

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

December 2019

Sterling Council on Aging Board Members

Chair: Kevin Beaupre

Secretary: Liz Pape

Treasurer: David Cosgrove

Members:

Sheila Battles

Bob Bloom

Nancy Castagna

Joe LaGrassa

Debra MacLennan

Sue Protano

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:

Denis Coughlin

Pam Dell

Lou Massa

Robert Protano

Diane Sousa

Meal Site Manager:

Melissa Cassata



Happy Holidays!

The COA Board cordially invites
all seniors to the



Annual Christmas Party

Sunday December 8th, 1-3pm

Hot & Cold Hors D'oeuvres
Refreshments



featuring

The Holly Jolly Christmas Show

Mrs Claus and her elves will host a variety show filled
with music, audience interaction and Yuletide fun!

Van transportation available.

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

Holiday Houses

Build your own with Linda Gilberti



Monday December 9th 10:00am
\$5 fee includes all supplies
Sign-Up required (limit 20)

STERLING GARDEN CLUB TABLE DÉCOR WORKSHOP

DECEMBER 13TH 1:00 PM

Join members of the Sterling Garden Club to make fresh décor for your home or as a gift for someone special this holiday season. Feel free to bring your own decorative container.



**\$5 FEE INCLUDES ALL SUPPLIES
REGISTRATION REQUIRED
LIMITED TO 25 ATTENDEES**



Chocksett Project Shine

Tuesday December 10th at 12:30pm

Students from Project Shine will join our Game Day.

Project Shine is a leadership development program for 7th grade girls at Chocksett Middle School.

SPECIAL EVENTS

Dec 6	12:30 pm	All-Access PT Movement as Medicine
Dec 8	1:00-3:00 pm	COA Christmas Party
Dec 9	10:00 am	Make & Take: Holiday House
Dec 12	12:30 pm	Ukulele Holiday Concert
Dec 13	8:45 am	Chocksett Senior Breakfast at Chocksett School
Dec 13	1:00 pm	Make & Take: Garden Club Workshop
Dec 14	9 am—3 pm	FOSS Cookie & Craft Fair
Dec 16	8:30 am	Peer Leaders
Dec 16	12:30 pm	A Date with Music: Parkinson's Chorus
Dec 19	12:30 pm	Christmas Jingo with Barbara
Dec 27	10:45 am	Ukulele Club performing in Memory Café, Lunenburg SC

JUST FOR FUN

Dec 7	6:30 pm	Saturday Night Pitch sponsored by the Grange
Dec 13	12:00 pm	December Birthday Cake sponsored by Sterling Village
Dec 20	7:30-9 am	Pancake Breakfast sponsored by FOSS

ONGOING PROGRAMS

Dec 2	9:15 am	SSC Singers (weekly on Mondays)
Dec 2	1:00 pm	Advanced Photography (weekly on Mondays)
Dec 2,9	2:30-4:00 pm	ALFA Vegan Cooking
Dec 3	9:30 am	SHINE by appointment
Dec 3	12:00-3:00 pm	Computer Help (weekly on Tuesdays) Sign up please!
Dec 4	9:30 am	Beginners' Acrylic Painting \$5 (weekly on Wednesdays)
Dec 5	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Dec 5	1:30-2:15 pm	Beginners' Ukulele Lessons (weekly on Thursdays)
Dec 5	2:30 pm	Ukulele Club (weekly on Thursdays)
Dec 6	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Dec 6	1:00 pm	History Club "Nothing Like It In the World"
Dec 10	9:00 am	Dull Men's Club Domenica Tatasciore, Town Planner
Dec 18	12:30 pm	Book Club: "Twelve Days of Christmas" by Debbie Macomber

WELLNESS PROGRAMS

Dec 4	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Dec 5	10 am--noon	BP Clinic sponsored by the Sterling EMS
Dec 5	2:00 pm	Going Steady (weekly on Thursdays)
Dec 10	9:30-11:30am	Elder Wellness Clinic sponsored by VNA Cares
Dec 12,26	8:30 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Dec 16	10:30 am	MSNME Support Group (monthly 3rd Monday)
Dec 16	1:00-3:00 pm	Caregivers Connect (at Sterling Senior Center)
Dec 18	3:30 pm	Parkinson's Support (monthly 3rd Wednesday)

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

Ukulele Club Holiday Concert



Thursday December 12th 12:30pm

Join our own *Sterling Strummers* for a festive sing-a-long. Lots of favorites to really make your toes tap, your hands clap and get you in the holiday mood !

Parkinson's Chorus of Central Massachusetts



Monday December 16th 12:30 pm

Concert of holiday favorites presented by the Parkinson's Chorus of Central MA.

Chorus Director: Denis Coughlin



Christmas Jingo

with Barbara

**Thursday December 19th
12:30 pm**

SSC Singers

Mondays 9:15-10:00am,

If you can sing in the shower, you can sing with us!

We'll be singing Carols in December!



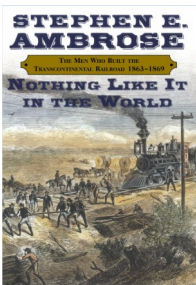
Domenica Tatasciore

Tuesday December 10th, 9:00 am

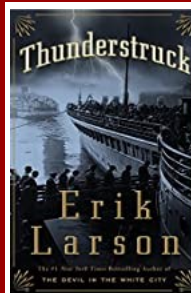
Have you had a chance to meet Sterling's first town planner?

Domenica Tatasciore will be telling us about recent town developments and initiatives of the past year. Domenica has her Master's in Urban and Rural Planning and has been both a city and a town planner in Massachusetts for 20 years.

History Club



Friday December 6th @ 1pm
Nothing Like It In the World:
The Men Who Built the Transcontinental Railroad 1863-1869 by Stephen Ambrose.
Discussion led by Bob Kimball.



Friday January 10th @ 1pm
Thunderstruck by Erik Larson
A true story of love, murder, and the end of the world's "great hush".
Discussion led by Bernie Loraditch.

DECEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Tai Chi 9:15 SSC Singers 10:00 Oriol Fitness 11:30 Butternut Squash Soup & Chicken Sandwich 1:00 BINGO 1:00 Advanced Photo 2:30 ALFA 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>3</p> <p>8:00 Chair Pilates 9:30 SHINE 9:30 Line Dancing 9:30 Open coloring 11:30 Hearty Turkey Stew 12:00 Computer Help 12:30 Game Day</p>	<p>4</p> <p>9:30 Beginners Acrylic 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Chicken Spinach Frittata with Feta 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball</p>	<p>5</p> <p>8:00 Zumba 9:00 Strengthen Yoga 10:00 BP Clinic 11:30 White Chili 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Mahjong 2:00 Going Steady 2:30 Ukulele Club</p>	<p>6</p> <p>8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:30 Movement as Medicine 1:00 History Club Closed 2:00 pm</p>
<p>9</p> <p>8:30 Tai Chi 9:00 SSC Singers 10:00 Make & Take 10:00 Oriol Fitness 11:30 BBQ Chicken Pizza 1:00 BINGO 1:00 Advanced Photo 2:30 ALFA 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>10</p> <p>8:00 Chair Pilates 9:00 Dull Men's Club 9:30 Line dancing 9:30 Open coloring 9:30 Elder Well Clinic 11:30 Barbecue 12:00 Computer Help 12:30 Game day 12:30 Project Shine</p>	<p>11</p> <p>9:30 Beginners Acrylic 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Wedding Soup & Italian Chicken 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling</p>	<p>12</p> <p>8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Pork Tenderloin 12:30 Ukulele Concert 12:30 Acrylic Painting 2:00 Mahjong 2:00 Going Steady 5:30 COA Board Mtg</p>	<p>13</p> <p>8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Smorgasbord 12:00 Birthday Cake 1:00 Make & Take Garden Club Closed 2:00 pm</p>
<p>16</p> <p>8:30 Tai Chi 8:30 Peer Leaders 9:15 SSC Singers 10:00 Oriol Fitness 10:30 MSNME Support 11:30 Ham with Au Gratin</p>	<p>17</p> <p>8:00 Chair Pilates 9:30 Line dancing 9:30 Open Coloring 11:30 Chicken Stew 12:00 Computer Help 12:30 Trinity Big Band</p>	<p>18</p> <p>9:30 Beginners Acrylic 9:30 Chair yoga 10:00 Walking Club 11:30 Split Pea Soup 12:30 Van shopping trip 12:30 Book Club</p>	<p>19</p> <p>8:00 Zumba 9:00 Strengthen Yoga 11:30 Smorgasbord 12:30 Acrylic Painting 12:30 Jingo 1:30 Beginner Like</p>	<p>20</p> <p>7:30-9:00 Pancake Breakfast sponsored by FOSS 8:00 VSO Hours 9:30 Pilates</p>

11:30 Ham, Waffles & Grapes potatoes 12:30 Parkinson's Chorus 1:30 BINGO 1:00 Caregivers' Support 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	12:30 Mini Big Band 1:30 Game Day	12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson's Support	1:30 Beginner Orchestra 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club Closed 2:00 pm
23 8:30 Tai Chi 9:15 SSC Singers 10:00 Oriol Fitness 11:30 Pulled Pork Sandwich & 3 bean salad 1:00 BINGO 1:00 Advanced Photo 3:00 Open Strumming 4:00 Pickleball	24 8:00 Chair Pilates 9:30 SHINE 9:30 Line dancing 9:30 Open coloring 11:30 Fish Italiano 12:00 Computer Help 12:30 Game day Closed at 2:00 pm	 25	26 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Bkfst at Lunch 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club
30 8:30 Tai Chi 9:15 SSC Singers 10:00 Oriol Fitness 11:30 Vegetable Lasagna rollup & chicken meatballs 1:00 BINGO 1:00 Advanced Photo 3:00 Open Strumming 4:00 Pickleball	31 8:00 Chair Pilates 9:30 SHINE 9:30 Line dancing 9:30 Open coloring 11:30 French Beef Stew 12:00 Computer Help 12:30 Game day	Sunday Dec 8th 1-3pm COA Christmas Party Saturday Dec 14th 9-3 Cookie & Craft Fair	Shopping Wednesdays @12:30 12-4 Target 12-11 Walmart West Boylston 12-18 Ocean State



Movement as Medicine with All Access Physical Therapy

Managing Hip and Knee Osteoarthritis

presented by Leigh Weisse, PTA, CPT

Friday December 6th 12:30pm

Join us for the first in this series of presentations by the therapists of All Access PT Sterling! These programs are designed to educate us on common conditions that cause pain and limitation, as well as to share techniques and exercises that can ease pain and keep you moving! Dec 6 we will be covering Hip and Knee Osteoarthritis, two of the top diagnoses incurred by older adults.

Free program. Sign-up encouraged.

*An empty tank
will take you exactly
NOWHERE.
Take time to refuel.*

***Give yourself the gift of self care!
Take advantage of our support groups!
Drop in. No preregistration necessary.***

MSNME Wachusett Area MS Support Group meets

Monday Dec 16th at 10:30—11:30 am

Caregivers Support Group (jointly sponsored by Clinton and Sterling Senior Center) meets in Sterling

Monday Dec 16th from 1 pm—3 pm

Northern Worc County Parkinson's Support Group meets

Wednesday Dec 18th from 3:30—5 pm

Remember your Child-Like Self (from handout at bereavement support)

Children are open, enthusiastic learners. They imagine and dream. They spontaneously laugh and smile a lot. They are passionate, expressive and naturally curious. They try to have fun whenever they can.

They try new things when they are bored. Childlike behavior generates joy, fun and enthusiasm.

What can you do to stay in touch with your inner child?

REMINDER

MEDICARE OPEN ENROLLMENT

ENDS DECEMBER 7th

Make an informed decision

- Call 1-800-MEDICARE
- Visit www.medicare.gov
- Read your mail from your current Medicare Advantage Plan (MAP) or drug plan





Peer Leaders explore the Senior Center

December 16th 8:30-9:00am

Calling all Wii Bowlers, pool players and Tai Chi participants to welcome the peer leaders to join in all activities.

Please sign up!

January 9th, 2020

Slim Wronski's 100th Birthday Celebration
Luncheon at the Senior Center

January 2nd, 2020

Artist's Reception - Elizabeth Chirico
Vacationland Photography Exhibit



Thursdays
8:00 am
\$5



*Home cooked lunch served daily
11:30am - no reservation required
\$3 suggested donation*

Computer Help Sessions
Tuesdays from 12 - 3
Sign ups requested!

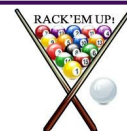
Individualized assistance with your laptop, tablet, phone
is available through our tech instructor,
Peter Cummings.

PLAY

BRIDGE

Tuesdays at
1:00pm

Calling all Pool Players
Open tables!



SCC is partnering with ALFA (Adult Learning in the Fitchburg Area)
to bring you classes here at the Sterling Senior Center!

Session III Masterpieces of Modern Italian Literature with Jim Wilkinson
Mon 2:30—4pm starting January 27th

Session IV Plant-Based Vegan Cooking with Louisa Del'Amico
Mon 2:30—4pm starting March 23rd

You must register through ALFA

<https://www.fitchburgstate.edu/offices-services-directory/alfa/>

Snow Policy

If Wachusett Schools are closed for the day, there will be no programming (including meals program) at the Senior Center for the day. The Senior Center will also follow the Wachusett School's decision regarding delayed opening and early dismissal.
When in doubt, be safe! Call the Senior Center 978-422-3032.

~Chocksett Senior Breakfast~

Friday December 13th 8:45 am at Chocksett Middle School

The Student Council of Chocksett Middle School will be hosting a holiday breakfast for Sterling seniors. Chorus, band, and strings ensembles will perform holiday songs.

Sign up please at the Sterling Senior Center by Friday, December 6th



Friday, December 20th
7:30 - 9:00

Celebrity Server:

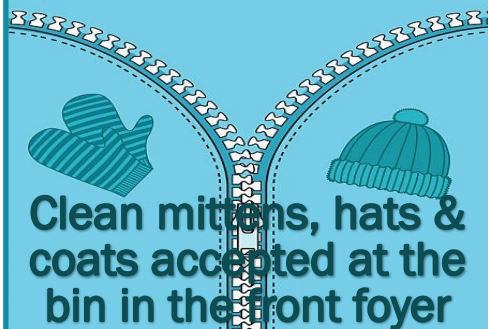
Jason Baldarelli of Baldarelli & Sons

Plain & special pancakes, ham, eggs, mixed fruit, tea breads, juices & coffee.

\$3 suggested donation. Open to all.

No reservations.

COAT DRIVE



Thank you for donating to the Sheriff's coat drive. This month we are collecting for the Serewicz Foundation.



Community Lunch at First Church

December 7th at noon

Green Salad, Pork Loin,
Rice Pilaf & Vegetable
Cherry Cheese Cupcakes
Transportation available
978-422-3032



Wachusett Food Pantry

Seniors: Friday Dec 20, 9-11am

All: Saturday Dec 21, 9-11am

Call Nickole at Senior Center for assistance 978-422-3032



Wachusett Area Rotary Club

Christmas Breakfast
Sat December 14th, 9am

The Manor Restaurant,
West Boylston.

All Sterling seniors welcome.

Reservations are required
through the Holden Senior
Center on 508-210-5570.

2019 THE HAPPY TRAVELERS & AWAY WE GO TRAVEL TRIP LIST for Aged 50+ Travelers

Sat, Feb . 15	Museum Day at Boston Museum of Fine Arts and the Isabella Gardner Museum. Includes a \$10 lunch voucher.	\$99 pp
Sat, Mar. 14	Boston Flower Show with lunch at Maggiano's and a stop at Boston Market	\$109 pp
Sun, Apr. 26	Matilda the Musical at Stoneham Theater with lunch at the Chateau Restaurant	\$133 pp
May 14-17	Ottawa Tulip Festival , including Canadian War Museum, Ottawa River Cruise & more.	\$739 pp/double
Sep 20-30	Enchanting Canyonlands , Las Vegas, Grand Canyon, Lake Powell, Monument Valley, Moab, Arches National Park Bryce Canyon, Zion & back to Las Vegas.	Please Inquire

Contact: Gladys Merrow 508-835-4312 (C) 508-612-5312 (H) happytravelers.gem@gmail.com

All of our trips include the gratuity for our driver and escort. Also included in the prices of the day trips is our cancellation waiver. You will receive a refund, minus the \$5.00 built in cancellation fee or if there is a theater ticket involved your refund will be minus the cost of the ticket and the \$5.00 cancellation fee up to 10 days prior to the trip. After that you will only receive a refund if we or you can find someone to fill your seat.



36 Muddy Pond Rd
PO Box 243
Sterling, MA 01564-0243

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PAID

LEOMINSTER, MA

PERMIT NO. 17

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



FOSS Holiday Cookie Sale and Craft Fair

SATURDAY DECEMBER 14TH

9AM-3PM

STERLING SENIOR CENTER

Featuring your Favorite Holiday Cookies
You pick - We pack
Local Crafters



SPONSORED BY THE FRIENDS OF STERLING SENIORS (FOSS)
CRAFTER REGISTRATION FORMS AVAILABLE AT SENIOR CENTER

