



# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

December 2020

## Sterling Council on Aging Board Members

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*Treasurer:* David Cosgrove

*Members:*

Sheila Battles

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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

*Meal Site Manager:*

Mohamed Samoda

In keeping with tradition, the COA Board invites you to the annual

# HOLIDAY FESTIVITY!

**SUNDAY DECEMBER 13TH**

**12-12:45PM**

**DRIVE-THROUGH PICK-UP**

**COME GET YOUR  
PEPPERMINT CANNOLI  
2021 MONTHLY PLANNER  
AND  
LUCKY SCRATCH TICKET**

**Reservations Required\***

**978-422-3032**

**\*Preference to Sterling residents.**

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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View our gallery at: [leominstermonument.com](http://leominstermonument.com)

➤ Reach the Senior Market

# ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!

[scarpenter@lpiseniors.com](mailto:scarpenter@lpiseniors.com) or (800) 477-4574 x6348



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## Fourth Annual Ukulele Club Holiday Concert featuring The Sterling Strummers and The Songbirds

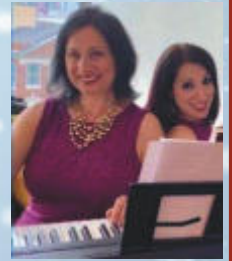


The Sterling Strummers Ukulele Club gave their first Holiday concert in 2017. Since then, the group has grown and grown, and this year they continue to bring you your favorite Christmas and holiday music.

The Songbirds are Stephanie and Christina — local teachers, musicians and performers. They will bring you holiday classics and favorite songs !



This year's unique presentation will be available on SLCTV. Tune in to Channel 8 on December 14-20 — every night at 5:00pm.



Sponsored in part by a grant from the Sterling Cultural Council.



## Holiday Grab 'n' Go

Wednesday, December 23rd  
11-11:30 pick-up

Moroccan  
Roasted Vegetable  
Couscous Soup  
with Egg Rolls

Reservations Required  
978-422-3032



# Medicare

## 2021 OPEN ENROLLMENT



This is the time to check your plans  
and make any changes for 2021

Changes need to be made by December 7th 2020, effective January 1st 2021.

## AARP Foundation TAX-AIDE

## You've Got What it Takes: Volunteer With AARP Foundation Tax-Aide

AARP Foundation Tax-Aide offers free tax-filing help to those who need it most. Friendly individuals are needed to join the team of local volunteers for the upcoming tax season. You'll receive training and continued support in a welcoming environment. You'll not only learn new skills, but also get a great feeling from helping someone else. If you're interested in making a difference in your community, there's a role for you – tax preparers, greeters, administration, computer tech, bilingual speakers and more.

*You can volunteer in person, online, or by phone.*

Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season (Feb 1st-Apr 15th). Training will be on three Saturdays in December. Internet access and basic computer skills are necessary.

For further information and application, go to <https://aarp.org/taxaide>.

*AARP Foundation Tax-Aide is offered in conjunction with the IRS.*

## S U P P O R T



## IN THIS TOGETHER parkinson's

Zoom meetings every Wednesday at 3:30pm

Please contact Joe at 508-335-0672 or

[northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



## THE COMMISSION ON THE STATUS OF GRANDPARENTS RAISING GRANDCHILDREN

Are you a grandparent raising your  
grandchild/ren?

Join our new group.

Contact Patricia Keay

[pat.keay@gmail.com](mailto:pat.keay@gmail.com)



## Sterling Senior Center CAREGIVER SUPPORT

MONTHLY, 3RD TUESDAY @ 1:30PM

Registration Required.

Call 978-422-3032.

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## Worcester County Sheriff's Office Annual Coat Drive

We are accepting donations of coats, hats, scarves and gloves.

**New with tags only, please.** Call to schedule a time.

*If you are in need of a coat, please contact Nickole.  
978-422-3032*



## Van Transportation Services

Our dispatcher, Pam, is available Mon-Fri 8am to 11am. Please call during those hours. Please be aware of the following information when booking a ride.

- Passengers will be screened for COVID-19 symptoms during call, and also at pickup.
- Masks and gloves are required when riding the van (we can provide these if needed).
- Only two households 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.

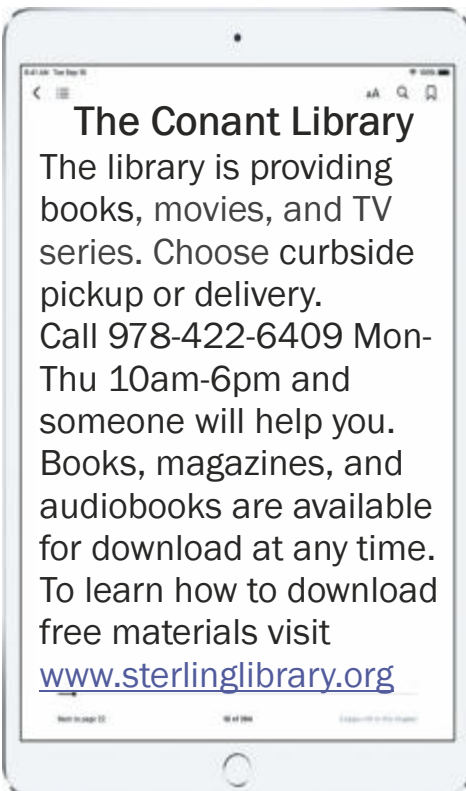
## ELDER KEEP WELL CLINIC

**December 8th, 9:30-11:30 am**

**VNACares**

*By appointment only*

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



Andrea from Foot Care by Nurses has returned to the Senior Center for appointments. *Call us at 978-422-3032 to schedule your clinic visit for \$45 on December 10 or 17, January 14 or 28.*

## Wachusett Food Pantry



### Seniors:

Friday Dec 18, 9-11am

### All:



Saturday Dec 19, 9-11am  
Call Nickole at the Senior Center for assistance.

## Free Cloth Masks!

Face masks or face coverings are required in public places where social distancing is not 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.

# DECEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>In-person recreational programming is dependent on low community transmission of COVID-19 and may be subject to cancellation. Call for confirmation.</p> <p>* At the Senior Center. Reservations, masks and social distance required.</p> <p>** In-person and Zoom.</p>	<p>1 9:30-1:00 SHINE Appts (Zoom / phone) <b>Hearty Turkey Stew</b> 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *</p>	<p>2 9:30 Beginner Ukulele (Zoom) <b>Butternut Squash Soup &amp; Chicken Sandwich</b> 1:30 Social Slot * 3:30 Parkinson Support (Zoom)</p>	<p>3 <b>Pot Roast</b> 1:30 Acrylic Painting * 1:30 Ukulele Club (Zoom)</p> 	<p>4 9:30 Knit &amp; Crochet * <b>Smorgasbord</b> 12:30 Going Steady *</p>
<p>7 8:30 Tai Chi ** 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness &amp; Yoga (Zoom) <b>American Chop Suey</b> 1:30 BINGO *</p>	<p>8 9:30-11:30 Elder Keep Well Clinic * <b>Shepherd's Pie</b> 12-3 Tech Help (Zoom or phone) 1:30 Dull Mens' **</p>	<p>9 9:30 Beginner Ukulele (Zoom) 9:30 Zoom Chair Yoga <b>Fish Chowder &amp; Chicken Sandwich</b> 1:30 Social Slot * 3:30 Parkinson Support (Zoom) 12-1 Garden Club Take &amp; Make pick-up</p>	<p>10 8:30-1:30 Foot Clinic * <b>Pork Tenderloin</b> 1:30 Ukulele Club (Zoom) 5:30 COA Board Mtg</p> 	<p>11 9:30 History Club * <b>Smorgasbord</b> 12:30 Going Steady *  Sunday 13 12-12:45 Grab' n' Go Cannoli</p>
<p>14 8:30 Tai Chi ** 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness &amp; Yoga (Zoom) <b>Ham with Au Gratin</b></p>	<p>15 <b>Chicken Pasta Alfredo</b> 12-3 Tech Help (Zoom or phone) 1:30 Caregivers Support * 5:00 Holiday Concert</p>	<p>16 9:30 Beginner Ukulele (Zoom) <b>Split Pea Soup &amp; Tuna Sandwich</b> 1:30 Book Club ** 3:30 Parkinson</p>	<p>17 8:30-1:30 Foot Clinic * <b>Turkey Pot Pie</b> 1:30 Acrylic Painting * 1:30 Ukulele Club (Zoom) 5:00 Holiday Concert</p>	<p>18 9:00 Food Pantry 9:30 Knit &amp; Crochet * <b>Smorgasbord</b> 12:30 Going Steady * 5:00 Holiday Concert SUCTV Channel 8</p>

<p><b>Potatoes</b> 1:30 BINGO * 5:00 Holiday Concert SLCTV Channel 8</p> 	<p>SLCTV Channel 8</p>	<p>Support (Zoom) 5:00 Holiday Concert SLCTV Channel 8</p>	<p>5:00 Holiday Concert SLCTV Channel 8</p>
<p>21 8:30 Tai Chi ** 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness &amp; Yoga (Zoom) <b>Pulled Pork Sandwich &amp; 3-Bean Salad</b> 1:30 BINGO *</p>	<p>22 <b>Fish Italiano</b> 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *</p>	<p>23 9:30 Beginner Ukulele (Zoom) <b>11:11-11:30 Grab 'n' Go</b> <b>Roasted Vegetable Couscous Soup and Egg Rolls</b> 1:30 Social Slot * 3:30 Parkinson Support (Zoom)</p>	<p>24 <b>Pesto Chicken Florentine</b>  Close @ 1:00pm</p>
<p>28 8:30 Tai Chi ** 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness &amp; Yoga (Zoom) <b>Lasagna Roll-Up with Chicken Meatballs</b> 1:30 BINGO *</p> 	<p>29 <b>French Beef Stew</b> 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *</p>	<p>30 9:30 Beginner Ukulele (Zoom) <b>Turkey a la King</b> 1:30 Social Slot * 3:30 Parkinson Support (Zoom)</p>	<p>31 <b>White Chili</b> 1:30 Ukulele Club (Zoom) 3-3:30 Grab 'n' Go Appetizers   <b>Happy Hogmanay!</b></p>
<p>25 </p>	<p>We are currently providing Grab &amp; Go or home-delivered lunches for those seniors who require a little extra help with meal preparation. <b>The December 13, 23 &amp; 31 Grab 'n' Go are open to ALL</b></p>		

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**





## Ukulele Club Beginners Class

Wednesdays at 9:30am via Zoom  
Contact Joan at [jonesy1932@aol.com](mailto:jonesy1932@aol.com)

## Intermediate/Advanced Club

Thursdays at 1:30pm via Zoom  
Contact Nancy at [nancyhp246@gmail.com](mailto:nancyhp246@gmail.com)

## December Social Slots!

Join a Social Slot for an hour of fun and chatter with folks you haven't seen in a while.

*Sign up for your Social Slot today — come alone and be surprised by who's there, or come as part of a group.*

Tuesdays 1:30pm 1, 22, 29

Wednesdays 1:30pm 2, 9, 23, 30

Call 978-422-3032 to reserve your Slot!

Friday 4, & 18  
at 9:30am  
Registration  
Required.



## Acrylic Painting

Thursdays 3 & 17, 1:30-3:00pm  
at the Senior Center

For intermediate to advanced painters.

Registration Required

\$5 fee per class

Contact Andrea for information at  
[andreadriscoll@hotmail.com](mailto:andreadriscoll@hotmail.com)



Tuesday, December 8th  
at 1:30 pm  
at the Senior Center

## Monday Night Football Snacks!



Alex Welch, Registered Dietitian  
Making Opportunities Count

<https://us02web.zoom.us/j/86954290209>

Meeting ID: 869 5429 0209

One tap mobile: +13017158592

Registration, mask, social distance required  
Call 978-422-3032

## Zoom Chair Yoga with Katie

December 9th at 9:30am

Appropriate for all levels

A fun class for December!

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

Zoom Meeting ID: 895 3852 7554

New to Zoom?

Call us if you'd like an e-mail with [clickable link](#).

December  
Book Club  
Discussion  
Group

Wednesday  
16th  
@ 1:30pm



In-Person:  
reservation  
required.

Zoom Info  
Meeting ID:  
862 9298 698  
Passcode:  
919327

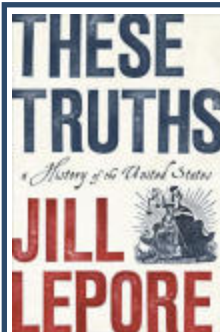


Mondays at 1:30pm

Small socially distanced group setting.

Reservations required.

Call 978-422-3032 to reserve your spot!



## HISTORY CLUB

These Truths: a History of the  
United States by Jill Lepore

December 11th at 9:30am

Part IV, led by Bob Cronin.

Registration, mask and social  
distance required.



## Programming Updates and Visiting the Senior Center

At the time of print, community transmission of COVID is trending in the wrong direction and indoor recreational activities have been suspended. We will resume these activities at the Senior Center when it is safe to do so. In the meantime, consider some of the other options available. If you are missing someone you used to chat with at the Senior Center, call us! We can arrange that.

All visits to the Senior Center are **by appointment**. When visiting, on arrival you will be screened for symptoms of COVID-19. You will visit our entranceway sanitation station then check in at the front desk prior to your appointment.

*All essential programming including transportation, meals, outreach and clinic visits will continue as normal.*

### Tai Chi

**Mondays at  
8:30am**

Newcomers welcome. No walk-ins.

Reservations required.

**Call 978-422-3032 to join!**

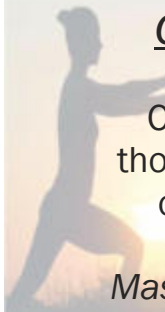
Limited in-person class sizes.

Overflow participants, including those who prefer to remain remote, can join the classes via Zoom.

Zoom ID: 895 3852 7554

*Masks and social distance required.*

**Fees: Onsite \$5 Zoom: \$2**



### GOING STEADY

The most exercise fun in MA!

**Fridays at @ 12:30 pm**

This balance class is suitable and educational for all abilities, whether you need a walker or can play pickleball. 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.



Limited Class Size

Register at 978-422-3032

Masks and Social Distancing Required



Peter Cummings offers technical help through phone and online meetings. An in-person meeting may be made by appointment only. Call 978-422-3032.

### HOLIDAY LIGHT TOUR

Sterling Recreation Department is bringing back the Holiday Light Tour! You are encouraged to decorate your home with outside décor and lights for the holiday season. Contact the Rec Dept by Nov 30 to have your address added to our published Holiday Light Tour list! Drive-by touring will start December 11, so be sure to keep those lights shining! Send submissions to [recreation@sterling-ma.gov](mailto:recreation@sterling-ma.gov) or call 978-422-3041. Tour listing can be found at [www.SterlingRec.com](http://www.SterlingRec.com) or [www.Sterling-ma.gov/recreation](http://www.Sterling-ma.gov/recreation).

### Marty's Fitness and Yoga

Weekly class incorporating circulation, balance cardio and yoga.

**Every Monday at 10:30am**

<https://us02web.zoom.us/j/7610148460>

Zoom ID: 761 014 8460

### Line Dancing

**Mondays at 9:30-10:30 am**

Zoom ID: 910-010-3705

Password: 973540

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

## STERLING GARDEN CLUB HOLIDAY TAKE & MAKE

Take home a complete kit of everything needed to make a beautiful holiday centerpiece.  
Create your own design, or follow the printed or video instructions provided.

Garden clippers required, and two-hour soak time for oasis foam.



example

Sign up please at 978-422-3032 by  
Monday December 7th at noon.

*Pick up kit on Wednesday, December 9th 12-1pm  
or by appointment*  
**\$10**

### Muffin Monday Nominations

Do you know a special someone who deserves some recognition, is really missing spending time with friends and family, or 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 e-mail  
[nboardman@sterling-ma.gov](mailto:nboardman@sterling-ma.gov) or  
[vbuckley@sterling-ma.gov](mailto:vbuckley@sterling-ma.gov)



### Free Bread Tuesdays!

Drive-through pick-up  
Every Tuesday 8am-4pm  
or until supplies last  
Free to all ages  
Limit two loaves

## Out and About by Joyce Hinckley Two Hour, Two Stop Christmas Shopping

This is shaping up to be a mostly gift card and Zoom holiday season, but sometimes you just need a gift. Here's a quick, fun and delicious way to give thoughtful, affordable and unique gifts. Drive to Pleasant Street in Worcester and buy edibles or small gifts like olive oil soap,



tea cups or evil eye charms. Begin with Ed Hyder's Mediterranean Marketplace (408 Pleasant St). The real draw here is the wine and fresh spices plus a staff that will guide you through your selections. I'm putting small packets of spice in some of my cards: no shipping worries that way.

Your next stop is Bahnan's International Marketplace (344 Pleasant St).

While there's a great assortment of olive oil, boxed candies and cookies, it's the jam and honey that are easy choices because everyone



understands jam and honey. Be warned, on the way to check out you have to pass the dessert and savory pie cases — I worry the baklava knows my name! The International Café, in the rear, offers eat in-takeout food — you deserve not to cook on the day you did all that holiday shopping, and their homemade food might just know *your* name.

Both places are multi-generational family businesses where the prepared foods are homemade: both are accessible. It can be crowded on weekends so don't go then.

I passed Elm Park and thought about taking a walk but didn't. You can guess if I was worrying about the takeout getting cold — or my baklava !





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

The SSC Evening Dinner Committee

# NEW YEAR'S EVE GRAB 'N' GO APPETIZERS

**THURSDAY, DECEMBER 31ST**  
**PICKUP 3 - 3:30PM**



Register at 978-422-3032  
by noon on December 28th  
\*Preference to Sterling residents

