

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

February 2024

Sterling Council on Aging Board Members

Chair: Kevin Beaupre

Vice Chair: Gail Bergeron

Secretary: Julie Hehir

Treasurer: David Cosgrove

Members:

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Deidre Shapiro

Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

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

Director: Sheila Beane

Outreach: Linda Chignola

Bonnie Decker

Ops/Vols Coord: Clare Felton

Kitchen Manager: Ruby Hall

Van Dispatch/Drivers:

Pam Dell

Paul Shaughnessy

Van Drivers:

Gary Hill

Kevin Lowe

Rob Seidel

Diane Sousa



♥ VALENTINE LUNCH ♥

♥ WEDNESDAY FEBRUARY 14 ♥
 11:30 AM

BAKED STUFFED SHELLS
 CHOCOLATE GANACHE STRAWBERRY CAKE

♥ RESERVATIONS REQUIRED ♥
 \$3 SUGGESTED DONATION

😊 PLEASE CHOOSE EITHER LUNCH OR DINNER 😊

The Evening Dinner Committee presents a

Valentine Dinner

Thursday
 February 15th
 5:30pm

Baked Stuffed Shells
 Specialty Dessert

Tickets \$5 ♥ Reservations Required



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

Randy Watson Peter Watson



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

SUPPORT OUR
ADVERTISERS!

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



CHRISTOPHER HEIGHTS
of Worcester

AN ASSISTED LIVING COMMUNITY

- Private Apartments • Financial Options Available
- Medication Reminders • Three Chef Prepared Meals Daily
- Housekeeping & Laundry Service • Full Social Calendar
- Daily Assistance with Personal Care Needs
- Dedicated Staff On Hand 24/7

508-792-1456

www.christopherheights.com



Call for a
no obligation
estimate of
your property

Call Catherine & Brian Kiernan at

617.538.3147

www.thekiernanteam.com



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com

(800) 477-4574 x6348

WE'RE HIRING! AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



Service Deserves
Its Rewards®



FIREFIGHTERS



LAW ENFORCEMENT



MILITARY



HEALTHCARE WORKERS



TEACHERS



Are you buying or selling a home? Let us reward you for your service!

Call us for a free consultation

Diane Casey-Luong 774-239-2937

Jo-Ann Szymczak: 774-230-5044



RE/MAX
VISION REALTY

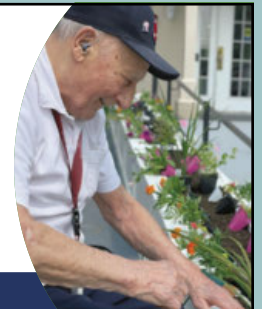


Independent, Assisted
living, memory care unit
and short term stays.

- Individual personal care plan
- Elegant dining room with fireplace
- Wellness programs and consultation
- On site rehab and hospice services available

Call Today- 978-537-1661

Located just off Route 2 in Leominster, MA.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Sterling Council on Aging, Sterling 06-5262

Wachusett Reservoir

Kathryn Parent,
MA DCR Division of Water Supply Protection

Thu
Feb 8
9:30am

At the time of construction, the Wachusett Reservoir was the largest public water supply reservoir in the world, and today is the second largest body of water in Massachusetts.

Hear the history of this massive project and how Wachusett Reservoir fits into supplying 3.1 million people with pure unfiltered drinking water.



You don't have to be a man to join a DMC meeting
.... Ladies welcome, dull or not !

REMINDER

To those of you who
made a reservation:

**Wachusett Area
Rotary Club**



**SENIOR VALENTINE
BREAKFAST**

Saturday Feb 10th, 8-10am



**February 5th
9:30am**



NASA Downlink February 9th

Join us at the Senior Center for a televised broadcast with astronauts on the International Space Station and Central Tree Middle School where students will be hosting a NASA downlink. The exact time will be announced nearer the event.

In-flight education downlinks are opportunities for students and educators to interact with astronauts aboard the International Space Station. Students will be submitting questions, and astronauts Loral O'Hara and Andreas Mogensen will be answering them live!

A unique opportunity for us to share this exciting program with CTMS students!

Join the Chocksett Peer Leaders for an Intergenerational event to make Valentine's Day gifts.

All are welcome to participate in this fun project!



Pancake Breakfast Fri, Feb 23, 7:30-9:00

Celebrity Server:

Elaine Clark, Owner

Nouveaux Riches Antiques & Vintage"

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

Open to All

\$4 Suggested Donation

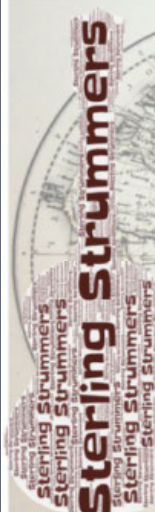
Sponsored by Friends of Sterling Seniors

Join Det Chase for Coffee with a Cop too!



FITNESS REIMBURSEMENT DOCUMENT REQUESTS

If you'll be claiming insurance reimbursement for 2023 fitness classes, please call us and we'll provide documentation of your expenses at the Senior Center.



WORLD UKULELE DAY

February 2nd, 1:00pm

The Sterling Strummers invite ukulele players of all ages and abilities to bring their ukuleles and join in a celebration of World Ukulele Day.

SPECIAL EVENTS

| | | |
|--------|---------------|--|
| Feb 2 | 1:00-2:00 pm | World Ukulele Day Celebration <i>All ukulele players welcome</i> |
| Feb 5 | 9:30 am | Peer Leaders Valentine Gifts |
| Feb 9 | TBA | Central Tree School & NASA broadcast |
| Feb 9 | 1:00 pm | Make & Take Valentine Soaps <i>Reservations Required</i> |
| Feb 13 | 12:00-1:00 pm | Mobile Market (monthly, second Tuesday) ** NEW TIME ** |
| Feb 14 | 11:30 am | Valentines Lunch <i>Reservations Required</i> |
| Feb 15 | 5:30 pm | Valentines Evening Dinner <i>Tickets \$5</i> |
| Feb 19 | CLOSED | Closed in observance of Presidents Day |
| Feb 23 | 7:30-9:00 am | Pancake Breakfast / Fat Daddy's / Coffee with a Cop |
| Feb 26 | 11:45 am | Birthday Cake for all February birthdays! |

ONGOING - see calendar for exercise programs

| | | |
|-----------|----------------|--|
| Feb 1 | 8:00 am | POOL all day every day! |
| Feb 1 | 8am-4pm | Bread Pickup (weekly on Thursdays) |
| Feb 1 | 9:30 am | History Club (first Thursday of month) |
| Feb 1 | 12:30 pm | Acrylic Painting \$5 (weekly on Thursdays) **NEW TIME ** |
| Feb 1 | 1:00 pm | Mahjong (weekly on Thursdays) |
| Feb 1 | 1:00 pm | Beginner Ukulele (weekly on Thursdays) |
| Feb 2 | 9:00 am-noon | Ladies' Pool (weekly on Fridays) |
| Feb 2 | 8:00 am-noon | Veterans Services Office (weekly on Fridays) |
| Feb 2 | 9:30 am | Knitting Club (weekly on Fridays) |
| Feb 3 | 6:30 pm | Pitch Party <i>sponsored by Sterling Grange</i> |
| Feb 5 | 1:00 pm | BINGO (weekly on Mondays) |
| Feb 5 | 5:00 pm | Meditation \$5 (weekly on Mondays) |
| Feb 6 | by appointment | SHINE counseling |
| Feb 6 | 1:00 pm | Game Day (weekly on Tuesdays) |
| Feb 7 | 12:30 pm | Rummikub (weekly on Wednesdays) |
| Feb 7 | 1:00 pm | Van Shopping Trip (weekly on Wednesdays, <i>sign-up required</i>) |
| Feb 7 | 1:00 pm | Wii Bowling (weekly on Wednesdays) |
| Feb 8 | 9:30 am | Dull Men's Club (second Thursday of month) |
| Feb 8 | 2:00 pm | Ukulele Club (weekly on Thursdays) <i>No club on Feb 1</i> |
| Feb 12,26 | 2:00 pm | Ukulele - Men's Open Strumming |
| Feb 12,26 | 3:00 pm | Ukulele - Open Strumming |
| Feb 13 | 11:30 am | State Office Hours (third Tuesday of month) |
| Feb 16,17 | 9-11:00 am | Food Pantry |
| Feb 21 | 12:30 pm | Book Club <i>America's First Daughter</i> |

WELLNESS

| | | |
|-----------|----------------|--|
| Feb 2 | 10:00 am | Going Steady (weekly on Fridays) <i>Sponsored by LCU</i> |
| Feb 2 | 1:00-2:00 pm | Caregiver Program <i>registration suggested</i> |
| Feb 5 | 10:00 am | Guys & Gals Fitness with Marty (weekly on Mondays) |
| Feb 7,21 | by appointment | Foot Clinic \$55 to FC Nurse |
| Feb 14 | 9:30-11:30 am | Keep Well Clinic <i>with Nurse Lenny</i> |
| Feb 14,28 | 3:30-5:00 pm | Parkinson's Support (second and fourth Wednesdays) |
| Feb 28 | 12:30-2:30 pm | Chair Massage <i>by appointment only</i> |



You may be eligible for the Circuit Breaker Tax Credit

For tax year 2023 the max credit amount is \$2,590.

- You must be a full- or part-year MA resident
- You must be 65 or older by December 31, 2022
- You must own or rent residential property in MA and occupy it as your primary residence
- Income no more than \$69,000 for single non-head of household, \$86,000 for head of household, \$103,000 for married filing jointly

You must file a Mass personal income tax return with Schedule CB. More information is available at <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>



The Medicare Advantage Open Enrollment Period occurs each year through March 31, and it is available to people who are currently enrolled in a Medicare

Advantage plan (HMO or PPO).

One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan. Call for assistance!

parkinson's IN THIS TOGETHER

February 14 & 28 3:30 - 5:00pm

In person support with Zoom option

Please contact Joe at 508-335-0672 or northworceparkies@yahoo.com

For the safety of all
SLOW DOWN
in the parking lot!

FOLLOW THE ARROWS!

Counter-clockwise

FY 2024 Property Tax Exemptions

You may be eligible to reduce a portion of your real estate taxes if you meet qualifications for one of the personal exemptions allowed under Massachusetts law. If you meet all the qualifications for a personal exemption as of July 1, you may file. Your application must be filed by December 15 or 3 months after actual bills were mailed for the fiscal year (Apr 1). Call the Assessors' office with any questions regarding application at 978-422-8111 ext 2313.

Contact Outreach to see whether you qualify and for application assistance.



Known as Fuel Assistance, the **Low Income Home Energy Assistance Program** provides eligible households with help in paying a portion of winter heating bills.

Homeowners and renters, even if the cost of heat is included in the rent can apply.

A single person with gross income below \$45,392 or a two-person household with gross income below \$59,359 can apply.

Contact our Outreach staff for assistance.



CAREGIVER PROGRAM

Fri Feb 2, 1:00-2:00pm

A peer directed support meeting facilitated by Eileen Brooks from Sterling Village, including a supervised activity for your loved one while you attend.



STATE OFFICE HOURS

Meet a representative from the office of Senator Peter Durant

February 13, 11:30-12:30
at Sterling Senior Center




Veterans' Services

Fridays 8:00am-noon
at the Senior Center

If you need help outside of these times, please call
978-534-7538

FEBRUARY CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| <div> <div>Snow Policy</div> <div> <p>If Wachusett (WRSD) schools are closed for the day, there will be no programming (including meals) at the Center.</p> <p>For delayed openings, the Center will open at <i>lunch</i>. (Scheduled van lunch rides will take place.)</p> <p>For early closings, the Center will close <i>after</i> lunch.</p> <p>When in doubt, be safe! Call us first.</p> </div> </div> | | | | |
| <div>5</div> <div> 8:00 Muffin Monday 8:30 Tai Chi 9:30 Peer Leaders 10:00 Fitness 11:30 Pulled Pork 1:00 Bingo 4:00 Pickleball 5:00 Meditation </div> | <div>6</div> <div> 8:15 Pilates 9:30 SHINE 9:30 Line Dancing 11:30 Baked Chicken 1:00 Game Day </div> | <div>7</div> <div> 8:30-2:30 Foot Clinic 9:30 Chair Yoga 9:30 SHINE 11:30 Paula's Steamed Dogs 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball </div> | <div>8</div> <div> 8 - 4 Bread Pickup 9:30 Dull Men's Club 11:30 Tuna Salad 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 COA Board Mtg </div> | <div>9</div> <div> 8:00 VSO Hours 8:30 NASA Broadcast 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Make & Take </div> |
| <div>12</div> <div> 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Meatloaf 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation </div> | <div>13</div> <div> 8:15 Pilates 9:30 Line Dancing 11:30 Pork Tenderloin 12:00 Mobile Market 11:30 State Office Hrs 1:00 Game Day </div> | <div>14</div> <div> 9:30 Keep Well Clinic 9:30 Chair Yoga 11:30 Valentine Lunch <i>Reservations Required</i> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support </div> | <div>15</div> <div> 8 - 4 Bread Pickup 11:30 Chicken Royale 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 Evening Dinner </div> | <div>16</div> <div> 8:00 VSO Hours 9 - 11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord </div> |
| <div>19</div> <div>  </div> | <div>20</div> <div> 8:15 Pilates 9:30 Line Dancing 11:30 Tim's BBQ Chicken 1:00 Game Day </div> | <div>21</div> <div> 8:30-2:30 Foot Clinic 9:30 Chair Yoga 11:30 French Onion Soup 12:30 Rummikub </div> | <div>22</div> <div> 8 - 4 Bread Pickup 11:30 Smorgasbord 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club </div> | <div>23</div> <div> 7:30 Pancake Breakfast 7:30 Coffee with a Cop 7:30 Fat Daddy's 8:00 VSO Hours </div> |

| | | | | | |
|---|--|--|---|---|--|
|  | 26 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Turkey Dinner 12:00 Birthday Cake 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation | 27 8:15 Pilates 9:30 Line Dancing 11:30 Pork chops 1:00 Game Day | 28 9:30 Chair Yoga 11:30 Corn Chowder 12:30 Chair Massage 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball | 29 8 - 4 Bread Pickup 11:30 Salisbury Steak 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 12:30 Acrylic Painting | 12:30 Acrylic Painting 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady |
| | Fees for Yoga & Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Indoor Pickleball \$5 | | | | |



Foot Clinic
Footcare By Nurses

New fee - \$55 per session.
Our Foot Clinic is extremely popular!
New client signup for Sterling residents only.
All others please call FBN 978-296-8449.

Feb 7 & 21

KEEP WELL CLINIC
VNA Care




February 14th
9:30-11:30

- Appointments and walk-ins
- Now offering blood sugar tests

Call us to make an appointment
978-422-3032

New Personal Care Appointment Hours!

For privacy and peace of mind, all personal care appointments have been moved to Wednesdays and will be in the HEALTH office.

Footcare by Nurses
1st & 3rd Wednesdays
VNA Visiting Nurse Lenny
2nd Wednesday
Chair Massage by Sherrill
4th Wednesday

Therapeutic Chair Massage

February 28
12:30pm - 2:30pm

\$10
10 mins

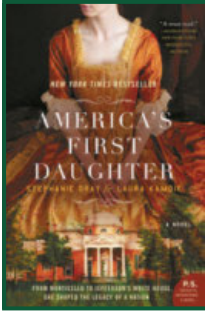


Sherrill Sasser LMT, CAT

New Appointment Hours!
Call to book your session today!

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

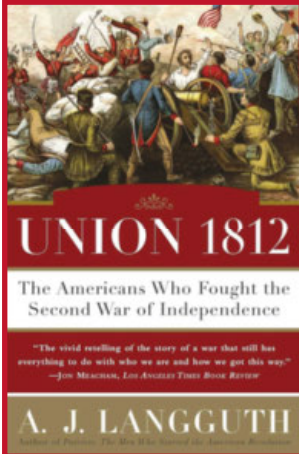
SUPPORT OUR ADVERTISERS!



America's First Daughter
by Stephanie Dray and Laura Kamoie
February 21 @ 12:30pm

A compelling novel that draws from thousands of letters and original sources, telling the fascinating story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph - a woman who kept the secrets of the enigmatic founding father and shaped an American legacy.

BOOK CLUB



HISTORY CLUB

Thursday, February 1 at 9:30am
Union 1812: The Americans Who Fought the Second War of Independence by A.J. Langguth

A gripping narrative that tells the story of the second and final war of independence that secured the nation's independence from Europe and established its claim to the entire continent.

The War of 1812 has been ignored or misunderstood. *Union 1812* illustrates why it takes its place as one of the defining moments in American history.

March 7: Presidential Courage by Michael Beschloss

Acrylic Painting
New Time !
Thursdays @ 12:30pm
\$5
New Members



Is your PC, tablet or cell phone driving you crazy?
 Get tech help on Tuesdays with Pete.
 Call to set up an appointment.

MAHJONG



Thursdays
1:00 pm



Monday 1pm
Cards \$1



Ukulele

Men's Strumming Mon 12,26 2-3pm
Open Strumming Mon 12,26 3-4pm
Beginners Thu 1-2pm
Ukulele club Thu 2-3pm



GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH

12:30
12:30
1:00

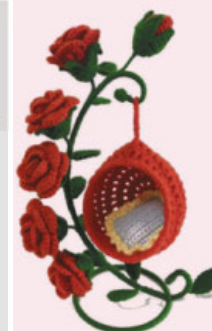


PITCH PARTY!



Sat, Feb 3
6:30pm

Sponsored by
 Sterling Grange



Knit Happens

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

YOGA

Our special Holistic Yoga program has sadly come to an end.

Due to the popularity of our current Chair Yoga programs, we are considering adding a new Yoga class to our schedule.

Look out for a questionnaire during our February Yoga classes, or pick one up at the Front Desk. We want your input, and we will create classes that will please as many people as possible

We want to hear from you! 😊

Mindful Meditation
Mondays at 5:00pm
with Carol McGuiggan

\$5

Open to All Ages

*Bookend your weekends
with Marty!*

Fridays at 10:00

Going Steady

Mondays at 10:00

Fitness

Free

No sign-up needed



Chair and Mat
combined class

Tuesdays
8:15am \$5

Yoga for EveryBody
chair yoga

Thursday, Feb 1st @ 9:30am

No reservations! No wait list!

\$5 drop-in fee

TAI CHI

MONDAYS AT 8:30AM

WITH SIFU GEORGE

Free



Indoor Pickleball
Mon & Wed, 4-7pm
First Church of Sterling
At capacity

\$5

Interested new players please visit the
Senior Center to be added to waitlist.



Pool Tables
available
all day

Bring your
friends to play!

Ladies' Pool

Fridays 9am - noon

Friendly! Fun!

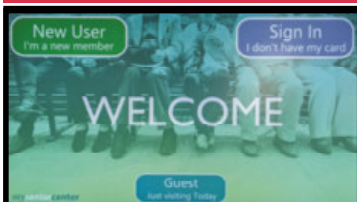
Wednesdays @ 1:00pm

Wii Bowling

LINE
DANCE

Tuesdays
at 9:30am

\$2



Did you sign in today?

Whether you are picking up bread, attending a class, playing pool, staying for lunch (or all four) it is very important that you sign in at our electronic kiosk. This lets us know you are here, but also importantly helps us run statistics that aid us in applying for grants, helps us

gauge popularity, plan future events, and more.

If you do not already have a keycard, please see a receptionist. For one-time visits you may sign in as a Guest. Thank you for taking a little extra time for us 😊

Mobile Market



INSIDE at Senior Center

Tue, February 13
12:00—1:00



Payment accepted: cash, credit/debit,
SNAP/HIP dollars

Free Bread Thursday 8am-4pm or until supplies last
Limit two loaves

Fat Daddy's Mobile Market
February 23rd
7:30—9:00 am

Hydroponic greens, lettuces, herbs, tomatoes, cheeses, cider, honey, more.



Need Transportation?

Our SSC vans are available Mon-Fri 8am to 4pm for the over-60 and the disabled populations.

Call **Mon-Fri 8:00am-11:00am** at 978-422-3032 to reserve a ride.

In addition, consider Mart Connects. Mart is open 5:30am-10:00pm daily for your evening and weekend rides and is available for all ages.

Call MART Mon-Fri 8:30am-4:30pm at **1-800-922-5636**
Option 3. Book at least 1 day ahead.

Mart One way cost
1-10 miles \$3
11-15 miles \$4
16-20 miles \$5

COMMUNITY LUNCH

Good food, Good company

**Sat. Feb 3
12 noon**

Van rides available
through Senior Center
Call 978-422-3032

**Chicken Stew. Salad
Brownie Sundae**

First Church in Sterling, 978-422-6657



Wachusett Food Pantry
50 Worcester Rd, Sterling
Seniors: Friday, Feb 16, 9-11 am
All: Saturday, Feb 17, 9-11 am
Please call Outreach for assistance

AND AWAY WE GO TRAVEL

2024 Trip List For age 50+ travelers

| | | |
|-------------|---|-------|
| Sat, Mar 16 | The Cher Show at the Boch Center Theater, including lunch at Maggiano's . | \$179 |
| Sat Apr 20 | The Play That Goes Wrong at the Majestic Theater, Springfield with lunch at Storowton Tavern on the grounds of the Big E. | \$149 |
| Sat, May 18 | The Downeaster to Portland At Haverhill Train Station, board Amtrak's Downeaster for a 1¾ hour ride to Portland. Lunch at the Muddy Rudder, Yarmouth, ME. | \$129 |
| Sat, Jun 22 | Newport Flower Show & Harbor Cruise Enjoy New England's premier flower show at Rosecliff Mansion. Lunch at Johnny's in the Wyndham Hotel, followed by a cruise of Newport Harbor. | \$159 |

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 andawaywegotravel.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.



Your Local Caring Funeral Home

**Your Advance Planning
Information Center**



1158 Main Street, Holden
508-829-4434
100 Worcester Road, Sterling
978-422-0100

**Richard Mansfield
Ricky Mansfield**
Funeral Directors
"Serving the Community of Sterling
Since 1896"



978-365-4537

www.RiverTerraceRehab.com
Short Term Rehabilitation

Call Today for a Tour
Cardiopulmonary Specialty Program
Four Star Overall Rating with Medicare
1675 Main Street, Lancaster, MA



THE LAW OFFICES OF MICHAEL D. GORMAN, LLC

*Specializing in: Special Needs Planning • Elder Law
MassHealth/Medicaid Applications • Trusts • Wills*



mike@mikegormanlaw.com • **www.mikegormanlaw.com** • **508-438-1198**

160 Doyle Road, Holden, MA

Check us out on



Regonini-Zoll Memorials



978-368-7539

**GRANITE • BRONZE
LETTERING • CLEANING**

626 Main Street, Clinton, MA 01510



Notown Goods Gift Shop
11 Main St, Sterling, MA
www.notowngoods.com
978-352-0800



SHORT-TERM REHABILITATION
LONG-TERM CARE • RESPITE CARE
WOUND CARE • HOSPICE CARE



CALL OUR ADMISSIONS DEPARTMENT TODAY FOR A TOUR! (978) 422-5111 EXT. 1229

Specialty Programs include Orthopedic Rehabilitation, Respiratory Therapy & Wound Care
Physical, Speech, Occupational and Respiratory Therapists On Site,
Private & Semi-Private Air Conditioned Rooms with Wi-Fi and Cable TV
Customized Care Plans to Assist Residents Reach Goals and Avoid Unnecessary Hospitalizations
Formal Dining Room, Beautiful, Secure Courtyard, Hair & Nail Services

*We are conveniently located within minutes of Route 2, I-90 and I-290, seven minutes from
downtown Worcester, and 25 minutes from Route 495*

18 Dana Hill Road • Sterling, MA 01564 | 978-422-5111 | **www.sterling-village.com**



Call us first! 978-302-8191

Helping seniors navigate the journey
to the next place they call home
www.simplywellseniors.com

We Provide:

Listing & selling of your home
Downsizing, de-cluttering & disposing
Organizing and sorting

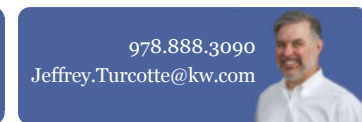
We'll Oversee and Manage:

Cleaning and waste removal
Donations or estate sales
Painting and handyman services



978.302.8191
KellyKurtz@kw.com

Kelly Kurtz, MBA
REALTOR® | Broker Associate | CSHP®



978.888.3090
Jeffrey.Turcotte@kw.com

Jeffrey Turcotte, MBA
REALTOR® | CSHP®

kw NORTH CENTRAL
KELLERWILLIAMS REALTY

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • **www.lpcommunities.com**

Sterling Council on Aging, Sterling

06-5262



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

PRSRT STD
U.S. POSTAGE
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



Make & Take Soaps for Valentine's Day
With Laurel

Friday, Feb 9 1:00pm

Heart & Flower Molds
Reservations Required

Free!