

# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

January 2020

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## 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



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



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Sterling Council on Aging, Sterling

06-5262



## ART RECEPTION JANUARY 2ND 6:00PM

### - VACATIONLAND - ELIZABETH CHIRICO

Elizabeth's love of photography, particularly travel & landscape, started as a somewhat cheaper alternative to trip souvenirs. During a college choral trip to Ireland in 2001, when film and print processing was still a thing, economy of space and financial constraints helped push Elizabeth to consider her personal photographs as her primary trip souvenir. From that trip, her love of travel photography took off and was made easier still with the advent of digital cameras.

No longer merely a cheap alternative to tacky souvenirs, Elizabeth loves seeking out new and exciting places to visit for food, culture and photographic reasons. Whether the US, Canada or Europe, Elizabeth loves finding the quiet moments to capture and is always fascinated by the differences in light across the globe. Elizabeth and husband, Anthony, look forward to introducing their 1-year old daughter to both photography and travel in the coming years.

## *Armchair Travel to Jordan* *January 16th 3:30pm* *Joyce Sinckley & Veda Ross*



How do two friends celebrate their 50th friendiversary? They leave everyone behind and take a bucket list tour to Jordan! Joyce and Veda will take you on their journey to visit the ancient city of Petra, camp in the desert with Bedouins, take a cooking class in Amman, climb crusader castles, walk Roman roads, walk in the footsteps of Lawrence of Arabia, sail on the Red Sea and visit spice markets across the country. Come and share in Joyce and Veda's adventures and experiences with the kind and welcoming people of Jordan.

**SPECIAL EVENTS**

Jan 2	6:00-8:00 pm	Artist's Reception: Elizabeth Chirico
Jan 7	10:00 am	Food Label Education
Jan 9	11:30 am	Slim Wronski's Birthday Celebration—sign up!
Jan 10	12:30 pm	Movement as Medicine—All-Access PT
Jan 13	8:30 am	Peer Leaders Tech Help
Jan 15	6:00 pm	Evening Comfort Dinner
Jan 16	3:30 pm	Armchair Travel: Jordan
Jan 31	11:00 am	Make & Take Valentine Décor

**JUST FOR FUN**

Jan 4	6:30 pm	Saturday Night Pitch sponsored by the Grange
Jan 10	12:00 pm	January Birthday Cake sponsored by Sterling Village
Jan 31	7:30-9 am	Pancake Breakfast sponsored by FOSS

**ONGOING PROGRAMS**

Jan 2	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Jan 2	1:30-2:15 pm	Beginners' Ukulele Lessons (weekly on Thursdays)
Jan 2	2:30 pm	Ukulele Club (weekly on Thursdays)
Jan 3	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Jan 6	9:15 am	SSC Singers (weekly on Mondays)
Jan 6	1:00 pm	Advanced Photography
Jan 7	9:30 am	SHINE by appointment
Jan 7	12:00-3:00 pm	Computer Help (weekly on Tuesdays) Sign up please!
Jan 8	9:30 am	Beginner's Acrylic Painting \$5 (weekly on Wednesdays)
Jan 10	1:00 pm	History Club: Thunderstruck
Jan 14	9:00 am	Dull Men's Club
Jan 15	12:30 pm	Book Club: "The Pilot's Wife" by Anita Shreve
Jan 27	2:30-4:00 pm	ALFA Modern Italian Literature

**WELLNESS PROGRAMS**

Jan 2	10 am--noon	BP Clinic sponsored by the Sterling EMS
Jan 2	2:00 pm	Going Steady (weekly on Thursdays)
Jan 6	6:00 pm	Meditation (weekly on Mondays)
Jan 8	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Jan 9,23	8:30 am	Foot Clinic by appointment, \$35 to FC Nurse, \$45 1st appt.
Jan 14	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Jan 15	3:30 pm	Parkinson's Support (monthly 3rd Wednesday)
Jan 27	10:30 am	MSNME Support Group (monthly 3rd Monday)
Jan 27	9:30-11:00 am	Caregivers Connect (at Clinton Senior Center)

**Fitness Reimbursement Document Requests**

If you'll be claiming insurance reimbursement for 2019 fitness classes, please sign up at the front desk and we'll provide documentation of your expenses at the Senior Center.

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



**The Montachusett Opportunity Council  
The New Food Label with Alex Welch, MA RDN, LDN  
January 7th at 10:00 AM**



Learn how to read the new food label so you can easily make great choices throughout your day. Find out which nutrients are most helpful for you. Also learn how to compare foods to make the right choices for your best health. Participants will receive a free gift of dried cherries or dried plums!



***Movement as Medicine: Exercise and Osteoporosis***  
presented by Leigh Weisse, PTA, CPT from All Access Physical Therapy  
***Friday January 10th at 12:30pm***

Join us for the next in this series of presentations designed to educate local seniors on common conditions that cause pain and limitation; as well as share techniques and exercises that can ease pain and keep you moving!

We will be covering osteoporosis, the most effective exercises methods to manage it, as well as nutrition, posture and lifestyle tips.



**Peer Leaders' Tech Day Monday Jan 13th 8:30 am**

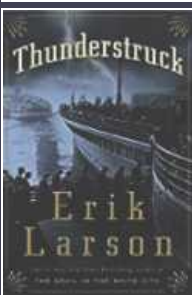
Tech Time with the Peer Leaders From Chocksett returns. Bring in your smart phone or tablet and our wonderful peer leaders will show us how to use them like a pro. The timing is perfect for any new devices we may have been gifted over the holidays!



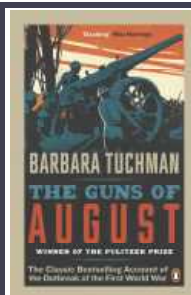
**Historical Model Trains Now Alive in a Sterling Collection  
Tuesday January 14th, 9:00 am**

Continuing a third generation "hobby" of antique train collecting, Richard Hopkins will share his passion with the DMC. Featured in The Boston Globe, and well known among Lionel train collectors, Richard will describe the rebirth of a decades-long family tradition displayed in the Hopkinsville Junction Model Railroad. You won't want to miss learning about his rare and historical family odyssey.

**History Club**




**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.



**Friday February 14th at 1pm**  
**The Guns of August by Barbara Tuchman**  
Bringing to life the people and events that led up to World War I.  
Discussion led by Maryanne Macleod.

# JANUARY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coffee served all day everyday in the dining room</p> <p><u>Exercise Fees</u>  Line Dancing \$2  Tai Chi \$5  Zumba \$5  Pilates \$5  Yoga \$5</p>	<p>Shopping Wednesdays @12:30</p> <p>1/8 Walmart Leom  1/15 Whitney Field  1/22 Walmart WB  1/29 Target</p>	 <p>1</p>	<p>2</p> <p>8:00 Zumba  9:00 Strengthen Yoga  10:00 BP Clinic  11:30 Pork Tenderloin  12:30 Acrylic Painting  1:30 Beginner Uke  2:00 Mahjong  2:00 Going Steady  2:30 Ukulele Club  6:00 Art Reception</p>	<p>3</p> <p>8:00 VSO Hours  9:30 Knitting and Crocheting  9:30 Pilates  11:30 Smorgasbord  Closed 2:00 pm</p>
<p>6</p> <p>8:30 Tai Chi  9:15 SSC Singers  10:00 Oriol Fitness  11:30 Chicken Veg Soup  1:00 BINGO  1:00 Advanced Photo  3:00 Open Strumming  4:00 Pickleball  6:00 Meditation</p>	<p>7</p> <p>8:00 Chair Pilates  9:00 Dull Men's Club  9:30 SHINE  9:30 Line dancing  9:30 Open coloring  10:00 Food Label Ed  11:30 Spinach Chicken Parmesan  12:00 Computer Help  12:30 Game day</p>	<p>8</p> <p>9:30 Beginners Acrylic  9:30 Gentle Chair Yoga  10:00 Walking Club  11:30 Black Bean Soup  12:30 Van shopping trip  12:30 Rummikub  1:00 Wii Bowling</p>	<p>9</p> <p>8:00 Zumba  9:00 Strengthen Yoga  9:00 Foot Clinic  11:30 Slim's Birthday Luncheon - Sign Up  12:30 Acrylic Painting  2:00 Mahjong  2:00 Going Steady</p>	<p>10</p> <p>8:00 VSO Hours  9:30 Knitting and Crocheting  9:30 Pilates  11:30 Smorgasbord  12:00 Birthday Cake  12:30 Movement as Medicine  1:00 History Club  Closed 2:30 pm</p>
<p>13</p> <p>8:30 Tai Chi  8:30 Peer Leaders  9:15 SSC Singers  10:00 Oriol Fitness  11:30 Chicken &amp; Broccoli Cheese Soup</p>	<p>14</p> <p>8:00 Chair Pilates  9:00 Dull Men's  9:30 Line dancing  9:30 Open Coloring  9:30 Elder Well Clinic  11:30 Sausage,</p>	<p>15</p> <p>9:30 Beginners Acrylic  9:30 Chair yoga  10:00 Walking Club  11:30 Corn Chowder &amp; Ham Sandwich  12:30 Van shopping trip</p>	<p>16</p> <p>8:00 Zumba  9:00 Strengthen Yoga  11:30 Pizza Casserole  12:30 Acrylic Painting  12:30 Jingo  1:30 Beginner Uke</p>	<p>17</p> <p>8:00 VSO Hours  9:30 Knitting and Crocheting  9:30 Pilates  11:30 Smorgasbord</p>

1:30 BINGO 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	peppers and onion sub 12:00 Computer Help 12:30 Game Day	12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support 6:00 Evening Dinner	2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 3:30 Armchair Travel	Closed 2:00 pm
<b>CLOSED</b> 	8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring <b>11:30 Chicken BBQ</b> 12:00 Computer Help 12:30 Game day	9:30 Beginners Acrylic 9:30 Chair yoga 10:00 Walking Club <b>11:30 Shepherd's Pie</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic <b>11:30 Pork Soup</b> 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club	24 8:00 VSO Hours 9:30 Pilates 9:30 Knitting and Crocheting <b>11:30 Smorgasbord</b>  Closed 2:00 pm
8:30 Tai Chi 9:15 SSC Singers 9:30 Caregivers in Clinton 10:00 Oriol Fitness 10:30 MSNME <b>11:30 Split Pea Soup</b> 1:00 BINGO 2:30 ALFA 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring <b>11:30 Chicken Noodle Casserole</b> 12:00 Computer Help 12:30 Game day	9:30 Beginners Acrylic 9:30 Chair yoga 10:00 Walking Club <b>11:30 Fish Sandwich &amp; Corn Chowder</b> 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball	8:00 Zumba 9:00 Strengthen Yoga <b>11:30 Smorgasbord</b> 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club	31 <b>7:30—9:00 Pancake Breakfast</b> 9:30 Pilates 11:00 Make & Take  Closed 2:00 pm



**SUPPORT THE ADVERTISERS**  
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**MSNME Support**  
**Monday January 27th at 10:30 am**  
**Donna Clark, facilitator**

To refresh the MS people in mind, body and spirit. To inspire moments of optimism and happiness through our thoughts and actions. To reinvent how people share knowledge, tell stories, and inspire others to do the same.



**SUPPORT GROUP**  
**January 15th @ 3:30 pm**

We are an open group for people with Parkinson's and their caregivers and care partners. We often have speakers who bring us news about new and existing medicines or procedures for people with Parkinson's. We also have a group round table for people to bring up any Parkinson's related issues or insights they might have. The group is facilitated by the chief Parkie Joe O'Connor who is a certified Parkinson's exercise trainer.

We hope to see you at an upcoming meeting !  
 508-335-0672 or [northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)

**Caregivers Connect meets the last**  
**Monday of the month 9:30—11am**  
**January 27 at Clinton Sr Ctr**  
**February 24 at Sterling Sr Ctr**  
**Clyde Wheatly, facilitator**



Caregiving can be an emotional roller coaster. On the one hand, caring for a family member or friend demonstrates love and commitment and can be a very rewarding personal experience. On the other hand, exhaustion, worry, inadequate resources, and continuous care demands are enormously stressful.

Remember, it is not selfish to focus on your own needs and desires when you are a caregiver; it is an important part of the job. So, start this New Year with a commitment to connect, learn from and share with others. Drop in. Light refreshments served.

## Birthday Cards Needed

Donate your unused cards to the Senior Center. We'll use them to brighten the birthday of a Sterling senior!







Friday Jan 31st at 11 am  
Free program  
but sign ups required

Let's spend the last day of January preparing for our favorite February holiday, Valentines Day. We will paint jars and vases and fill them with handmade colorful paper flowers.



**Beginner's Acrylic Painting**  
**New Session starting**  
**Wednesday January 8th**  
**9:30 am \$5 drop in fee**

### Going Steady

The most fun balance class in Central MA !!

Drop in and give it a try!

This 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 FOSS (Friends of Sterling Seniors).



### SSC Singers

Mondays 9:15-10:00am,

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



### Game Day Tuesdays at 12:30pm

In addition to Dominoes, Cribbage & Bridge ...



**we are now starting Pitch !**

1:00pm start \$2.00 fee



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.

## Evening Comfort Dinner

Wednesday January 15th at 6pm

\$5 ticket must be purchased by noon on Jan 13th

Italian Themed Trivia Fun

so bring your friends to play!

Transportation Available

Working seniors are encouraged to attend our evening dinners. Learn about your Senior Center!



Do you like to drive? Do you have a few hours to spare driving a Sterling resident to a doctor's appointment, the pharmacy or perhaps just to run an errand? See Clare to be one of our volunteer drivers. Not only do you get to help a neighbor, you also get to drive our electric car!!

Friday, January 31st 7:30 - 9:00



Celebrity Server:  
Paul Lyons,  
DPW Superintendent

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

\$3 suggested donation. Open to all.  
No reservations.

## Wachusett Food Pantry

Seniors: Friday Jan 17, 9-11am

All: Saturday Jan 18, 9-11am

Call Nickole at Senior Center for assistance.



## Community Lunch at First Church

January 4th at noon

Transportation available 978-422-3032

## 2020 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
Jun 14-15	Two-day Mystery Tour, somewhere along the Eastern Seaboard, one of the New England states or New York.	\$339 pp/double \$399 pp/single
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
Sun, Nov 9	The Mousetrap, Agatha Christie's mystery play at the Ivoryton Playhouse, CT. Includes lunch at the Griswold Inn, Essex CT.	\$130 pp

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

All trips include gratuity for driver and escort. Also included in the price of day trips is cancellation waiver. You will receive a refund minus the \$5.00 built-in cancellation fee; if there is a theater ticket involved refund will be minus ticket cost and the \$5.00 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.





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**Celebrate Slim Wronski's 100th Birthday!**  
**Thursday January 9th**  
**Luncheon at 11:30am    Reservations Required**  
**All invited for cake at 12:15pm**

**Lifelong resident Slim (Edmund) Wronski turns 100 on January 4th, 2020!**

Slim and his four brothers were raised on Joseph A. Wronski's farm on Redemption Rock Trail in Sterling. They tended the farm using horse drawn cultivators, planters and wagons. The Wronski farm included an ice house right behind the milk room to store ice, which the family would harvest from the Stillwater River every year.

When Slim and his wife Helen (Wiinikainen) were in their 20s, Slim's father walked with him to a property on Princeton Road. Standing on the hill overlooking the Stillwater River, Slim's father said, "Slim, build a house for Helen here." Every day after work at a wire mill in Worcester, Slim worked on the house with Helen, using hand cut logs for lumber and rocks picked from nearby fields.

Slim worked at Crompton and Knowles in Worcester, and later for the Town of Sterling at the Water Department, the DPW, and as a carpenter. He is known for sharing his knowledge. Slim and Helen raised a girl and two boys, Jean, Richard, and Joe in a well structured and disciplined home environment.

Slim loves fishing, and has taught many others to fish, sharing the flies he tied. He learned to carve wood, and taught many others with Central Mass Caricature Carvers.

Slim still lives at the house he built on Princeton Rd.

