

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

October 2023

Sterling Council on Aging Board Members

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Vice Chair: Gail Bergeron

Secretary: Julie Hehir

Treasurer: David Cosgrove

Members:

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Deidre Shapiro

Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

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

Retiring Director:

Veronica Buckley

Outreach: Linda Chignola

Bonnie Decker

Ops/Vol 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



APPLE FEST

Wednesday

October 25th @ 11:30am

Presentation by Joanne DiNardo,
President of Sholan Farms Board of Directors

Luncheon Menu

Butternut Squash Apple Soup
served with Sourdough Bread
Caramel Apple Cupcakes

Take Home Apples provided by Sholan Farms
Reservations Required
\$3 suggested donation



Our thanks to Sholan Farms for their generous weekly donation of apples throughout this autumn.

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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cell: 978-502-8847

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**YOU DON'T
WANT TO MISS
THIS!**

Medicare Open Enrollment Seminar Friday October 20th 1:00-2:30pm with Pamela and Veronica, SHINE counselors

Open Enrollment happens every year from Oct 15 – Nov 7th.

What do YOU need to do every year?

No computer skills? No problem! You can prepare yourself with or without a computer.

What is open enrollment? Can I change plans outside Open Enrollment?

How to take a health and lifestyle inventory.

How to evaluate options and complete enrollment.

Sign up encouraged (so we have adequate handouts) but not mandatory.



Macabre & Morbid Tales A Bizarre History of Funeral Rituals presented by David Gibbs

In the spirit of Halloween, local historian David Gibbs will be giving us insight into some bizarre funeral and mourning rituals of years past.

Was anyone ever “saved by the bell”? Did Mary Lincoln really ask for coffin screws rather than nails?

Join us for some interesting and spooky myths and truths.



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



VNA Care

Flu Clinic at the Senior Center

Wednesday, October 4th 12:30-4:30pm By appointment only

Appointments will be inside the center, but accommodations can be made for those with ambulatory difficulties. Your flu shot is covered by Medicare Part B or your Medicare Advantage Plan (HMO, PPO). Remember to bring your card and wear a short sleeved shirt! It is not too late to call us at 978-422-3032 for an appointment.

GRAB 'N' GO

co-sponsored by Sterling Village
and Sterling Senior Center



All Donations
received will be
presented to the
Sterling Village
Team Walking to
End Alzheimer's

**Thursday
October 5th
4:30 - 5:15pm**

Reservations Required



The Evening Dinner Committee
presents



**Thursday
October 19
5:30pm**

**Purchase Tickets
at the Senior Center!**

SPECIAL EVENTS

Oct 4	12:30-4:30 pm	Flu Clinic <i>Appointments required</i>
Oct 5	4:30-5:15 pm	Walk to End Alzheimer's Grab 'n' Go <i>Sign-Up Required</i>
Oct 6	1:00 pm	Make & Take Ghost <i>Sign-Up Please</i>
Oct 9	CLOSED	Closed in observance of Columbus Day
Oct 10	12:30-1:30 pm	Mobile Market (monthly, second Tuesday)
Oct 13	1:00 pm	Decorative Wrapping Workshop <i>Sign-Up Please</i>
Oct 19	5:30 pm	Evening Dinner <i>Tickets \$5</i>
Oct 20	1:00 pm	Medicare Open Enrollment Presentation
Oct 25	11:30 am	Apple Fest <i>Registration Required</i>
Oct 26	9:30 am	Holiday Scams Presentation
Oct 27	7:30-9:00 am	Pancake Breakfast / Coffee with a Cop / Fat Daddy's
Oct 30	12:00 pm	Birthday Cake for all October birthdays!

ONGOING - see calendar for exercise programs

Oct 2		Pool daily
Oct 2	1:00 pm	BINGO (weekly on Mondays)
Oct 2	5:00 pm	Meditation \$5 (weekly on Mondays)
Oct 3	by appointment	SHINE counseling
Oct 3	1:00 pm	Game Day (weekly on Tuesdays)
Oct 5	8am-4pm	Bread Pickup (weekly on Thursdays)
Oct 5	9:30 am	History Club (first Thursday of month)
Oct 5	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Oct 5	1:00 pm	Mahjong (weekly on Thursdays)
Oct 5	1:00 pm	Beginner Ukulele (weekly on Thursdays) <i>Sign-Up Please</i>
Oct 5	2:00 pm	Ukulele Club (weekly on Thursdays)
Oct 6	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Oct 6	9:00 am-noon	Ladies' Pool (weekly on Fridays)
Oct 6	9:30 am	Knitting Club (weekly on Fridays)
Oct 11	12:30 pm	Rummikub (weekly on Wednesdays, excl 10/4)
Oct 11	1:00 pm	Van Shopping Trip (weekly on Wednesdays excl 10/4, <i>sign-up</i>)
Oct 11	1:00 pm	Wii Bowling (weekly on Wednesdays, excl 10/4)
Oct 12	9:30 am	Dull Men's Club (second Thursday of month)
Oct 17	11:30 am	State Office Hours (third Tuesday of month)
Oct 18	12:30 pm	Book Club <i>The Secret of Midwives</i>
Oct 20,21	9-11:00 am	Food Pantry
Oct 23	2:00 pm	Ukulele - Men's Open Strumming
Oct 23	3:00 pm	Ukulele - Open Strumming

WELLNESS

Oct 2	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Oct 6	10:00 am	Going Steady (weekly on Fridays)
Oct 6	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Oct 10	9:30-11:30 am	Keep Well Clinic Meet Lenny our new Nurse!
Oct 11	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Oct 11,25	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Oct 12,26	by appointment	Foot Clinic \$45 to FC Nurse
Oct 19	9:30 am	Holistic Yoga (third Thursday in October)



Completing an application does not guarantee that the senior will be contacted to work or that the maximum reduction will be achieved. There is a limited budget for this program, therefore a limited amount of participants. However, completing an application is important to help us ascertain interest in this program.



Join Ashley and keep abreast of the latest scams.



Oct 10th

9:30-11:30 am

MEET NURSE LENNY

- Appointments and walk-ins accepted
- Now offering blood sugar tests



Call us to
make an
appointment

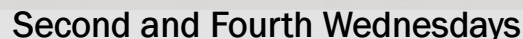


Save the date: November 3rd, Joelle Johns, Caregiver Support Specialist from Trinity Hospice, will be joining us.



Meet a representative from
the office of Representative
Meghan Kilcoyne

October 17, 11:30-12:30
at Sterling Senior Center



October 11 & 25 3:30 - 5:00pm

In person support with Zoom option

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



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

All others please call FBN 978-296-8449.



Fridays 8:00am-noon
at the Senior Center

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

OCTOBER CALENDAR

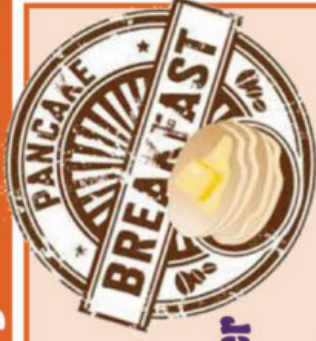
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Chicken Parmesan 1:00 Bingo 4:00 Pickleball 5:00 Meditation</p>	<p>3</p> <p>8:15 Pilates 9:30 SHINE by appt 9:30 Line Dancing 11:30 Pulled Pork 1:00 Game Day</p>	<p>4</p> <p>9:30 Chair Yoga 11:30 Salisbury Steak 12:30-4:30 Flu Clinic 4:00 Pickleball</p>	<p>5</p> <p>8 - 4 Bread Pickup 9:30 Chair Yoga 9:30 History Club 11:30 Tim's Grilled Chicken Thighs 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club</p>	<p>6</p> <p>8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Make & Take 1:00 Caregiver Program</p>
<p>9</p> 	<p>10</p> <p>8:15 Pilates 9:30 Keep Well Clinic 9:30 Line Dancing 11:30 Pork Tenderloin 12:30 Mobile Market 1:00 Game Day</p>	<p>11</p> <p>9:30 Chair Yoga 11:30 Paula's Dogs 12:30 Chair Massage 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>12</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Chicken Salad 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 COA Board Mtg</p>	<p>13</p> <p>8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Gift Wrapping Workshop</p>
<p>16</p> <p>8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Turkey Dinner 1:00 Bingo 4:00 Pickleball 5:00 Meditation</p>	<p>17</p> <p>8:15 Pilates 9:30 Line Dancing 11:30 Split Pea Soup 11:30 State Office Hrs 1:00 Game Day</p>	<p>18</p> <p>9:30 Chair Yoga 11:30 Breakfast Casserole 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>19</p> <p>8 - 4 Bread Pickup 9:30 Holistic Yoga 11:30 Tuna Salad 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 Evening Dinner</p>	<p>20</p> <p>8:00 VSO Hours 9 - 11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Open Enrollment Seminar</p>
<p>23</p> <p>8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Chicken Marsala 1:00 Bingo 2:00 Men's Strumming</p>	<p>24</p> <p>8:15 Pilates 9:30 Line Dancing 11:30 Tim's Grilled Sausage & Peppers 1:00 Game Day</p>	<p>25</p> <p>9:30 Chair Yoga 11:30 Apple Fest <i>(reservations required)</i> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling</p>	<p>26</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Holiday Scams 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Mahjong</p>	<p>27</p> <p>7:00-9:30 Pancake Breakfast 7:30 Fat Daddy's 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens</p>

3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	31	8:15 Pilates 9:30 Line Dancing 11:30 Brains & Eyeballs (Spaghetti & Meatballs) 1:00 Game Day	3:30 Parkinson Support 4:00 Pickleball	1:00 Beginner Uke 2:00 Ukulele Club	10:00 Going Steady
30 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Pot Roast 12:00 Birthday Cake 1:00 Bingo 4:00 Pickleball 5:00 Meditation	31	8:15 Pilates 9:30 Line Dancing 11:30 Brains & Eyeballs (Spaghetti & Meatballs) 1:00 Game Day	Wednesday Shopping Trips: 10/11 Home Goods, Dollar Tree, Leom 10/18 Walmart, Leom 10/25 Target <i>Registration Required</i>	Fees for Yoga & Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5	

Friday October 27th, 7:30 – 9:00 am

Guest Server:

**Veronica Buckley
Retiring Director,
Sterling Senior Center**



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

Open to All

\$4 Suggested Donation

Sponsored by Friends of Sterling Seniors



Coffee WITH A Cop
at Pancake Breakfast

Bringing police officers and the community members they serve together – over coffee – to discuss issues and learn more about each other.

Visit with Detective John Chase, liaison to Sterling Senior Center. Bring your questions, or share what's on your mind.



**Fat Daddy's
Mobile Food
Market**

October 27
7:30–9:00 am

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

Support local farmers!

Available during
Pancake Breakfast!

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

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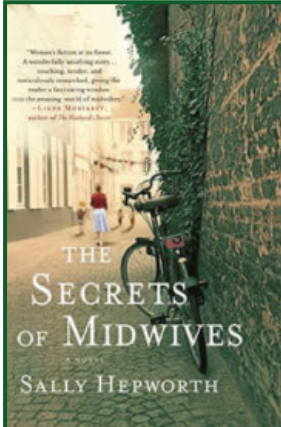
HOUGHTON CAFETERIA WINDOW PAINTING

We are looking for 8 – 12 seniors to partner with Houghton 4th graders for a three-week painting project in November at the school.

The project will be led by Houghton Art Teacher, Kate Blehar. Full information is available on the Senior Center bulletin board or by email. Sign up at Sterling Senior Center to participate!



ONGOING PROGRAMS



The Secret of Midwives by Sally Hepworth October 18 @ 12:30pm

Third-generation midwife Neva Bradley is determined to keep the details of her pregnancy hidden for as long as possible. Her mother finds it impossible to let this secret rest. Neva's grandmother is thrust back sixty years to a secret that eerily mirrors her granddaughter's - which, if revealed, would have life-changing consequences for them all - and wonders whether hiding her own truth is ultimately more harmful than telling it.

BOOK CLUB

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



West Sterling
Tennis Courts

Outdoor Pickleball

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

(No play on wet courts)

Yoga as

Holistic Self-Care



October 19 at 9:30am

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

Yoga for EveryBody
chair yoga

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

Therapeutic Chair Massage

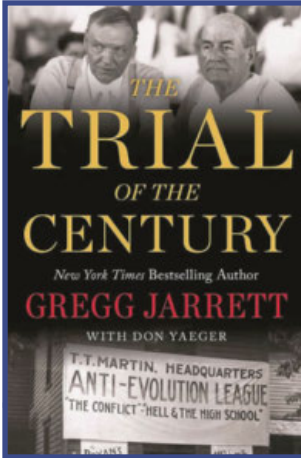
\$10
10 mins

October 11
12:30pm - 2:30pm



Sherrill Sasser LMT, CAT

call for an appointment!



HISTORY CLUB

Thursday, October 5 at 9:30am

The Trial of the Century by Gregg Jarrett with Don Yaeger

Nearly a century ago, liberal attorney Clarence Darrow defended schoolteacher John Scopes, accused of committing a heinous crime that shocked the public. Darrow's seminal defense of freedom of speech had broad implications on the legal landscape and society as a whole, and helped form the legal bedrock on which our civil liberties depend today.

November 2: *The Impeachers* by Brenda Wineapple

Knit Happens Fridays @ 9:30

Bring your knit, macramé, crochet or craft project.

Ladies' Pool

Fridays 9am - noon

BINGO!

Monday 1pm
Cards \$1

Rummikub

W E D 1 2 3

Acrylic Painting
Thursdays 1:00pm

\$5

New Members Welcome

Need Tech Help?

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

Friendly! Fun!

Wednesdays @ 1:00pm

Wii Bowling

Ukulele

Men's Strumming Mon 23 2-3pm
Open Strumming Mon 23 3-4pm
Beginners Thu 1-2pm
Ukulele club Thu 2-3pm

MAHJONG

Thursdays 12:30 pm

GAME DAY TUESDAYS

DOMINOES 12:30
CRIBBAGE 12:30
PITCH 1:00

PITCH PARTY!

Sat, Oct 7th 6:30pm

Sponsored by Sterling Grange

Summer's nearly over, and it's time to start or renew your YMCA membership. Check out the special rates for Sterling residents below.



New monthly member rates for Sterling 60+ residents

Pick up a flyer at the SSC front desk, or contact Christine Puleo at the YMCA on 508-852-6694 x2295 or via e-mail at cpuleo@ymcaofcm.org

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

Call for Crafters !

Are you planning your fairs and events?
Applications are now open for the

Annual Cookie Sale & Craft Fair
at Sterling Senior Center
on Saturday December 9th.

Visit the FOSS page on our [website](#) for an application form or call us at 978-422-3032.

Mobile Market

GROWING PLACES



at the Senior Center
Tuesday, October 10
12:30–1:30



Payment accepted: cash, credit/debit, farmers market coupons, SNAP/HIP dollars



Art Reception
Nov 7 6-7:30pm

Vet's Day Dinner
Nov 8 5:30 pm

Vet's Day Lunch
Nov 9 11:30 am

COMMUNITY LUNCH

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October 7,
12 noon

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50 Worcester Rd, Sterling
Seniors: Fri Sept 20, 9-11 am
All: Sat Sept 21, 9-11 am
Call Outreach for assistance

AND AWAY WE GO TRAVEL

2023-24 Trip List For age 50+ travelers

Nov 18	Crafts and a Show Old Deerfield Craft Show at the site of the Big E, West Springfield. Lunch at Storowtown Tavern then on to the Majestic Theater for the play "Moonglow", a romantic comedy set in Lowell during the 1960s.	\$135
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 <i>When Pigs Fly</i> bakery; then <i>York Beach Beer Company</i> for beer tasting followed by a full <i>New England Clambake!</i> Final stop at <i>Stonewall Kitchen</i> .	\$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

MAKE & TAKE GHOST



Join LAUREL
To CREATE A CUTE
CONCRETE GHOST !!

OCTOBER 6 1:00PM

OUTSIDE PROJECT! RAIN DATE 10/11
BRING AN EMPTY PRINGLES TUBE!

DECORATIVE WRAPPING WORKSHOP



Join Joyce
for an instructional workshop
on the art of
Decorative Wrapping

Bring scissors and 1" wide ribbon!
Optional - bring a gift and your
own paper & ribbon to wrap it
here:

October 13 1:00 pm

**EACH
SESSION**

Registrations required. Call 978-422-3032.
**** FREE ** Limited Seating ****
All supplies provided, except as stated.