

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

May 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



Mother's Day Tea Party

Friday May 12th
1:00-3:00 pm

**Enjoy a pot of tea,
 a selection of
 finger sandwiches
 and sweet treats**

*accompanied by
 heavenly harp music
 from Angelina Savoia*

Optional:
**Wear your posh frock
 and fancy hat.
 Bring your favorite
 tea cup & saucer!**

**All
 Ladies
 are
 Invited!**

Reservations Required 978-422-3032
Supported by the Friends of Sterling Seniors



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

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- 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

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Advertise in our Newsletter!

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BIRD WALK FOR BEGINNERS AT MUDDY POND

With Marion Larson & Scott Handler

Tuesday May 9th, 7-9am

May is one of the best months for birdwatching as birds are establishing territories, actively looking for mates or building nests, while other birds are migrating north through the state.

Budding birders are encouraged to join Marion & Scott to learn to see, hear, identify and enjoy birds throughout the year. Those unable to comfortably walk over uneven terrain are invited to attend the 7:00am introduction to birding, bring a chair and 'bird' from the meeting point.

Reservations are required and information sheets will be available at the front desk.

Rain Date May 16th.

**Medal of Fidelity presentation**

Thursday May 18th
9:00 am

Veterans' Services invites you to attend and to enjoy coffee and Continental breakfast

**Scam Prevention**

May 11th at 9:30am

**Presented by Kevin Donohue & Det. John Chase**

Join Kevin Donohue from the Worcester County District Attorney's Office Community Outreach team and Detective John Chase, Police Dept liaison to the Senior Center, to learn current scam trends and how to prevent yourself from being scammed.

Also attending will be Bob Jumper, LCU Branch Manager, and Ashley Grossi, LCU Fraud Analyst, to answer banking questions.

**MAKE & TAKE FLOWER SOAPS**

WITH LAUREL

FRI MAY 19TH
1:00PM

free All supplies included
Registration required

**Student Art Reception and Exhibition****Wednesday May 10th, 6-7:30pm**

Artists from Kindergarten through 8th grade will be featured.
Light refreshments will be served.

Sterling Garden Club will present winning poster artists from Chocksett Middle School in their public programs 'Saving our Planet' and 'Spring Awakenings'.



The Chocksett-Houghton students' art will be on display at Sterling Senior Center throughout the months of May and June.

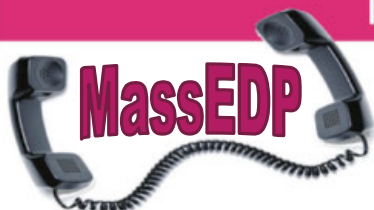
May 4	2:00 pm	Spring Ukulele Concert
May 8	8:30-9:30 am	Intergenerational Pickleball <i>Sign-Up Required</i>
May 9	7:00-9:00 am	Birding for Beginners <i>Registration Required</i>
May 9	12:30-1:30 pm	Indoor Mobile Market (monthly, second Tuesday)
May 10	6:00-7:30pm	Art Reception Houghton & Chocksett Students
May 12	1:00 pm	Mother's Day Tea Party <i>Reservation Required</i>
May 18	9:00 am	Medal of Fidelity Presentation
May 18	5:30 pm	Evening Dinner <i>Tickets \$5</i>
May 19	1:00 pm	Make & Take Soaps with Laurel <i>Registration Required</i>
May 22	12:00 pm	Birthday Cake
May 23	1:00 pm	MassEDP Presentation
May 26	7:30-9:00 am	Pancake Breakfast
May 26	7:30-9:00 am	Fat Daddy's Farmer Market
May 29	CLOSED	Memorial Day

ONGOING - see calendar for exercise programs

May 1		Pool daily
May 1	1:00 pm	BINGO (weekly on Mondays)
May 1	5:00 pm	Meditation \$5 (weekly on Mondays)
May 2	by appointment	SHINE counseling
May 2	1:00 pm	Game Day (weekly on Tuesdays)
May 3	12:30 pm	Rummikub (weekly on Wednesdays)
May 3	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
May 3	1:00 pm	Wii Bowling (weekly on Wednesdays)
May 3	1:00 pm	Pastels Art Class \$5 (weekly on Wednesdays, no class May 24th)
May 4	8am-4pm	Bread Pickup (weekly on Thursdays)
May 4	9:30 am	History Club (first Thursday of month)
May 4	2:00 pm	Mahjong (weekly on Thursdays)
May 5	8:00 am-noon	Veterans Services Office (weekly on Fridays)
May 5	9:00 am-noon	Ladies' Pool
May 5	9:30 am	Knitting Club (weekly on Fridays)
May 8,22	2:00 pm	Ukulele - Men's Open Strumming (second & fourth Mondays)
May 8,22	3:00 pm	Ukulele Open Strumming (second & fourth Mondays)
May 11	9:30 am	Dull Men's Club (second Thursday of month)
May 11	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
May 11	1:00 pm	Beginner Ukulele (weekly on Thursdays, <i>sign-up required</i>)
May 11	2:00 pm	Ukulele Club (weekly on Thursdays)
May 16	11:30 am	State Office Hours (third Tuesday of month)
May 17	12:30 pm	Book Club <i>Making the Rounds with Oscar</i>
May 19,20	9-11:00 am	Food Pantry

WELLNESS

May 1	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
May 5	10:00 am	Going Steady (weekly on Fridays)
May 5	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
May 9	9:30-11:30 am	Well Clinic sponsored by VNA Care
May 10,24	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
May 10,24	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
May 25	by appointment	Foot Clinic \$45 to FC Nurse
May 25	9:30 am	Holistic Yoga - note: on the fourth Thursday in May



Tuesday, May 23rd, 1:00pm
Chris Murphy,
MA CTS Community Outreach Coordinator

A follow-up to the April MassRelay discussion for those living with a vision, hearing or speech impairment, Chris will discuss the equipment available to assist you in making the right choice for you or your loved one.

If you live with a disability, the Massachusetts Equipment Distribution Program (MassEDP) may be able to provide you with a specialized telephone network. Depending on your income level, these telephones may come for free or at a reduced cost.

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.

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 for application assistance

parkinson's U IN THIS TOGETHER

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

May 10 & 24

In person support with Zoom option

Please contact Joe at
 508-335-0672 or

northworcparkies@yahoo.com

KEEP WELL CLINIC

May 9th 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 reservation



CAREGIVER PROGRAM

Friday May 5th, 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.



Fridays 8:00am-noon
at the Senior Center

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



STATE
OFFICE
HOURS

Meet representatives from the
 offices of Senator Gobi and
 Representative Kilcoyne
May 16, 11:30am-12:30pm at
 Sterling Senior Center



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 May 25 and June 8 & 22.

MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 Muffin Monday</p> <p>8:30 Tai Chi</p> <p>10:00 Fitness</p> <p>11:30 Oven Fried Chicken</p> <p>1:00 Bingo</p> <p>4:00 Pickleball</p> <p>5:00 Meditation</p>	<p>2</p> <p>8:15 Pilates</p> <p>9:30 Line Dancing</p> <p>9:30 SHINE</p> <p>11:30 Cheesy Shells & Greens</p> <p>1:00 Game Day</p>	<p>3</p> <p>9:30 Chair Yoga</p> <p>11:30 Beef Stew</p> <p>12:30 Rummikub</p> <p>1:00 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>1:00 Pastels Art Class</p> <p>4:00 Pickleball</p>	<p>4</p> <p>8 - 4 Bread Pickup</p> <p>9:30 History Club</p> <p>9:30 Chair Yoga</p> <p>11:30 Tuna Melt</p> <p>2:00 Spring Ukulele Concert</p> <p>2:00 Mahjong</p>	<p>5</p> <p>8:00 VSO Hours</p> <p>9:00 Ladies' Pool</p> <p>9:30 Knit Happens</p> <p>10:00 Going Steady</p> <p>11:30 Smorgasbord</p> <p>1:00 Caregiver Program</p>
<p>8</p> <p>8:00 Muffin Monday</p> <p>8:30 Tai Chi</p> <p>8:30 Peer Leaders</p> <p>10:00 Fitness</p> <p>11:30 Hamburg & Veggie Pizza</p> <p>1:00 Bingo</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>5:00 Meditation</p>	<p>9</p> <p>7:00 Bird Walk</p> <p>8:15 Pilates</p> <p>9:30 Line Dancing</p> <p>9:30 Well Clinic</p> <p>11:30 Loaded Baked Potato</p> <p>12:30 Mobile Market</p> <p>1:00 Game Day</p>	<p>10</p> <p>9:30 Chair Yoga</p> <p>11:30 Beef Stroganoff</p> <p>12:30 Rummikub</p> <p>12:30 Chair Massage</p> <p>1:00 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>1:00 Pastels Art Class</p> <p>3:30 Parkinson Support</p> <p>4:00 Pickleball</p> <p>6:00-7:30 Art Reception</p>	<p>11</p> <p>8 - 4 Bread Pickup</p> <p>9:30 Dull Men's Club</p> <p>11:30 Chicken Royal</p> <p>1:00 Acrylic Painting</p> <p>1:00 Beginner Ukulele</p> <p>2:00 Ukulele Club</p> <p>2:00 Mahjong</p> <p>5:30 COA Board Mtg</p>	<p>12</p> <p>8:00 VSO Hours</p> <p>9:00 Ladies' Pool</p> <p>9:30 Knit Happens</p> <p>10:00 Going Steady</p> <p>11:30 Smorgasbord</p> <p>1:00 Mother's Day Tea</p>
<p>15</p> <p>8:00 Muffin Monday</p> <p>8:30 Tai Chi</p> <p>10:00 Fitness</p> <p>11:30 Shephard's Pie</p> <p>1:00 Bingo</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>5:00 Meditation</p>	<p>16</p> <p>8:15 Pilates</p> <p>9:30 Line Dancing</p> <p>11:30 Pulled Pork</p> <p>11:30 State Office Hrs</p> <p>1:00 Game Day</p>	<p>17</p> <p>9:30 Chair Yoga</p> <p>11:30 Chicken Gyros</p> <p>12:30 Book Club</p> <p>12:30 Rummikub</p> <p>1:00 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>1:00 Pastels Art Class</p> <p>4:00 Pickleball</p>	<p>18</p> <p>8 - 4 Bread Pickup</p> <p>9:00 Medal of Fidelity</p> <p>11:30 Tuna Casserole</p> <p>1:00 Acrylic Painting</p> <p>1:00 Beginner Ukulele</p> <p>2:00 Ukulele Club</p> <p>2:00 Mahjong</p> <p>5:30 Evening Dinner</p>	<p>19</p> <p>8:00 VSO Hours</p> <p>9:00 Ladies' Pool</p> <p>9 - 11:00 Food Pantry</p> <p>9:30 Knit Happens</p> <p>10:00 Going Steady</p> <p>11:30 Smorgasbord</p> <p>1:00 Make & Take</p>
<p>22</p> <p>8:00 Muffin Monday</p> <p>8:30 Tai Chi</p> <p>10:00 Fitness</p> <p>11:30 Turkey Dinner</p> <p>12:00 Birthday Cake</p>	<p>23</p> <p>8:15 Pilates</p> <p>9:30 Line Dancing</p> <p>11:30 Sloppy Joes</p> <p>1:00 MassEDP</p> <p>1:00 Game Day</p>	<p>24</p> <p>9:30 Chair Yoga</p> <p>11:30 Paula's Steamed Dogs</p> <p>12:30 Rummikub</p> <p>12:30 Chair Massage</p>	<p>25</p> <p>8 - 4 Bread Pickup</p> <p>8:30-2:30 Foot Clinic</p> <p>9:30 Holistic Yoga</p> <p>11:30 Smorgasbord</p> <p>1:00 Acrylic Painting</p>	<p>26</p> <p>7:30-9:00 Pancake Breakfast</p> <p>7:30-9:00 Fat Daddy's Market</p> <p>8:00 VSO Hours</p>

<p>12:00 Bingo</p> <p>1:00 Open Strumming</p> <p>3:00 Pickleball</p> <p>4:00 Meditation</p>	<p>12:00 Chair Massage</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>1:00 Beginner Ukulele</p> <p>2:00 Ukulele Club</p> <p>2:00 Mahjong</p>	<p>9:00 Ladies' Pool</p> <p>9:30 Knit Happens</p> <p>10:00 Going Steady</p>
<p>29</p> <p>MEMORIAL DAY</p> <p>REMEMBER AND HONOR</p>	<p>30</p> <p>8:15 Pilates</p> <p>9:30 Line Dancing</p> <p>11:30 Baby Back Ribs</p> <p>1:00 Game Day</p>	<p>31</p> <p>9:30 Chair Yoga</p> <p>11:30 Grilled Cheese & Tomato Soup</p> <p>12:30 Rummikub</p> <p>1:00 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>1:00 Pastels Art Class</p> <p>4:00 Pickleball</p>	<p>Wednesday Shopping Trips:</p> <p>5/3 Target</p> <p>5/10 Walmart, WB</p> <p>5/17 Ocean State JL</p> <p>5/24 Walmart, Leom</p> <p>5/31 Christmas Tree</p> <p>Registration Required</p>
<p>Fees for Yoga & Pilates</p> <p>\$5 In Person</p> <p>\$2 Zoom</p> <p>Line Dancing \$2</p> <p>Acrylic Painting \$5</p> <p>Pastels Class \$5</p> <p>Clean indoor shoes for exercise classes please.</p>	<p>Wachusett Food Pantry</p> <p>50 Worcester Rd</p> <p>Sterling</p> <p>Seniors: Fri May 19, 9-11 am</p> <p>All: Sat May 20, 9-11 am</p> <p>Call Outreach for assistance 978-422-3032</p>	<p>Tuesday, May 9</p> <p>12:30-1:30pm</p> <p>Growing Places</p> <p>inside at the Senior Center</p> <p>Eligible for SNAP and HIP benefits</p> <p>Free Bread Thursday 8am-4pm or until supplies last</p> <p>Limit two loaves</p>	<p>Wachusett Food Pantry</p> <p>50 Worcester Rd</p> <p>Sterling</p> <p>Seniors: Fri May 19, 9-11 am</p> <p>All: Sat May 20, 9-11 am</p> <p>Call Outreach for assistance 978-422-3032</p>

Fat Daddy's Mobile Food Market

Friday, May 26 7:30-9:00 am

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

Support local farmers!

Available during Pancake Breakfast!!!

Community Lunch

No Cost • No Reservations

Van rides available through Senior Center

May 6th at Noon

First Church in Sterling

All are welcome!

Baked Reuben Casserole

Salad • Dessert

GROWING PLACES

Tuesday, May 9

12:30-1:30pm

inside at the Senior Center

Eligible for SNAP and HIP benefits

Free Bread Thursday

8am-4pm

or until supplies last

Limit two loaves

Wachusett Food Pantry

50 Worcester Rd

Sterling

Seniors: Fri May 19, 9-11 am

All: Sat May 20, 9-11 am

Call Outreach for assistance 978-422-3032

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

SUPPORT OUR ADVERTISERS!

Guys & Gals Fitness

NEW! with Marty

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

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

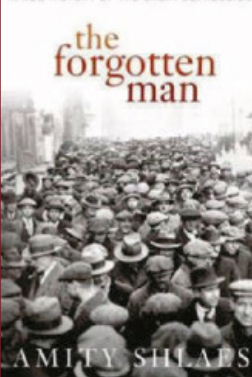
Free

Mondays at 10am

No sign-up needed

HISTORY CLUB

A NEW HISTORY OF THE GREAT DEPRESSION



Thursday, May 4 at 9:30am
The Forgotten Man: A New History of the Great Depression
by Amity Shlaes

An insightful history of one of the most crucial events of the 20th century, telling neglected and moving stories of individuals who helped establish the steadfast nature of America.

Jun 1: American Midnight by Adam Hochschild



Leominster Credit Union

Thank you to Leominster Credit Union for their sponsorship and continuing support of the Going Steady program.



Chair and Mat combined class

Tuesdays 8:15am \$5

TAI CHI

MONDAYS AT 8:30AM

WITH SIFU GEORGE

Free

Mindful Meditation
Mondays at 5:00pm
with Carol McGuiggan

\$5

Open to All Ages



West Sterling
Tennis Courts

Outdoor Pickleball
Mondays & Wednesdays
4-7pm

All players and levels welcome!

Yoga as

Holistic Self-Care



May 25 at 9:30am

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

chair yoga

Yoga for EveryBody

Thursday, May 4th

No reservations! No wait list!

\$5 drop-in fee

\$10

Therapeutic
Chair Massage
May 10th & 24th
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.

Call for an appointment!



Ladies' Pool
Fridays
9am – noon

Exploring Pastels
with Denis

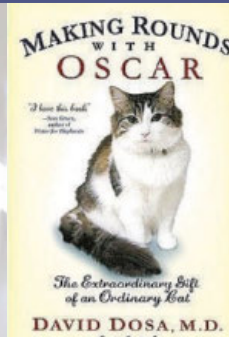
\$5

Wednesdays
1:00pm
Please Register

One Book One Town

Book Club
May 17 @ 12:30pm

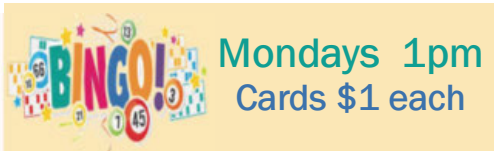
Making the Rounds
with Oscar
by Dr. David Dosa



Intergenerational Pickleball

Monday May 8th
8:30-9:30am

Calling pickleball players
to team up with
Chocksett Peer Leaders
for an hour of fun!



Mondays 1pm
Cards \$1 each

Thursdays
2:00 pm

GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH

12:30
12:30
1:00

Learn a new craft....

Acrylic Painting
Thursdays 1:00pm

\$5

New Members
Welcome



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

PITCH
PARTY!



Saturday,
May 6th
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 Thu 1-1:45pm

Ukulele Club Thu 2-3pm



TRUNK SALE!

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

 **Pancake Breakfast**

Friday May 26, 7:30-9:00

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

Guest Server:
Leanne Boudreau, NoTown Goods

OPEN TO ALL
\$4 SUGGESTED DONATION

SPONSORED BY FRIENDS OF STERLING SENIORS

The Evening Dinner Committee presents a
Summer Cookout
 Thu, May 18 @ 5:30pm



Purchase tickets at Sterling Senior Center

 **SHERIFF'S
ANNUAL
SENIOR PICNIC**

**FREE DRIVE-THROUGH
SPECTACULAR**

SATURDAY JUNE 10TH, 2023
11:0AM – 1:00PM
SAC PARK, 438 LAKE ST, SHREWSBURY

BBQ MEAL GIVE AWAYS
PRODUCE RAFFLE

REGISTER BY MAY 19TH
AT 508-796-2638 OR
NYDIA@WORCESTERCOUNTYSHERIFF.ORG

AND AWAY WE GO TRAVEL

2023 Trip List For age 50+ travelers

Jun 11-14	Four day Finger Lakes, NY 3 nights in Geneva, NY, includes tour of Sonnenberg Gardens, wine tasting, a cruise on Canandaigua Lady, visits to National Parks, Museums and much more.	\$969 sgl \$749 dbl
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
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.



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
Ricky Mansfield**
Funeral Directors
"Serving the Community of Sterling
Since 1896"



978-365-4537

www.RiverTerraceRehab.com
Short Term Rehabilitation

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