

# **Sterling** Newsletter SENIOR CENTER

Connecting with each other & our community

August 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

*Hrs:* Mon-Thur 8 - 4, Fri 8 - 2

*Director:* Veronica Buckley

*Outreach:* Linda Chignola

Natasha Harden

*Ops/Vol Coord:* Clare Felton

*Maintenance Tech:* Jim Ash

*Van Drivers:*

Pam Dell

Kevin Lowe

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

*Kitchen Manager:*

Ruby Hall



**Thursday, August 11**

**5:30 - 7:30 pm**

*(rain date August 18)*

**The traditional Car Show  
at Sterling Senior Center**



**Register your car  
through Rob or Pam  
at SSC 978-422-3032**

**Enjoy  
Snacks  
Hot Dogs  
Drinks**

**Sponsored by the  
Simpson Companies  
and FOSS  
(Friends of  
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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cell: 978-502-8847



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### Senior Spark Program

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- Medical Card guidance





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## Free Interactive Hands-On Event

Have you always wanted to  
\* Touch \* Try \* Play \*  
the ukulele?

Stop by on

Thursday August 18th, 12:30-1:30pm

- Loaner ukuleles available to try
- Players available to lend a hand and answer questions!
- Sign up for FREE classes beginning September 8th



## Dementia–Friendly Music Session

Thursday, August 4th at 2pm

Those with dementia, their care partners, friends, family, are invited to join the Sterling Strummers' music session.

Please sign up to enable us to create comfortable seating arrangements.



## Making Opportunity Count presents Food that Makes Me Feel Good Wed Aug 17<sup>th</sup> at 1pm

Alex Welch, MA, RDH, LDH  
Elder Nutrition Program Manager, MOC

Research has shown including certain foods in your diet is just as important as cutting back on others. Learn powerful nutrition strategies to help you focus on what you can & should enjoy. The good news is, it's easier & more delicious than you think!

**Learn how to transform food into powerful medicine**

- What are the right choices?
- Why are they effective?
- How can I make them work?

Our lunch on August 17th will feature several of the foods promoted in this program.  
Come for lunch and stay to learn!

## Music and Pet Therapy

Aug 18 9:30am

An introduction to Music and Pet therapies. Learn about the benefit of these complementary therapies, and experience the benefits for yourself. Staff from Trinity Hospice will be available for tips and tricks to maintain well being.

For those on a journey in the caregiving process or in need of bereavement support



## VAN TRIP

Monday August 1st, 5:45pm

Enjoy music from

"The Illusions"

at Memorial Park in Sterling

Sign Up Required

## SPECIAL EVENTS

Aug 1	5:45 pm	Music at Memorial Park registration required
Aug 3	c. 1:00 pm	Growing Places at Sholan Terrace (weekly on Wednesday)
Aug 4	2:00 pm	Dementia-Friendly Music Session Please sign up
Aug 9	12-1:30 pm	Mobile Market (monthly, second Tuesday)
Aug 11	5:30-7:30 pm	Classic Car Show (rain date August 18)
Aug 17	1:00 pm	Food that Makes Me Feel Good sign up encouraged
Aug 18	12:30-1:30 pm	Uke Can Do It! Intro to ukuleles
Aug 26	7:30-9:00 am	Pancake Breakfast with Anne Gobi & Meg Kilcoyne
Aug 29	12:00 pm	Birthday Cake

ONGOING - *see calendar for exercise programs*

Aug 1		Pool daily
Aug 1	1:00 pm	BINGO (weekly on Mondays)
Aug 1	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Aug 1	6:00 pm	Meditation (weekly on Mondays)
Aug 2	8am-4pm	Bread Pickup (weekly on Tuesdays)
Aug 2	9:00 am	Open Coloring (weekly on Tuesdays)
Aug 2	1:00 pm	Game Day (weekly on Tuesdays)
Aug 3	12:30 pm	Rummikub (weekly on Wednesdays)
Aug 3	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i> )
Aug 3	1:00 pm	Wii Bowling (weekly on Wednesdays)
Aug 4	9:30 am	History Club (first Thursday of month)
Aug 4	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Aug 4	2:00 pm	Ukulele Club (weekly on Thursdays)
Aug 4	2:00 pm	Mahjong (weekly on Thursdays)
Aug 5	8:00 am-noon	Veterans Services Office
Aug 5	9:30 am	Knitting Club (weekly on Fridays)
Aug 6	6:30 pm	Grange Pitch Party
Aug 11	9:30 am	Dull Men's Club (second Thursday of month)
Aug 16	11:30 am	State Office Hours (third Tuesday of month)
Aug 17	12:30 pm	Book Club <i>The Shadow of Death</i> by Jane Willan
Aug 19,20	9-11:00 am	Food Pantry

## WELLNESS

Aug 5	10:00 am	Going Steady (weekly on Fridays)
Aug 9	9:30-11:30 am	Well Clinic sponsored by VNA Care
Aug 10 & 24	3:30-5:00 pm	Parkinson's Support
Aug 11 & 25	by appointment	Foot Clinic \$45 to FC Nurse
Aug 18	9:30 am	Intro to Complementary Therapy <i>registration suggested</i>
Aug 25	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>

## Our Transportation Team Keeps You On-the-Go!

With two ADA equipped MART vans and an electric car, our transportation team aims to meet your requests. Let's start by dispelling some myths.

**Myth:** I have a license and a car, so I can't request assistance.

**Truth:** Of course, you can! You may need a ride into Worcester as you are not comfortable driving and parking in the city. You may need a ride for a medical procedure, especially after having your pupils dilated. Note that if you are being sedated, such as for a colonoscopy, you will need a person to accompany you on the van and stay with you at home.



*Pam, Kevin, Rob, Diane, Rob*

**Myth:** The Senior Center only provides rides for medical appointments.

**Truth:** Absolutely not! To only get out of the house for medical appointments is not the life we envision for our population. We can provide rides for shopping (all shopping, not just grocery shopping), hair appointments, social visits, and more.

**Myth:** I cannot take the van because I cannot climb up the steps.

**Truth:** We have a lift that you can use in place of climbing steps. When scheduling allows, perhaps you will find it easier to use the electric car.

**Myth:** I am a little short on money this month, so I cannot afford the van.

**Truth:** We will never deny a ride due to inability to pay. That being said, we have the most affordable rates around. Free to and from the Senior Center, \$1 round trip in town Sterling, \$2 round trip out of town.

What are you waiting for? Call 978-422-3032 between 8 am and 12 noon and ask to speak to Pam, our dispatcher. Let us know if you have an appointment or if your ride time can be flexible. We look forward to hearing from you!

### Friendly Visitor Program

**Get the Word Out!**  
**Do you know someone who might benefit?**  
**Do you want to Volunteer?**



This program provides social interaction to homebound seniors through home visits and phone calls from a caring volunteer. Our program connects a Friendly Visitor to a senior for weekly or bi-weekly interaction.

Get together for a cup of coffee, chat over lunch, build a puzzle or take a walk. However you spend your time, know that you will enrich your lives just by enjoying each other's company.

If you are interested in participating in this program and becoming a Friendly Visitor, or if you wish to refer someone who may benefit from a weekly visit, contact Linda or Natasha at the Senior Center at 978-422-3032.



### HOME DELIVERY PROGRAM

This program enables you or someone you care about to enjoy the collections of the library without having to visit the library building. Whether you like to read books and magazines, watch DVDs, or listen to audio books and music, we will arrange to have items delivered to and picked up from your home. We serve people of all ages with permanent or temporary disabilities, those confined by physical or mental illness, and all caregivers. Homebound Delivery recipients may request specific materials by title, or librarians will provide assistance in selecting books based on users' interests.

To enroll, call the Senior Center at 978-422-3032 or the Library at 978-422-6409.



# AUGUST CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:00 Muffin Monday 8:30 Tai Chi 9:45 Beginner Tai Chi <b>11:30 Creamy Chicken stuffed Zucchini Boats</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:45 Band Concert Trip 6:00 Meditation	<b>2</b> 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Ham Dinner</b> 1:00 Game Day	<b>3</b> 9:30 Chair Yoga <b>11:30 Greek Tortellini Salad</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	<b>4</b> 9:30 History Club <b>11:30 Fish Sandwich</b> 1:00 Acrylic Painting 2:00 Dementia-Friendly music session sponsored by the Ukulele Club 2:00 Mahjong	<b>5</b> 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b>
<b>8</b> 8:00 Muffin Monday 8:30 Tai Chi 9:45 Beginner Tai Chi <b>11:30 Baked Chicken</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	<b>9</b> 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30-11:30 Well Clinic 9:30 Line Dancing <b>11:30 Pulled Pork Sandwich</b> 12:00 Mobile Market 1:00 Game Day 5:30 COA Board Mtg	<b>10</b> 9:30 Chair Yoga <b>11:30 Tuna Casserole</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	<b>11</b> 8:30-2:30 Foot Clinic 9:30 Dull Men's Club <b>11:30 Chicken Nuggets</b> 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong 5:30-7:30 Car Show	<b>12</b> 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b>
<b>15</b> 8:00 Muffin Monday 8:30 Tai Chi 9:45 Beginner Tai Chi <b>11:30 Pork Roast</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	<b>16</b> 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Chicken Salad</b> 11:30 State Office Hrs 1:00 Game Day	<b>17</b> 9:30 Chair Yoga <b>11:30 Broccoli Salad with Bacon</b> 12:30 Book Club 12:30 Rummikub 1:00 Food that Makes Me Feel Good 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	<b>18</b> 9:30 Caregiver Therapy <b>11:30 Tim's Barbecue Burgers</b> 1:00 Acrylic Painting 12:30 Uke Can Do It! 2:00 Ukulele Club 2:00 Mahjong	<b>19</b> 8:00 VSO Hours 9 - 11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b>
<b>22</b> 8:00 Muffin Monday 8:30 Tai Chi	<b>23</b> 8 - 4 Bread Pickup 8:15 Pilates	<b>24</b> 9:30 Chair Yoga <b>11:30 Paula's Hot Dogs</b>	<b>25</b> 8:30-2:30 Foot Clinic 9:00 Pickleball All Ages	<b>26</b> <b>7:30-9:00 Pancake Breakfast</b>

9:45 Beginner Tai Chi <b>11:30 Meatloaf</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball All Ages 6:00 Meditation	9:00-Pickleball All Ages 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Macaroni Salad with Ham</b> 1:00 Game Day	12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball All Ages	<b>11:30 Smorgasbord</b> 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong 3:00 Caregiver Support	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady
29 8:00 Muffin Monday 8:30 Tai Chi 9:45 Beginner Tai Chi <b>11:30 BBQ Chicken Sandwich</b> 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball	30 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Turkey Dinner</b> 1:00 Game Day	31 9:30 Chair Yoga <b>11:30 Spaghetti &amp; Meatballs</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	Fees for Tai Chi, Yoga & Pilates : \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Clean indoor shoes for exercise	Wednesday Shopping Trips: 8/3 Walmart, WB 8/10 Ocean State JL 8/17 Walmart, Leom 8/24 Christmas Tree 8/31 Walmart, WB Registration Required

## All Ages Pickleball Week



August 22-25

Monday 22 & Wednesday 24 4-7pm  
Tuesday 23 & Thursday 25 9-11am

The kids are saying....

**Camps are over! School hasn't started!**  
**What's to do?**

Play pickleball with us !!!



Youth players must sign up through the Recreation Department online at [sterlingma.myrec.com](mailto:sterlingma.myrec.com), e-mail [recreation@sterling-ma.gov](mailto:recreation@sterling-ma.gov) or call 978-422-3041.

## Let's Go Shopping!

Every Wednesday, our Van Driver takes a group of people to a favorite local store.

Join us for a shopping trip this month!

See above for this month's destinations.

Registration is required.

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

# SUPPORT OUR ADVERTISERS!





**Mindful Meditation**

Mondays at 6pm

August 1, 8, 15, 22

**Free**

Take time to step off the treadmill of daily life and cruise in neutral for an hour.

*Stop, Breathe,* and develop deeper self-awareness, mental clarity, and peace of mind. Using a chair, some easy body stretches will be incorporated.

Carol McGuigan, MA, is a seasoned Meditation and Yoga Practitioner.

**Fun!** **Air Conditioned!**  
**Wednesdays @ 1:00pm**  
**Wii Bowling**

Join the team for Monthly Tournaments!

Learn a new craft....

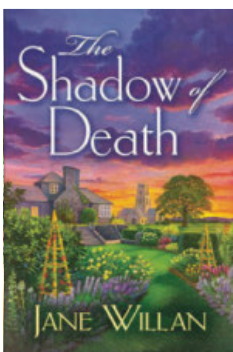
**Acrylic Painting**  
**Thursdays 1:00pm**

**\$5**

**New Members Welcome**

**MAHJONG**

**Thursdays**  
**2:00 pm**



**Book Club**  
**Aug 17 @ 12:30pm**

**The Shadow of Death**  
 by Jane Willan



**August 11, 9:30am**

**Open Discussion**

**Bring your ideas for topics and speakers for future meetings**

**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!**

August 6th at 6:30pm

In partnership with Sterling Grange

**Tai Chi** **\$5**  
 Mondays at 8:30am with John  
 Call us at 978-422-3032 to join!



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

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

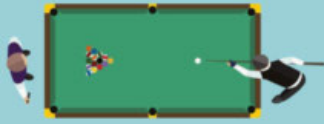
**Rummikub**

W E D 1 2 3

**BINGO!**

**Mondays at 1pm**

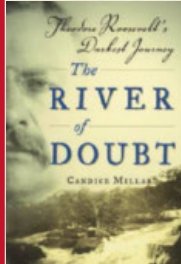




**Pool Players Wanted!**  
**Tables available all day.**  
**Bring your friends to play!**



## HISTORY CLUB



**Aug 4**  
**9:30am**

### **The River of Doubt:** **Theodore Roosevelt's Darkest Journey** *by Candice Millard*

The true story of Theodore Roosevelt's harrowing exploration of one of the most dangerous rivers on earth - The River of Doubt, a black, uncharted tributary of the Amazon that snakes through one of the most treacherous jungles in the world.

Sep 1: To Rescue the Republic by Bret Baier



Peter Cummings offers technical help. Call us to set up a telephone appointment.  
978-422-3032

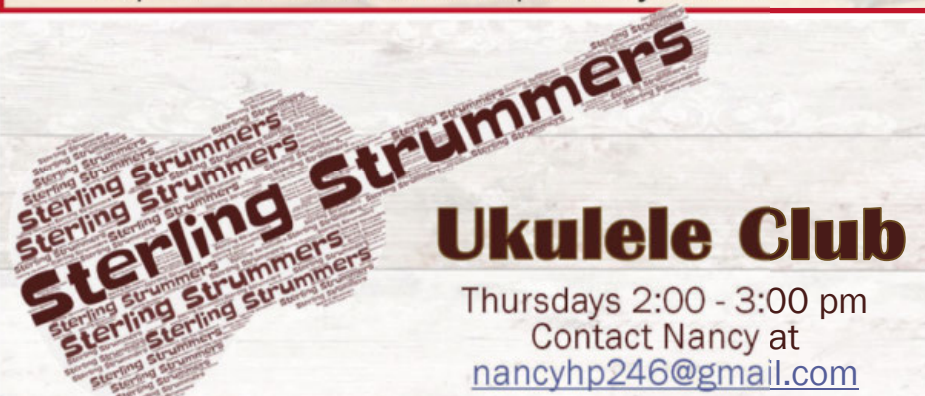
## Veterans' Services



Fridays 8am to Noon  
at the Senior Center

If you need assistance outside of these times, please call

Leominster Veterans' Services  
978-534-7538



## Ukulele Club

Thursdays 2:00 - 3:00 pm  
Contact Nancy at  
[nancyhp246@gmail.com](mailto:nancyhp246@gmail.com)

## Open Strumming

Mondays 3:00 - 4:00 pm

### GAME DAY



### TUESDAYS



**DOMINOES**  
**CRIBBAGE**  
**PITCH**



**12:30**  
**12:30**  
**1:00**



### STATE OFFICE HOURS

Representatives from the offices of Senator Anne Gobi, and Representatives Kimberly Ferguson & Meghan Kilcoyne  
**August 16th, 11:30am - 12:30pm**  
at Sterling Senior Center.  
Come with a question, or just to meet.



Keep those suggestions, complaints and compliments coming!  
Help us improve our services to Sterling seniors!



West Sterling Courts  
Mon & Wed, 4-7pm  
weather permitting  
All players, all abilities  
New players must complete  
Registration and Waiver Forms  
Please call the Senior Center  
for more information

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



**KNIT HAPPENS**

## parkinson's

IN THIS TOGETHER

In person support (with Zoom option)  
2nd & 4th Wednesdays  
August 10th and 24th at 3:30-5:00 pm  
Please contact Joe at 508-335-0672  
or [northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



### Mobile Market



Tuesday, August 9  
12-1:30pm

at the Senior Center

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



## CAREGIVER SUPPORT

August 25th, 3 - 4:30pm

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



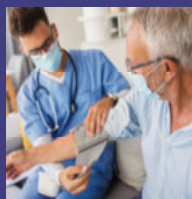
**Free Bread**  
**Tuesdays**

8am-4pm  
or until  
supplies last

Limit  
two  
loaves

## KEEP WELL CLINIC

August 9th 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



VNA Care



**Wachusett Food Pantry**  
50 Worcester Rd, Sterling

**Seniors:** Fri August 19, 9-11  
**All:** Sat August 20, 9-11

Interested in volunteering to deliver food  
pantry parcels to Sterling residents?  
2-3 hours, once per month. Call Clare!



**Food Market**  
**GROWING PLACES**

**Wednesdays, about 1:00pm**  
**Weekly at Sholan Terrace**  
**Look for the refrigerated truck**  
**with the Growing Places Table!**



**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 August 11 & 25, and  
September 8 & 22.

## AND AWAY WE GO TRAVEL

### 2022 Trip List

For age 50+ travelers

Sun, Aug 31	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 pp
Sat, Aug 27	A Day in Maine A fun day at Where Pigs Fly Bakery, lunch at Warren's Lobster House, and visits to Nubble Light House, York Beach and Kittery Trading Post	\$89 pp
Sat, Sep 10	A Day in the Berkshires Berkshire Botanical Gardens, lunch at the Red Lion Inn, Stockbridge, and Daniel Chester French's studio, gallery & gardens.	\$145 pp
Sun, Oct 9	Calvin Coolidge Museum including lunch at Quechee Inn.	\$119 pp
Dec 9-10	Freeport & Portland, ME A visit to Victoria Mansion, Portland then to Wilbur's Chocolates. Overnight at Hilton Garden Inn, Freeport. Day 2 includes Muddy Rudder for lunch then Portland's Symphony Orchestra's Magic of Christmas.	\$409 double \$529 single

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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Open to all

*Sponsored by Friends of Sterling Seniors*

**Friday, August 26  
7:30-9:00 am**

**Celebrity Servers  
Senator Anne Gobi and  
Representative Meg Kilcoyne**

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

