

# **Sterling** SENIOR CENTER **Newsletter**

Connecting with each other & our community

April 2022

## Sterling Council on Aging Board Members

*Chair:* Kevin Beaupre

*Secretary:* Liz Pape

*Treasurer:* David Cosgrove

*Members:*

Gail Bergeron

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Sue Protano

## 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

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

*Kitchen Manager:*

Ruby Hall



## Sterling Police Association Spring Grab 'n' Go

**Saturday April 2nd 5:00-5:45pm**

**Spaghetti & Meatballs  
Garlic Bread**

**Reservations Required  
978-422-3032**



*Pickleball will be returning outside  
at West Sterling Courts*

*April 4th*

*weather permitting  
(no play on wet courts)*

*Four courts will be used,  
so plenty of room for all players, all abilities*

***Mondays and Wednesdays, 4-7pm***

*New players must complete  
Registration and Waiver Forms*

*Please call the Senior Center  
for more information*

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  
1-978-422-3166  
cell: 978-502-8847

## WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
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Contact Susanne Carpenter to place an ad today!  
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## Welcome, New Readers!

Welcome to the Sterling Senior Center Newsletter. This is a monthly publication filled with news and information for Sterling's older population.

Whether you just moved into Sterling, or just turned 60 — the Senior Center is the place for all-inclusive community activities: social, educational, physical.

Most importantly, we are your resource for help and information on Medicare, financial and nutritional aid, caregiver support, and so much more.

Come visit the Center, take a tour, sign up for a class or maybe suggest a new one!

If you prefer to receive your newsletter by e-mail, and save us costs, please call us at 978-422-3032 or e-mail [cfelton@sterling-ma.gov](mailto:cfelton@sterling-ma.gov)

We look forward to meeting you!

## Social Security Benefits Update



As of January 2022, Social Security benefits opened to survivors of same-sex couples who could not marry. The Social Security Administration

now allows gay men and lesbians to receive survivor benefits if they can show that they were in a committed relationship and would have married had that been possible. A survivor can either apply for a deceased spouse's Social Security benefits (if these are higher than the survivors, or if the survivor does not have the work history to qualify) or apply for them temporarily and delay claiming their own (allowing their benefit to increase until they reach full retirement age or beyond).

## Let's Hear It!

Do you have a suggestion, a complaint, a compliment?

Perhaps there's something we haven't done in a while that you'd like to see return? Or something new that may be popular here?

We want to know how we can improve our services to Sterling seniors!



## *A Night at the Drive-In*

**Date**  
**Time**  
**Place**

**Friday, April 29th**

**4:30 pm**

**Wachusett High School**

**Enjoy snacks,  
the movie "Grease"  
and a sing-a-long**



**Come dressed in  
your best 1950s  
outfit!**



**Call Sterling  
Senior Center for  
reservations  
978-422-3032**

**Sponsored by  
Wachusett Mountaineer Volunteers**



## STATE OFFICE HOURS

Representatives from the offices of  
Senator Anne Gobi and

Representatives

Kimberly Ferguson & Meghan Kilcoyne

April 19th, 11:30am - 12:30pm

at the Senior Center

(Monthly on the Third Tuesday)

Come with a question, or just to meet.

**Slow Down!**

**Follow the arrows!**

**Counter-clockwise**



## SPECIAL EVENTS

Apr 1	1:00 pm	Make & Take Easter Egg Blossoms ( <i>registration required</i> )
Apr 8	12:30 pm	Spring Jingo with Barbara
Apr 21	9:30 am	Planting Hope, Growing Conversations
Apr 25	12:00 pm	Birthday Cake
Apr 27	11:00-1:00	Pop-Up Market
Apr 28	9:30 am	Make & Take May Baskets ( <i>registration required</i> )
Apr 29	7:30-9:00 am	Pancake Breakfast

## ONGOING

Apr 1		Pool daily
Apr 1	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Apr 1	9:30 am	Knitting Club (weekly on Fridays)
Apr 2	6:30 pm	Grange Pitch Party
Apr 4	8:30 am	Tai Chi (weekly on Mondays, <i>sign-up</i> , \$5)
Apr 4	1:00 pm	BINGO (weekly on Mondays)
Apr 4	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Apr 4	6:00 pm	Meditation (weekly on Mondays, \$5)
Apr 4,6	4:00-7:00 pm	Pickleball (weekly on Mon & Wed)
Apr 5	8am-4pm	Bread Pickup (weekly on Tuesdays)
Apr 5	8:15 am	Pilates (weekly on Tuesdays, <i>sign up required</i> , \$5)
Apr 5	9:00 am	Open Coloring (weekly on Tuesdays)
Apr 5,12	9:30 am	Line Dancing (weekly on Tuesdays, <i>sign up required</i> , \$2)
Apr 5	by appointment	SHINE Counseling
Apr 5	by appointment	Tech Help (weekly on Tuesdays)
Apr 5	1:00 pm	Game Day (weekly on Tuesdays)
Apr 6	9:30 am	Chair Yoga (weekly on Wednesdays, <i>sign up required</i> , \$5)
Apr 6	12:30 pm	Rummikub (weekly on Wednesdays)
Apr 6	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i> )
Apr 6	1:00 pm	Wii Bowling (weekly on Wednesdays)
Apr 7	9:30 am	History Club (first Thursday of month)
Apr 7	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Apr 7	1:00 pm	Entry Level Ukulele (weekly on Thursdays)
Apr 7	2:00 pm	Ukulele Club (weekly on Thursdays)
Apr 14	9:30 am	Dull Men's Club (second Thursday of month)
Apr 15,16	9-11:00 am	Food Pantry
Apr 19	11:30 am	State Office Hours (third Tuesday of month)
Apr 20	12:30 pm	Book Club "The Little Old Lady Who Broke All the Rules"

## WELLNESS

Apr 1	10:00 am	Going Steady (weekly on Fridays)
Apr 4	10:00 am	Grandparents Raising Grandchildren
Apr 12	9:30-11:30 am	Well Clinic sponsored by VNA Care
Apr 13 & 27	3:30-5:00 pm	Parkinson's Support
Apr 14 & 28	by appointment	Foot Clinic \$45 to FC Nurse
Apr 28	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>

## Central MA Senior Dental Program

Are you an older adult looking for preventative dental care in Central Massachusetts?

Check out the Central MA Senior Dental Clinic, a partnership between CMAA and Quinsigamond Community College's Dental program. This clinic offers comprehensive dental assessments, cleanings, x-rays, fluoride treatments and other services for older adults ages 55+ in Central MA, *free of charge!*

Transportation to and from the clinic is provided by program partner Yellow Cab.



To schedule an appointment with the senior dental clinic, call 508-854-4306 Monday-Friday from 8:30am-4:30pm.



## Foot Clinic

Footcare By Nurses

Appointments at the Senior Center with Moira, RN.

Call us at 978-422-3032 to schedule your clinic visit for \$45 on April 14 or 28, and May 12 & 26.



Monday April 4th @ 10:00am

For more information contact Pat Keay at [pat.keay@gmail.com](mailto:pat.keay@gmail.com)



## CAREGIVER SUPPORT

Monthly, Last Thursday 3 - 4:30pm

April 28th

Caretaking is hard work and can be stressful. This month's discussion will include some tips for reducing caregiver stress.

This is a peer directed meeting, facilitated by Eileen Brooks from Sterling Village. *You're a caregiver! We understand your schedule can be unpredictable - so drop in anytime during 3-4:30!*

Registration Suggested

978-422-3032

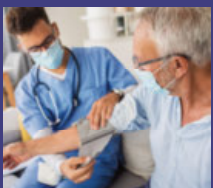
## IN THIS TOGETHER parkinson's

In person support (with Zoom option)  
2nd & 4th Wednesdays  
April 13th and 27th at 3:30-5:00 pm

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

## KEEP WELL CLINIC

April 12th 9:30-11:30 am  
with Amy from VNA Care



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

Call 978-422-3032  
to make a reservation




Fridays 8am to Noon  
at the Senior Center

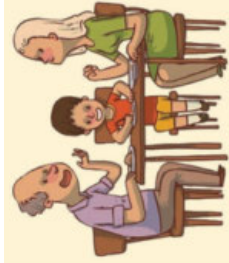
Leominster Veterans Services  
978-534-7538

# APRIL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Wednesday Shopping Trips:</b> 4/6 Christmas Tree 4/13 Walmart, WB 4/20 Lincoln Plaza 4/27 Walmart, Leom <i>Registration Required</i>	Fees for Tai Chi ,Yoga, Pilates & Meditation: \$5 In Person \$2 Zoom  Line Dancing \$2 Acrylic Painting \$5	 <p>Clean indoor shoes required for exercise classes.</p> <p>Please leave your outdoor boots and shoes at the door.</p> <p><b>Thank You!</b></p>	 <p>Celebrating this month's Birthdays! Last Monday each month at noon.            Sponsor: Sterling Village</p>	1  8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Make & Take Easter Blossoms
4  8:30 Tai Chi 9:30 Beginner Tai Chi 10:00 Grandparents Raising Grandchildren <b>11:30 Chili</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	5  8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing <b>11:30 Chicken Salad</b> 1:00 Game Day	6  9:30 Chair Yoga <b>11:30 BBQ Rib Sandwich</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball 6:00 Parkinson Support	7  9:30 History Club <b>11:30 Fish Tacos</b> 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club	8  8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 12:30 Spring Jingo
11  8:30 Tai Chi 9:30 Beginner Tai Chi <b>11:30 American Chop Suey Casserole</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	12  8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30-11:30 Well Clinic 9:30 Line Dancing <b>11:30 Chicken &amp; Rice</b> 1:00 Game Day	13  9:30 Chair Yoga <b>11:30 Paula's Hot Dogs</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	14  8:30-2:30 Foot Clinic 9:30 Dull Men's Club <b>11:30 Pork Dinner</b> 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club	15  8:00 VSO Hours 9 -11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b>
18 	19  8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 11:30 State Office Hours	20  9:30 Chair Yoga <b>11:30 Chicken Nuggets &amp; Fries</b> 12:30 Book Club 12:30 Rummikub	21  9:30 Planting Hope <b>11:30 Tim's Barbecue</b> 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club	22  8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b>



	<p><b>25</b></p> <p>8:30 Tai Chi            9:30 Beginner Tai Chi  <b>11:30 Fish Chowder</b>            12:00 Birthday Cake            1:00 Bingo            3:00 Open Strumming            4:00 Pickleball            6:00 Meditation</p>	<p><b>11:30 Hoagie Sandwich</b>            1:00 Game Day</p>	<p><b>26</b></p> <p>8 - 4 Bread Pickup            8:15 Pilates            9:00 Open Coloring  <b>11:30 Chicken Dinner</b>            1:00 Game Day</p>	<p>1:00 Van shopping trip            1:00 Wii Bowling            4:00 Pickleball</p>	<p><b>27</b></p> <p>9:30 Chair Yoga  <b>11:30 Chef's Salad</b>            11:00 Pop-Up Market            12:30 Rummikub            1:00 Van shopping trip            1:00 Wii Bowling            3:30 Parkinson Support            4:00 Pickleball</p>		<p><b>28</b></p> <p>8:30-2:30 Foot Clinic            9:30 Make &amp; Take May Basket  <b>11:30 Smorgasbord</b>            1:00 Acrylic Painting            1:00 Entry Level Uke            2:00 Ukulele Club            3-4:30 Caregiver Support</p>		<p><b>29</b></p> <p><b>7:30-9:00 Pancake Breakfast</b>            8:00 VSO Hours            9:30 Knit Happens            10:00 Going Steady</p>
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## BRING YOUR GRANDKIDS AND SPECIAL KIDS TO LUNCH DAY! APRIL 20TH @ 11:30AM



Call the Senior Center  
978-422-3032  
for our current  
Covid-19 safety  
protocols

### Free Bread Tuesdays

Every Tuesday  
8am-4pm  
or until supplies last

All ages welcome!  
Limit two loaves



### Pop-Up Market

Wed, Apr 27  
11am-1pm

**ENJOY A POP-UP PRODUCE MARKET**  
**LEARN ABOUT SNAP & HIP**

**ELIGIBLE PRODUCE DELIVERY PROGRAM**

HIP puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors.



### Wachusett Food Pantry

50 Worcester Rd, Sterling



Seniors: Fri Apr 15, 9-11

All: Sat Apr 16, 9-11

Call Nickole at the Senior Center for assistance.

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

# SUPPORT OUR ADVERTISERS!





**Betsy Perry  
Director,  
Conant Library**

**April 14th 9:30am**



Join Betsy to learn about the Library's services and current Strategic Plan process.

**NEW**

**Beginner  
TAI CHI**  
Mondays at 9:45am

Begins May 2nd, 9:45-10:30am  
at the Senior Center.

Are you interested in Tai Chi,  
but need foundation skills?

This class is perfect for you!

Attend this class session before graduating  
into our 8:30 Tai Chi program.

Pre-Registration Required!

**\$5**

**Tai Chi**  
Mondays at 8:30am  
welcome new instructor, John!  
**\$5**

Call us at 978-422-3032 to join!

**Going Steady**

Fridays at 10:00am

Learn the tricks of fall prevention.

For all levels.

Sponsored by Leominster Credit Union

**OPEN COLORING**

**TUESDAYS 9-10AM**

**BRING YOUR OWN,  
OR SUPPLIES AVAILABLE**

**PITCH PARTY!**

April 2nd at 6:30pm

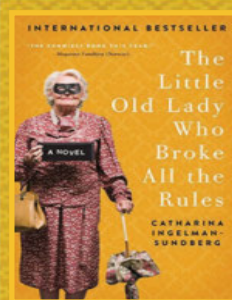
In partnership with Sterling Grange

**Spring  
J-I-N-G-O**



**Friday April 8th  
12:30pm**

Solve the clues to  
complete the  
cards!  
Fun for all.



**Book Club**  
**April 20th 12:30pm**

**The Little Old Lady  
Who Broke All the Rules**  
Catharina Ingelman-Sundberg



**Tuesdays  
8:15am  
\$5**

Join Mary from The Core Connection  
Chair and Mat combined class  
Come In and Give it a Try!!  
Registration Required



**ZUMBA LITE WITH MARY**  
**Monday at 11:15am**  
**Live via Zoom**

Join Mary from Pilates and Core Connection  
for a low impact dance class for seniors and  
beginners. Benefits include strengthening  
muscles, improving cardiovascular health &  
posture and FUN!

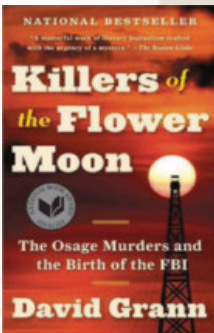
**Try it free April 11th!**  
**Contact 508-393-8086 or**  
**[lisa@thecoreconnection.com](mailto:lisa@thecoreconnection.com)**



**Wednesdays @ 1:00pm**



# HISTORY CLUB



Registration encouraged

## Killers of the Flower Moon by David Grann

April 7th 9:30am

In the 1920s, the Osage Indian nation were among the richest people. When the Osage began to be killed off, the FBI took up the case. It was one of their first major homicide investigations. Together with the Osage they began to expose one of the most chilling conspiracies in American history.

May 5th: Founding Brothers by Joseph Ellis



Mondays at 1:00pm  
Cards \$1 each

## Rummikub®



Peter Cummings offers technical help through in-person meetings. Call for appointment.

We begin with guided relaxation for the body to prepare ourselves for quiet. We then have a lesson prepared by Cindy from the wisdom of experienced meditation teachers, followed by a meditation practice. We generally end the hour with 5-10 minutes of listening to meditative music or a chant, which itself contains a lesson.

## Meditation with Cindy

Connecting  
with our  
Body

Mondays  
6:00pm  
\$5



All welcome. No experience required.



## Entry Level

Thursdays 1:00 - 1:45 pm

Contact Joan at

[jonesy1932@aol.com](mailto:jonesy1932@aol.com)

Lender ukes available!

Free Classes

## Ukulele Club

Thursdays 2:00 - 3:00 pm

with Zoom option

Contact Nancy at

[nancyhp246@gmail.com](mailto:nancyhp246@gmail.com)

## Open Strumming

Mondays 3:00 - 4:00 pm

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

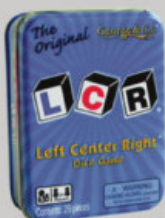


## KNIT HAPPENS

## GAME DAY



## TUESDAYS



LEFT CENTER RIGHT 12:30

DOMINOES 12:30

CRIBBAGE 12:30

PITCH 1:00



## Acrylic Painting

Thursdays 1:00pm

\$5.00

Learn a new craft....

Join a great group who are learning a new skill in painting and creating!

## New Members Welcome



*Make & Take*  
with  
*Laurel*



## Easter Egg Blossoms

Friday April 1st  
1:00pm

All supplies included



Friday, April 29  
7:30-9:00 am

Celebrity Server:

Shari Gonsorcik - Recreation Dir

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

Open to all \$3 suggested  
donation

Sponsored by  
Friends of Sterling Seniors



April 2nd  
at Noon  
First Church  
in Sterling

**1st Saturday  
Community Lunch**  
All are welcome!

No Cost  
No Reservations  
Call ahead  
in case of cancellation  
Van rides available through  
Senior Center



## May Baskets

with Carol & Marie

Thursday, April 28th  
9:30am

All supplies included

Sign-Up Required  
978-422-3032



Free at-home COVID-19 tests

Order at <https://www.covidtests.gov/>



COVID-19 Digital Vaccine Card

Access at [MyVaxRecords.Mass.Gov](https://MyVaxRecords.Mass.Gov)

Call the Senior Center if you need assistance— we can do it for you!

## AND AWAY WE GO TRAVEL

2022 Trip List For age 50+ travelers

May 12-15	Ottawa Tulip Festival 3 nights at Sheraton Hotel, breakfasts, dinners, all admissions, Ottawa River cruise, guide and driver gratuities. Itinerary is subject to change or cancellation based on border crossings.	\$939 single \$799 double \$759 triple
May 28	Bronx Zoo or NY Botanical Gardens including narrated tram tour.	\$109/pp
Sun, June 26	On Golden Pond, Moulton Farm Market & lunch at Hart's Turkey Farm in Meredith, NH. 90 minute boat ride at Squam Lake Science Center to learn about the natural forces that created the lake and wildlife.	\$115.00/pp
Sat, July 23	Cruise Portland, ME Lunch included at Muddy Rudder, Yarmouth, the 3:30pm sail around iconic lighthouses, Portland Harbor & Diamond Pass, and forts.	\$119/pp
Sat, Sep 10	A Day in the Berkshires with lunch at the Red Lion Inn.	
Sun, Oct 9	Calvin Coolidge Museum including lunch at Quechee Inn.	\$119/pp
October 14-20	Charleston, Savannah & Jekyll Island. This is one of our larger trips. Flyers available with pricing, Covid waiver & insurance summary. If you have any questions about this trip call Fred Clark at 508-421-6882	
Sun, Nov 20	Winter Wonderettes at the Ivoryton Playhouse	

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 [andawaywegotravel.gem@gmail.com](mailto: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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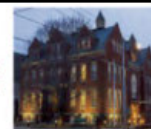
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# PLANTING HOPE: GROWING CONVERSATIONS THURSDAY, APRIL 21ST @ 9:30AM

A way to get seniors and kids from 5-9 talking: first about what grows in Sterling, and then other things. A unique collaboration between Keeping Sterling, The Sterling Garden Club, and Sterling Senior Center, this is intergenerational fun with practical and educational learning made possible by a grant from The Sterling Cultural Council.

On April 21st at 9:30, senior-child pairs will work together to decorate pots and plant marigolds & sunflowers, so conversation and collaboration is planned from the very start. As the plants grow, so hopefully will the conversations. By Memorial Day the plants will be big enough to transplant out of doors. The plan is to use these flowers to Keep Sterling Talking: sharing, listening, learning about each other.

Sign-up your adult-child duo at 978-422-3032

