

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

March 2023

Sterling Council on Aging Board Members

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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

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Kitchen Manager:

Ruby Hall

Van Drivers:

Pam Dell

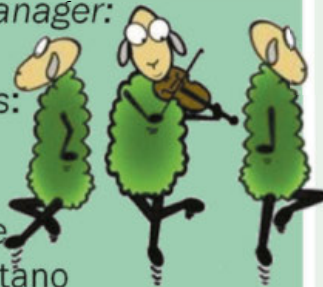
Gary Hill

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Diane Sousa



The Beauty of Ireland

Nikki Connery

Tuesday March 7, 6-7:30pm

Experience the beauty of Ireland through the eyes of local photographer Nikki Connery.

From the magnificent scenery, ancient castles, massive cliffs and mountains, winding roads, fishing boats and thatched cottages to ponies, sheep and donkeys, you can travel vicariously through her colorful photos all around this unique and magical country just in time for St. Patrick's Day.



Exhibition runs March through April.

Art Reception

Traditional Irish Music with Kate Chadbourne

Friday, March 10th at 1pm

Join singer, harper and storyteller Kate Chadbourne for a lively program of songs, stories, and spirited company. Come to sing, listen and laugh.

Be enthralled by the sounds of Kate's beautiful harp, Irish flute and tin whistle, as she weaves in traditional Irish tales.

A warm welcome - *faite* - awaits everyone at this Irish celebration!

Registration is Required - Call 978-422-3032

This program is co-sponsored by the Sterling Senior Center and the Conant Public Library, and is also supported by a grant from the Sterling Cultural Council.



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
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Happy St. Patrick's Day !!
Please join us for *EITHER* lunch *OR* dinner

St. Patrick's Day Luncheon



Wednesday
March 15th
11:30am

Comed Beef
Cabbage
Pistachio Cake



Reservations Required
\$3 suggested donation

OR

The Evening Dinner
Committee presents a

St. Paddy's Day Evening Dinner

Thursday, March 16th
at 5:30pm

Comed Beef Dinner
Specialty Dessert

Tickets \$5

Purchase tickets at Senior Center

Friends of Sterling Seniors (FOSS) support our coffee bar
and themed meals. Thank you !



MAKE & TAKE WITH KAREN FRI MARCH 17TH, 1:00PM

Supplies include paints and
shamrock & flowers stencils

BRING YOUR OWN TEE-SHIRT

Registration Required



Tee Shirt Art
with stencils
and free-hand
paints

Circuit Breaker Tax Credit

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

- You must be a MA 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 MA personal income tax return with Schedule CB. For more information, visit

www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit



Medicare Advantage Open Enrollment Period ends March 31. It is available to people who are enrolled in a Medicare Advantage plan (HMO or PPO) as of January 1st, 2023. One change can be made during this period, which will take effect the first of the month following the month you enroll. If you switch to a new Plan in March, new coverage begins April 1.

This is a chance to make a change if your coverage is not working for you.

SPECIAL EVENTS

Mar 7	6:00-7:30 pm	Artist Reception <i>Nikki Connery</i>
Mar 10	1:00 pm	Traditional Irish Music <i>Reservations Required</i>
Mar 14	12:30-1:30 pm	Indoor Mobile Market (monthly, second Tuesday)
Mar 15	11:30 am	St Patrick's Day Lunch <i>Reservations Required</i>
Mar 16	5:30 pm	Evening Dinner <i>Tickets \$5</i>
Mar 17	1:00 pm	Make & Take with Karen <i>Registration Required</i>
Mar 23	9:30-11:00 am	Model Train Collection Visit <i>Reservations Required</i>
Mar 27	12:00 pm	Birthday Cake
Mar 31	7:30-9:00 am	Pancake Breakfast
Mar 31	7:30-9:00 am	Fat Daddy's Farmer Market

ONGOING - see calendar for exercise programs

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

WELLNESS

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

Are you at home right now because you don't have a ride?

We are here for you!

Rides are available for everything, not just for doctor's appointments! ADA lift for wheelchairs and those unable to climb stairs.

Vans available Monday to Friday, 8am-4pm.

To book a ride, call dispatch Monday to Friday, 8am-11am.

Always free to the Senior Center. \$1 in town. \$2 out-of-town.

Federal Extra COVID SNAP Ending

The last COVID SNAP payment is March 2nd, 2023. How will this impact your SNAP benefits?

Starting in April, you will get only one monthly payment. That is your normal benefit. Find the amount at www.dtaconnect.eohhs.mass.gov or by calling 877-382-2363.

Call Linda or Bonnie in Outreach if you need assistance. 978-422-3032.



**STATE
OFFICE
HOURS**

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



The Conant Public Library has added Memory Kits to its collection of non-traditional items for patrons to check out. The self-contained kits are ideal for individuals with memory-related issues and their caregivers. Each kit includes an assortment of books, activity sheets, DVDs, puzzles and more. The kits are designed to trigger special memories of life experiences and encourage interactions between individuals with memory-related issues and their caregivers. Each kit can be checked out for three weeks and renewed for an additional three weeks. For more information, call the library at 978-422-6409.



CAREGIVER PROGRAM

Friday March 3rd, 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.

**Every first
Friday of the
month**

Registration Suggested 978-422-3032

Snow Policy

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.**

MARCH CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Fees for Yoga & Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Clean indoor shoes for exercise classes please.	Wednesday Shopping Trips: 3/1 Walmart, Leom 3/8 Target 3/15 Walmart, WB 3/22 Ocean State JL 3/29 Walmart, Leom <i>Registration Required</i>	9:30 Chair Yoga 11:30 Pork Tenderloin 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	8 - 4 Bread Pickup 9:30 History Club 9:30 Chair Yoga 11:30 Brunch Casserole Strada 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 11:30 Smorgasbord 1:00 Caregiver Program Weekly smorgasbord will include a non-meat option this month
8:00 Muffin Monday 8:30 Tai Chi 11:30 Chicken Dinner 1:00 Bingo 4:00 Pickleball 5:00 Meditation	8:15 Pilates 9:30 SHINE 11:30 Chicken Salad 1:00 Game Day 6:00 Artist Reception	9:30 Chair Yoga 11:30 Four Cheese Manicotti 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Chicken Cordon Royale 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 11:30 Smorgasbord 1:00 Irish Music Program
8:00 Muffin Monday 8:30 Tai Chi 11:30 Ham Dinner 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	8:15 Pilates 9:30 Well Clinic 11:30 Salisbury Steak 12:30 Mobile Market 1:00 Game Day	9:30 Chair Yoga 11:30 St Patrick's Day Lunch - Reservations Required 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	8 - 4 Bread Pickup 9:30 Holistic Yoga 11:30 Tuna Casserole 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 11:30 Smorgasbord 1:00 Make & Take
8:00 Muffin Monday 8:30 Tai Chi 11:30 Breakfast for Lunch	8:15 Pilates 9:30 Line Dancing 11:30 Pork Dinner 11:30 State Office Hrs	9:30 Chair Yoga 11:30 Turkey Dinner 12:30 Rummikub 12:30 Chair Massage	8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 11:30 Tortellini Caesar Salad	8:00 VSO Hours 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 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong	31
27 8:00 Muffin Monday 8:30 Tai Chi 11:30 Meatball Sub 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	28 8:15 Pilates 9:30 Line Dancing 11:30 Million Dollar Chicken Casserole 1:00 Game Day	29 9:30 Chair Yoga 11:30 Cheesy Shells & Greens 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	30 8 - 4 Bread Pickup 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong	31 7:30-9:00 Pancake Breakfast 7:30-9:00 Fat Daddy's Market 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady



Appointments at the Senior Center with Moira, RN. Call 978-422-3032 to schedule your clinic visit for \$45 on Mar 9 & 23 and Apr 20 & 27.

KEEP WELL CLINIC

March 14th 9:30-11:30 am
with Amy from VNA Care



Call 978-422-3032 to make a reservation

Need a BP check?
On a new medication?
Have a new diagnosis?
Interested in discussing diet, exercise or supplements?



VNA Care

parkinson's

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

March 8 & 22 In person support with Zoom option

Please contact Joe at 508-335-0672 or

northworcparkies@yahoo.com



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.



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

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

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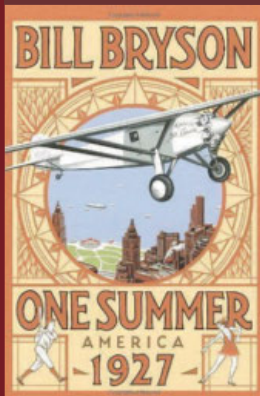
Knit Happens



Fridays @ 9:30

Bring your knit,
maCrAmé, crochet or
craft project.

HISTORY CLUB



Thursday, March 2 at 9:30am
One Summer: America 1927
by Bill Bryson

In the summer of 1927 Charles Lindbergh, Babe Ruth, Al Capone and Al Jolson were just a few names filling the newspaper headlines during a time when Americans attempted and accomplished outsized things, shining a light on popular culture of the time.

Apr 2: Brave Companions by David McCullough

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



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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,
March 4th
6:30pm

Sponsored by
Sterling Grange



Richard Hopkins Historical Model Trains March 9th, 9:30am

Continuing a third generation "hobby" of antique train collecting, Richard will share his passion. Featured in The Boston Globe, and well known among Lionel train collectors, Richard will share a decades-long family tradition displayed in the Hopkinsville Junction Model Railroad.



March 23rd: Richard Hopkins has invited us to view his model train displays and collection.

Van leaves at 9:30 am
and returns at 11:00 am
Sign Up Required

Book Club Mar 15 @ 12:30pm

The Wedding Dress Sewing Circle

by Jennifer Ryan



Mindful Meditation Mondays at 5:00pm

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

Join us FREE in March at our new time .

Open to All Ages

GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH



12:30
12:30
1:00



chair yoga

Yoga for Everybody

NEW

We heard you!

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

March 2nd, 9:30am

No reservations! No wait list!

\$5 drop-in fee

Yoga as
Holistic Self-Care



Mar 16 at 9:30am and every 3rd Thursday

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

\$10

Therapeutic
Chair Massage

Mar 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).

\$10 per session

call for an appointment!



Pete Cummings
offers tech help on
Tuesdays.

Call us to set up an
appointment.



Pancake Breakfast

Friday March 24, 7:30-9:00

Guest Server:
Robert Marrama
Sterling Post Master

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

Open to All
\$4 Suggested Donation

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Seniors:
Fri Mar 17, 9-11

All: Sat Mar 18,
9-11

Call Outreach
for assistance
978-422-3032



Tuesday, Mar 14
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
Eligible for SNAP and HIP benefits



Community Lunch

March 4th at Noon
First Church in Sterling
All are welcome!

Corned Beef Dinner
Roll • Dessert

No Cost • No Reservations

Van rides available through Senior Center



**Available during
Pancake Breakfast!!!**

Fat Daddy's Mobile Food Market

Friday, March 31 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.

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, May 27	"Beautiful" The Carole King Musical at Ogunquit Playhouse with lunch at Warren's Lobster House	\$169 pp
Jun 11-14	Finger Lakes, NY Includes a 3-night stay in Geneva, NY, 7 meals, a 90 minute narrated cruise on the Canandaigua Lady, several museums include Corning, a visit to Harriet Tubman's home and much more. Book by March 10th!	\$749 dbl \$969 sgl
Sat, Jun 24	Rhode Island Lighthouse Cruise and lunch at the Quonset 'O' Club	\$119 pp
Sat Jul 22	Thimble Island Cruise off the coast of Branford, CT. Lunch at the Chowder Pot III. School bus transport - no walkers or wheelchairs.	\$129 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

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

Sterling Police Association Spring Grab 'n' Go



**Saturday April 1st
5:00-5:45pm**



Spaghetti & Meatballs • Garlic Bread

**Reservations Required
978-422-3032**