

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

April 2024

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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: Sheila Beane

Outreach: Linda Chignola

Bonnie Decker

Ops/Vols Coord: Clare Felton

Kitchen Manager: Ruby Hall

Van Dispatch/Drivers:

Pam Dell

Paul Shaughnessy

Van Drivers:

Karin Beausoleil

Lenny Dattis

Gary Hill

Kevin Lowe

Rob Seidel

Diane Sousa




Keith & Margo's
MURDER MYSTERY EVENTS
nationwide

MURDER MYSTERY

DINNER THEATER

This 3-hour event includes a meet & greet, dinner, a mystery to solve, prizes, and lots of laughs!

Thursday, April 25th
6:30-9:30 pm
\$35 pp

Tickets in advance at Sterling Senior Center

A fun night of whodunit? Everyone's a suspect!

POLICE LINE DO NOT CROSS

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



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OUR DPW BUILDING - THE FUTURE

RYAN MOURADIAN, DPW SUPERINTENDENT

THURSDAY, APRIL 11TH 9:00AM

The Department of Public Works facility is currently made up of numerous building additions, is in disrepair, and is not functional for today's DPW. The DPW Board is in the process of creating the DPW Facility Committee, which will evaluate the existing building, look at future space needs, and evaluate the best way for Sterling to approach the need for an updated or new DPW Facility. Ryan will discuss existing conditions and share renderings of what a new facility could look like.

A Q&A session will follow.

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



Sterling Y.A.H.O.O.

"Young Adults Helping Out Others"

Every spring and autumn, this amazing group of youth volunteers gives up Saturday mornings to assist Sterling Seniors with yardwork. The spring project is geared toward getting your lawn ready!

Volunteers will help with tasks like raking, removing branches/twigs, cutting down dead flowers and helping to clear debris and damage left by snowplows. The group is generally able to assist about 20 homeowners per season and the spring program takes place in April. If you could use some help, please call Outreach for more information.

Monday, April 22nd is

EARTH DAY

and we are celebrating



11:15 Easy-Listening Music of Nature
11:30 Tim's Burgers on the Grill for Lunch
12:30 A nature inspired Make & Take*
*Reservation Required, \$5



April 27th at 7:00pm. The Sterling Strummers will be giving a sunset performance at the Sterling Grange 150th Anniversary celebration at Sterling Senior Center.



COMING SOON

HIKING CLUB

Lace up your boots and gather your poles, bug spray and water bottle. We'll carpool and explore local hiking trails, from low-impact to moderate, with a couple of more challenging hikes thrown in.

Check out the May newsletter for a schedule of upcoming hikes, and sign up for outdoor fun!

GET READY TO

BE STEADY

Join Marty for a fun new Level-One fitness class for beginners, those who haven't exercised in a while, and those needing additional assistance.

Look out for details in the May newsletter!

SPECIAL EVENTS

Apr 5	5:00-5:45 pm	Sterling Police Association Grab 'n' Go <i>Sign-Up Required</i>
Apr 9	11:30-1:00 pm	Mobile Market (monthly, second Tuesday)
Apr 15	CLOSED	Closed in observance of Patriots Day
Apr 19	12:30pm CLOSE	Early Close at 12:30 pm
Apr 19	12:30 pm	Volunteer Lunch & Learn <i>Volunteers please sign-up by 4/12</i>
Apr 22	11:15 am	Earth Day Music
Apr 22	12:30 pm	Earth Day Make & Take \$5, Reservations Required
Apr 25	6:30-9:30 pm	Murder Mystery Dinner <i>Tickets \$35 in Advance</i>
Apr 29	11:45 am	Birthday Cake for all April birthdays!
Apr 26	7:30-9:00 am	Pancake Breakfast / Fat Daddy's / Coffee with a Cop

ONGOING

Apr 1	8:00 am	POOL all day every day!
Apr 1	8:30 am	Tai Chi (weekly on Mondays)
Apr 1	1:00 pm	BINGO (weekly on Mondays)
Apr 1	5:00 pm	Meditation \$5 (weekly on Mondays)
Apr 2	8:15 am	Pilates (weekly on Tuesdays)
Apr 2	9:30 am	Line Dancing (no class Apr 12 & 19)
Apr 2	by appointment	SHINE counseling
Apr 2	1:00 pm	Game Day (weekly on Tuesdays)
Apr 3	9:30 am	Chair Yoga (weekly on Wednesdays)
Apr 3	12:30 pm	Rummikub (weekly on Wednesdays)
Apr 3	1:00 pm	Van Shopping Trip (weekly Wednesdays, <i>sign-up required</i>)
Apr 3	1:00 pm	Wii Bowling (weekly on Wednesdays)
Apr 4	9:00am-4pm	Bread Pickup (weekly on Thursdays) ** NEW TIME **
Apr 4	9:30 am	Chair Yoga (first Thursday of month)
Apr 4	9:30 am	History Club (first Thursday of month)
Apr 4	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Apr 4	1:00 pm	Mahjong (weekly on Thursdays)
Apr 4	1:00 pm	Beginner Ukulele (weekly on Thursdays)
Apr 4	2:00 pm	Ukulele Club (weekly on Thursdays)
Apr 5	9:00 am-noon	Ladies' Pool (weekly on Fridays)
Apr 5	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Apr 5	9:30 am	Knitting Club (weekly on Fridays)
Apr 6	6:30 pm	Pitch Party <i>sponsored by Sterling Grange</i>
Apr 8,22	2:00 pm	Ukulele - Men's Open Strumming
Apr 8,22	3:00 pm	Ukulele - Open Strumming
Apr 9	11:30 am	State Office Hours (second Tuesday of month)
Apr 11	9:30 am	Dull Men's Club (second Thursday of month)
Apr 17	12:30 pm	Book Club <i>The Book of Lost Names</i>
Apr 19,20	9-11:00 am	Food Pantry

WELLNESS

Apr 1	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Apr 3,17	by appointment	Foot Clinic \$55 to FC Nurse
Apr 5	10:00 am	Going Steady (weekly on Fridays) <i>Sponsored by LCU</i>
Apr 10	9:00-11:00am	Keep Well Clinic with Nurse Lenny
Apr 10,24	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Apr 24	12:30-2:30 pm	Chair Massage <i>by appointment only</i>



KEEP WELL CLINIC

April 10th, 9:00 - 11:00

MEET OUR VERY OWN NURSE LENNY



Call us to make
an appointment
978-422-3032

- Appointments and walk-ins welcome
- BP checks
- Want to discuss diet, exercise, supplements?
- Now offering blood sugar tests



Foot Clinic

Footcare By Nurses

April
3 & 17

New fee - \$55 per session.

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

All others please call FBN 978-296-8449.



Affordable Connectivity Program
ACP Wind-Down

The estimated last month of discounted internet service is April 2024. Enrolled households are strongly encouraged to carefully review written notices from their internet company and from the Universal Service Administrative Company (USAC), the ACP administrator

Please contact Linda or Bonnie in Outreach for further information and assistance.



**Veterans'
Services**

**Fridays 8:00am-noon
at the Senior Center**

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



LIHEAP

**Last Month to
Apply!**

Fuel Assistance application deadline is April 30th. Call Outreach for assistance.



We are making changes to the CAREGIVER PROGRAM

This will remain a peer directed support meeting with a supervised activity for your loved one while you attend.

Look out for details in the May newsletter!

If you are a caregiver and need assistance in the meantime, please do not hesitate to contact our Outreach team on 978-422-3032.



NO ASSET LIMIT for MEDICARE SAVINGS PLAN ELIGIBILITY

Also known as MassHealth Buy-In, the Plan is a cost-savings program for Medicare enrollees that eliminates the need to pay the monthly Medicare Part B premium and provides premium-free access to prescription drug plans as well as other benefits.

	Gross monthly income
1 person	\$ 2,824
Couple	\$ 3,833

Call Bonnie or Linda in Outreach to apply

parkinson's IN THIS TOGETHER

April 10 & 24 3:30 - 5:00pm

In person support with Zoom option

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



**STATE
OFFICE
HOURS**

Meet a representative from the
office of Senator Peter Durant

April 9, 11:30-12:30
at Sterling Senior Center



Is your PC, tablet or cell phone
driving you crazy?
Get tech help on Tuesdays
with Pete.
Call to set up an appointment.

APRIL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Baked Chicken 1:00 Bingo 4:00 Indoor Pickleball 5:00 Meditation	2 8:15 Pilates 9:30 SHINE 9:30 Line Dancing 11:30 Pulled Pork Plate 1:00 Game Day	3 8:30-2:30 Foot Clinic 9:30 Chair Yoga 11:30 Paula's Steamed Dogs 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Indoor Pickleball	4 9:00 - 4 Bread Pickup 9:30 Chair Yoga 9:30 History Club 11:30 Tuna Salad Plate 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	5 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
8 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Chicken Alfredo 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Outdoor Pickleball 5:00 Meditation	9 8:15 Pilates 9:30 Line Dancing 11:30 Barbecue Ribs 11:30 State Office Hrs 11:30 Mobile Market 1:00 Game Day	10 9:00-11:00 Keep Well Clinic 9:30 Chair Yoga 11:30 Meatball Sub 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Outdoor Pickleball	11 9:00 - 4 Bread Pickup 9:30 Dull Men's Club 11:30 Beef Stew 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 COA Board Mtg	12 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
15  4:00 Outdoor Pickleball 5:00 Meditation	16 8:15 Pilates 9:30 Line Dancing 11:30 Breakfast for Lunch 1:00 Game Day	17 8:30-2:30 Foot Clinic 9:30 Chair Yoga 11:30 Steak & Cheese Sub 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Outdoor Pickleball	18 9:00 - 4 Bread Pickup 11:30 Baked Fish Plate 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	19 8:00 VSO Hours 9 - 11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:30 EARLY CLOSE 12:30 Lunch & Learn
22 Happy Earth Day 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:15 Music Program 11:30 Tim's Burgers	23 8:15 Pilates 9:30 Line Dancing 11:30 Pork Tenderloin 1:00 Game Day	24 8:30-2:30 Foot Clinic 9:30 Chair Yoga 11:30 Turkey Noodle Casserole 12:30 Chair Massage 12:30 Rummikub	25 9:00 - 4 Bread Pickup 11:30 Smorgasbord 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	26 7::30-9:00 Pancake Breakfast 7:30 Coffee w/ a Cop 7:30-9:00 Fat Daddy's 8:00 VSO Hours

12:30 Make & Take 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Outdoor Pickleball 5:00 Meditation	29	8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Chilli 11:45 Birthday Cake 1:00 Bingo 4:00 Outdoor Pickleball 5:00 Meditation	30	8:15 Pilates 9:30 Line Dancing 11:30 Tim's Barbecue 1:00 Game Day	30	Wednesday Shopping Trips: 4/3 Walmart, WB 4/10 Whitney Field 4/17 Ocean State JL 4/24 Hannafords Registration Required	1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Outdoor Pickleball	6:30 Murder Mystery Dinner Theater	9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady
<div>YARD SALE</div> <div>It's Spring Clean time! FOSS is seeking donations for the FOSS table at the May yard sale (see below). Items must be in good, clean, saleable condition. No clothes, electronics or appliances. Contact Pam, Sheila or Clare.</div>									

YARD SALE

Saturday May 11, 9:00am - 1:00pm
at Sterling Senior Center
Indoor or Outdoor, Rain or Shine
Vendors - \$20 per space

Sell your stuff, shop for bargains, or both!

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

Volunteer opportunities too! Call us ☺
Sponsored by Friends of Sterling Seniors

We Have a Winner!



Congratulations to Kathy for winning the FOSS Spring Fundraiser!

The next Friends Fundraiser will be in the summer.

Kathy receives her prize from FOSS President, Pam Dell.

**Fri. April 26
7:30-9:00**



Breakfast

Open to All

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

Celebrity Servers:

**Chris Sargent & Danielle Sargent
Newfoundland Candle Company**

\$4 Suggested Donation

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

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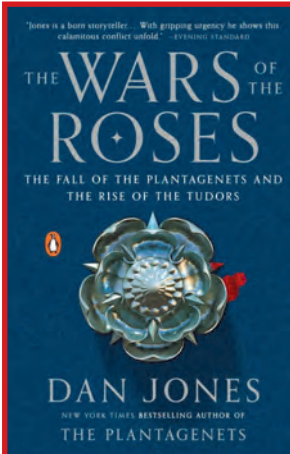


The Book of Lost Names by Kristin Harmel

April 20 @ 12:30pm

Inspired by a true story, in 1942 a young woman begins forging identity document for Jewish children fleeing to neutral Switzerland. But erasing people comes with a price, and Eva searches for a way to preserve the real names of the children who are too young to remember who they really are.

BOOK CLUB



HISTORY CLUB

Thursday, April 4 at 9:30am
The War of the Roses: The Fall of the Plantagenets and the Rise of the Tudors by Dan Jones

The 15th century saw the longest and bloodiest series of civil wars in British history. The crown of England changed hands five times as two branches of the Plantagenet dynasty fought to the death for the right to rule.

May 2: Killing Witches by Bill O'Reilly

MAHJONG



Thursdays
1:00 pm



Pool Tables
Available all Day

Ladies Pool
Friday 9am to noon



Monday 1pm
Cards \$1

GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH



12:30
12:30
1:00



Knit Happens

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

PITCH PARTY!



Sat, Apr 6
6:30pm

Sponsored by
Sterling Grange

Ukulele

Men's Strumming Mon 8,22 2-3PM
Open Strumming Mon 8,22 3-4PM
Beginners Thu 1-2PM
Ukulele Club Thu 2-3PM

Acrylic Painting

Thursdays @ 12:30pm

\$5

New Members Welcome

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
returns on April 8th

Mondays & Wednesdays
4-7pm

No sign-up needed.
All players
and levels welcome !



Chair and Mat
combined class

Tuesdays \$5
8:15am

TAI CHI

MONDAYS AT 8:30AM
WITH SIFU GEORGE

Free

CHAIR YOGA

Wednesdays

9:30 am

\$5



Wii Bowling
Wednesdays @ 1:00pm

**LINE
DANCE**

Tuesdays
at 9:30am

\$2

Therapeutic Chair Massage

April 24

12:30pm - 2:30pm

\$10
10 mins

Sherrill Sasser
LMT, CAT



New Appointment Hours!
Call to book your session today!

SPOTLIGHT ON OUR VOLUNTEERS

It takes an army of volunteers to make your Senior Center the wonderful place that it is. Our kitchen volunteers prepare on average 540 meals every month. Our receptionists greet and assist guests from 8am to 4pm daily. Our Meals on Wheels prep team and drivers deliver 80 meals every week to homebound seniors. Our drivers take older adults to Doctor appointments and shopping, or deliver library books. Our marketing and admin volunteers create those wonderful ads you see, and all the paperwork you fill in! Committee Volunteers oversee the art displays and receptions, and evening entertainment.

So where do you see yourself helping? Call Clare or e-mail cfelton@sterling-ma.gov to learn about these opportunities and more, or call Sheila for information on openings on our Council on Aging Board.

Save the Date

Friday May 10th

1:00-3:00pm

Mother's Day Tea

**40 WHACKS:
THE LIZZIE BORDEN CASE**

WEDNESDAY, APRIL 3RD AT 6:30 PM

AT STERLING SENIOR CENTER

REGISTER AT STERLINGLIBRARY.ORG OR 978-422-6409



Meals on Wheels drivers and morning MOW preparation volunteers wanted - regular, temporary and relief.

Call Clare on 978-422-3032 or e-mail cfelton@sterling-ma.gov for info.



Reminder

**Sterling Police Association
Spring Grab 'n' Go**

Friday April 5th 5:00 - 5:45 pm

Pick-up at Sterling Senior Center

**Spaghetti & Meatballs • Garlic Bread
Reservations Required at 978-422-3032**



Wachusett Food Pantry

50 Worcester Rd, Sterling

Seniors: Fri Apr 19, 9-11 am

All: Sat Apr 20, 9-11 am

Call Outreach for assistance

Mobile Market



INSIDE at Senior Center

**Tue, April 9
11:30-1:00**



Payment accepted: cash, credit/debit,
SNAP/HIP dollars

**Free Bread
Thursday**



**9:00am-4pm
or until
supplies last**

Limit two loaves

**Fat Daddy's
Mobile Market**

April 26th

7:30-9:00 am

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



**COMMUNITY
LUNCH**

Good food, Good company

**Sat. Apr 6
12 noon**

Van rides available
through Senior Center
Call 978-422-3032



**Roast Pork
Dessert**

First Church in Sterling, 978-422-6657

AND AWAY WE GO TRAVEL

2024 Trip List

For age 50+ travelers

Sat, Jun 22	Newport Flower Show & Harbor Cruise Enjoy New England's premier flower show at Rosecliff. Lunch at Johnny's at Wyndham, and a cruise of Newport Harbor.	\$159
Sat, Sep 21	A Day on the Cape with shopping at Cuffy's, lunch at Tugboats and a harbor cruise.	\$129
Oct 6-8	Cape May, New Jersey Two nights at Marquis de LaFayette Hotel, with tour of Emlen Physick Estate and a trolley tour of the historic district. Also includes a tour of Cape May and a Miss Chis Marina Cruise aboard the Cape May Spirit.	\$769 dbl \$999 sgl
Dec 12-14	A Brandywine Longwood Christmas in Delaware and Pennsylvania to experience the beauty of the holidays. See flyer at Sterling Senior Center for details.	\$679 dbl \$879 sgl

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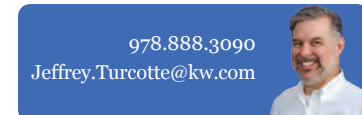
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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs

LUNCH AND LEARN

ESPECIALLY FOR VOLUNTEERS

APRIL 19TH, 12:30PM

VOLUNTEERS

All current volunteers and instructors (new and seasoned!) are invited to enjoy lunch and time with other volunteers while we take a refresher course on our respective positions. We'll be reviewing policies and procedures, and discussing changes and challenges in our roles.

A catered lunch will be served followed by separate group discussions.

Even if you are a long-time volunteer, it is essential to keep up-to-date with new procedures. This is also an opportunity to share your wisdom with newer volunteers, and to meet volunteers you may not generally see on a regular basis 😊

Volunteers, please let us know you are attending by signing up at the Front Desk or calling 978-422-3032 by Friday April 12th, and alert us to any food allergies too.