

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

January 2021

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Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Thu 8 - 4,
Fri 8 - 2



Halloween



Bye-bye Melissa



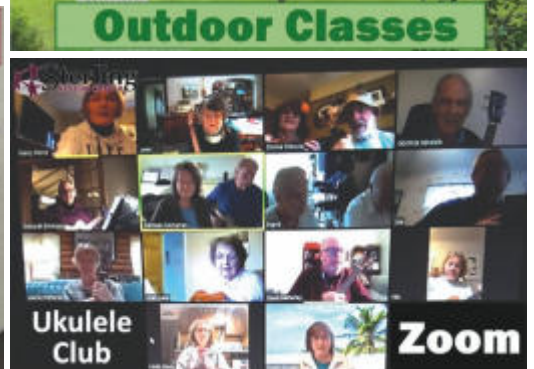
Outdoor Classes



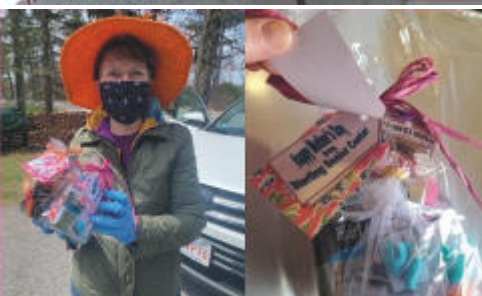
BINGO



Made by Volunteers



Ukulele Club Zoom



Mother's Day Deliveries



Flu Clinic



Home Cooked & Delivered

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

Peter Watson



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Celebrating National Bagel Day and National Hat Day with a Bagel Grab n Go

Friday Jan 15th from 9—9:30

Open to all

Register in advance at 978-422-3032

Wear a crazy hat if you would like your picture posted on Facebook or our YouTube channel!

****A special prize for one crazy hat wearer!****

In the event of snow or icy conditions, we will reschedule the Grab n Go's.
When in doubt, don't go out! Call us!!

Luncheon Grab n Go Pot Roast

Wednesday January 20th

11—11:30

Register in advance at 978-422-3032

Open to all



Grab 'n' Go Notice

We often have between 100—150 sign ups for our Grab 'n' Go events. We have been able to handle this nicely (without a traffic jam or a backup on Muddy Pond Road) because you have all been so cooperative in spacing out your arrival times throughout the half hour window.



New to Grab 'n' Go? Drive around back of parking lot to check in station. Roll down passenger window (front or back seat) or open trunk. Our volunteers will place meals in your car. This is contact free delivery!



Wachusett Area Rotary Club's complimentary

SENIOR VALENTINE GRAB & GO LASAGNE DINNER

Sunday February 14th 3-4pm

Pick-up at Sterling Senior Center

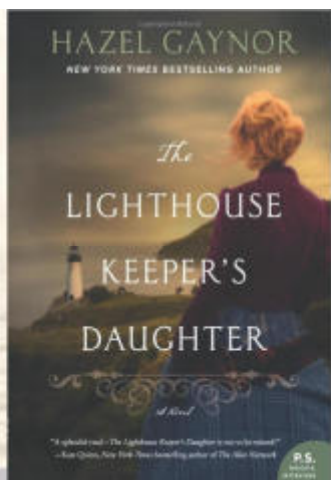
All meal reservations are required through

Holden Senior Center at 508-210-5570 by Friday, February 5th.

Dinners prepared by The Manor Restaurant.

**January
Book Club
Discussion
Group**

**Wednesday
20th
1:30pm**



**Zoom
Meeting ID:
862 9298
698
Passcode:
919327**



BINGO goes virtual!

Join us for new Zoom Bingo
1:30pm
Mondays January 11 & 25
Tuesday 19

Call to reserve your BINGO cards
at 978-422-3032

Pick up January cards at \$1 each
Thursday Jan 7th at 12-1pm

Weekly Prizes!

Join Zoom Meeting

[https://us02web.zoom.us/
j/89538527554](https://us02web.zoom.us/j/89538527554)

Meeting ID: 895 3852 7554
One tap mobile
+19292056099



**Patricia Campbell
Director
Conant Public Library**

Tuesday January 12th at 1:45pm

Pat will be discussing the array of services the library can offer to the public.

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

Meeting ID: 869 5429 0209

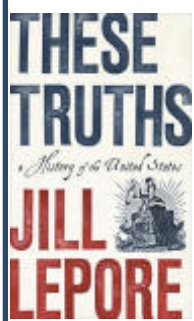
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Call 978-422-3032

New to Zoom?

Join the meeting early at 1:30pm to learn the basics of Zoom — how to change your display, mute & unmute, raise your hand, etc., so that you can enjoy the presentation worry-free.

HISTORY CLUB



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

Friday January 8th at 9:30am

Part III, led by Bob Kimball.

[https://us02web.zoom.us/
j/89538527554](https://us02web.zoom.us/j/89538527554)

Zoom Meeting ID: 895 3852 7554

Ukulele Club

Beginners Class

Wednesdays at 9:30am via Zoom

Contact Joan at jonesy1932@aol.com

**Intermediate/Advanced
Club**

Thursdays at 1:30pm via Zoom

Contact Nancy at nancyhp246@gmail.com



Peter Cummings offers technical help
through phone and online meetings.
Tuesdays 12-3pm Call 978-422-3032

Worried about participating because you're new to Zoom?

Call us to schedule a 10-minute how-to session.

We'll walk you through joining a meeting, changing your display, muting and unmuting, etc., so that you can enjoy a meaningful presentation, class or discussion.

Zoom Chair Yoga with Katie

Wednesdays at 9:30am

Appropriate for all levels

A fun new class for \$2!

Bring to class a chair, mat, strap (a tie, belt or scarf) plus blocks if you want to use them.

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

Zoom Meeting ID: 895 3852 7554

New to Zoom? Call for an e-mail with [clickable link](#).

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

Tai Chi

Mondays at
8:30am

Newcomers welcome.

Call 978-422-3032 to join!

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

Meeting ID: 895 3852 7554

\$2 fee

Fitness Reimbursement Document Requests

If you'll be claiming insurance reimbursement for 2020 fitness classes, please call us and we'll provide documentation of your expenses at the Senior Center.

Armchair Travel with Veda Ross On Safari in Kenya & Tanzania


January 22nd at 10:30am


Zoom Meeting ID: 895 3852 7554

For her 70th birthday, Veda Ross went on safari alone. An avid photographer with a passion for wildlife, Veda will take you on safari through Kenya and Tanzania, with a special stop on the island of Zanzibar.

Experience game drives in the early morning and late afternoon as you traverse open plains, forests and streams. See the vast herds of zebra, wildebeest; marvel at the size of elephant and giraffe; be amazed at the beauty of lions and cheetah. Relax at night in wonderful lodges where you can luxuriate in hot showers and wonderful food, and still hear the jungle all around you. Meet hospitable, knowledgeable and dignified people everywhere. Finally, end your journey with a visit to Zanzibar on the Indian Ocean and experience spice farms, ruined palaces, incredible local art, and surprising history, and reflect that age is no barrier to adventure.

JANUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Zoom only</p> <p>** In-person. Mask and social distancing required.</p>	<p>We are currently providing Grab & Go or home-delivered lunches for those seniors who require a little extra help with meal preparation.</p> <p><i>The January 20th Grab 'n' Go is open to ALL</i></p>			<p>1</p> 
<p>4</p> <p>8:30 Tai Chi*</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness & Yoga*</p> <p>Vegetarian Chili & Cornbread</p>	<p>5</p> <p>8:00 Bread Pickup</p> <p>Fish Italiano</p> <p>12-3 Tech Help (Zoom or phone)</p>	<p>6</p> <p>9:30 Beginner Ukulele*</p> <p>9:30 Chair Yoga*</p> <p>Hot Dog, Beans & Slaw</p> <p>3:30 Parkinson Support*</p>	<p>7</p> <p>Chicken Parmesan</p> <p>12-1 BINGO Card Pickup</p> <p>1:30 Ukulele Club*</p>	<p>8</p> <p>9:30 History Club*</p> <p>Smorgasbord</p>
<p>11</p> <p>8:30 Tai Chi*</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness & Yoga*</p> <p>Veg Soup & Chicken Salad Sandwich</p> <p>1:30 BINGO*</p>	<p>12</p> <p>8:00 Bread Pickup</p> <p>9:30-11:30 Elder Keep Well Clinic**</p> <p>Turkey à la King</p> <p>12-3 Tech Help (Zoom or phone)</p> <p>1:30 Dull Mens'*</p>	<p>13</p> <p>9:30 Beginner Ukulele*</p> <p>9:30 Chair Yoga*</p> <p>Lasagna</p> <p>3:30 Parkinson Support*</p>	<p>14</p> <p>8:30-1:30 Foot Clinic**</p> <p>Beef Stroganoff</p> <p>1:30 Ukulele Club*</p> <p>5:30 COA Board Mtg</p>	<p>15</p> <p>9:00 Bagel Grab n Go</p> <p>9:00 Food Pantry</p> <p>Smorgasbord</p>

<p>Dr. Martin Luther King 18 HOLIDAY</p>  <p>EVERYBODY can be great. Because ANYBODY can SERVE. You only need a HEART full of grace. A SOUL generated by LOVE.</p> <p>REMEMBER! CELEBRATE! ACT!</p>	<p>19</p> <p>8:00 Bread Pickup Chicken Marsala Casserole 12-3 Tech Help (Zoom or phone) 1:30 BINGO*</p>	<p>20</p> <p>9:30 Beginner Ukulele* 9:30 Chair Yoga* 11-11:30 Grab n Go Pot Roast 1:30 Pick up card packets 1:30 Book Club* 3:30 Parkinson Support*</p>	<p>21</p> <p>Fish 'n' Chips 1:30 Ukulele Club*</p>	<p>22</p> <p>10:30 Armchair Travel* Smorgasbord</p>
<p>25</p> <p>8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Ham Dinner with stuffed Sweet Potato 1:30 BINGO*</p>	<p>26</p> <p>8:00 Bread Pickup Barbecue Chicken 12-3 Tech Help (Zoom or phone)</p>	<p>27</p> <p>9:30 Beginner Ukulele* 9:30 Chair Yoga* Paleo Meatloaf 1:30 Card Workshop 3:30 Parkinson Support*</p>	<p>28</p> <p>8:30-1:30 Foot Clinic** Cheesesteak Sub with French Onion Soup 1:30 Ukulele Club*</p>	<p>29</p> <p>Smorgasbord</p>

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

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY



Zoom meetings every Wednesday at 3:30pm
Please contact Joe at 508-335-0672 or
northworcparkies@yahoo.com

Free Cloth Masks!

Our volunteers are still making masks!
Call us if you need one. 978-422-3032.
Face masks or face coverings are required in
all public places .
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.

INDIVIDUALIZED SUPPORT SERVICES

Caregiver support

Call Sterling Senior Center at 978 422 3032
or Stacey Rutherford, our caregiver support
facilitator at 508 577 2017

Grandparents raising Grandkids

E-mail Patricia Keay at pat.keay@gmail.com

Alzheimer Support

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learn how to download
free materials visit
www.sterlinglibrary.org

TRANSPORTATION SERVICES

**Calls requesting transportation are accepted
between 8 - 11am Mon–Fri
Please call during those hours!**

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.

What if I missed the Medicare Open Enrollment Period?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

If you want to take advantage of any of these opportunities to change your plans or be screened for assistance, call us to set up a SHINE appointment to talk you through the process and any consequences of changing plans.

IMPORTANT INFORMATION REGARDING STERLING SENIOR CENTER SERVICES

At the present time, the Senior Center is open for "essential" service appointments that require in person attendance: the Foot Clinic and the Elder Keep Well Clinic.

All other programs and services will be conducted by telephone, by remote platform or by prearranged parking lot visits.

As a community, we have all become very creative in "getting things done."

So, no matter what the need, CALL US ! 978-422-3032 Together, we will figure it out.



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 January 14 or 28, or February 11 or 25.

ELDER KEEP WELL CLINIC

January 12th, 9:30-11:30 am

VNACares

By appointment only

Call 978-422-3032 to make a reservation.

Appointments for Blood Pressure only also available.



SMLD Medical Priority List

Do you use life-support equipment?

Sterling Municipal Light Department maintains a list of people who, for medical reasons, are given priority for service restoration. The list is updated regularly to enable the SMLD to better assist those most in need.

To be placed on the priority list, individuals who depend on electricity for life-support equipment should contact the SMLD annually, and include the type of medical equipment required and the estimated time the equipment will run on backup power.

In the event of widespread outages, being on the list is not a guarantee of early service restoration, and people who depend on electrical equipment for a medical necessity should always have alternate plans in place in case the power goes out for an extended amount of time. This may include a backup power source, extra medical supplies or an alternate location until the outage is over.

For further information, call SMLD at 978-422-8267



Do you love the cold and the snow but have a warm and sunny personality?
Ask about volunteering to deliver our Monday muffins.
Call Clare 978-422-3032

Wachusett Food Pantry

Seniors: Friday Jan 15, 9-11am

All: Saturday Jan 16, 9-11am

Call Nickole at the Senior Center for assistance.



Muffin Monday Nominations

Nominate a special someone who deserves some recognition, is really missing friends and family, or just needs a cheer-me-up! They'll get a Monday Muffin Surprise and an appropriately distanced Friendly Visit courtesy of SSC kitchen staff & volunteers!

Call 978-422-3032 or e-mail
nboardman@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



Cheer for Older Adults

A Letter-Writing Initiative

We want to write cards / letters to our older adults in Sterling who may be experiencing isolation during the pandemic. Will you help? Take a few minutes right now, write a note, tell a joke, draw a picture or doodle, let them know you care.

Here are some guidelines.



Be legible and in large print

Exclude the date



Start with a simple generic phrase like hi, hello, good day, dear friend or fellow Sterling resident

Envelope your card / letter if you can, but do not seal the envelope

Send us as many letters as you would like—make it a family activity!

Send or drop off your cards and letters to Sterling Senior Center (we could pick up from you as well)

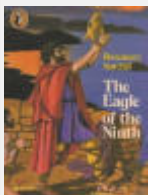
We plan to continue this initiative through the end of February.
(We borrowed this idea from Elder Services of Worcester—thank you!)

OUT AND ABOUT

It's January: it's New England: there's still COVID. Not an ideal time for out and about but you can still travel and have adventures. Joyce Hinckley shares how:

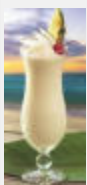


Watch a great movie. The 1950 film “King Solomon’s Mines”, (Stewart Granger & Deborah Kerr) is a good story combined with a background of culture and wildlife from a time when both were thriving. The film does reflect the biases of its time but it was shot on location in the Belgian Congo, Kenya, Tanganyika and Uganda, and it beats any safari you can go on today. This adventure is about \$3 on YouTube or Amazon.



Read a book. Visit Northern England during the Roman era with Rosemary Sutcliff’s “The Eagle.” The author provides descriptions of the area so vivid you almost smell the forest and hear the wind. Be warned — there are 2 more books in the series so your tour of Great Britain may last longer than expected.

Listen to music: steel drums to be exact. Does anything sound more like sunlight and beaches than a steel drum? My favorite is a YouTube channel called Steel Drum Music. Five minutes of this and I am ready for the finale - a drink to go along with music. My Virgin Pina Colada makes 2-4 servings. Use 1½ cups of frozen pine-apple chunks, ¾ cup each of unsweetened pineapple and coconut milk, and 2 tbsp light brown sugar. Place the frozen fruit and ice in the bottom of the blender then add the fruit juice and sugar on top. Whizz till soothe, and relax. You're home. You're safe and there are no bags to unpack. Reward yourself. Find another adventure.





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



TAKE & MAKE VALENTINE CARDS WITH MARYELLEN COCKS

\$5 — Register in advance

Pick up and pay for card packets on Wednesday January 20th from 1:30—2:00

Zoom class on Wednesday January 27th at 1:30

Join Zoom Meeting

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

Meeting ID: 895 3852 7554

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