

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

December 2023

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Deidre Shapiro

Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

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

Director: Sheila Beane

Outreach: Linda Chignola

Bonnie Decker

Ops/Vols Coord: Clare Felton

Kitchen Manager: Ruby Hall

Van Dispatch/Drivers:

Pam Dell

Paul Shaughnessy

Van Drivers:

Gary Hill

Kevin Lowe

Robert Protano

Rob Seidel

Diane Sousa



Council on Aging Winter Wonderland Open House

**Sunday, December 3rd
drop by 1:00-2:30pm**

**enjoy music. appetizers.
holiday treats.
gift and 2024 calendar**

**holiday music by
heather marie**
(sponsored by
Sterling Cultural Council)



**no reservations required
not a seated event - just wander and wonder**

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



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STERLING STRUMMERS HOLIDAY CONCERT



**THURSDAY
DEC 7TH
2:00PM**

**COME ENJOY
ALL YOUR
HOLIDAY FAVORITES**

SNOW DATE DEC 14TH

The Strummers will also be playing during the pre-light-tour Santa & Cookie drive-through.
Friday December 15th, 4:30—6:30pm

**RESCHEDULED -
ALL ENCOURAGED TO ATTEND**



**Thu, December 14 @ 9:30am
Ashley Grossi, Fraud Analyst**

It is an unfortunate truth that the holiday season is prime time for scams. With the hustle and bustle, people can make careless mistakes - and crooks are fully aware of this.

Do you think you've heard it all and can't be scammed? Think again! Scammers are getting more creative with the use of technology, but continue to be bold in other ways too.

Join Ashley and keep abreast of the latest scams.



You don't have to be a man to join a DMC meeting....
Ladies welcome, dull or not !



HOLIDAY CENTERPIECE

FRI, DECEMBER 8TH AT 1:00PM

\$5 INCLUDES
ALL SUPPLIES

REGISTRATION
REQUIRED



**CHRISTMAS LIGHTS TOUR
ON THE VAN !!
TUESDAY, DECEMBER 12TH
4:30PM**

Join us on the SSC Van
to see the Christmas Lights House Tour!
Hot Chocolate & Cookies on return.
Sign up at 978-422-3032.
Rain Date: Tuesday, Dec 19th



HOLIDAY CONCERT AND SING-A-LONG

FRIDAY, DEC 15TH AT 1:15PM

Join students of Chocksett School,
as they lead us through a concert
of cheerful holiday songs to make
us all smile and be merry !



SPECIAL EVENTS

Dec 3	1:00-2:30pm	COA Holiday Open House
Dec 4	1:45 pm	Holiday Jingo (after regular Bingo)
Dec 7	2:00 pm	Sterling Strummers Holiday Concert
Dec 8	1:00 pm	Make & Take Holiday Centerpiece \$5 <i>Sign-Up Please</i>
Dec 9	9:00am-2:00pm	FOSS Cookie Sale and Craft Fair
Dec 12	12:30-1:30 pm	Mobile Market (monthly, second Tuesday)
Dec 12	4:30 pm	Christmas Lights Van Tour <i>Reservations Required</i>
Dec 15	1:15 pm	Peer Leaders Concert and Sing-a-Long
Dec 15	4:30-6:30 pm	Drive-through with Santa and Sterling Strummers
Dec 18	12:00 pm	Birthday Cake for all December birthdays!
Dec 25	CLOSED	Closed in observance of Christmas Day
Dec 29	7:30-9:00 am	Pancake Breakfast / Fat Daddy's / Coffee with a Cop

ONGOING - see calendar for exercise programs

Dec 1	9:00 am-noon	Ladies' Pool (weekly on Fridays) Open Pool all day every day
Dec 1	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Dec 1	9:30 am	Knitting Club (weekly on Fridays)
Dec 4	1:00 pm	BINGO (weekly on Mondays)
Dec 4	5:00 pm	Meditation \$5 (weekly on Mondays)
Dec 5	by appointment	SHINE counseling
Dec 5	1:00 pm	Game Day (weekly on Tuesdays)
Dec 5,12	2:00 pm	Acrylic Painting \$5 <i>Special Tuesday dates in December</i>
Dec 6	12:30 pm	Rummikub (weekly on Wednesdays)
Dec 6	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up required</i>)
Dec 6	1:00 pm	Wii Bowling (weekly on Wednesdays)
Dec 7	8am-4pm	Bread Pickup (weekly on Thursdays)
Dec 7	9:30 am	History Club (first Thursday of month)
Dec 7	1:00 pm	Mahjong (weekly on Thursdays)
Dec 7	1:00 pm	Beginner Ukulele (weekly on Thursdays)
Dec 7	2:00 pm	Ukulele Club (weekly on Thursdays)
Dec 11	2:00 pm	Ukulele - Men's Open Strumming
Dec 11	3:00 pm	Ukulele - Open Strumming
Dec 14	9:30 am	Dull Men's Club (second Thursday of month)
Dec 15,16	9-11:00 am	Food Pantry
Dec 16	6:30 pm	Pitch Party <i>sponsored by Sterling Grange</i>
Dec 19	11:30 am	State Office Hours (third Tuesday of month)
Dec 20	12:30 pm	Book Club <i>Jingle all the Way</i>

WELLNESS

Dec 1	10:00 am	Going Steady (weekly on Fridays)
Dec 1	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Dec 4	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Dec 12	9:30-11:30 am	Keep Well Clinic <i>with Lenny our new Nurse!</i>
Dec 13	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Dec 13,27	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Dec 14,28	by appointment	Foot Clinic \$45 to FC Nurse
Dec 21	9:30 am	Holistic Yoga (third Thursday in December)



Known commonly as Fuel Assistance, the **Low Income Home Energy Assistance Program** (LIHEAP) provides eligible households with help in paying a portion of winter heating bills.

Homeowners and renters including households whose cost of heat is included in the rent can apply.

CORRECTION: A single person with gross income below \$45,392 or a two-person household with gross income below \$59,359 can apply.

For more information including eligibility status, or if you need help completing the application, contact our Outreach staff.

Medicare 2024 OPEN ENROLLMENT

Medicare Open Enrollment ends on December 7th. It is important to review your options EVERY year during open enrollment to make sure you have the plan that works best for you next year.

KEEP WELL CLINIC Dec 12th 9:30-11:30



- Appointments and walk-ins
 - Now offering blood sugar tests
- Call us to make an appointment
978-422-3032



Veterans' Services

Fridays 8:00am-noon
at the Senior Center

If you need help outside of these times, please call
978-534-7538



CAREGIVER PROGRAM

Fri Dec 1, 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.



STATE OFFICE HOURS

Meet a representative from the office of Representative Meghan Kilcoyne

December 19, 11:30-12:30
at Sterling Senior Center



Wachusett Food Pantry
50 Worcester Rd, Sterling
Seniors: Fri Dec 15, 9-11 am
All: Sat Dec 16, 9-11 am
Call Outreach for assistance

Free Bread Thursday



8am-4pm
or until supplies last
Limit two loaves

Fat Daddy's Mobile Market

December 29th, 7:30-9:00 am
Hydroponic greens, lettuces, herbs, tomatoes, cheeses, cider, honey, more.



parkinson's IN THIS TOGETHER

December 13 & 27 3:30 - 5:00pm

In person support with Zoom option

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



Foot Clinic
Footcare By Nurses

Our Foot Clinic is extremely popular! New client signup for Sterling residents only.

All others please call FBN 978-296-8449.

Mobile Market



INSIDE at the Senior Center


Tuesday, December 12
12:30-1:30



Payment accepted: cash, credit/debit, SNAP/HIP dollars

DECEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Sunday December 3 COA Holiday Open House  Saturday December 9 FOSS Cookie Sale And Craft Fair	Fees for Yoga & Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Indoor Pickleball \$5	Wednesday Shopping Trips: 12/6 Hannaford's 12/13 Ocean State 12/20 Walmart, Leom 12/27 Target Registration Required	Community Lunch Sat Dec 2nd, 12pm First Church Sterling Beef Stew, Salad, Dessert Need a Ride? Call SSC Dispatch M-F 8-11am 978-422-3032	8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Caregiver Program
8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Baked Chicken 1:00 Bingo 1:45 Jingo 4:00 Pickleball 5:00 Meditation	8:15 Pilates 9:30 SHINE 9:30 Line Dancing 11:30 Pork Tenderloin 1:00 Game Day 2:00 Acrylic Painting	9:30 Chair Yoga 11:30 Lasagne 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	8 - 4 Bread Pickup 9:30 Chair Yoga 9:30 History Club 11:30 Baked Fish 1:00 Mahjong 2:00 Sterling Strummers Concert 	8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Make & Take
11 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Meatloaf 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	12 8:15 Pilates 9:30 Keep Well Clinic 9:30 Line Dancing 11:30 Tim's BBQ Chicken 12:30 Mobile Market 1:00 Game Day 2:00 Acrylic Painting 4:30 Holiday Lights Van Tour	13 9:30 Chair Yoga 11:30 Corn Chowder 12:30 Chair Massage 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	14 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Pork Chop & Apple 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 COA Board Mtg	15 8:00 VSO Hours 9 - 11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:15 Peer Leaders Concert 4:30 Santa & Cookie Drive-through
18 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Ham with Pineapple Relish	19 8:15 Pilates 9:30 Line Dancing 11:30 Loaded Baked Potato 11:30 State Office Hrs	20 9:30 Chair Yoga 11:30 Paula's Hot Dogs 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip	21 8 - 4 Bread Pickup 9:30 Holistic Yoga 11:30 Pot Roast 1:00 Mahjong 1:00 Beginner Uke	22 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord

1:00 Bingo 4:00 Pickleball 5:00 Meditation	1:00 Game Day	1:00 Wii Bowling 4:00 Pickleball	2:00 Ukulele Club	
25 	26 8:15 Pilates 9:30 Line Dancing 11:30 BBQ Ribs 1:00 Game Day 	27 9:30 Chair Yoga 9:30 SHINE 11:30 Chicken & Vegetable Soup 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	28 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 11:30 Smorgasbord 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	29 7:30-9:30 Pancake Breakfast 7:30 Fat Daddy's 7:30 Coffee with a Cop 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady

Fri, Dec 29, 7:30-9:00

Celebrity Servers:

Christy McGuire & Joyce Mara
First Church Community
Lunch Committee

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

Open to All
\$4 Suggested Donation

Sponsored by Friends of Sterling Seniors

Join Det Chase for Coffee with a Cop too!



Warm-me-Up Drive-Through
ready for the Holiday Light Tour !

Friday Dec 15 4:30-6:30 pm

Join Santa, the Sterling Strummers Ukulele Group and the Sterling Recreation Department for some cookies and hot cocoa before taking a tour of Sterling's most festive homes!

Enjoy the holiday music, collect your cookies and cocoa, receive your tour map and wave a cheery Hello to Santa.



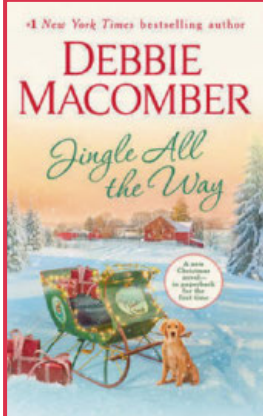
An enormous Thank You to everyone who made a donation to the Sterling Village team's Walk to End Alzheimer's.

Together you raised an incredible \$421.

THANK YOU!

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

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Jingle all the Way
by *Debbie Macomber*
December 20 @ 12:30pm

Top executive Everly's life is her work, with no space for anything else. Feeling stressed, she takes December off, dreaming of a luxury cruise. A vengeful assistant books her on a not-so-luxurious Amazon cruise instead. Unhappily stuck in the rainforest - with no WiFi! - she befriends a naturalist who helps her see what's lacking in her life. With Christmas and a return to family and work approaching, is this blossoming new love worth a risk? A merry surprise may be in store!



**Holiday
JINGO
Monday
Dec 4
1:45pm**
*following
regular Bingo!*



Mindful Meditation
Mondays at 5:00pm
with Carol McGuiggan

\$5

Open to All Ages

*Bookend your weekends
with Marty!*

Fridays at 10:00 Going Steady
Mondays at 10:00 Fitness

Free No sign-up needed



TAI CHI
MONDAYS AT 8:30AM
WITH SIFU GEORGE

Free

Yoga as
Holistic Self-Care

December 21 at 9:30am

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

chair yoga Yoga for EveryBody

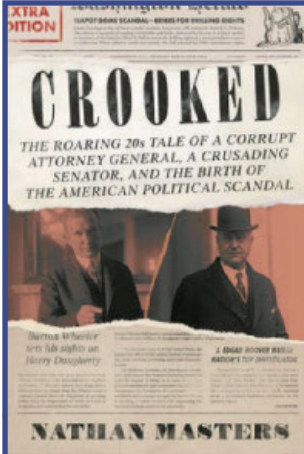
Thursday, Dec 7th @ 9:30am
No reservations! No wait list!
\$5 drop-in fee

Therapeutic Chair Massage

\$10
10 mins

December 13
12:30pm - 2:30pm

Sherrill Sasser LMT, CAT
Expanded Appointment Hours!
Call to book your session today!



HISTORY CLUB

Thursday, December 7 at 9:30am

CROOKED: The Roaring 20s Tale of a Corrupt Attorney General, a Crusading Senator, and the Birth of the American Political Scandal

Many tales from the Jazz Age reek of crime and corruption. But perhaps the era's greatest political fiasco has long been lost to the annals of history. This is the story of murderers, con artists, secret lovers, spies, bootleggers, and corrupt politicians.

January 4: *The Wager* by David Grann

Acrylic Painting
December Dates:
Tuesdays 5 & 12 @ 2pm
\$5
New Members Welcome



Indoor Pickleball Mon & Wed, 4-7pm

First Church of Sterling.

Due to space, we are restricted to current players. Interested new players please visit the Senior Center for sign-up forms and to be added to our waitlist.

Knit Happens

Fridays @ 9:30



Bring your knit, macramé, crochet or craft project.



Get tech help on Tuesdays with Pete. Call to set up an appointment



Ukulele

Men's Strumming Mon 11 2-3pm
Open Strumming Mon 11 3-4pm
Beginners Thu 1-2pm
Ukulele Club Thu 2-3pm



MAHJONG



Thursdays
1:00 pm

GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH



12:30
12:30
1:00



PITCH PARTY!



Sat, Dec 16th
6:30pm

Sponsored by Sterling Grange

A MESSAGE FROM VERONICA

To the Sterling Senior Center community of members, guests, volunteers and staff:

Thank you for your well wishes and your party-hearty attitude! You were all so kind to give me such a wonderful send-off to the world of retirement! I am touched by how much you care and how much love you shared.

As many of you know, this was my dream job. And it didn't disappoint! I was so lucky to have landed in Sterling and be embraced by a community who shared a similar vision for a vibrant, welcoming senior center committed to its mission. Thank you for the opportunity to work among you and live my dream.

Veronica

Need Transportation?

Our SSC vans are available Mon-Fri 8am to 4pm for the over-60 and the disabled populations. Call Mon-Fri 8:00am-11:00am at 978-422-3032 to reserve a ride. During the Holiday season our vans are very busy. Please do your best to call ahead.

In addition, consider Mart Connects. Mart is open 5:30am-10:00pm daily for your evening and weekend rides and is available for all ages.

Call MART Mon-Fri 8:30am-4:30pm at 1-800-922-5636
Option 4. Rides must be booked at least one day in advance by 2pm.

Mart One way cost	
1-10 miles	\$3
11-15 miles	\$4
16-20 miles	\$5

Register for Emergency Alerts



The town of Sterling uses CODE RED to allow the town to quickly deliver important messages to residents. You must sign up with your phone number or e-mail to receive them.

Go to www.sterling-ma.gov, scroll to the bottom of any page and click the CODE RED link for the Community Notification Enrollment page.

Those in need of assistance should call Emily, admin assistant at Sterling Fire Department on 978-422-8107.

You may also call Clare at the Senior Center for assistance on 978-422-3032.

Snow Policy

If Wachusett (WRSD) schools are closed for the day, there will be no programming (including meals) at the Center.

For delayed openings, the Center will open at lunch.

For early closings, the Center will close after lunch.

When in doubt, be safe! Call us first.

AND AWAY WE GO TRAVEL

2024 Trip List For age 50+ travelers

Mar 16, 2024	The Cher Show at the Boch Center Theater, including lunch at Maggiano's .	\$179
Jun 2-4, 2024	The Von Trapp Lodge, Stowe VT Enjoy a Von Trapp history tour, visits to Cabot Cheese, Lake Champlain Chocolates, a brewery tour, dinners and afternoon teas.	\$1029 sgl \$789 dbl
Sun Jul 14	"Lobstah & Bier" Tour A visit to When Pigs Fly bakery; then York Beach Beer Company for beer tasting followed by a full New England Clambake! Final stop at Stonewall Kitchen.	\$129

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

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.



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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs



Friends of Sterling Seniors FOSS

Holiday Cookie Sale & Craft Fair

December 9th, 9:00am to 2:00pm

Jams & Jellies * Quilted Gifts
Jewelry * Home Décor * Elderberry Products
American Girl Clothes * Handmade Soy Candles
Pottery * Holiday Ornaments
Sewn & Crocheted Gifts
Wreaths * Painted & Lighted Bottles
Cane & Wicker Chairs * Watercolor Greeting Cards
Knotty Blankets * Much, Much More!



Free Admission



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Baskets & Crafts

