

# **Sterling** Newsletter SENIOR CENTER

Connecting with each other & our community

August 2021

## Sterling Council on Aging Board Members

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*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

Lou Massa

Marlene Neitlich

Robert Protano

Diane Sousa

## CLASSIC CAR ROAD RALLY



## THURSDAY, AUGUST 12TH 5:00PM

Starting at 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 19th*

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

Special thanks to the Simpson family for their donation to this event.

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



61 Redstone Hill, Sterling, MA  
1-978-422-3166  
cell: 978-502-8847



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## Classic Car Road Rally Route

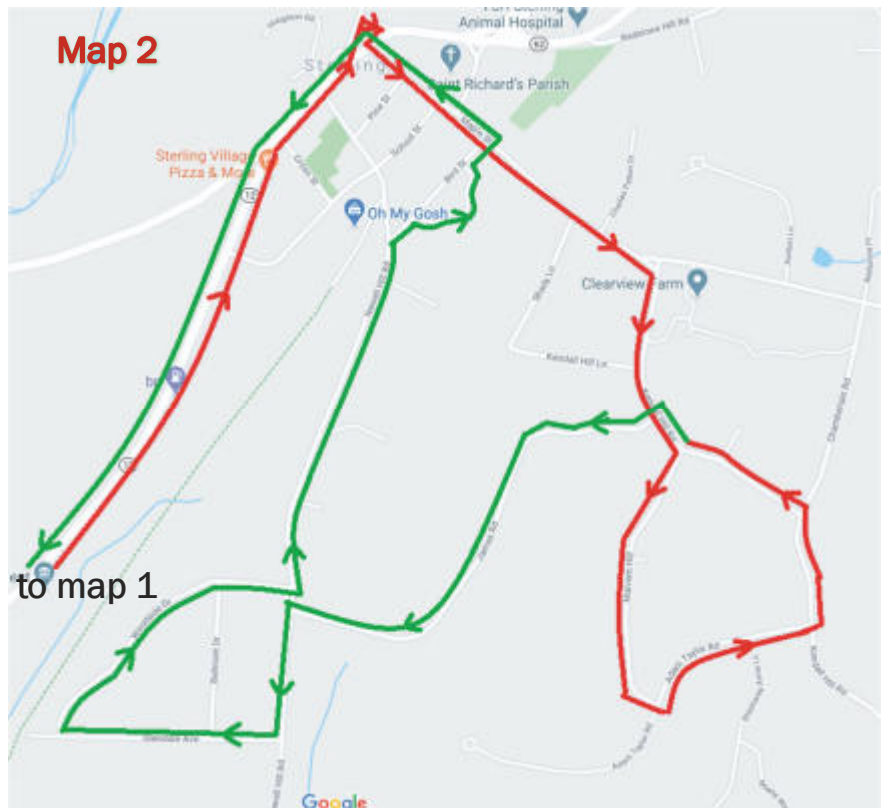
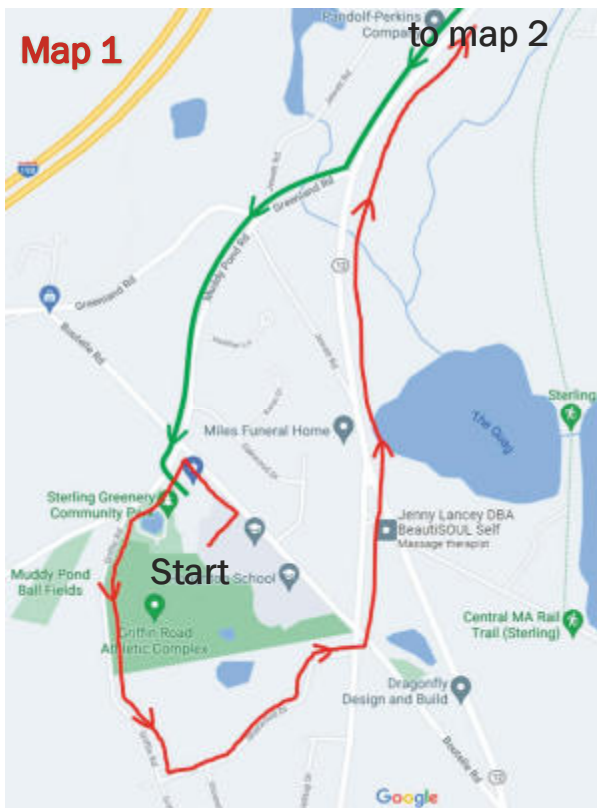
### Thursday, August 12 5:00pm Start

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 Greenland Rd  
 Muddy Pond Rd to Senior Center

Approximate end time 5:45pm  
 Rain Date August 19



**At the Sterling Senior Center unvaccinated individuals  
 are to wear a mask and observe social distancing guidelines.**  
 (effective 6/1/21 and subject to change pending Mass.gov and CDC recommendations)

### Van Shopping Trips have returned!

Every Wednesday, special trips to popular local stores take place. This month are Target, Wal-Mart Leominster, Whitney Field Mall and Wal-Mart West Boylston. See calendar for dates. Space is limited and registration is required.

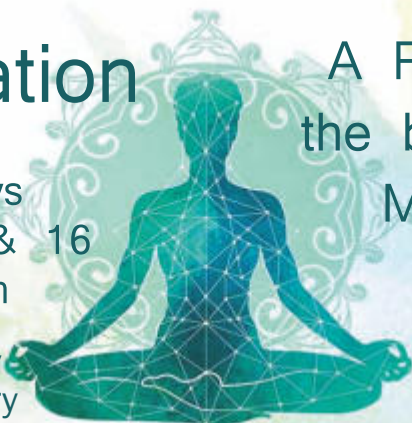


## NOW IS THE PERFECT TIME TO TRY SOMETHING NEW!

### Meditation

Mondays  
August 2 & 16  
6-7pm

Sponsored by  
Conant Library



A Return to  
the basics of  
Meditation  
practice



New Day!

2nd Thursday of Month  
August 12th at 9:30am  
Join us for an open  
discussion!



### OPEN COLORING

**TUESDAYS 9-10AM**  
**BRING YOUR OWN,**  
**OR SUPPLIES AVAILABLE**

Join us for a fun morning.  
Multi-taskers welcome...  
we color and talk too! 🧐



## SPECIALS

### THANK YOU

A resounding **THANK YOU** to [SILVER FOX MOTOR COACHES](#) and [AND AWAY WE GO TRAVEL](#) for generously donating the transportation for our Volunteer Night Out to the WooSox in July.

The **And Away We Go Travel** trip book is back at SSC with flyers of trips through October.

Contact Gladys Merrow if you are interested in a future overnight trip to Cooperstown NY!

Call 508-835-4312 or 508-612-5312, or e-mail [happytravelers.gem@gmail.com](mailto:happytravelers.gem@gmail.com)

**VOLUNTEER APPRECIATION DAY**  
We appreciate our volunteers every day



In addition to volunteer opportunities,  
we have staff positions available

Part-time Van Driver (perfect for a retiree who  
wants to keep busy or have supplemental income)  
Talk to Veronica.... drop in or call 978-422-3032



### Donations of Fleece & Flannel Wanted

Sew What Club is a group of caring crafters based in West Boylston.

Originally making such neonatal items as burp cloths, swaddling blankets, pillow cases and little yarn toys that look a bit like an octopus, the Sew What Club has spent the pandemic making masks for essential workers and our Sterling community.

For more information and to donate, please send e-mail to [sewwhatwb@gmail.com](mailto:sewwhatwb@gmail.com)

## SPECIAL EVENTS

August 4	4-6pm	Louis' Farewell Gathering
August 12	5:00 pm	Annual Classic Car Rally
August 19	5:00 pm	Annual Classic Car Rally — <i>rain date</i>

## JUST FOR FUN

August 20	12:00 pm	August Birthday Cake
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## ONGOING

August 2		Pool daily
August 2	8:30 am	Tai Chi (weekly on Mondays at Peg's Pond)
August 2	1:00 pm	BINGO (weekly on Mondays)
August 2	4:00-7:00 pm	Pickleball at West Sterling Courts (weekly on Mondays)
August 2 & 16	6:00 pm	Meditation
August 3	8am-4pm	Bread Pickup (weekly on Tuesdays)
August 3	9:00 am	Open Coloring (weekly on Tuesdays)
August 3	by appointment	SHINE Counseling
August 3	9:30 am	Line Dancing (weekly on Tuesdays, sign up please)
August 3	by appointment	Tech Help (weekly on Tuesdays)
August 3	1:00 pm	Game Day (weekly on Tuesdays)
August 3	3:00 pm	Ukulele Open Strumming
August 4	9:30 am	Chair Yoga (weekly on Wednesdays, sign up please)
August 4	1:00 pm	Wii Bowling (weekly on Wednesdays)
August 4	4:00-7:00 pm	Pickleball at West Sterling Courts (weekly on Wednesdays)
August 5	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
August 5	1:30 pm	Ukulele Club (weekly on Thursdays)
August 5	2:00 pm	Mahjong (weekly on Thursdays)
August 6	8:00 am-noon	Veterans Services Office (weekly on Fridays)
August 10	5:30 pm	COA Board Meeting
August 12	9:30 am	Dull Men's Club
August 18	1:30 pm	Book Club "Hotel on the Corner of Bitter and Sweet"
August 20	9-11:00 am	Food Pantry
August 26	3:00	Skillet Toss Practice

## WELLNESS

August 6	10:00 am	Going Steady (weekly on Fridays)
August 10	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
August 11,25	3:30 pm	Parkinson's Support
August 12,26	by appointment	Foot Clinic \$45 to FC Nurse



DON'T FORGET GAME DAY!

TUESDAYS AT 1:00PM

# AUGUST CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30 Tai Chi *</p> <p><b>11:30 Sausage Pea Pasta</b></p> <p>1:00 Bingo</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>6:00 Meditation</p>	<p>8 - 4 Bread Pickup</p> <p>9:00 Open Coloring</p> <p>9:00 SHINE by appt</p> <p>9:30 Line Dancing</p> <p><b>11:30 Moroccan Chicken</b></p> <p>1:00 Game Day</p>	<p>9:30 Chair Yoga</p> <p><b>11:30 BLT</b></p> <p>12:30 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>4:00 Pickleball</p> <p>4:00-6:00 Louis' Farewell</p>	<p><b>11:30 Cranberry Chicken Salad</b></p> <p>1:00 Acrylic Painting</p> <p>1:30 Ukulele Club</p> <p>2:00 Mahjong</p>	<p>8:00 VSO Hours</p> <p>10:00 Going Steady</p> <p><b>11:30 Smorgasbord</b></p>
<p>8:30 Tai Chi *</p> <p><b>11:30 Chicken Broccoli Pasta Salad</b></p> <p>1:00 Bingo</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p>	<p>8 - 4 Bread Pickup</p> <p>9:00 Open Coloring</p> <p>9:30 Line Dancing</p> <p>9:30-11:30 Elder Keep Well Clinic</p> <p><b>11:30 Chicken Gyros</b></p> <p>1:00 Game Day</p> <p>5:30 COA Board Mtg</p>	<p>9:30 Chair Yoga</p> <p><b>11:30 Mongolian Beef</b></p> <p>12:30 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>3:30 Parkinson Support</p> <p>4:00 Pickleball</p>	<p>8:30-1:30 Foot Clinic</p> <p>9:30 Dull Men's Club</p> <p><b>11:30 Fishamajig Melt</b></p> <p>1:00 Acrylic Painting</p> <p>1:30 Ukulele Club</p> <p>2:00 Mahjong</p> <p>5:00 Classic Car Rally</p>	<p>8:00 VSO Hours</p> <p>10:00 Going Steady</p> <p><b>11:30 Smorgasbord</b></p>
<p>8:30 Tai Chi *</p> <p><b>11:30 Stuffed Zucchini</b></p> <p>1:00 Bingo</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>6:00 Meditation</p>	<p>8 - 4 Bread Pickup</p> <p>9:00 Open Coloring</p> <p>9:30 Line Dancing</p> <p><b>11:30 Asian Chicken Salad</b></p> <p>1:00 Game Day</p>	<p>9:30 Chair Yoga</p> <p><b>11:30 Chicken Pesto</b></p> <p>12:30 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>1:30 Book Club</p> <p>4:00 Pickleball</p>	<p><b>11:30 Barbecue</b></p> <p>1:00 Acrylic Painting</p> <p>1:30 Ukulele Club</p> <p>2:00 Mahjong</p> <p>5:00 Car Rally Rain Date</p>	<p>8:00 VSO Hours</p> <p>9 -11:00 Food Pantry</p> <p>10:00 Going Steady</p> <p><b>11:30 Smorgasbord</b></p> <p>12:00 Birthday Cake</p>




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

# SUPPORT OUR ADVERTISERS!



## ELDER KEEP WELL CLINIC

August 10th 9:30-11:30 am

VNACares

*By appointment only*

Call 978-422-3032 to make a reservation.

Appointments for

Blood Pressure only are also available.



**Foot Clinic**  
Footcare By Nurses

Andrea, RN, has appointments at the Senior Center.

Call us at 978-422-3032 to schedule your clinic visit for \$45 on August 12 or 26, or September 9 or 23.

IN THIS TOGETHER  
**parkinson's**

In person support (with Zoom option)  
2nd & 4th Wednesdays

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

## Wachusett Food Pantry



**Seniors:**

Friday August 20, 9-11

**All:**

Saturday Aug 21, 9-11

Call Nickole at the Senior Center for assistance.

**Free Bread Tuesdays!**



Every Tuesday  
8am-4pm  
or until supplies last

**All ages welcome!**  
Selection Inside  
Limit two loaves



**MOBILE PRODUCE MARKET**

Wednesdays 11:45am-12:30pm

@ Sholan Terrace Open to All

Purchase local produce using your SNAP and HIP dollars (or cash/credit!). Learn about SNAP and see if you qualify when you visit.



**Farmer's Market Coupons are here!**

Call Nickole for eligibility guidelines  
978-422-3032



**Veterans Services**  
returns weekly on  
Fridays, 8am — Noon

## Going Steady

The most exercise fun in MA! Fridays at 10:00 am

For all levels — from pickleball players to those using a walker.

Learn the tricks of fall prevention from the best ..... Marty!



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.



Peter Cummings offers technical help through in-person meetings

Call 978-422-3032 for appointment.



# Tai Chi

Mondays at 8:30am

Outside at Peg's Pond

Weather permitting

In person at SSC plus Zoom  
during inclement weather

<https://us02web.zoom.us/j/89346204723>

ID: 893 4620 4723 Password: 839376

Newcomers welcome.

Call 978-422-3032 to join!

## Sterling Strummers Ukulele Club

All Levels Welcome

Thursdays at 1:30pm

at the Center, with Zoom option

Contact Nancy at

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

## Chair Yoga with Katie

Wednesdays 9:30am

Appropriate for all levels

Bring Mat

Sign-up Required

Inside at Senior Center

Zoom option available

Zoom Info:

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

Zoom Meeting ID: 895 3852 7554

Monday & Wednesdays 4-7pm  
West Sterling Courts



All levels of experience welcome!  
Call for info 978-422-3032

## Acrylic Painting Thursdays 1:00pm

\$5.00

At the Senior Center

Have you wanted to learn something new but were afraid to try? Come join a great group who are learning a new skill in painting and creating!

**New  
Members  
Welcome**

## Line Dancing with Carol Butler

Tuesdays at 9:30-10:30 am

Sign-up Required

To receive group updates & alerts,  
send an e-mail to [cabutler@wpi.edu](mailto:cabutler@wpi.edu)



Mondays at 1:00pm

Cards \$1 each

## Wii Bowling



**Wednesdays @ 1:00pm**



**HOTEL** on the **CORNER**  
of **BITTER** and **SWEET**

Wednesday August 18th  
1:30pm

## LOU'S UPPING STICKS TO COLORADO



Okay, not so fun to say goodbye to Lou. Please join Lou's friends and colleagues to say a fond farewell.

When: Wednesday, August 4th  
Drop in anytime between 4-6pm

Where: Sterling Senior Center

There'll be lots of tears and light refreshments 🥹

Sterling Fair is back  
and so are  
The Sterling Skillettes!



## SHERIFF'S ANNUAL SENIOR PICNIC FREE DRIVE-THROUGH SPECTACULAR (and free car wash!)

21st August 2021      11am-1pm  
SAC Park, 438 Lake St, Shrewsbury MA 01545

Registration Required  
Call 508-796-2638 or  
e-mail [dostiguy@worcestersheriff.org](mailto:dostiguy@worcestersheriff.org)



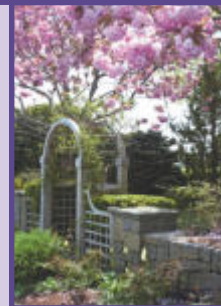
Check out our  
YouTube Channel !

If you missed any of our Zoom presentations, you can watch them online by visiting [www.youtube.com](http://www.youtube.com) and search for Sterling MA Senior Center.



## Art at the Senior Center CALLING ALL ARTISTS!!

The Sterling Senior Center is looking forward to resuming art installations complete with an Artist's Reception in November. If you like to dabble in oils or create with watercolor or other media, please consider submitting your name and a sample of your work to our Art Committee for review.



For additional information please call the Senior Center at 978 422 3032





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

# Pancake Breakfast

Friday, August 27th  
7:30 - 9:00 am

Celebrity Servers:  
Jeff Keay & Chuck Plaisted  
(OSIC)

Open to all

Sponsored by  
Friends of the Sterling Seniors

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

\$3 suggested donation  
Reservations Required



**PANCAKES ARE BACK !!!**