



Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

June 2023

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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

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



WE LOVE OUR VOLUNTEERS!

JUNE 28TH 8:15AM - 5:00PM

We invite all our current volunteers and their significant others to join us for a fun trip to



FOXWOODS
RESORT + CASINO

Lots of fun to be had, whether you like to gamble, shop, discover history or race Go-Karts!
Look for details in your inbox.

We are truly grateful for the generosity, the commitment, the time, the graciousness of all our volunteers.

You know who you are !

Sign up by June 12th !

VOLUNTEER APPRECIATION DAY

We appreciate our volunteers every day



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
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Paul and Paula Luria

Friday June 23 at 1:00pm

sing along to old time favorites
accompanied by banjo, clarinet,
guitar and harmonica!

Sign up at 978-422-3032



OLD TIME GAME DAY

JUNE 14TH @ 11:00 AM

**COME JOIN IN SOME OLD TIME
FUN AND GAMES WITH THE
CHOCKSETT PEER LEADERS!**



**MAKE & TAKE
CANVAS BAGS
WITH KAREN**

All supplies included
Registration required

free

**FRI JUNE 16TH
1:00PM**

Hello! Good to meet you!

Staff here have received compliments on our nametags. Many people can identify with that feeling of "I recognize you but I can't come up with your name!" Wearing a nametag can also be seen as a welcoming and friendly gesture to new visitors!

If you'd like to join us in wearing a nametag, pick one up at the front desk.

Maintaining a Welcoming Senior Center

Friday June 9th at 12:30pm with Veronica, Linda & Bonnie

What are the rituals and culture of our Senior Center?

How do we ensure we keep that welcoming environment?



Fun Facts about our Kitchen



Remy, Diane, Judy, Tim, Carmela, Ruby

In the last 12 months we have served 2366 lunches. Each week 32 volunteers assist Ruby, our kitchen manager.

Our meals are home cooked. There are no reservations required; just come in and take a seat. We serve lunch at 11:30 am.

Food for our meals program is paid for through donations. (The Senior Center does not use town appropriated money to purchase food.) The suggested donation is \$3 per meal. We also receive financial assistance for our specialty lunches from FOSS. We welcome donations to our meals program and we can always use another set of hands! Give us a call!



**Renewing our partnership
with the YMCA**

Sterling residents 60 and older are eligible for the Sterling Senior Center monthly member rate, plus additional discount based on income. Valid at Greendale & Leominster branches.

Stop by and see what the Y has to offer!

Tue June 6th 4-6pm at Greendale Y

Wed June 7th 4-6pm at Senior Center

Bring your Insurance cards so that you can be screened for Y membership coverage through your existing insurance benefits.

	Single	Couple
Sterling 60+	\$44.25	\$72.00
< \$54,600	\$37.20	\$57.60

SPECIAL EVENTS

Jun 6	4:00-6:00 pm	YMCA Membership Information at the Greendale Y
Jun 7	4:00-6:00 pm	YMCA Membership Information at Sterling Senior Center
Jun 9	12:30 pm	Maintaining a Welcoming Senior Center
Jun 13	12:30-1:30 pm	Mobile Market (monthly, second Tuesday)
Jun 14	9:40 am	Flag Day at Houghton School
Jun 14	11:00 am	Peer Leaders Old Time Game Day Fun
Jun 15	9:30 am	Father's Day Breakfast Pizza Bar <i>Reservation Required</i>
Jun 15	10:30 am	Tales and Travels at Sterling Library <i>Registration Required</i>
Jun 16	1:00 pm	Make & Take Canvas Bags with Karen <i>Registration Required</i>
Jun 17	9am-1pm	Trunk Sale
Jun 19	CLOSED	Juneteenth
Jun 23	1:00 pm	Paul & Paula Lauria Music Program
Jun 26	12:00 pm	Birthday Cake
Jun 30	7:30-9:00 am	Pancake Breakfast
Jun 30	7:30-9:00 am	Fat Daddy's Farmer Market

ONGOING - see calendar for exercise programs

Jun 1		Pool daily
Jun 1	8am-4pm	Bread Pickup (weekly on Thursdays)
Jun 1	9:30 am	History Club (first Thursday of month)
Jun 1	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Jun 1	1:00 pm	Beginner Ukulele (last class Jun 1)
Jun 1,15,29	2:00 pm	Ukulele Club
Jun 1	2:00 pm	Mahjong (weekly on Thursdays)
Jun 2	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Jun 2	9:00 am-noon	Ladies' Pool
Jun 2	9:30 am	Knitting Club (weekly on Fridays)
Jun 5	1:00 pm	BINGO (weekly on Mondays)
Jun 5	5:00 pm	Meditation \$5 (weekly on Mondays)
Jun 6	by appointment	SHINE counseling
Jun 6	1:00 pm	Game Day (weekly on Tuesdays)
Jun 7	12:30 pm	Rummikub (weekly on Wednesdays)
Jun 7	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Jun 7	1:00 pm	Wii Bowling (weekly on Wednesdays)
Jun 7,14	1:00 pm	Pastels Art Class \$5
Jun 8	9:30 am	Dull Men's Club (second Thursday of month)
Jun 12,26	2:00 pm	Ukulele - Men's Open Strumming (second & fourth Mondays)
Jun 12,26	3:00 pm	Ukulele Open Strumming (second & fourth Mondays)
Jun 16,17	9-11:00 am	Food Pantry
Jun 20	11:30 am	State Office Hours (third Tuesday of month)
Jun 21	12:30 pm	Book Club <i>House Rules by Jodi Picoult</i>

WELLNESS

Jun 2	10:00 am	Going Steady (weekly on Fridays)
Jun 2	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Jun 5	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Jun 8,22,29	by appointment	Foot Clinic \$45 to FC Nurse
Jun 13	9:30-11:30 am	Well Clinic sponsored by VNA Care
Jun 14,28	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Jun 14,28	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Jun 22	9:30 am	Holistic Yoga - <i>note: on the fourth Thursday in June</i>

Registration is required - call (978) 622-6409 or visit sterlinglibrary.org to register

Do you have any large print books you have finished reading? We often receive requests, so if you are able to donate please contact Linda or Bonnie in Outreach.

JUNE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Fees for Yoga & Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Pastels Class \$5	 <p>Beginner Bird Watching</p>	Wednesday Shopping Trips: 6/7 Walmart, WB 6/14 Whitney Field 6/21 Walmart, Leom 6/28 Home Goods & Savers, Worc <i>Registration Required</i>	1 8 - 4 Bread Pickup 9:30 History Club 9:30 Chair Yoga 11:30 Spaghetti & Meatballs 1:00 Beginner Ukulele 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong	2 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Caregiver Program
5 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Bowtie Pasta Salad & Chicken 1:00 Bingo 4:00 Pickleball 5:00 Meditation	6 8:15 Pilates 9:30 Line Dancing 9:30 SHINE 11:30 Tim's Burgers 1:00 Game Day 4-6 YMCA Membership at Greendale Y	7 9:30 Chair Yoga 11:30 Chicken Salad 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 1:00 Pastels Art Class 3:30 Parkinson Support 4:00 Pickleball 4-6 YMCA Membership	8 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish Tacos 1:00 Acrylic Painting 2:00 Mahjong 5:30 COA Board Mtg	9 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:30 A Welcoming Senior Center
12 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Lamb Stew 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	13 8:15 Pilates 9:30 Line Dancing 9:30 Well Clinic 11:30 Pork Tenderloin 12:30 Mobile Market 1:00 Game Day	14 9:30 Chair Yoga 9:40 Flag Day 11:00 Peer Leaders 11:30 Paula's Steamed Dogs 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 1:00 Pastels Art Class 4:00 Pickleball	15 8 - 4 Bread Pickup 8:00 Father's Day Breakfast 11:30 Chicken Royale 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong	16 8:00 VSO Hours 9:00 Ladies' Pool 9 - 11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Make & Take
JUNE	19 8:15 Pilates 9:30 Line Dancing 11:30 Chicken Marsala 4:00 State Office Hours	20 8:15 Pilates 9:30 Line Dancing 11:30 Chicken Marsala 4:00 State Office Hours	21 9:30 Chair Yoga 11:30 Sloppy Joes 12:30 Rummikub 12:30 Pickleball 4:00 State Office Hours	22 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Holistic Yoga 11:30 Hot Tubs
		21 9:30 Chair Yoga 11:30 Sloppy Joes 12:30 Rummikub 12:30 Pickleball 4:00 State Office Hours	22 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Holistic Yoga 11:30 Hot Tubs	23 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady

TEENTH CELEBRATE FREEDOM	11:30 State Office Hrs 1:00 Game Day	12:30 Book Club 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	11:30 Hot Turkey Sliders 1:00 Acrylic Painting 2:00 Mahjong	10:00 Going Steady 11:30 Smorgasbord 1:00 Old Time Music
26 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Tuscan Chicken 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	27 8:15 Pilates 9:30 Line Dancing 11:30 Tim's BBQ Chicken 1:00 Game Day	28 9:30 Chair Yoga 11:30 Sausage, Peppers & Onions 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	29 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 11:30 Smorgasbord 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong	30 7:30-9:00 Pancake Breakfast 7:30-9:00 Fat Daddy's Market 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady



at Sterling Senior Center

Sponsored by Friends of Sterling Seniors & FOSS

Sat June 17, 9:00am to 1:00pm
 Rain Date June 18



vendors - \$20 per car

Sell your Stuff, Shop for Bargains, or both!

Call 978-422-3032 or e-mail pdell@sterling-ma.gov

FOSS Fundraiser

\$200 in scratch lottery tickets!

*Drawing Various values
 July 20th \$1 per ticket
 \$5 for 6 tickets*

On sale at Sterling Senior Center

Call 978-422-3032

Sponsored by Friends of Sterling Seniors

Christmas in July

Lottery Tree



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

SUPPORT OUR ADVERTISERS!



Ladies' Pool Fridays 9am – noon

Guys & Gals Fitness *NEW!* with Marty Mondays at 10am

A total body work out for men and women of ALL fitness levels.

Participants who use a cane, walker or wheelchair can work out from a chair. Others will participate standing and seated.

Focus will be on

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- Posture & strong bones
- Heart health and circulation
- Pain relief
- Memory challenges
- Lots and lots of laughs

Free

No sign-up needed

Mindful Meditation Mondays at 5:00pm with Carol McGuiggan

\$5

Open to All Ages

\$10
10 mins

Therapeutic
Chair Massage
June 14th & 28th
12:30pm - 2:30pm



Sherrill Sasser LMT, CAT
Call for an appointment!



Outdoor Pickleball
Mondays & Wednesdays
4-7pm
All players
and levels welcome!



Phone Apps: what should I load ?

Thursday June 8th at 9:30am

Phone apps can provide entertainment, information, and save you time!

Join us to discover:

- Apps every senior should have on their phone
- Popular apps for seniors who live alone
- Best emergency apps
- Books, music, travel and sports apps



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



Chair and Mat
combined class

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

TAI CHI
MONDAYS AT 8:30AM
WITH SIFU GEORGE

Free

Yoga as
Holistic Self-Care



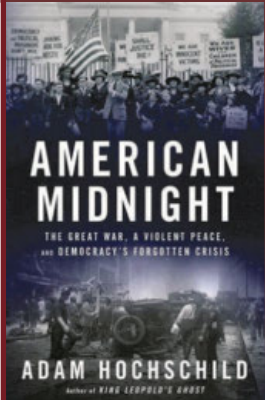
June 22 at 9:30am

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

Yoga for EveryBody
chair yoga

Thursday, June 1st @ 9:30am
No reservations! No wait list!
\$5 drop-in fee

HISTORY CLUB



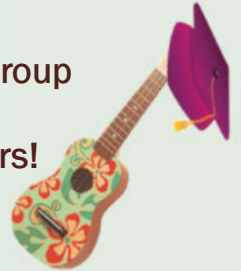
Thursday, June 1 at 9:30am
American Midnight: The Great War, A Violent Peace, and Democracy's Forgotten Crisis by Adam Hochschild

The period between World War I and the Roaring Twenties was one when the foundations of American democracy were threatened by war, pandemic and violence fueled by battles over race, immigration and the rights of labor.

Congratulations Class of 2023 !

Ukulele Graduation Picnic
 Thursday, June 1st at 1:00pm

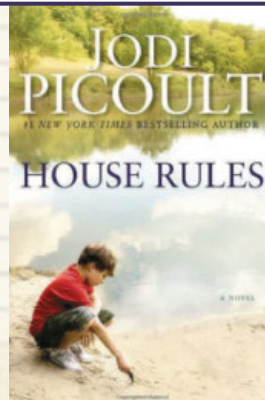
Ukulele Beginners Group
 are officially
 no longer beginners!



New class begins September 7th

Book Club
 June 21 @ 12:30pm

House Rules
 by Jodi Picoult



Acrylic Painting
 Thursdays 1:00pm
\$5

New Members
 Welcome

Rummikub
 W E D 1 2 : 3



Monday 1pm
 Cards \$1 each

MAHJONG



Thursdays 2:00 pm

GAME DAY TUESDAYS



DOMINOES
 CRIBBAGE
 PITCH



12:30
 12:30
 1:00



Exploring Pastels with Denis

\$5

Wednesdays
 June 7 + 14

1:00pm

Please Register



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

PITCH PARTY!



Saturday,
 June 3rd
 6:30pm

Sponsored by Sterling Grange

Fridays @ 9:30 **Knit Happens**
 Bring your knit,
 macramé, crochet or
 craft project.

Men's Strumming 2nd & 4th Mon
 2-3pm

Open Strumming 2nd & 4th Mon
 3-4pm

Beginner Graduation Jun 1 @ 1pm

Ukulele Club Jun 1, 15, 29
 2-3pm





Join the students and staff at Houghton School to celebrate Flag Day 2023.

Ceremony begins at 9:40 am on Wednesday June 14th.

Or park at Sterling Senior Center for a 9:30 van ride to the event.



Available during
Pancake Breakfast!

Fat Daddy's Mobile Food Market

Friday, June 30
7:30–9:00 am

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

Support local farmers!



Friday June 30
7:30–9:00

**Guest Servers: Anthony Trapasso, GM
& Julianna Trapasso**
Halstead Insurance, Sterling

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

Open to All

\$4 Suggested Donation

Sponsored by Friends of Sterling Seniors



Tuesday,
June 13
12:30–1:30

Mobile Market

at the
Senior Center



Eligible for SNAP and HIP benefits

Free Bread Thursday

8am-4pm
or until
supplies
last



Limit two
loaves

SERVING HOME-COOKED LUNCH

Weekdays at 11:30 am
Walk in!

Need a ride? Call us!
\$3 suggested donation.



Saturday June 3rd at Noon
First Church in Sterling
All are welcome!

Caprese salad • Pulled Pork sandwich
Cole Slaw • Brownie Sundae

No Cost • No Reservations

Van rides available through Senior Center



Wachusett Food Pantry
50 Worcester Rd, Sterling

Seniors: Fri June 16, 9-11 am
All: Sat June 17, 9-11 am
Call Outreach for assistance
978-422-3032

AND AWAY WE GO TRAVEL

2023 Trip List For age 50+ travelers

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
Sun Oct 15	Sunday Drive in the Country to the White Mountains of NH. Brunch at the White Mountain Hotel then off to the Leaf Peepers Craft Fair in North Conway.	\$ 109
Dec 10-11	New Hampshire Christmas Sunday brunch and a matinee, an evening Christmas show, overnight in North Conway then a sleigh ride in at Nestlenook Farm in Jackson NH before lunch.	\$569 sgl \$479 dbl

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.

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

Happy Father's Day

All gents are invited to a
Breakfast Pizza Bar
Thursday June 15th at 9:30 am

Join us for guys-only chatter
Gift giveaways

(WooSox tickets, Lowes & Home Depot gift cards)



**Wear your best "DAD" tie
for an extra chance!**

Reservations required - call 978-422-3032