

# **Sterling** Newsletter SENIOR CENTER

Connecting with each other & our community

March 2024

## Sterling Council on Aging Board Members

*Chair:* Kevin Beaupre

*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

*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

Gary Hill

Kevin Lowe

Rob Seidel

Diane Sousa



## Happy St. Patrick's Day

find your pot o' gold at either our  
St. Patrick's Day luncheon  
or dinner.



**St. Patrick's Day Lunch**  
**March 13, 11:30 am**  
**Traditional Irish Stew**  
 Reservations Required  
 \$3 suggested donation



**PLEASE CHOOSE EITHER LUNCH OR DINNER**



**St. Patrick's Day Dinner**  
**and American-Irish Step Dancers**  
**March 14, 5:30 pm**  
**Tickets \$5**



Please make your reservation or purchase your ticket at  
 Sterling Senior Center, 978-422-3032

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

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# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Susanne Carpenter**

[scarpenter@lpicommunities.com](mailto:scarpenter@lpicommunities.com)

**(800) 477-4574 x6348**

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Diane Casey-Luong 774-239-2937

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# ARTIST RECEPTION

## IN MY MIND'S EYE

MICHELE CUMMING

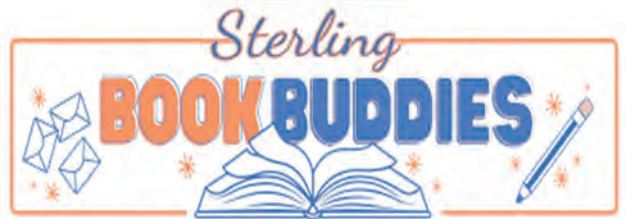


TUE MARCH 5 6:00-7:30PM

Trying to see the charm in things that might have otherwise been overlooked, I'll walk around with my digital camera or phone, waiting for my inner voice to say "Hmm, this could be an interesting picture."

These photographs are a glimpse of what I see.

Michele



Following the previous well-received and incredibly successful 6th Grade Book Buddy programs at Chocksett School, the program will be returning on Fridays from March 1st til April 5th.

If you would like to participate in this program, we'd like about 12 volunteers. Please call Clare for more information at 978-422-3032 or e-mail [cfelton@sterling-ma.gov](mailto:cfelton@sterling-ma.gov)



## Recycle Recycle Recycle

Mark Koslowske & Norma Chanis

Wachusett Watershed Regional Recycle Center

Thu, March 14 @ 9:00am



Join directors Mark & Norma to learn the rules of the recycling bin!

- What can we recycle?
- What must we NOT recycle?

We'll discuss reuse-recycle-repair-reduce efforts to decrease waste, and compare increases in curbside waste and recycle disposal.

Learn how we can all make a change for the better.

**Please note the earlier start time of 9:00 am.**

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

## Healthy Aging and Neighborhood Study (HANS)

Adults aged 65 and older are invited to participate in a 3-year observational UMASS study to better understand the relationships among aging, risk of falling, physical activity, and indoor & outdoor environments.

There is no intervention and no blood work. Participants may be active or not; may have fallen or not. Private study visits are semi-annual at your convenience.

Anyone interested may pick up informational flyers at the Senior Center front desk, or contact the HANS study group at 978-934-2990 or e-mail [HANS@uml.edu](mailto:HANS@uml.edu).



## Sterling Police Association

### Spring Grab 'n' Go

Friday April 5th 5:00 – 5:45 pm

Pick-up at Sterling Senior Center

**FREE**

Spaghetti & Meatballs • Garlic Bread

Reservations Required  
978-422-3032



## SPECIAL EVENTS

Mar 5	6:00-7:30 pm	Artist Reception with Michele Cumming
Mar 12	12:00-1:00 pm	Mobile Market (monthly, second Tuesday) <b>** NEW TIME **</b>
Mar 13	11:30 am	St Patrick's Day Lunch <i>Reservations Required</i>
Mar 14	5:30 pm	St Patrick's Day Evening Dinner <i>Tickets \$5</i>
Mar 25	11:45 am	Birthday Cake for all March birthdays!
Mar 29	7:30-9:00 am	Pancake Breakfast / Fat Daddy's / Coffee with a Cop

## ONGOING

Mar 1	9:00 am-noon	Ladies' Pool (weekly on Fridays)
Mar 1	8:00 am	POOL all day every day!
Mar 1	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Mar 1	9:30 am	Knitting Club (weekly on Fridays)
Mar 2	6:30 pm	Pitch Party <i>sponsored by Sterling Grange</i>
Mar 4	8:30 am	Tai Chi (weekly on Mondays)
Mar 4	1:00 pm	BINGO (weekly on Mondays)
Mar 4	5:00 pm	Meditation \$5 (weekly on Mondays)
Mar 5	8:15 am	Pilates (weekly on Tuesdays)
Mar 5,26	9:30 am	Line Dancing (no class Mar 12 & 19)
Mar 5	by appointment	SHINE counseling
Mar 5	1:00 pm	Game Day (weekly on Tuesdays)
Mar 6	9:30 am	Chair Yoga (weekly on Wednesdays)
Mar 6	12:30 pm	Rummikub (weekly on Wednesdays)
Mar 6	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up required</i> )
Mar 6	1:00 pm	Wii Bowling (weekly on Wednesdays)
Mar 7	8:30am-4pm	Bread Pickup (weekly on Thursdays) <b>** NEW TIME **</b>
Mar 7	9:30 am	History Club (first Thursday of month)
Mar 7	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Mar 7	1:00 pm	Mahjong (weekly on Thursdays)
Mar 7	1:00 pm	Beginner Ukulele (weekly on Thursdays)
Mar 7	2:00 pm	Ukulele Club (weekly on Thursdays)
Mar 11,25	2:00 pm	Ukulele - Men's Open Strumming
Mar 11,25	3:00 pm	Ukulele - Open Strumming
Mar 12	11:30 am	State Office Hours (second Tuesday of month)
Mar 14	9:30 am	Dull Men's Club (second Thursday of month)
Mar 15,16	9-11:00 am	Food Pantry
Mar 20	12:30 pm	Book Club <i>Lady Tan's Circle of Women</i>

## WELLNESS

Mar 1	10:00 am	Going Steady (weekly on Fridays) <i>Sponsored by LCU</i>
Mar 4	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Mar 6,20	by appointment	Foot Clinic \$55 to FC Nurse
Mar 13	11:30 am-2 pm	Keep Well Clinic <i>with Nurse Lenny</i>
Mar 13,27	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Mar 27	12:30-2:30 pm	Chair Massage <i>by appointment only</i>





**STATE  
OFFICE  
HOURS**

Meet a representative from the  
office of Senator Peter Durant

**March 12, 11:30-12:30**  
at Sterling Senior Center



**Veterans'  
Services**

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

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

## FY 2024 Property Tax Exemptions

You may be eligible to reduce a portion of  
your real estate taxes if you meet  
qualifications for one of the personal  
exemptions allowed under Massachusetts  
law.

Call the Assessors' office with any questions  
regarding application at 978-422-8111 ext  
2313.

Contact Outreach to see whether you qualify  
and for application assistance.



The Medicare Advantage Open  
Enrollment Period occurs each  
year through March 31, and it is  
available to people who are  
currently enrolled in a Medicare

Advantage plan (HMO or PPO).

One change can be made during this  
period, which will take effect the first of  
the month following the month you enroll.  
For example, if you switch to a new  
Medicare Advantage Plan in March, your  
new coverage begins April 1.

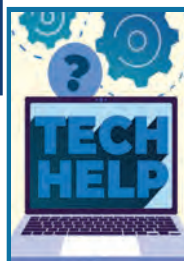
This is an opportunity to make a change if  
you find your coverage is not working for  
you; e.g. one of your doctors no longer  
accepts your plan. Call for assistance!



**March 13 & 27 3:30 - 5:00pm**

**In person support with Zoom option**

Please contact Joe at 508-335-0672 or  
[northworceparkies@yahoo.com](mailto:northworceparkies@yahoo.com)



Is your PC, tablet or cell phone  
driving you crazy?

Get tech help on Tuesdays  
with Pete.

Call to set up an appointment.

## Circuit Breaker Tax Credit

For tax year 2023 the max credit is \$2,590.

- You must be a full- or part-year MA resident
- You must be 65 or older by December 31, 2023
- You must own or rent residential property in MA and occupy it as your primary residence
- Income no more than \$69,000 for single non-head of household, \$86,000 for head of household, \$103,000 for married filing jointly

You must file a Mass personal income tax return  
with Schedule CB. More information is available  
at <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>



Known as Fuel Assistance, the **Low Income Home Energy Assistance Program** provides eligible households with help in paying a portion of winter heating bills.

Application ends on April 30th, 2024. Contact our Outreach staff for assistance.

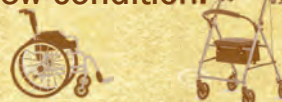
**For the safety of all  
SLOW DOWN  
in the parking lot!**

**FOLLOW THE ARROWS!**

**Counter-clockwise**

## WANTED

Wheelchairs and rollators, in new  
or like-new condition.



Thank you for the walkers and  
canes - we have enough for now.

# MARCH CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Snow Policy</b></p> <p>If Wachusett (WRSD) schools are closed for the day, there will be no programming (including meals) at the Center.</p> <p>For delayed openings, the Center will open at <i>lunch</i>. (Scheduled van lunch rides will take place.)</p> <p>For early closings, the Center will close after lunch.</p> <p><b>When in doubt, be safe! Call us first.</b></p>				
<p>4</p> <p>8:00 Muffin Monday</p> <p>8:30 Tai Chi</p> <p>10:00 Fitness</p> <p><b>11:30 Teriyaki Chicken</b></p> <p>1:00 Bingo</p> <p>4:00 Pickleball</p> <p>5:00 Meditation</p>	<p>5</p> <p>8:15 Pilates</p> <p>9:30 SHINE</p> <p>9:30 Line Dancing</p> <p><b>11:30 Pork &amp; Apple</b></p> <p>1:00 Game Day</p> <p>6:00-7:30 Art Reception</p>	<p>6</p> <p>8:30-2:30 Foot Clinic</p> <p>9:30 Chair Yoga</p> <p><b>11:30 Spaghetti &amp; Meatballs</b></p> <p>12:30 Rummikub</p> <p>1:00 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>4:00 Pickleball</p>	<p>7</p> <p>8:30 - 4 Bread Pickup</p> <p>9:30 History Club</p> <p><b>11:30 Chicken Royale</b></p> <p>12:30 Acrylic Painting</p> <p>1:00 Mahjong</p> <p>1:00 Beginner Uke</p> <p>2:00 Ukulele Club</p>	<p>8</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><b>11:30 Smorgasbord</b></p>
<p>11</p> <p>8:00 Muffin Monday</p> <p>8:30 Tai Chi</p> <p>10:00 Fitness</p> <p><b>11:30 Sausage &amp; Peppers</b></p> <p>1:00 Bingo</p> <p>2:00 Men's Strumming</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>5:00 Meditation</p>	<p>12</p> <p>8:15 Pilates</p> <p><b>11:30 Chicken Zucchini Boats</b></p> <p>12:00 Mobile Market</p> <p>11:30 State Office Hrs</p> <p>1:00 Game Day</p>	<p>13</p> <p>9:30 Chair Yoga</p> <p>11:30-2:00 Keep Well Clinic</p> <p><b>11:30 St Patrick's Day Luncheon</b></p> <p><b>Reservations Required</b></p> <p>12:30 Rummikub</p> <p>1:00 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>3:30 Parkinson Support</p>	<p>14</p> <p>8:30 - 4 Bread Pickup</p> <p>9:30 Dull Men's Club</p> <p><b>11:30 Tuna Salad</b></p> <p>12:30 Acrylic Painting</p> <p>1:00 Mahjong</p> <p>1:00 Beginner Uke</p> <p>2:00 Ukulele Club</p> <p>5:30 Evening Dinner</p>	<p>15</p> <p>8:00 VSO Hours</p> <p>9 - 11:00 Food Pantry</p> <p>9:00 Ladies' Pool</p> <p>9:30 Knit Happens</p> <p>10:00 Going Steady</p> <p><b>11:30 Smorgasbord</b></p>
<p>18</p> <p>8:00 Muffin Monday</p> <p>8:30 Tai Chi</p> <p>10:00 Fitness</p> <p><b>11:30 Pot Roast</b></p> <p>1:00 Bingo</p>	<p>19</p> <p>8:15 Pilates</p> <p><b>11:30 Tacos</b></p> <p>1:00 Game Day</p>	<p>20</p> <p>8:30-2:30 Foot Clinic</p> <p>9:30 Chair Yoga</p> <p><b>11:30 Gen Tso's Chicken</b></p> <p>12:30 Rummikub</p> <p>12:30 Book Club</p>	<p>21</p> <p>8:30 - 4 Bread Pickup</p> <p><b>11:30 Fish Dinner</b></p> <p>12:30 Acrylic Painting</p> <p>1:00 Mahjong</p> <p>1:00 Beginner Uke</p>	<p>22</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><b>11:30 Smorgasbord</b></p>
		<p>1</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><b>11:30 Smorgasbord</b></p>	<p>1</p> <p>Fees for Yoga &amp; Pilates</p> <p><b>\$5 In Person</b></p> <p><b>\$2 Zoom</b></p> <p>Line Dancing <b>\$2</b></p> <p>Acrylic Painting <b>\$5</b></p> <p>Indoor Pickleball <b>\$5</b></p>	



4:00 Pickleball 5:00 Meditation	25	8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness <b>11:30 Turkey Dinner</b> 11:45 Birthday Cake 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	26	8:15 Pilates 9:30 Line Dancing <b>11:30 Tim's Burgers</b> 1:00 Game Day	27	9:30 Chair Yoga <b>11:30 Ratatouille Soup</b> 12:30 Chair Massage 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	28	8:30 - 4 Bread Pickup <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	29	<b>7:30 Pancake Breakfast</b> 7:30 Coffee with a Cop 7:30 Fat Daddy's 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady
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**Pancake Breakfast**  
**Fri. March 29.**  
**7:30-9:00**

**Celebrity Server:**  
**Paula Greco**  
**Social Service Director.**  
**Sterling Village**  
Open to All  
**\$4 Suggested Donation**  
Sponsored by Friends of Sterling Seniors

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

Join Detective Chase for Coffee with a Cop too!



**Wachusett Food Pantry**  
50 Worcester Rd,  
Sterling  
Seniors: Fri Mar 15,  
9-11 am  
All: Sat Mar 16,  
9-11 am  
Please call Outreach  
for assistance



**GROWING PLACES**  
INSIDE at Senior Center  
Tue, March 12  
12:00—1:00  
Payment accepted: cash, credit/debit,  
SNAP/HIP dollars

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

**SUPPORT OUR ADVERTISERS!**



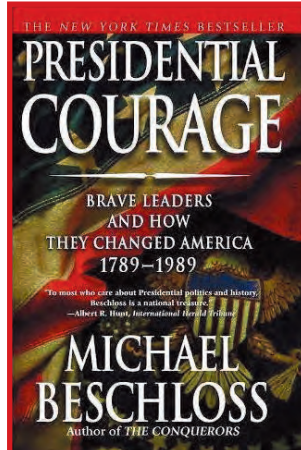


## Lady Tan's Circle of Women by Lisa Lee

March 20 @ 12:30pm

According to Confucius, "an educated woman is a worthless woman," but Tan Yunxian is being raised by her grandparents to be of use. Her grandmother is one of only a handful of female doctors in China, and she teaches Yunxian the pillars of Chinese medicine, the Four Examinations - looking, listening, touching, and asking—something a man can never do with a female patient.

BOOK CLUB



## HISTORY CLUB

Thursday, March 7 at 9:30am  
**Presidential Courage: Brave Leaders and How They Changed America 1789-1989**

An inspiring saga about crucial historical moments in each of the first forty-three presidencies during which the future of the United States has been dramatically affected by a bold executive decision. The author offers insight into the factors that influenced the most difficult choices made by each president.

April 4: *The War of the Roses* by Dan Jones

## Acrylic Painting New Time !

Thursdays @ 12:30pm

**\$5**

**New Members  
Welcome**



**Pool Tables  
Available all Day**

**Ladies Pool  
Friday 9am to noon**

**MAHJONG**



Thursdays  
1:00 pm



Monday 1pm  
Cards \$1



W E D 1 2 : 3

## Ukulele

Men's Strumming Mon 11,25 2-3pm

Open Strumming Mon 11,25 3-4pm

Beginners Thu 1-2pm

Ukulele club Thu 2-3pm

## GAME DAY TUESDAYS



DOMINOES  
CRIBBAGE  
PITCH

12:30  
12:30  
1:00



## PITCH PARTY!



Sat, Mar 2  
6:30pm

Sponsored by  
Sterling Grange



## Knit Happens

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



**KEEP WELL CLINIC**March 13th  
11:30 - 2:00

VNA Care

- Appointments and walk-ins
  - Now offering blood sugar tests
- Call us to make an appointment  
978-422-3032



For your privacy, all personal care appointments have been moved to Wednesdays in the SHINE office

**Foot Clinic**  
Footcare By NursesMarch  
6 & 20**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.

**\$10**  
10 mins**Therapeutic Chair Massage**March 27  
12:30pm - 2:30pm**Sherrill Sasser**  
LMT, CAT

**New Appointment Hours!**  
Call to book your session today!

**FITNESS REIMBURSEMENT DOCUMENT REQUESTS**

If you'll be claiming insurance reimbursement for 2023 fitness classes, please call us and we'll provide documentation of your expenses at the Senior Center.

**Pilates**  
Chair and Mat combined classTuesdays  
8:15am \$5**TAI CHI**MONDAYS AT 8:30AM  
WITH SIFU GEORGE**Free**

*Bookend your weekends with Marty!*

Fridays at 10:00 Going Steady  
Mondays at 10:00 Fitness

**Free** No sign-up needed

Mindful Meditation  
Mondays at 5:00pm  
with Carol McGuiggan

**\$5**

Open to All Ages

**LINE DANCE**Tue 5 & 26  
at 9:30am**\$2****CHAIR YOGA**

Wednesdays  
9:30 am

**\$5**

**Indoor Pickleball**  
Mon & Wed, 4-7pm

Interested new players please register at the Senior Center first!  
New to pickleball? We'll be returning outside in April - join us then to learn this fun sport!

**Friendly!****Fun!**

Wednesdays @ 1:00pm  
**Wii Bowling**

Sterling Planning Board and  
Economic Development  
Committee presents a

**Public Forum on  
Economic Development**

Wed March 6 at 6:30pm

Sat March 9 at 9:30am

at 1835 Town Hall (31 Main St)

The Town of Sterling's zoning for economic development is limited and outdated. Please attend one or both of these forums and discuss what you want for new economic development in Sterling.

Please sign in on arrival. Sign In  
We need this information for  
funding!

If you are not yet a member, it's  
easy to sign up – simply speak  
to a receptionist.

Or sign in as a guest.

Thank you 😊

## 40 WHACKS: THE LIZZIE BORDEN CASE

WITH CHRISTOPHER DALEY

WEDNESDAY, APRIL 3RD AT 6:30 PM

AT STERLING SENIOR CENTER

Historian Christopher Daley will conduct a one hour in-depth retelling of the famous double homicide of Andrew and Abby Borden in 1892.

The performance will rely upon extensive archival research to create an entertaining and informative presentation which recounts the police investigation, the suspicion placed on Lizzie, the Grand Jury hearings, and the trial.

The audience will be invited to participate in a discussion of "Who done it?"

This program is presented by Sterling Library and Sterling Senior Center, and supported in part by a grant from the Sterling Cultural Council.

**REGISTRATION IS REQUIRED.**

REGISTER AT [STERLINGLIBRARY.ORG](http://STERLINGLIBRARY.ORG) OR 978-422-6409,

OR CALL SENIOR CENTER AT 978-422-3032

**Free  
Bread  
Thursday**



8:30am-4pm  
or until  
supplies last

Limit two loaves

**Fat Daddy's  
Mobile Market**

March 29th  
7:30–9:00 am

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



## COMMUNITY LUNCH

Good food, Good company

**Sat. Mar 2  
12 noon**

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



**Lasagne \* Salad  
Dessert**

First Church in Sterling, 978-422-6657

## AND AWAY WE GO TRAVEL

2024 Trip List For age 50+ travelers

Sat, May 18	The Downeaster to Portland At Haverhill Train Station, board Amtrak's Downeaster for a 1¾ hour ride to Portland. Lunch at the Muddy Rudder, Yarmouth, ME.	\$129
Sat, Jun 22	Newport Flower Show & Harbor Cruise Enjoy New England's premier flower show at Rosecliff Mansion. Lunch at Johnny's in the Wyndham Hotel, followed by a cruise of Newport Harbor.	\$159
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

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 [andawaywegotravel.gem@gmail.com](mailto:andawaywegotravel.gem@gmail.com)

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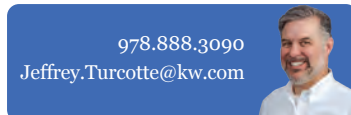
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# Friends of Sterling Senior Center Spring Fundraiser



A \$10 ticket could win you

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The mission of The Friends of Sterling Seniors (FOSS) is to supplement the Council on Aging budget to acquire needed programs, equipment and furnishing for the Senior Center, and to support the needs of older adults in Sterling.