     | 12:30 pm       | Rummikub (weekly on Wednesdays)                                  |
| Apr 5     | 1:00 pm        | Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i> )        |
| Apr 5     | 1:00 pm        | Wii Bowling (weekly on Wednesdays)                               |
| Apr 6     | 8am-4pm        | Bread Pickup (weekly on Thursdays)                               |
| Apr 6     | 9:30 am        | History Club (first Thursday of month)                           |
| Apr 6     | 1:00 pm        | Acrylic Painting \$5 (weekly on Thursdays)                       |
| Apr 6     | 1:00 pm        | Beginner Ukulele (weekly on Thursdays, <i>sign-up required</i> ) |
| Apr 6     | 2:00 pm        | Ukulele Club (weekly on Thursdays)                               |
| Apr 6     | 2:00 pm        | Mahjong (weekly on Thursdays)                                    |
| Apr 7     | 8:00 am-noon   | Veterans Services Office (weekly on Fridays)                     |
| Apr 7     | 9:30 am        | Knitting Club (weekly on Fridays)                                |
| Apr 10,24 | 2:00 pm        | Ukulele - Men's Open Strumming (second & fourth Mondays)         |
| Apr 10,24 | 3:00 pm        | Ukulele Open Strumming (second & fourth Mondays)                 |
| Apr 13    | 9:30 am        | Dull Men's Club (second Thursday of month)                       |
| Apr 14,15 | 9-11:00 am     | Food Pantry  |
| Apr 18    | 11:30 am       | State Office Hours (third Tuesday of month)                      |
| Apr 19    | 12:30 pm       | Book Club <i>The Johnstown Flood</i>                             |

## WELLNESS

|           |                |  |
|-----------|----------------|--|
| Apr 7     | 10:00 am       | Going Steady (weekly on Fridays)                   |
| Apr 7     | 1:00-2:00 pm   | Caregiver Program <i>registration suggested</i>    |
| Apr 12,26 | 12:30-2:30 pm  | Chair Massage <i>by appointment only</i>           |
| Apr 12,26 | 3:30-5:00 pm   | Parkinson's Support (second and fourth Wednesdays) |
| Apr 20,27 | by appointment | Foot Clinic \$45 to FC Nurse                       |
| Apr 11    | 9:30-11:30 am  | Well Clinic sponsored by VNA Care                  |
| Apr 20    | 9:30 am        | Holistic Yoga                                      |



**MassRelay**  
Let's Talk

**Tuesday, April 25th, 1:00pm**  
**Amy Strawser,**  
**MA CTS Community Outreach Coordinator**

For people who have difficulty hearing or speaking, the simple act of using a telephone can be a challenging and frustrating experience. Whether it's conducting business, speaking to doctors, making appointments, or just keeping in touch with family and friends, an inability to communicate over the phone can affect almost every aspect of a person's day-to-day life.

MassRelay is a free and confidential communication relay service for those who may be deaf, hard-of-hearing, deaf-blind or have difficulty speaking in order to make and receive telephone calls. Multiple service options are available to fit individual communication needs.

Join Amy to learn about the different options available, and which might be the right fit for you or your loved one.

## Do you want help paying your Medicare Coverage?

Massachusetts is expanding eligibility for Medicare Savings Programs (aka "MassHealth Buy-In" programs).

A Medicare Savings Program can help pay for:

- Your monthly Medicare Part B premium (\$164.90/month)
- Your prescription drug costs



|          | Gross monthly income | Assets    |
|----------|----------------------|-----------|
| 1 person | \$ 2,548             | \$ 18,180 |
| 2 person | \$ 3,433             | \$ 27,260 |

Call Bonnie or Linda in Outreach to apply



**Last Month to Apply!**

Fuel Assistance application deadline is April 30th. Call Outreach for assistance.

## KEEP WELL CLINIC

**April 11th 9:30-11:30 am**  
**with Amy from VNA Care**



*Need a BP check?  
On a new medication?  
Have a new diagnosis?  
Want to discuss diet,  
exercise, supplements?*

Call 978-422-3032  
to make a



## CAREGIVER PROGRAM

**Friday April 7th, 1:00-2:00pm**

A peer directed support meeting facilitated by Eileen Brooks from Sterling Village, including a supervised activity for your loved one while you attend.

Drop in, but registration suggested if you're bringing your loved one to the activity.

**Registration Suggested 978-422-3032**



**Fridays 8:00am-noon**  
**at the Senior Center**  
If you need help outside of these times,  
please call  
**Veterans' Services 978-534-7538**



**Foot Clinic**  
**Footcare By Nurses**

Appointments at the Senior Center with Moira, RN. Call 978-422-3032 to schedule your clinic visit for \$45 on Apr 20 & 27 and May 25.

**parkinson's**

IN THIS TOGETHER

**2nd & 4th**  
**Wednesdays,**  
**3:30-5:00pm**

**April 12 & 26**

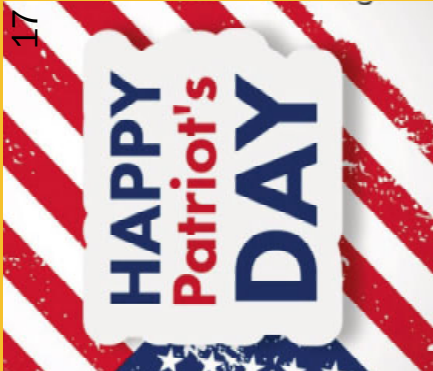
**In person support with Zoom option**

Please contact Joe at  
508-335-0672 or

[northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



# APRIL CALENDAR

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <b>3</b><br>8:00 Muffin Monday<br>8:30 Tai Chi<br><b>11:30 Pork Tenderloin</b><br>1:00 Bingo<br>4:00 Pickleball<br>5:00 Meditation                  | <b>4</b><br>8:15 Pilates<br>9:30 Line Dancing<br>9:30 SHINE<br><b>11:30 Baked Chicken</b><br>1:00 Game Day  | <b>5</b><br>9:30 Chair Yoga<br>11:00 Peer Leaders<br><b>11:30 Paula's Steamed Dogs</b><br>12:30 Rummikub<br>1:00 Van shopping trip<br>1:00 Wii Bowling<br>4:00 Pickleball   | <b>6</b><br>8 - 4 Bread Pickup<br>9:30 History Club<br>9:30 Chair Yoga<br><b>11:30 Fish Taco</b><br>1:00 Acrylic Painting<br>1:00 Beginner Ukulele<br>2:00 Ukulele Club<br>2:00 Mahjong  | <b>7</b><br>8:00 VSO Hours<br>9:30 Knit Happens<br>10:00 Going Steady<br><b>11:30 Smorgasbord</b><br>1:00 Caregiver Program                                  |
| <b>10</b><br>8:00 Muffin Monday<br>8:30 Tai Chi<br><b>11:30 Meatloaf</b><br>1:00 Bingo<br>3:00 Open Strumming<br>4:00 Pickleball<br>5:00 Meditation | <b>11</b><br>8:15 Pilates<br>9:30 Line Dancing<br>9:30 Well Clinic<br><b>11:30 Tim's Barbecue Chicken</b><br>12:30 Mobile Market<br>1:00 Game Day       | <b>12</b><br>9:30 Chair Yoga<br><b>11:30 Pork Chops</b><br>12:30 Rummikub<br>12:30 Chair Massage<br>1:00 Pastels Art Class<br>1:00 Van shopping trip<br>1:00 Wii Bowling<br>3:30 Parkinson Support<br>4:00 Pickleball | <b>13</b><br>8 - 4 Bread Pickup<br>9:30 Dull Men's Club<br><b>11:30 Chicken Cordon Royale</b><br>1:00 Acrylic Painting<br>1:00 Beginner Ukulele<br>2:00 Ukulele Club<br>2:00 Mahjong<br>5:30 COA Board Mtg                           | <b>14</b><br>8:00 VSO Hours<br>9:30 Knit Happens<br>10:00 Going Steady<br><b>11:30 Smorgasbord</b><br>1:00 Heather Rae Music                                 |
| <b>17</b><br>   | <b>18</b><br>8:15 Pilates<br>9:30 Line Dancing<br><b>11:30 Chicken Parmesan</b><br>11:30 State Office Hrs<br>1:00 Game Day<br><b>\$ Tax Deadline \$</b> | <b>19</b><br>9:30 Chair Yoga<br><b>11:30 Corn Chowder</b><br>12:30 Book Club<br>12:30 Rummikub<br>1:00 Pastels Art Class<br>1:00 Van shopping trip<br>1:00 Wii Bowling<br>4:00 Pickleball                             | <b>20</b><br>8 - 4 Bread Pickup<br>8:30-2:30 Foot Clinic<br>9:30 Holistic Yoga<br><b>11:30 Macaroni Salad with Ham</b><br>1:00 Acrylic Painting<br>1:00 Beginner Ukulele<br>2:00 Ukulele Club<br>2:00 Mahjong<br>5:30 Evening Dinner | <b>21</b><br>8:00 VSO Hours<br>9 - 11:00 Food Pantry<br>9:30 Knit Happens<br>10:00 Going Steady<br><b>11:30 SMLD Pizza</b><br>12:15 SMLD Safety Presentation |
| <b>24</b><br>8:00 Muffin Monday<br>8:30 Tai Chi<br><b>11:30 Turkey Dinner</b><br>1:00 Bingo<br>3:00 Open Strumming                                  | <b>25</b><br>8:15 Pilates<br>9:30 Line Dancing<br><b>11:30 Tim's Burgers</b><br>1:00 MassRelay<br>1:00 Game Day   | <b>26</b><br>9:30 Chair Yoga<br><b>11:30 Chicken Caesar Salad</b><br>12:30 Rummikub<br>12:30 Chair Massage  | <b>27</b><br>8 - 4 Bread Pickup<br>8:30-2:30 Foot Clinic<br><b>11:30 Smorgasbord</b><br>1:00 Acrylic Painting<br>1:00 Beginner Ukulele   | <b>28</b><br><b>7:30-9:00 Pancake Breakfast</b><br>7:30-9:00 Fat Daddy's Market<br>8:00 VSO Hours  |

|   |  |  |   |
|---|--|--|---|
| <p>4:00 Pickleball</p> <p>5:00 Meditation</p>   | <p>1:00 Pastels Art Class</p> <p>1:00 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>3:30 Parkinson Support</p> <p>4:00 Pickleball</p> | <p>2:00 Ukulele Club</p> <p>2:00 Mahjong</p>   | <p>9:30 Knit Happens</p> <p>10:00 Going Steady</p> <p>1:00 Make &amp; Take</p>            |
| <p><b>Fees for Yoga &amp; Pilates</b></p> <p><b>\$5 In Person</b></p> <p><b>\$2 Zoom</b></p> <p><b>Line Dancing \$2</b></p> <p><b>Acrylic Painting \$5</b></p> <p>Clean indoor shoes for exercise classes please.</p> | <p>If you have any symptoms such as runny nose, sore throat, headaches or more, please <b>STAY AT HOME.</b></p> <p>Thank you !</p>       | <p><b>Wednesday Shopping Trips:</b></p> <p>4/5 Whitney Field</p> <p>4/12 WalMart, WB</p> <p>4/19 Home Goods/ Savers, Worc</p> <p>4/26 WalMart, Leom</p> <p>Registration Required</p> | <p><b>THURSDAY, MAY 4TH</b></p> <p><b>2:00PM</b></p> <p><b>SPRING UKULELE CONCERT</b></p> |



**Pancake Breakfast**

**Friday April 28, 7:30-9:00**

PLAIN & SPECIAL PANCAKES, SAUSAGE, EGGS, FRESH FRUIT, TEA BREADS, JUICE, COFFEE.

**Guest servers:**  
**Chocksett School Peer Leaders**

**OPEN TO ALL**

**\$4 SUGGESTED DONATION**

**SPONSORED BY FRIENDS OF STERLING SENIORS**



**PEER LEADERS**

**Wed, April 5th**

**11:00 - 11:30am**

**Join the Chocksett Peer Leaders for a fun and lively**

**TikTok**

**Dance Challenge!**

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

SUPPORT OUR ADVERTISERS!



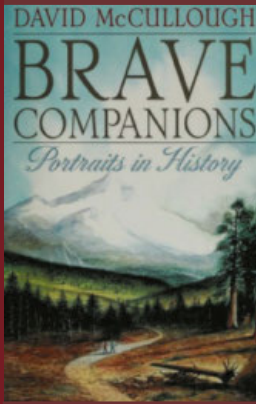


## Knit Happens

**Fridays @ 9:30**

**Bring your knit,  
macramé, crochet or  
craft project.**

## HISTORY CLUB



**Thursday, April 6 at 9:30am**  
**Brave Companions: Portraits in History**  
*by David McCullough*

Stories of exceptional men and women past and present, people of great vision and daring whose achievement continues to inspire us.

Different though they are, these uncommon people have in common a rare vitality and sense of purpose.

**May 4: The Forgotten Man by Amity Shlaes**



**Men's Strumming**

**2nd & 4th Mon**  
**2-3pm**

**Open Strumming**

**2nd & 4th Mon**  
**3-4pm**

**Beginner**

**Thu 1-1:45pm**

**Ukulele Club**

**Thu 2-3pm**

## TAI CHI

**MONDAYS AT 8:30AM**

**WITH SIFU GEORGE**

**CALL US AT**  
**978-422-3032**  
**TO JOIN!**

*Free*



**Pool Players  
Wanted!**

**Tables available all day.**

**Bring your  
friends to play!**



**Tuesdays**  
**8:15am**  
**\$5**

**Chair and Mat  
combined class**

**Rummikub®**



**Mondays at 1pm**  
**Cards \$1 each**



**Thursdays**  
**2:00 pm**

**Learn a new craft....**

**Acrylic Painting**

**Thursdays 1:00pm**

**\$5**

**New Members  
Welcome**

**Fun Seekers  
sought !**

**Friendly!**  
**Fun!**  
**Wednesdays @ 1:00pm**

**Wii Bowling**

**MAHJONG**

**PITCH  
PARTY!**

**Saturday,**  
**April 1st**  
**6:30pm**

**Sponsored by  
Sterling Grange**





## Butterfly Pollinator Gardens

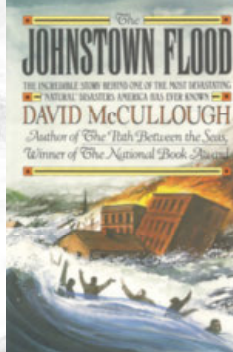
**Presented by Richard Traina**  
**April 13th at 9:30am**

Richard will discuss the value of pollinator gardens, and the role of Wachusett Rotary in establishing pollinator gardens in our communities.



**Book Club**  
**Apr 19 @ 12:30pm**

**The  
Johnstown Flood**  
*by David McCullough*



**Outdoor Pickleball**  
**returns on April 17th**

**Mondays & Wednesdays**  
**4-7pm**

**West Sterling  
Tennis Courts**

**All players  
and levels welcome!**



**STATE  
OFFICE  
HOURS**

Meet representatives from  
the offices of Senator Gobi  
and

Representative Kilcoyne  
**Apr 18, 11:30am-12:30pm**  
at Sterling Senior Center.

Yoga for **EveryBody**  
**chair yoga**

**Every first  
Thursday of the month!**

**April 6th, 9:30am**

**No reservations! No wait list!**

**\$5 drop-in fee**

**Yoga as**

**Holistic Self-Care**



**Apr 20 at 9:30am** and every 3rd Thursday

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

**\$10**

**Therapeutic  
Chair Massage**

**Apr 12th & 26th**

**12:30pm - 2:30pm**



**Sherrill Sasser LMT, CAT**

During your ten minute session Sherrill will perform a series of massage and acupressure points to your back, shoulders, neck, head, arms and hands (depending on what is accessible).

**call for an appointment!**

## GAME DAY TUESDAYS



**DOMINOES  
CRIBBAGE  
PITCH**



**12:30  
12:30  
1:00**



Pete Cummings  
offers tech help on  
Tuesdays.  
Call us to set up an  
appointment.



**The traditional  
Mother's Day Tea  
will return on  
Friday, May 12th  
with guest Harpist**



**Wachusett  
Food Pantry**  
50 Worcester Rd  
Sterling

**Seniors:**  
Fri Apr 14, 9-11

**All:** Sat Apr 15,  
9-11

Call Outreach  
for assistance  
978-422-3032



**Tuesday, Apr 11  
12:30—1:30pm**

**Mobile Market** inside at  
the Senior Center

If you are interested in home delivery  
of fresh veggies this winter, contact  
Growing Places at 978-598-3723 or  
e-mail [audrey@growingplaces.org](mailto:audrey@growingplaces.org)  
**Eligible for SNAP and HIP benefits**



**April 1st at Noon**  
**First Church in Sterling**  
**All are welcome!**

**Community Lunch**

**Chicken Pot Pie**  
**Salad • Biscuits • Dessert**

**No Cost • No Reservations**

**Van rides available through Senior Center**



**Available during  
Pancake Breakfast!!!**

### **Fat Daddy's Mobile Food Market**

**Friday, April 28 7:30—9:00 am**  
Hydroponic greens, lettuces, fresh  
herbs, tomatoes, cheeses, cider,  
honey & more.  
**Support local farmers!**

### **SERVING**

### **HOME-COOKED LUNCH**

**Weekdays at 11:30 am**  
**Walk in!**

**Need a ride?**

**We can do that too!**

**\$3 suggested donation.**



**Do you like to drive around town?**

If you would be interested in collecting  
library books and delivering to Sterling  
Seniors, please call Clare at 978-422-3032.



### **Free Bread Thursday**

**8am-4pm**  
**or until**  
**supplies last**

**Limit two loaves**

## **AND AWAY WE GO TRAVEL**

**2023 Trip List For age 50+ travelers**

|              |  |                  |
|--------------|--|------------------|
| Sat, May 6   | "Downton Abbey" Tea, Manners and Treats for Mother's Day Travel to the historic Silver Fountain Inn & Carriage House an 1870s Victorian inn in Dover, NH. Stops at Pig's Fly Bakery in Kittery, Maine, and Stonewall Kitchen in York, ME.      | \$135 pp         |
| Sat Aug 19   | Lake Winnepesaukee Cruise sails from Weirs Beach aboard the M/S Mount Washington, enjoying an on-board full buffet lunch, then visit the Wright Museum with exhibits including World War II aircraft.  | \$129            |
| Sep 29-Oct 6 | America's Music Cities - Nashville, Memphis and New Orleans. Enjoy the Country Music Hall of Fame, Grand Ole Opry, Studio B, Graceland, museums, scenic tours and much more. Call Fred Clark at 509-421-6882 for all information on this trip. | Call for pricing |

**Contact:** Gladys Merrow 508-835-4312 or 508-612-5312 [andawaywegotravel.gem@gmail.com](mailto:andawaywegotravel.gem@gmail.com)

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

**Cancellation 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.**





Your Local Caring Funeral Home

**Your Advance Planning  
Information Center**



1158 Main Street, Holden  
508-829-4434  
100 Worcester Road, Sterling  
978-422-0100

**Richard Mansfield  
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# Exploring Pastels with Denis Coughlin

Wednesdays at 1:00pm,  
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