

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

April 2021

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Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Thur 8 - 4,

Fri 8 - 2

Director: Veronica Buckley

Outreach: Nickole Boardman

Operations Coordinator:

Clare Anderson-Felton

Maintenance Tech: Jim Ash

Van Drivers:

Pam Dell

Lou Massa

Marlene Neitlich

Robert Protano

Diane Sousa



April Grab 'n' Go Hello Spring Picnic April 14th 11 – 11:30

**Traditional
Picnic Fare
including:
Fried Chicken
Mini Quiche
Pasta Salad
Fruit Medley
Dessert**

**Reservations Required
978-422-3032
Preference to Sterling Seniors**

**Our mission is to maintain the health and well being of Sterling seniors
and to assist them with preserving their independence.**

Peter Watson



61 Redstone Hill, Sterling, MA
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Sterling Council on Aging, Sterling

06-5262



Going Steady with Marty on Zoom

New Time!

The most exercise fun in MA!

Fridays at 10:30 am

Be ready to venture out this spring!

Be confident!

Learn the tricks of fall prevention from the best Marty!

<https://us02web.zoom.us/j/7610148460>

Zoom ID: 761 014 8460

Free to you as this program is generously funded by a grant from *Determination of Needs (DoN) Fund of UMass Memorial HealthAlliance-Clinton Hospital Community.*



Boost Your Immune System by Providing the Optimal Environment



Alex Welch, MA, RDN, LDN

Dietician/Nutritionist

Tuesday, April 13th at 1:30pm

What is our immune system, and how does it work?

Join Alex and learn how we can positively impact our immune health.

<https://us02web.zoom.us/j/86954290209>

Meeting ID: 869 5429 0209

One tap mobile: +13017158592

Call 978-422-3032



MAKE AND TAKE WITH DEBBIE MACLELLAN WEDNESDAY, APRIL 21ST AT 6:00 PM Zoom ID: 895 3852 7554

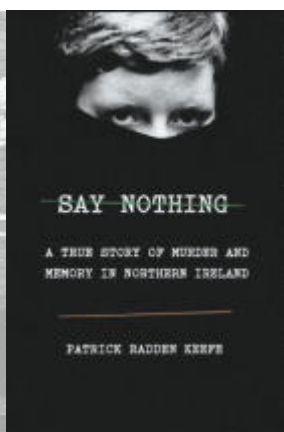
Join Debbie by zoom to create your one and only chalkboard picture frame with clips.

Similar to the one shown in the picture, you will paint yours with chalkboard paint. Then design a spring themed floral border with bow, and attach picture clips to complete the creation.

We definitely want pictures when you are done!

All supplies in the \$5 bag ready for pickup on Friday April 16th 12 - 1pm or other times as arranged.

Book Club
Wednesday
April 14th
1:30pm



Zoom ID:
862 9298
5698
Passcode:
919327



BINGO goes virtual!

Join us for Zoom Bingo
Mondays at 1:30pm

Call to reserve your April BINGO cards
978-422-3032

Cards \$1 each for the month
Pick-up on April 1st, 12-1pm
or by appointment
Weekly Prizes

Join Zoom Meeting

[https://us02web.zoom.us/
j/89538527554](https://us02web.zoom.us/j/89538527554)

Meeting ID: 895 3852 7554
One tap mobile +19292056099

Ukulele Club Intermediate/Advanced Club

Thursdays at 1:30pm via Zoom
Contact Nancy at nancyhp246@gmail.com



Zoom Chair Yoga with Katie

Wednesdays at 9:30am

Appropriate for all levels
A fun new class for \$2!



Bring to class a chair, mat, strap (a tie, belt or scarf) plus blocks if you want to use them.

<https://us02web.zoom.us/j/89538527554>

Zoom Meeting ID: 895 3852 7554

New to Zoom? Call for an e-mail with [clickable link](#).

Marty's Fitness and Yoga

Weekly class incorporating
circulation,
balance cardio and yoga.

Every Monday at 10:30am

[https://us02web.zoom.us/
j/7610148460](https://us02web.zoom.us/j/7610148460)

Zoom ID: 761 014 8460

Line Dancing

Mondays at 9:30-10:30 am

Zoom ID: 910-010-3705

Password: 973540

To receive group updates & alerts,
send an e-mail to cabutler@wpi.edu

Tai Chi

Mondays at
8:30am

Newcomers welcome.

Call 978-422-3032 to join!

[https://us02web.zoom.us/
j/89346204723](https://us02web.zoom.us/j/89346204723)

Meeting ID: 893 4620 4723

Password: 839376

\$2 fee



Peter Cummings offers technical help
through phone and online meetings.
Call 978-422-3032 for appointment

Hi Everyone!

With the growing number of vaccinations, we are all looking forward to resuming more normal activities. The Sterling Senior Center will be working with the Massachusetts Councils on Aging (MCOA), the MCOA Reopening Committee, the Executive Office of Elder Affairs and our own Board of Health to establish reopening guidelines for our Center. We seek to balance the health and safety of our participants, volunteers and staff with our desire to "open the doors" and increase socialization opportunities for our older adults.

Please be advised that, at the present time, the Sterling Senior Center is only open for "essential" service appointments that require in-person attendance.

As we look to reopen, our first need will be to have adequate volunteers to staff the Center. We are currently on the lookout for front desk volunteers and program volunteers. Front desk opportunities are morning shift from 8 - 12 noon and afternoon shift from 12 noon until 4pm. Unlike prior times, there is now only one person handling the front desk and there is a lot to do from answering the phones, responding to a multitude of questions, coordinating program signups and checking people in for in-person activities. Program volunteers will also be needed to assist the program instructor or facilitator with check in, room set up and breakdown / cleanup. It would be easiest for a regular participant in the program to be the program volunteer. Please call Clare or me and advise of your interest. New volunteers will need to have a CORI and all volunteers will be trained in their positions. Backup help is a must!

If meal delivery is your interest, meals on wheels leave the Center at 8:30 am for delivery. Our congregate lunch gets delivered at 11 am. Each run takes about 1½ to 2 hours. Fully staffed, we need 13 drivers and at least 2 backups. As our vans are getting busier transporting people, our van drivers will be less able to help out with meal delivery.

Van riders - As more medical appointments transition from telehealth to in-person care, the COA/Mart vans are getting busier and busier. It is essential that you call for a ride when the dispatcher is available, that is 8am - 11am Monday - Friday. The more advanced notice you give us, the easier it is to accommodate all. Van riders have a huge responsibility in making this program work.

For Outreach Services, the best time to contact Nickole is 8am-2pm on Mondays and Wednesdays. If you have an urgent need, please call the Senior Center any time.

With regard to COVID-19 vaccines — as you know, helping our senior population access appointments for the vaccine is our current priority. Hopefully, many or most of you have received or are in the process of receiving your vaccine. But if you are a senior eligible for vaccination and need assistance, please call us!

Thanks for reading and we look forward to a healthy Spring!

Veronica


Worried about participating because you're new to Zoom?

Call us to schedule a 10-minute how-to session.

We'll walk you through joining a meeting, changing your display, muting and unmuting, etc., so that you can enjoy a meaningful presentation, class or discussion.

APRIL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We are currently providing Grab & Go or home-delivered lunches for those seniors who require a little extra help with meal preparation.</p> <p><i>The April 14th Grab 'n' Go is open to ALL with preference to Sterling residents</i></p>	<p>* Zoom only ** In-person. Mask & social distancing required.</p> <p>Fees for Tai Chi and Chair Yoga exercise classes: \$2 Zoom</p>		<p>1 Caribbean Pork 12-1 BINGO Card Pickup 1:30 Ukulele Club*</p>	<p>2 Smorgasbord 10:30 Going Steady*</p>
<p>5 8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Salisbury Steak 1:30 Bingo*</p>	<p>6 8 - 4 Bread Pickup Cheesy Fish Quesadilla 12-3 Tech Help (Zoom or phone)</p>	<p>7 9:30 Chair Yoga* Beef & Vegetable Soup 3:30 Parkinson Support*</p>	<p>8 8:30-1:30 Foot Clinic** Turkey à la King 1:30 Ukulele Club* 5:30 COA Board Mtg</p>	<p>9 Smorgasbord 10:30 Going Steady*</p>
<p>12 8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Chicken Pot Pie 1:30 Bingo*</p>	<p>13 8 - 4 Bread Pickup 9:30-11:30 Elder Keep Well Clinic** Pasta & Meatballs 12-3 Tech Help (Zoom or phone) 1:30 Dull Mens'*</p>	<p>14 9:30 Chair Yoga* 11:00-11:30 Grab 'n' Go Spring Picnic 1:30 Book Club* 3:30 Parkinson Support*</p>	<p>15 Tomato Soup & Turkey Sandwich 1:30 Ukulele Club*</p>	<p>16 9:00 Food Pantry 10:30 Armchair Travel* 10:30 Going Steady* Smorgasbord 12-1:00 Take & Make Kit Pick-Up</p>

19 Happy Patriots' Day  CLOSED	20 8 - 4 Bread Pickup Lentil Quinoa Soup 12-3 Tech Help (Zoom or phone)	21 9:30 Chair Yoga* Chicken Curry 3:30 Parkinson Support* 6:00 Take & Make Workshop*	22 8:30-1:30 Foot Clinic** Meatloaf 1:30 Ukulele Club*	23 Smorgasbord 10:30 Going Steady*
26 8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Chicken & Lentil Soup 1:30 Bingo*	27 8 - 4 Bread Pickup Baked Fish 12-3 Tech Help (Zoom or phone)	28 9:30 Chair Yoga* Mediterranean Chicken 3:30 Parkinson Support*	29 Stuffed Shells 1:30 Ukulele Club*	30 Smorgasbord 10:30 Going Steady*

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

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You may be eligible for the Circuit Breaker Tax Credit

If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.

If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

For tax year 2020 the maximum credit amount is \$1,150.

- You must be a Massachusetts resident or part-year resident
- You must be 65 or older by January 1, 2021
- You must own or rent residential property in Massachusetts and occupy it as your primary residence
- Income no more than \$61,000 for single person, \$76,000 for head of household, \$92,000 for married couple

You must file a Mass personal income tax return with Schedule CB. More information is available at <https://www.mass.gov/how-to/apply-for-the-circuit-breaker-credit>

You may be eligible to reduce a portion of your Real Estate Taxes!



Senior & Surviving Spouse exemptions require you be age 70 by July 1 of 2020, and own and occupy your home for at least 5 years. Your application must be filed by April 1st.

- For Exemption Amount of \$500
- Income for single no more than \$20,873 with assets no more than \$44,964 (not including value of home)
- Income for married persons no more than \$25,464 with assets no more than \$48,173 (not including value of home)
- For Exemption Amount of \$273
- No income standard, but assets cannot exceed \$64,418

Call Debbie Dreyer, Assistant to the Assessor, for more info. 978 422 8111 x 2313

CONANT
PUBLIC LIBRARY
**TAX FORMS
AVAILABLE**

Tax forms and booklets are available at Sterling Library. Call the library at 978-422-6409 between 10am and 6pm Monday through Thursday.

Your request will be placed outside in a paper bag for curbside pickup or delivery can be arranged to a Sterling address. One form and booklet per person.

To all of those who participated in the Cheer for Older Adults Card & Letter Writing Initiative:

Thank you! Thank you! Thank you!

We got homemade cards, heartfelt cards, funny cards, artistic cards, cards from the young (finger-painted cards from a 2 year old) and cards from the not so young. We got letters with stories, letters with cartoons and letters to celebrate Valentine's Day. We distributed to the homebound, the lonely, our meals people and, because you were so generous, we had enough to distribute to our Grab 'n' Go participants.

All in all, a very successful event thanks to all of you.

What do you say to doing it again next year?



Andrea, RN, has appointments at the Senior Center.

Call us at 978-422-3032 to schedule your clinic visit for \$45 on April 8 or 22, or May 13 or 27.

ELDER KEEP WELL CLINIC

April 13th, 9:30-11:30 am

VNACares

By appointment only

Call 978-422-3032 to make a reservation.

Appointments for Blood Pressure only also available.



REGISTRY OF MOTOR VEHICLES

Senior Hours on Wednesdays Extended through April

Several RMV Service Centers, including Leominster, will designate Wednesdays in April to serve customers age 75 and older, thus providing a safer space for customers to visit. A reservation is required.

To view availability and to make a reservation, visit www.Mass.Gov/RMV and select "Make/Cancel a Reservation" then select "Senior Transaction".

AAA members may also make a reservation at a AAA location through www.aaa.com/appointments

Call the RMV at 857-368-8005

parkinson's IN THIS TOGETHER

Zoom meetings every Wednesday at 3:30pm

Please contact Joe at 508-335-0672 or

northworcparkies@yahoo.com

Wachusett Food Pantry

Seniors: Friday Apr 16, 9-11am

All: Saturday Apr 17, 9-11am

Call Nickole at the Senior Center for assistance.



Muffin Monday Nominations

Nominate a special someone who deserves some recognition, is really missing friends and family, or just needs a cheer-me-up! They'll get a Monday Muffin Surprise and an appropriately distanced Friendly Visit courtesy of SSC kitchen staff & volunteers!

Call 978-422-3032 or e-mail nboardman@sterling-ma.gov



Free Bread Tuesdays!

Drive-through pick-up
Every Tuesday 8am-4pm

or until supplies last

Free to all ages

Limit two loaves

Spring Raffle

\$5 per ticket

Drawing Date — Thursday, May 6th
 First Prize includes Fitbit Charge 4,
 insulated wine valet and wine, \$25 gift card,
 hand-painted candle holders, notebook, hand cream
 Approximate value: \$225

2nd, 3rd & 4th Prizes include
 hand-crafted stepping stones, gift cards, wine, art, and more !!!

Call 978-422-3032 to pick-up tickets
 at Senior Center - 8am-11am Tuesday-Friday
 Or call Pam Dell 774-696-3513 for alternate arrangements

Sponsored by Friends of Sterling Seniors (FOSS)
 With thanks to all individuals & businesses who have kindly donated prizes

OUT AND ABOUT

PATRIOTS' TRAILS

WITH JOYCE HINCKLEY



It's April and time for that most Massachusetts holiday, Patriots Day.

We're about 30 minutes away from Minute Man National Park where you can walk and celebrate history at the same time. There are lots of trail options listed at www.nps.gov/mima ranging from ½ mile to 8+ miles and including nature, history and serenity. The most accessible and iconic is The Old North Bridge. Stand where the "shot heard round the world" was fired, see the

Daniel Chester French Statue of The Minute Man, view the memorial to two British soldiers killed during the battle, soak up the history. Avoid the weekend before or on Patriots' Day (4/19), and you will almost have the park to yourself.

We're not dining in yet, but we did make an easy stop off Rt. 2 at Idylwilde Farm, 366 Central Street, Acton, 978-263-5943 (closed Tuesday) for takeout, cheese and veggies. Oh, and cider donuts because as the saying goes "It's as Massachusetts as apple cider donuts". Ok, I made that up but they were yummy!





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

Armchair Travel

Friday April 16th at 10:30am

Hog Hill: Sterling's Preeminent Piggery
Presented by Jim French

Fifty years ago, Sterling supported more pigs than people. Most of the swine population resided on the Kristoff family's Happy Hollow Farm. In those days the Kristoff family holdings on the west side of town encompassed hundreds of acres that supported, along with New England's largest piggery, a dairy operation, vegetable truck farming, hay production, and timbering. The Kristoff brothers created and managed one of the most prosperous agricultural enterprises in our town's history.

Jim French was one of many Sterling lads given employment on this unique farm, and will offer his perspective both as a teenaged laborer during the heyday of operations as well as his role in later years working as the land acquisition director for the Department of Conservation and Recreation which would come to purchase most of the Kristoff holdings for watershed protection.

Zoom Meeting ID: 895 3852 7554