

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

December 2021

Sterling Council on Aging Board Members

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Treasurer: David Cosgrove

Members:

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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

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

Kitchen Manager:

Ruby Hall

Council on Aging Holiday Party

Sunday, December 12th

Holiday Music by

The Songbirds

(sponsored by Sterling Cultural Council)

12:00-12:45

Drive through
Grab 'n' Go

1:00-1:30

Outside
Open House

Enjoy Music, Hot Chocolate,
Holiday Treats,
and get your 2022 calendar!

Reservations Required

Call 978-422-3032

Preference to 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
1-978-422-3166
cell: 978-502-8847



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***Sterling Garden Club
Make & Take
Holiday Centerpiece
Friday December 10th 1:00pm***

Registration Required!
Call 978-422-3032

\$5

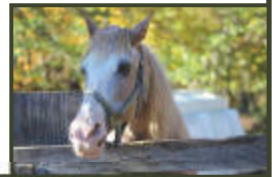
includes all
supplies,
including
charming soup
mug with lid to
keep your winter
soups warm!



**The Art of Lindsey Van Giesen
on display through December**

"As a photographer, I am always looking to capture the beauty in the everyday. What first drew me to photography was the excitement of finding the perfect moment: catching the late afternoon light reflecting off a leaf, or rays of the morning sun tracing a path of new growth through the woods. The way light and color can transform objects continues to fascinate me each time I look through the lens. I utilize only available light in my photos to

capture details, colors, and patterns in ordinary things. The inspiration for my photographs comes from practicing mindfulness in everyday life. I hope my work encourages all of us to slow down, be present, and notice the quiet details that might otherwise be missed in the hustle of our busy lives."



**Traffic
Flow**

During winter when there's
snow in the parking lot, it is
especially important to
follow the arrows!

**Anti-clockwise
through the lot please**

**Senior Center
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.

For delayed opening, the Center will open at lunch.

For early closings, the Center will close after lunch.

When in doubt, be safe!

Call the Center 978-422-3032.

At the Sterling Senior Center, unvaccinated individuals are to wear a mask and observe social distancing guidelines.

Effective 7/30/21 (and effective at time of print), the Massachusetts Department of Public Health now advises that a fully vaccinated person should wear a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is an unvaccinated adult.

(This guidance is subject to change pending Mass.gov and CDC recommendations)



An enormous Thank You to everyone who made a donation to the Sterling Village team Walking to End Alzheimer's.

Together you raised an incredible \$465.

THANK YOU!

SPECIAL EVENTS

Dec 10	1:00 pm	Make & Take <i>Reservations Required</i> \$5
Dec 11	4:00-6:00 pm	Warm-Me-Up Drive-Through with the Sterling Strummers
Dec 12	12:00-12:45 pm	COA Holiday Party Grab 'n' Go <i>Reservations Required</i>
Dec 12	1:00-1:30 pm	COA Holiday Party Open House <i>Reservations Required</i>
Dec 17	7:30-9:00 am	Pancake Breakfast
Dec 24	CLOSED	Christmas Eve
Dec 31	CLOSED	New Year's Eve

ONGOING

Dec 1		Pool daily
Dec 1	9:30 am	Chair Yoga (weekly on Wednesdays, <i>sign up required</i> , \$5)
Dec 1	12:30 pm	Rummikub (weekly on Wednesdays)
Dec 1	1:00 pm	Van Shopping Trip (weekly on Wednesdays)
Dec 1	1:00 pm	Wii Bowling (weekly on Wednesdays)
Dec 1	4:00-7:00 pm	Pickleball at First Church Hall (weekly on Wed, \$3 <i>sign-up</i>)
Dec 2	9:30 am	History Club (first Thursday of month)
Dec 2	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Dec 2	1:00 pm	Entry Level Ukulele (weekly on Thursdays)
Dec 2	2:00 pm	Ukulele Club (weekly on Thursdays)
Dec 2	1:00 pm	Mahjong (weekly on Thursdays at Princeton SC)
Dec 3	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Dec 3	9:30 am	Knitting Club (weekly on Fridays)
Dec 4	6:30 pm	Grange Pitch Party <i>registration required</i>
Dec 6	8:30 am	Tai Chi (weekly on Mondays at 1835 Building, \$5)
Dec 6	1:00 pm	BINGO (weekly on Mondays)
Dec 6	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Dec 6 & 13	5:30 pm	Meditation (weekly on Mondays)
Dec 7	8am-4pm	Bread Pickup (weekly on Tuesdays)
Dec 7	8:15 am	Pilates (weekly on Tuesdays)
Dec 7	9:00 am	Open Coloring (weekly on Tuesdays)
Dec 7	9:30 am	Line Dancing (weekly on Tuesdays, <i>sign up required</i> , \$2)
Dec 7	by appointment	SHINE Counseling
Dec 7	by appointment	Tech Help (weekly on Tuesdays)
Dec 7	1:00 pm	Game Day (weekly on Tuesdays)
Dec 9	9:30 am	Dull Men's Club
Dec 15	12:30 pm	Book Club "The Christmas Train"
Dec 17	9-11:00 am	Food Pantry

WELLNESS

Dec 3	10:00 am	Going Steady (weekly on Fridays, <i>sign up required</i>)
Dec 14	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Dec 8 & 22	3:30 pm	Parkinson's Support
Dec 9 & 23	by appointment	Foot Clinic \$45 to FC Nurse



The Grandparents Raising Grandchildren Support Group is open to grandparents who are in both the primary and secondary caregiver role for their grandchildren. The group will meet on the first Monday of each month at 10:00 am beginning January 3rd, 2022, at the Senior Center. The purpose of the group is to help each other navigate through the challenges and joys faced as grandparents raising grandchildren, and become informed about the resources available. For more information contact Pat Keay at pat.keay@gmail.com



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 December 9 or 23, and January 13 or 27.



In person support (with Zoom option)
2nd & 4th Wednesdays
December 8th and 22nd at 3:30-5:00 pm
Please contact Joe at 508-335-0672
or northworcparkies@yahoo.com



Fridays 8am – Noon
Leominster Veterans Services
978-534-7538

ELDER KEEP WELL CLINIC

December 14th 9:30-11:30 am
with Amy from VNACares



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.



Free Bread Tuesdays

Every Tuesday
8am-4pm
or until
supplies last
All ages
welcome!
Limit two loaves



Wachusett Food Pantry

Seniors: Fri Dec 17, 9-11
All: Sat Dec 18, 9-11

Call Nickole at the Senior Center for assistance.

Medicare
2022 OPEN
ENROLLMENT
October 15—December 7

This is the time to check your plans
and make any changes for 2022

Open Enrollment Seminar Slideshow plays in the SSC foyer daily

A brief overview of 2022 changes, and training on the online Medicare Plan Finder.

Medicare's Open Enrollment Period is October 15 – December 7 with changes effective January 1st.

Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in networks. Oct 15 to Dec 7 is when all Medicare beneficiaries can change their Medicare health plans and prescription drug coverage to better meet their needs for the following year.



Call 1-800-MEDICARE for Medicare plan information or visit www.Medicare.gov




SHINE appointments will be available through the Senior Center on December 7th. Please call 978-422-3032 to make an appointment.

DECEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Wednesday Shopping Trips: 12/1 Lincoln Plaza TJX, Home Goods 12/8 Wal-Mart, Leom 12/15 Whitney Field 12/22 Wal-Mart, WB 12/29 Target  Coffee served all day	* At 1835 Building ** At Princeton SC Fees for Tai Chi ,Yoga & Pilates classes: \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Pickleball \$3	9:30 Chair Yoga 11:30 Macaroni & Tuna Salad 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball 	9:30 History Club 11:30 Fish & Fries 1:00 Acrylic Painting 1:00 Entry Level Uke 1:00 Mahjong** 2:00 Ukulele Club	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
8:00 Muffin Monday 8:30 Tai Chi * 11:30 Grandma's Corn Chowder 1:00 Bingo 5:30 Meditation	6 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing 11:30 Chicken & Gravy 1:00 Game Day	8 9:30 Chair Yoga 11:30 Hot Turkey Sandwich 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	9 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Hamburger & Chips 1:00 Acrylic Painting 1:00 Entry Level Uke 1:00 Mahjong** 2:00 Ukulele Club	10 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Make & Take
13 8:00 Muffin Monday 8:30 Tai Chi * 11:30 Hearty Beef & Vegetable Soup 1:00 Bingo 3:00 Open Strumming 5:30 Meditation	14 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30-11:30 Elder Keep Well Clinic 9:30 Line Dancing 11:30 Orange Pork Chops 1:00 Game Day	15 9:30 Chair Yoga 11:30 Philly Cheese Steak 12:30 Rummikub 12:30 Book Club 1:00 Van shopping trip 1:00 Wii Bowling	16 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Mahjong** 2:00 Ukulele Club	17 7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9 -11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady
20 8:00 Muffin Monday 8:30 Tai Chi * 11:30 African Chicken Stew	21 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing	22 9:30 Chair Yoga 11:30 Tuna Salad 12:30 Rummikub 1:00 Van shopping trip	23 8:30-2:30 Foot Clinic 11:30 Pot Roast 1:00 Acrylic Painting 1:00 Mahjong**	24 

1:00 Bingo	11:30 Salisbury Steak 1:00 Game Day	1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	
8:00 Muffin Monday 8:30 Tai Chi * 11:30 Hamburger Vegetable Soup 1:00 Bingo 3:00 Open Strumming	27	28	30
<p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Salad Plate 1:00 Game Day</p>	<p>8:30 Chair Yoga 11:30 Thai Chicken 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Mahjong** 1:00 Entry Level Uke (Zoom only) 2:00 Ukulele Club (Zoom only)</p>	<p>As the Auld Year 31 Siddles oot the Door, An' meets the New Ane On the way, We turn oor thochts Tae friends an' kin, Both Hame an' far away</p> <p>Here's tae us a' Let's raise a glass, A Guid new Year, we say Enjoy yersels, Ring oot the bells An' HAPPY HOGMANAY</p> 




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Sterling Seniors

Open to all

Friday, December 17th
7:30 - 9:00 am
Celebrity Server:
Betsy Perry
Director, Sterling Library

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

\$3 suggested donation



MUFFIN MONDAY

8am till they're gone -
every Monday!

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enjoy a morning muffin and
share some banter with
old and new friends.

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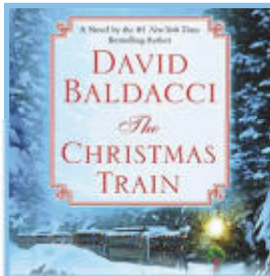


Thursday
Dec 9,
9:30 am

STIRLING OR STERLING ?



PRESENTED BY PAT FOX
Are you a history buff, or live in Sterling? Either way, you'll want to hear what Pat Fox has found out about our town's namesake, Lord Stirling. A successful businessman, patriot, and military general, Lord Stirling, among many inspiring military encounters, joined George Washington as he crossed the Delaware on Christmas Eve. Don't miss this presentation about a unique piece of our town history.



Book Club
December 15th 12:30pm
The Christmas Train
by David Baldacci

OPEN COLORING

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



Thursdays 1:00pm
at Princeton SC

Email Lane at biocioloh@comcast.net



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



Peter Cummings offers
technical help through
in-person meetings.
Call for appointment
978-422-3032

HISTORY CLUB

HOW TO HIDE AN EMPIRE

A HISTORY OF THE GREATER UNITED STATES



**DANIEL
IMMERWAHR**

How to Hide an Empire

Daniel Immerwahr

Part II: December 2nd 9:30am

Registration encouraged

We are familiar with maps that outline all 50 states. But what about the territories — the islands, atolls, and archipelagos — this country has governed and inhabited?

Jan 6 — Leadership in Turbulent Times

by Doris Kearns Goodwin



Entry Level

Thursdays 1:00 - 1:45 pm

Contact Joan at

jonesy1932@aol.com

Lender ukes available!

Free Classes

Ukulele Club

Thursdays 2:00 - 3:00 pm

with Zoom option

Contact Nancy at

nancyhp246@gmail.com

Open Strumming

Mondays 3:00 - 4:00 pm

GAME DAY

CRIBBAGE 12:30PM

DOMINOES 12:30PM

PITCH 1:00PM



New for December



\$3 per session



Wednesdays, 4-7pm
Inside at First Church
Mask mandate, per Church
Registration Required

Join the Pickleball Phenomenon — the fastest growing sport in Worcester County!



Mondays at
1:00pm
Cards \$1 each



PITCH PARTY!



First Saturday of the month.
Limited to 40 players.
Mask mandate.
No food or drink service.

Registration Required
- call 978-422-3032

Be courteous, and call to cancel if unable to participate :)



In partnership with Sterling Grange



New Time Pilates New Instructor

Join Mary from The Core Connection

Tuesdays at 8:15am

Chair and Mat
combined class

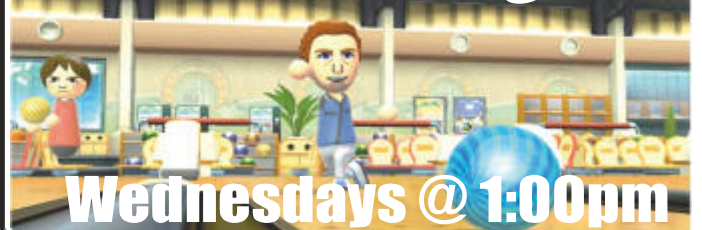
Come In and Give it a Try!!

First
Class
Free
then \$5

THE
CORE CONNECTION
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Wii Bowling



Wednesdays @ 1:00pm

Acrylic Painting

Thursdays 1:00pm \$5.00

Learn a new craft...

Join a great group who are learning a new skill in painting and creating!

New Members Welcome

Tai Chi

Mondays at 8:30am

In person at 1835 building plus Zoom
(inside shoes required)

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

ID: 893 4620 4723 Password: 839376

Newcomers welcome.

Call 978-422-3032 to join!

Going Steady

Fridays at 10:00am

Learn the tricks of fall prevention

For all levels.



Meditation with Cindy

Mondays
Dec 6 & 13
5:30pm

Connecting
with our
Body



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SCAM ALERT!

Beware of Imposter Scams

If you receive a call from an individual who says they are representing a telephone, cable or internet service provider informing you that you need to update or replace your cable, phone or internet equipment and that because you are a senior you are eligible for a discount, you should **HANG UP!**

Some consumers are being called with offers of deep discounts on equipment if they pay immediately over the phone. **Don't fall for this scam!**

Warm-Me-Up Drive-Through ready for the Holiday Light Tour ! Saturday Dec 11 4 - 6 pm

Join Santa, the Sterling Strummers Ukulele Group and the Sterling Recreation Department for some cookies and hot cocoa before taking a tour of Sterling's most festive homes! Enjoy the holiday music, collect your cookies and cocoa, receive your tour map and wave a cheery Hello to Santa. Masks required.



TAKE ME HOME PROGRAM

HELP US KEEP YOUR LOVED ONES SAFE

Do you have a loved one who may need special assistance in an emergency?

Is there information that will enable law enforcement to better understand their disability?

The Take Me Home Program is a confidential, local information system administered by SPD, designed to help those with autism, Alzheimer's, dementia, or any developmental disability by providing critical and timely information to law enforcement and first responders.

Registration forms are available online at www.sterling-ma.gov, or at the Sterling Police & Fire Depts, Town Hall, Senior Center, or Library.

A N D A W A Y W E G O T R A V E L

2021 - 2022 Trip List For age 50+ travelers

Sun, Dec 5	A Vanderbilt Christmas. A tour of the decorated Vanderbilt Mansion, lunch at Johnny's at Wyndham, Newport, then to La Salette Shrine for Father Pat's Christmas concert and lights festival.	\$109.00/pp
Sun, Feb 13 2022	Cabin Fever. Travel to Springfield. Begin with Sunday Brunch at the Student Prince, then visit The Amazing World of Dr. Seuss, The George Smith Art Museum, Springfield Science Museum, The D'Amour Museum of Fine Arts and the Wood Museum of Springfield History.	\$99.00/pp
Sun, Mar 13 2022	Incident at Our Lady of Perpetual Hope. A comedy about a good Irish Catholic family in the 1970s, delivering shenanigans, sins and sage advice. At the Stoneham Theater. Pre-show lunch at Chateau Restaurant, Burlington.	\$149.00/pp
Sat, Apr 9 2022	Peabody Essex Museum, Salem. Many new exhibits in the recent 40,000sf extension! Includes lunch at Finz Restaurant.	\$119.00/pp
October 14-20 2022	Charleston, Savannah & Jekyll Island. This is one of our larger trips. Flyers available with pricing, Covid waiver & insurance summary. If you have any questions about this trip call Fred Clark at 508-421-6882	

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 andawaywegottravel.gem@gmail.com

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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Friends of Sterling Seniors

**FUNDRAISER
DRAWING**

FRIDAY • 17 • DECEMBER
AT PANCAKE BREAKFAST!

Tickets \$5 At Senior Center Call 978-422-3032	Baskets, centerpieces, gift certificates and much more are on display at the Senior Center.	Winners will be contacted by telephone
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