

# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

February 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

*Maintenance Tech:* Jim Ash

*Kitchen Manager:*

Ruby Hall

*Van Drivers:*

Pam Dell

Gary Hill

Kevin Lowe

Robert Protano

Rob Seidel

Diane Sousa



## Valentines Week

**Sunday February 12th, 1-2pm**  
A reminder that if you reserved your Rotary Club Lasagne Dinner, don't forget to collect it!



**TUESDAY FEBRUARY 14TH**  
**11:30 AM**  
**CONGREGATE LUNCH**  
**RESERVATIONS REQUIRED**  
**\$3 SUGGESTED DONATION**

**Thursday February 16th, 5:30pm**  
**Divine Valentine Dinner**  
**Tickets \$ 5**  
**Reservations Required**



**FRIDAY FEBRUARY 17TH 1:00PM**  
**LOVING SPOONFUL OF MUSIC FROM BOB JORDAN**  
**FREE NO RESERVATIONS**



See page 3 for details  
of all these programs

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



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Contact us!  
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# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

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

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

**(800) 477-4574 x6348**

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If you reserved a Valentine Lasagne Dinner from Wachusett Area Rotary Club, please collect it on Sunday February 12th, 1-2pm



PLEASE CHOOSE EITHER LUNCH OR DINNER



♥ VALENTINE ♥  
♥ LUNCH ♥  
RESERVATIONS  
♥ REQUIRED ♥

TUESDAY  
♥ FEBRUARY 14 ♥  
11:30 AM

POT ROAST DINNER  
♥  
STRAWBERRY  
SHORTCAKE  
♥

♥ \$3 ♥  
SUGGESTED DONATION

or

The Evening Dinner Committee presents a

Valentine  
Dinner

Thursday  
February 16th  
5:30pm

Pot Roast Dinner  
Specialty Dessert

Tickets \$5 ♥ Reservations Required

FRIENDS OF STERLING SENIORS (FOSS) SUPPORT OUR COFFEE BAR  
AND THEMED MEALS. THANK YOU!



BOB JORDAN  
MEMORIES ARE MADE OF THIS  
FRIDAY FEBRUARY 17TH  
1:00PM  
NO RESERVATIONS REQUIRED

Singer, songwriter and guitarist **BOB JORDAN** will be playing songs from the 20s through the 70s, covering pop, folk, country, rock and more in his unique laid back, humorous style, slipping in some entertaining and informative commentary along the way.

Bob has been making music since the 1960s and has a repertoire of about 400 songs he taps into for his performances, so every concert is unique. In honor of Valentine's Day, we will hear a variety of love songs in the mix!

Following a long career of making, sharing and managing music, Bob now lives in Winchendon and is a regular performer on the region's music scene.

## SPECIAL EVENTS

Feb 10	1:00 pm	Make & Take Soaps with Laurel - Registration Required
Feb 12	1:00-2:00 pm	Rotary Club Grab'n' Go Pickup
Feb 14	11:30 am	Valentine Lunch *** <i>Reservations Required</i> ***
Feb 14	12-1:30 pm	Indoor Mobile Market (monthly, second Tuesday)
Feb 16	5:30 pm	Valentine Evening Dinner Tickets \$5
Feb 17	1:00 pm	Music with Bob Jordan
Feb 20	CLOSED	Presidents' Day
Feb 24	7:30-9:00 am	Pancake Breakfast
Feb 24	1:00 pm	Dementia and your Community Presentation - <i>please register</i>
Feb 27	12:00 pm	Birthday Cake
Feb 28	12-1:30 pm	Fat Daddy's Farmer Market

## ONGOING - see calendar for exercise programs

Feb 1		Pool daily
Feb 1	12:30 pm	Rummikub (weekly on Wednesdays)
Feb 1	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i> )
Feb 1	1:00 pm	Wii Bowling (weekly on Wednesdays)
Feb 2	8am-4pm	Bread Pickup (weekly on Thursdays)
Feb 2	9:30 am	History Club (first Thursday of month)
Feb 2	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Feb 2	1:00 pm	Beginner Ukulele (weekly on Thursdays, <i>sign-up required</i> )
Feb 2	2:00 pm	Ukulele Club (weekly on Thursdays)
Feb 2	2:00 pm	Mahjong (weekly on Thursdays)
Feb 3	8:00 am-noon	Veterans Services Office
Feb 3	9:30 am	Knitting Club (weekly on Fridays)
Feb 6	1:00 pm	BINGO (weekly on Mondays)
Feb 6	5:00 pm	Meditation (weekly on Mondays)
Feb 7	by appointment	SHINE counseling
Feb 7	9:00 am	Open Coloring (weekly on Tuesdays)
Feb 7	1:00 pm	Game Day (weekly on Tuesdays)
Feb 9	9:30 am	Dull Men's Club (second Thursday of month)
Feb 13,27	2:00 pm	Ukulele - Men's Open Strumming (second & fourth Mondays)
Feb 13,27	3:00 pm	Ukulele Open Strumming (second & fourth Mondays)
Feb 15	12:30 pm	Book Club <i>Mrs Kennedy by Barbara Leaming</i>
Feb 17,18	9-11:00 am	Food Pantry
Feb 21	11:30 am	State Office Hours (third Tuesday of month)

## WELLNESS

Feb 3	10:00 am	Going Steady (weekly on Fridays)
Feb 3	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Feb 14	9:30-11:30 am	Well Clinic sponsored by VNA Care
Feb 8,22	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Feb 8,22	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Feb 9,23	by appointment	Foot Clinic \$45 to FC Nurse
Feb 16	9:30 am	Holistic Yoga



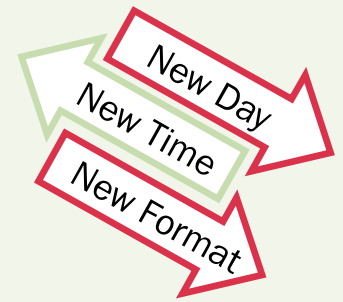


## CAREGIVER PROGRAM

Friday February 3rd, 1:00-2:00pm

Still a peer directed support meeting facilitated by Eileen Brooks from Sterling Village, but now including an activity for your loved one.

We will run a supervised activity for your loved one as you attend the support group. February activity will be art, crafts and puzzles.



Every first Friday of the month!

Registration Suggested 978-422-3032



The Medicare Advantage Open Enrollment Period occurs each year through March 31, and it is only available to people who are enrolled in a Medicare Advantage plan (HMO or PPO) as of January 1<sup>st</sup>, 2023. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan. Call for assistance!

## KEEP WELL CLINIC

February 14th 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



IN THIS TOGETHER  
**parkinson's**

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

February 8 & 22

In person support with Zoom option

Please contact Joe at 508-335-0672  
or [northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



**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 Feb 9 & 23 and Mar 9 & 23.



## You may be eligible for the Circuit Breaker Tax Credit

For tax year 2022 the max credit amount is \$1,200.

- You must be a Massachusetts resident or part-year resident
- You must be 65 or older by December 31, 2022
- You must own or rent residential property in MA and occupy it as your primary residence
- Income no more than \$64,000 for single person, \$80,000 for head of household, \$96,000 for married couple

You must file a Mass personal income tax return with Schedule CB. More information is available at <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>



**STATE  
OFFICE  
HOURS**

Meet reps from the offices  
of Senator Gobi and  
Representative Kilcoyne  
Feb 21, 11:30am-12:30pm  
at Sterling Senior Center.



**Veterans'  
Services**

Fridays 8:00am-noon  
at the Senior Center


If you need help  
outside of these  
times, please call

**Veterans'  
Services**

978-534-7538

# FEBRUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snow Policy</b> If Wachusett (WRSD) schools are closed for the day, there will be no programming (including meals programs) 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.		9:30 Chair Yoga <b>11:30 Chicken Vegetable Soup</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling	8 - 4 Bread Pickup 9:30 History Club 9:30 Chair Yoga <b>11:30 Hot Dogs and Baked Beans</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Caregiver Program
8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Pork Tenderloin</b> 1:00 Bingo 4:00 Pickleball 5:00 Meditation	8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing <b>11:30 Tim's BBQ Hamburgers</b> 1:00 Game Day	9:30 Chair Yoga <b>11:30 Corn Chowder</b> 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support	8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club <b>11:30 Fish Dinner</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 5:30 COA Board Mtg	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Make & Take 4:00 Pickleball
8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Juicy Oven Baked Chicken</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	8:15 Pilates 9:00 Open Coloring 9:30 Well Clinic <b>11:30 Valentine Lunch</b> <b>Reservations Required</b> 12:00 Mobile Market 1:00 Game Day	9:30 Chair Yoga <b>11:30 Butternut Squash Soup</b> 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling	8 - 4 Bread Pickup 9:30 Caregiver Yoga <b>11:30 Tuna Salad</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 5:30 Evening Dinner	8:00 VSO Hours 9 - 11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Bob Jordan Music Concert 🎵🎵
 8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Juicy Oven Baked Chicken</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Pork Chops in Garlic Mushroom Sauce</b>	9:30 Chair Yoga <b>11:30 Tomato Soup</b> 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip	8 - 4 Bread Pickup 8:30-2:30 Foot Clinic <b>11:30 Smorgasbord</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele	<b>7:30-9:00 Pancake Breakfast</b> 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady

	<b>4:00 Pickleball</b>	<b>27</b> 8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Spaghetti &amp; Meat Sauce</b> 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	<b>28</b> 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Ham Dinner</b> 12:00 Fat Daddy's Market 1:00 Game Day	<b>11:30 State Office Hrs</b> 1:00 Game Day	<b>Wednesday Shopping</b> <b>Trips:</b> 2/1 Walmart, Leom 2/8 Whitney Field 2/15 Walmart, WB 2/22 Christmas Tree  <i>Registration Required</i>	<b>1:00 Wii Bowling</b> 3:30 Parkinson Support	<b>Fees for Yoga &amp; Pilates</b> \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5  Clean indoor shoes for exercise classes please.	10:00 Using Oboody 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong
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# Make & Take Soaps for Valentine's Day

With Laurel

Friday, Feb 10 1:00pm

Heart & Flower Molds

Reservations Required

Free!



## FITNESS REIMBURSEMENT DOCUMENT REQUESTS

If you'll be claiming insurance reimbursement for 2022 fitness classes, please call us and we'll provide documentation of your expenses at the Senior Center.

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

SUPPORT OUR ADVERTISERS!



## Knit Happens

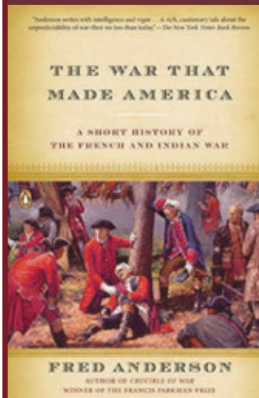
Crochet some love !

Fridays @ 9:30

Bring your knit,  
macramé,  
crochet or  
craft project.



## HISTORY CLUB



Thursday, February 2 at 9:30am  
The War that made America: A Short History of the French and Indian War  
by Fred Anderson

Between 1755 and 1763 the North American phase of a far larger conflict destroyed the French Empire in North America, overturned the balance of power, undermined the ability of Indian nations to determine their destinies, and lit the "long fuse" of the American Revolution.

Mar 2: One Summer: America, 1927 by Bill Bryson

**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,  
February 4th  
6:30pm

Sponsored by  
Sterling Grange





**Ray Tatten**  
**Sterling Author**  
**February 9th, 9:30am**

Meet Ray, a local author whose essays and articles have appeared in local publications and who has published books including *And Another Thing...* and *Tex Mostly*.



Ray's latest novel is a historical fiction account of a young boy's capture by Native Americans, based on a true-life epic adventure of twists and challenges within a dramatic love story.

Yoga for Everybody  
**chair yoga** **NEW**

**We heard you!**

**A new class every first  
 Thursday of the month!**

**February 2nd, 9:30am**

**No reservations! No wait list!**

**Yoga as**

**Holistic Self-Care**



**Feb 16 at 9:30am** and every 3rd Thursday

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

**MRS KENNEDY**  
 BARBARA LEAMING



**Book Club**  
**Feb 15 @ 12:30pm**

**Mrs. Kennedy**

**The Missing History of  
 the Kennedy Years**

**by Barbara Leaming**

**Mindful Meditation**  
**Mondays at 5:00pm**

Keep your New Year promise to yourself to  
 improve your  
 health and wellbeing.

Join us **FREE** in February at our new time .

**Open to All Ages**

**Intro  
 Offer  
 \$8**

**Therapeutic  
 Chair Massage**

**Feb 8th & 22nd**

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

**Sherrill Sasser LMT, CAT**

Chair massage is a form of massage therapy performed utilizing a therapeutic massage chair. 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). Each session is at an introductory \$8 price.

**call for an appointment!**



**OPEN  
 COLORING**

**TUESDAYS  
 9-10AM  
 BRING YOUR OWN,  
 OR SUPPLIES  
 AVAILABLE**

**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.

## Pancake Breakfast

Friday February 24  
7:30-9:00am



**Guest Server:**  
**Leanne Boudreau,**  
**Proprietor, NOTOWN Goods**

*A selection of plain & special pancakes,  
ham, eggs, fresh fruit,  
tea breads, juice, coffee.*

**Open to All**  
**\$4 Suggested Donation**

*Sponsored by Friends of Sterling Seniors*



Tuesday, Feb 14  
12-1:30pm



**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



**Wachusett Food Pantry**  
50 Worcester Rd,  
Sterling

**Seniors:** Friday Feb 17, 9-11  
All: Saturday Feb 18, 9-11

Call Outreach for assistance



**Free Bread Thursday**

8am-4pm  
or until  
supplies last

Limit two loaves please



## Fat Daddy's Mobile Food Market

Tue, February 28 12-1:30pm

Hydroponic greens, lettuces,  
fresh herbs, tomatoes, cheeses,  
cider, honey & more.

**Support local farmers!**



February 4th at Noon  
First Church in Sterling

All are welcome!

**1st Saturday Community Lunch**

Chicken Pot Pie  
Salad • Dessert

No Cost • No Reservations

Van rides available through Senior Center

## AND AWAY WE GO TRAVEL

2023 Trip List For age 50+ travelers

Sat, Mar 11	St. Patrick's Day at Nellie's Journey to the Irish Catskill Mountains and the town of East Durham, home of Nellie's Irish Pub to enjoy lunch, Irish music and shopping at Nellie's in-house bakery. Maybe time for shopping in Durham too!	\$129 pp
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, Maine.	\$135 pp
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, Stax, Delta Blues and BB King Museums, scenic tours and much more. Early booking \$100 saving. 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.





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Spokesperson  
DAVID ORTIZ

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Sterling Council on Aging, Sterling

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



## **Dementia and your Community** *presented by Peter MacDonald* **Friday, February 24th 1:00pm**

Conant Library and Sterling Senior Center employees and volunteers are invited to attend “Dementia and Your Community”, an education program developed and provided by the Alzheimer’s Association. The presenter is Peter MacDonald, Sterling resident, workgroup member and Executive Director of Sunrise Assisted Living in Leominster.

Dementia is a general term for loss of memory and other thinking abilities severe enough to interfere with daily life. This training will provide you with an overview of dementia and strategies to enable effective communication.

The Age and Dementia Friendly Workgroup has a goal to educate our community about dementia. Be a part of the movement to create Age and Dementia Friendly Sterling! Register by calling the Senior Center on 978 422 3032

Visit the ADF Sterling Facebook page [www.facebook.com/AgeDementiaFriendlySterling](http://www.facebook.com/AgeDementiaFriendlySterling)

\* This program is limited to Sterling Senior Center and the Sterling Library staff and volunteers.  
Stay tuned for more education programs for the community throughout the year.

