

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

August 2020

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Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Wed 8 - 4,

Thurs 8 - 6, Fri 8 - 2

Director: Veronica Buckley

Outreach: Nickole Boardman

Operations Coordinator:

Clare Anderson-Felton

Maintenance Tech: Jim Ash

Van Drivers:

Pam Dell

Lou Massa

Robert Protano

Diane Sousa

Meal Site Manager:

Mohamed Samoda

CLASSIC CAR ROAD RALLY



THURSDAY, AUGUST 13TH

5:00PM

New this year!

The Annual Classic Car Show will be a Rolling Rally. Starting at the Chocksett School parking lot and traveling through Sterling Center, enjoy the magnificent classic cars as they pass by.

See page 3 for route details.

Rain Date August 20th

Thanks to all the classic car owners, returning and new, for participating.

Special thanks to the following for their donations of food for rally entrants

- **Sterling Village Pizza**
- **Sholan Farms**
- **Dick & Ann Maki**

Thanks also to the Sterling Police and Fire Departments.

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

Peter Watson



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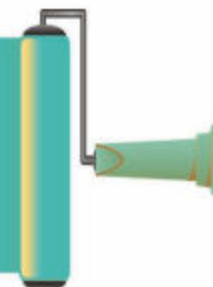
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Sterling Council on Aging, Sterling

06-5262

Classic Car Road Rally Route August 13 5:00pm Start

Chocksett Middle School, Boutelle Rd
Muddy Pond Rd to Griffin Rd
Sherwood Rd
Bean Rd to Route 12 toward Sterling
Meetinghouse Hill Rd to Park St
Main St to Maple St
Kendall Hill Rd to Malvern Hill
Adam Taylor Rd
continued.....

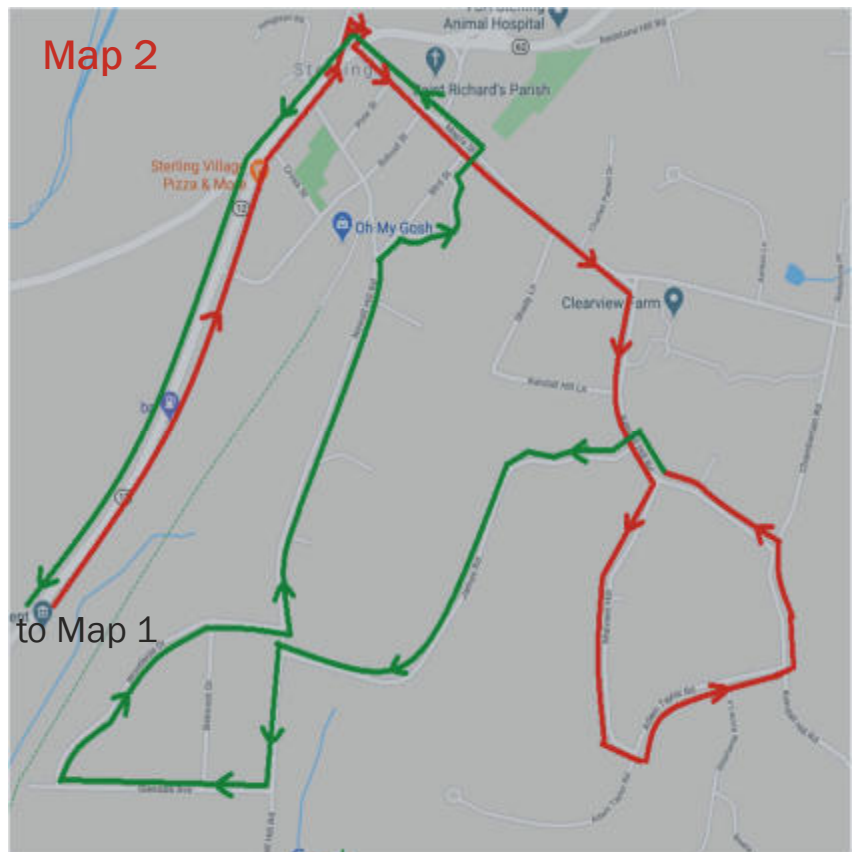
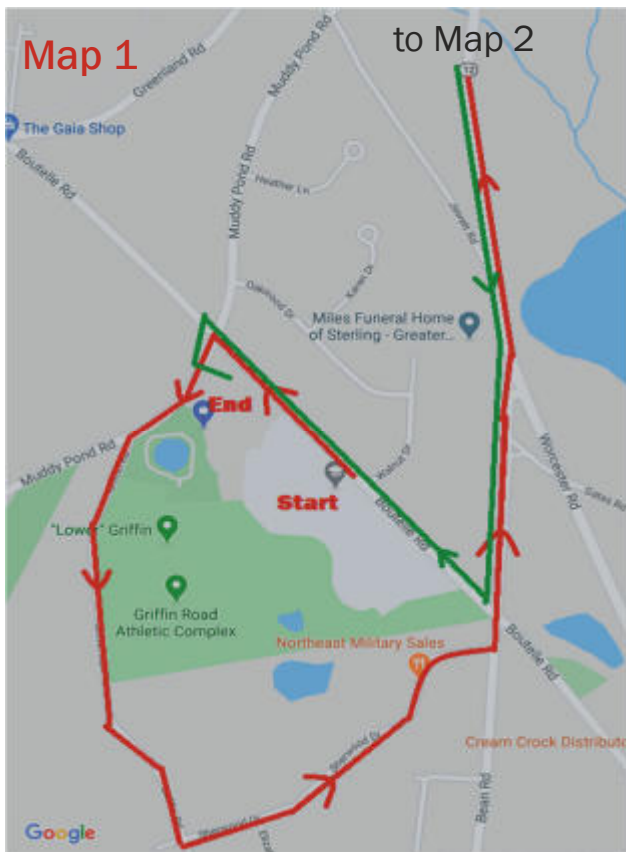
.....cont

Kendall Hill to James Rd
Newell Hill Rd to Glendale Ave
Woodside Drive
Newell Hill Rd to Bird St
Sholan Terrace to Maple St
Route 12 to Bean Rd
Boutelle Rd to Senior Center

We kindly ask that all spectators follow current social distancing guidelines

Approximate end time 5:45pm

Rain Date August 20



**ELDER
KEEP
WELL
CLINIC**

AUGUST 11TH, 9:30-11:30 AM

Meg Robinson, RN, VNACares

By appointment only

Please call 978-422-3032 to make a reservation.
Blood Pressure only appointments also available.

Experiencing flu related symptoms
that you believe are COVID-19

Self isolate and call your
Primary Care Physician

Experiencing flu related symptoms
that you believe are **not** COVID-19
and you wish to speak to a medical
professional

Self isolate and call your
Primary Care Physician

Experiencing a medical emergency
from either flu related or COVID-19
related symptoms.

Call 911

Experiencing a medical emergency
unrelated to the flu or COVID 19
such as a fall, laceration, limb
fracture, etc.

Call 911



The RMV has spent a lot of time explaining REAL ID and encouraging you to get one. Now, in the midst of a pandemic, they're asking you to ignore all that!

The compliance deadline has been delayed by at least one year to October 1, 2021. To help the RMV reduce Service Center volumes and observe social-distancing, the RMV has introduced an appointment-only reservation system and is not currently accepting appointments for the issuance of REAL IDs.

You are encouraged to renew your standard license online. Those who renew a 'standard' Massachusetts driver's license or ID card online by August 12, 2020, will be able to upgrade to a REAL ID if they need it in 2021 at no additional charge.

Credential	Current Expiration Date	New Expiration Date
Class D, M, DM Licenses & CDLs Mass ID Cards	March, April, May 2020	September 2020
	June 2020	October 2020
	July 2020	November 2020
	August 2020	December 2020

While the Town Hall offices may still be closed for walk-ins, you can call if you need to make an in-person appointment. 978-422-8111

Van Transportation Services

As offices and businesses begin to open up for appointments, please be aware of the following information when booking a ride on one of the Senior Center vans.

- Passengers will be screened for COVID-19 symptoms during initial call, and also at pickup.
- Masks and gloves are required when riding the van (we can provide these if needed).
- Only two passengers per van at any time. This limits the number of rides we are able to provide.
- Priority will be given to essential transport, e.g. to doctor or dentist appointments, grocery shopping.
- Non-essential transport will be provided when availability allows.

Wachusett Food Pantry

Seniors: Friday August 14, 9-11am

All: Saturday August 15, 9-11am

Call Nickole at Senior Center for assistance.



The Conant Library

The library might be closed, but it is still providing books, movies, and TV series in a number of different ways including curbside pickup and delivery.

For more information, call 978-422-6409 Mon-Thu 10am-6pm and someone will help you.

Books, magazines, and audiobooks are available for download at any time. To learn how to download free materials visit

www.sterlinglibrary.org



Foot Care is being provided by home visits by Andrea, the nurse from Foot Care by Nurses. Andrea will be scheduling visits for August 13th & 27th.

To schedule an appointment, call Foot Care by Nurses at 413-367-8369.

Free Cloth Masks! Call 978 422 3032

Face masks or cloth face coverings are required in public places where social distancing may not be possible.

Wash your cloth mask after each use. Try to maintain social distancing even while wearing a mask. Be careful and take your time if you find your mask affects your downward vision.



Appointments are being provided remotely or by telephone.

Call the Senior Center at 978-422-3032 for an appointment.



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For information contact
patrickfox1973@gmail.com
774-275-1174



**WILLIAM JAMES
COLLEGE**

INTERFACE Referral Service

The William James INTERFACE Referral Service is a mental health and wellness referral Helpline. This is a confidential, free referral service for residents of the Wachusett District.

Call **888-244-6843** (toll free)

AUGUST CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30 Tai Chi (outside) 10:00 SLCTV Exercise 10:30 Marty's Fitness & Yoga (Zoom)</p> <p>"The greatest glory in living lies not in never falling, but in rising every time we fall."</p> <p><i>Nelson Mandela</i></p>	<p>4</p> <p>9:00 Pilates (outside) 10:00 SLCTV Exercise 12-3 Tech Help (Zoom or phone)</p> <p>"You only live once, but if you do it right, once is enough."</p> <p><i>Mae West</i></p>	<p>5</p> <p>9:00 Yoga (outside) 9:30 Beginner Acrylic Painting (Zoom) 9:30 Beginner Ukulele (Zoom) 10:00 SLCTV Exercise 11:30 Senior Strong (Zoom) 3:30 Parkinson Support (via Zoom)</p>	<p>6</p> <p>10:00 SLCTV Exercise 12:30 Acrylic Painting (Zoom) 3:00 Ukulele Club (Zoom)</p> <p>"I've never had a humble opinion. If you've got an opinion, why be humble about it?"</p> <p>Joan Baez</p>	<p>7</p> <p>10:00 SLCTV Exercise</p> <p>"The only impossible journey is the one you never begin."</p> <p><i>Tony Robbins</i></p>
<p>10</p> <p>8:30 Tai Chi (outside) 10:30 Marty's Fitness & Yoga (Zoom)</p> <p>"Intuition will tell the thinking mind where to look next." Jonas Salk</p>	<p>11</p> <p>9:00 Pilates (outside) 9:30-11:30 Elder Keep Well Clinic 9:30-1:00 SHINE Appts (Zoom / phone) 12-3 Tech Help (Zoom or phone)</p> <p>"Whoever is happy will make others happy too."</p> <p><i>Anne Frank</i></p>	<p>12</p> <p>9:00 Yoga (outside) 9:30 Beginner Acrylic Painting (Zoom) 9:30 Beginner Ukulele (Zoom) 11:30 Senior Strong (Zoom) 12:00 MSNME Support (Zoom) 3:30 Parkinson Support (Zoom)</p>	<p>9</p> <p>12:30 Acrylic Painting (Zoom) 3:00 Ukulele Club (Zoom)</p> <p>"The way to get started is to quit talking and begin doing."</p> <p><i>Walt Disney</i></p>	<p>14</p> <p>9:00 Food Pantry</p> <p>"If life were predictable it would cease to be life, and be without flavor"</p> <p>Eleanor Roosevelt</p>
<p>17</p> <p>8:30 Tai Chi (outside) 10:30 Marty's Fitness & Yoga (Zoom) 1:30 BINGO-reservations</p> <p>"In the end, it's not the years in your life that count. It's the years that you make it count."</p>	<p>18</p> <p>9:00 Pilates (outside) 12-3 Tech Help (Zoom or phone)</p> <p>"Spread love everywhere you go. Let no one leave you without it, and the way you will never be accused of being a hater."</p>	<p>19</p> <p>9:00 Yoga (outside) 9:30 Beginner Acrylic Painting (Zoom) 9:30 Beginner Ukulele (Zoom) 11:30 Senior Strong (Zoom)</p>	<p>16</p> <p>12:30 Acrylic Painting (Zoom) 3:00 Ukulele Club (Zoom)</p> <p>"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."</p>	<p>21</p> <p>"There are two ways to live: you can live as if nothing is a miracle: you can live as if everything is a miracle."</p>

<p>years in your life that count. It's the life in your years."</p> <p>Abraham Lincoln</p>	<p>ever come to you without leaving "happier."</p> <p>Mother Teresa</p>	<p>(Zoom)</p> <p>3:30 Parkinson Support (via Zoom)</p>	<p>beautiful things in the world cannot be seen or even touched - they must be felt with the heart."</p> <p>Helen Keller</p>	<p>live as if everything is a miracle."</p> <p>Albert Einstein</p>
<p>8:30 Tai Chi (outside)</p> <p>10:30 Marty's Fitness & Yoga (Zoom)</p> <p>1:30 BINGO-reservations</p> <p>"The question isn't who is going to let me; it's who is going to stop me."</p> <p>Ayn Rand</p>	<p>9:00 Pilates (outside)</p> <p>12-3 Tech Help (Zoom or phone)</p> <p>"Age is no barrier. It's a limitation you put on your mind."</p> <p>Jackie Joyner-Kersey</p>	<p>9:00 Yoga (outside)</p> <p>9:30 Beginner Acrylic Painting (Zoom)</p> <p>9:30 Beginner Ukulele (Zoom)</p> <p>11:30 Senior Strong (Zoom)</p> <p>12:30 Book Club Zoom</p> <p>3:30 Parkinson Support (Zoom)</p>	<p>12:30 Acrylic Painting (Zoom)</p> <p>3:00 Ukulele Club (Zoom)</p> <p>"When you reach the end of your rope, tie a knot in it and hang on."</p> <p>Franklin D. Roosevelt</p>	<p>28</p> <p>"Whoever said, 'It's not whether you win or lose that counts,' probably lost."</p> <p>Martina Navratilova</p>
<p>31</p> <p>8:30 Tai Chi (outside)</p> <p>9:30 Caregivers Connect (reservations req'd)</p> <p>10:30 Marty's Fitness & Yoga (Zoom)</p> <p>1:30 BINGO-reservations</p> <p>"Life is what happens when you're busy making other plans."</p> <p>John Lennon</p>	 <p>New protocols include masks for all, and safety screens at the Front Desk</p>	 <p>Socially distanced Tai Chi, outside at Peg's Pond</p>		

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New Outdoor Exercise Class Schedule

All classes are held at Peg's Pond on Muddy Pond Rd (next to senior center)

We follow [Mass.gov/reopening](https://www.mass.gov/reopening) regulations for fitness classes.

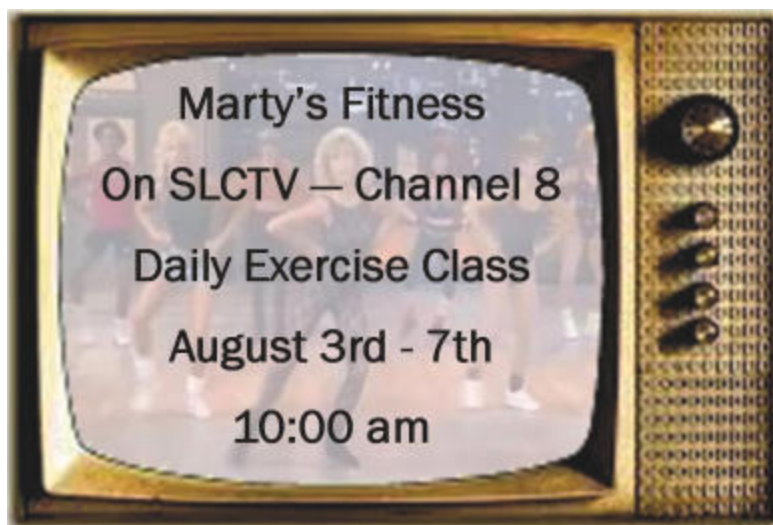
Weather permitting. Newcomers welcome. Reservations required.

Tai Chi \$5
Mondays at 8:30 am

Pilates \$5
Tuesdays at 9:00 am

Yoga \$5
Wednesdays at 9:00 am

Pickleball — contact us at 978-422-3032 for further information.



Ukulele Club

Zoom Meetings as follows

Beginners Class

Wednesday 9:30am

Contact Joan at jonesy1932@aol.com

Intermediate/Advanced Club

Thursday at 3:00pm

Contact Nancy at nancyhp246@gmail.com

Please contact the group leaders above for zoom invitation and more information.



Beginners' Acrylic Painting via Zoom!

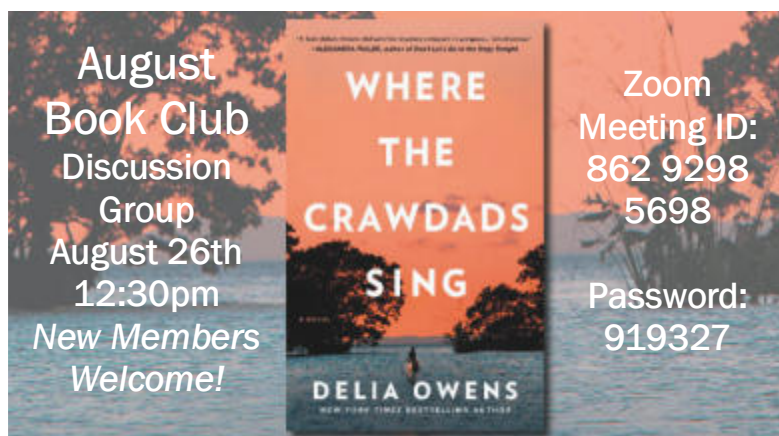
Wednesdays 9:30-11:00am
\$5 fee per class.

Acrylic Painting via Zoom!

Thursday 12:30-2:00pm

For intermediate to advanced painters.
\$5 fee per class.

Contact Andrea for information at
andreadriscoll@hotmail.com



Marty's Fitness and Yoga

A new online Zoom class incorporating circulation, balance cardio and yoga.

Every Monday at 10:30am

<https://us02web.zoom.us/j/7610148460>
or www.zoom.us/join
Meeting ID 761 014 8460



Peter Cummings continues to offer technical help. Telephone and online meetings are encouraged, however essential in-person appointments may be made by appointment only. Please call the Senior Center on 978-422-3032 to set up an appointment.



Bingo Returns August 17th!

Mondays at 1:30pm

Small socially distanced group setting.

Reservations required.

Call 978-422-3032 to reserve your spot!

Happy Travelers Group has made the decision to cancel all remaining trips for 2020. They look forward to resuming trips in 2021.

Gladys



Are you a grandparent raising your grandchild/ren? Join our new group. Contact Patricia Keay for information, at pat.keay@gmail.com

Muffin Monday Nominations

Do you know a special someone who deserves some recognition?
Someone who is really missing spending time with friends and family?
Someone who just needs a cheer-me-up?

Nominate them for a Monday Muffin Surprise and an appropriately distanced Friendly Visit courtesy of Sterling Senior Center kitchen staff and volunteers!



Call 978-422-3032
or send an e-mail to
nboardman@sterling-ma.gov or
vbuckley@sterling-ma.gov



parkinson's IN THIS TOGETHER

Zoom meetings every
Wednesday at 3:30pm

*Planning for in-person
small group support*

Please contact

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

MS MSNME

Monthly zoom meetings
2nd Wednesday at noon

Please contact Donna at
978-660-4744
for a meeting invitation
and support.

**Caregivers
Connect**



Monthly meeting hosted by
Clyde Wheatley
resumes at SSC
by reservation only

Monday August 31st at 9:30
Please contact Veronica at
vbuckley@sterling-ma.gov
for information.

Services currently available through Sterling Senior Center

Please call us at 978-422-3032 to request services or further information

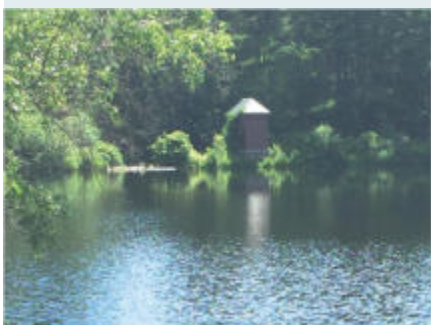
- Meals on Wheels
- Home delivery or pick-up of congregate lunch
- Essential transportation
- Any services the SSC can provide to help our seniors meet their essential needs
- SHINE appointments (Medicare counseling, especially helpful if you have lost your employer group health insurance)
- Foot Care by Nurses (through home visits)
- Medical Equipment loans. (Walkers, Wheelchairs. We need donations of bath chairs.)

Remote/telephone service is encouraged for the following. *In-Person meetings can be made by contacting the appropriate person and will be by appointment only.*

- Veteran Services by calling 978-534-7538
- Technology assistance with Peter Cummings.
- Outreach services including application assistance, advocacy, case management, crisis intervention, family support, telephone friendly visiting, well-being checks and links to programs and services including SNAP benefits, food pantry, and home care. Contact Nickole at the Senior Center.

Out and About in Sterling by Joyce Hinckley

Sterling offers seniors lots of opportunities to have local outings and maintain social distancing.



Begin with a walk at the Lynde Basin Trail on the east side of Heywood Road between the intersections of Upper North and Rowley Hill Roads. There is parking for 3-4 cars and on most mornings and weekdays there are very few other visitors. It's a lovely place with open water, intermittent streams, forests, and the remnants of the dams, gatehouses and posts of the old Clinton Water Works. There's a mix of sun and shade, and walks that can be as short as ½ mile to 2.7 for the entire trail.

This writer uses a cane and found no or little difficulty in negotiating the site which is a great area for photos, fishing and walking leashed dogs. If you're fortunate you might spot a kingfisher or wood warbler, see tracks from deer, bobcat or bears, or come upon unexpected seasonal treasures like trilliums. For breakfast or lunch, head to 4 Johnson Road and the Over Easy Café (open 7am-2pm) for delicious and socially distanced outdoor or indoor dining. They get really busy on weekends so plan accordingly.

At some point in your outing include a stop at Pineo Family Farm at 41 Tuttle Road to bring back edible mementoes of your adventure. Remember, we're a small town so honk if there's no-one in the building!





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



We proudly boast of our center being seniors helping seniors, as over 90% of our volunteer force are seniors themselves.

This pandemic has created a bump in the road as many of our volunteers fall into the COVID-19 high-risk group, and they are taking a step back for a while.

If you or someone you know is interested in volunteering at the Senior Center, we do have opportunities available for meals delivery, kitchen and front desk help. We ask that potential volunteers understand the need to follow all social distancing and hygiene protocols at all times. The appropriate behavior of our volunteers and employees protects the vulnerable members of our community.

If this volunteer opportunity may be for you, call Clare at 978-422-3032.