Connecting with each other & our community

July 2021

Sterling Council on Aging Board Members

Chair: Kevin Beaupre Secretary: Liz Pape

Treasurer: David Cosgrove

Members:

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

Lou Massa

Marlene Neitlich

Robert Protano

Diane Sousa

New This Month! Details on Page 3 & 4

Line Dancing ... Tuesday at 9:30am ... Free for July Sign up required.

Game Day ... Tuesdays at 1:00pm ... dominoes, board games, pitch, bridge

Wii Bowling ... Wednesdays at 1:00 pm

Parkinson's Support Group ... Wednesdays at 3:30 pm

Going Steady ... Fridays at 10:00 am

Lunches ... Onsite home-cooked lunches start July 12th 11:30 am daily By reservation ONLY

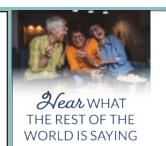
In Case You Missed It!

Already in-person at the Senior Center:

- Coffee Bar opens 8 am daily, including Muffin Mondays
- Pool, Bingo, Tech Help, Tai Chi, Yoga, Ukulele Club, Acrylic Painting, Knit Happens, Book Club, Caregiver Support, Elder Keep Well Clinic, Foot Care Clinic, Pickleball

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

(effective 6/1/21 and subject to change pending Mass.gov and CDC recommendations)

Dining returns to the **Senior Center!**



Starting Monday, July 12th, we will be serving café-style

lunch at 11:30 am at the Senior Center. Feel free to dine in the large room or outside on the patio. Reservations required. \$3 suggested donation.

Those who have been receiving our home delivered lunches are free to transition to our inhouse dining option or the meals on wheels delivery option.

Our hopes are to hire a kitchen manager over the summer. Once he/she is on board and trained (perhaps sometime in the fall), our plans are to resume the drop-in style lunch program. If you know someone who may be a good fit for our Senior Center kitchen, send them our way. We offer a dining room of kind, fun and hungry older adults and a staff of awesome volunteers! Who could ask for more?!

Going Steady

in persor The most exercise fun in MA! New Time — Fridays at 10:00 am

For all levels—from pickleball players to those using a walker. Everyone can benefit from this class. Learn the tricks of fall prevention from the best Marty!

Free to you as this program is generously funded by a grant from Determination of Needs (DoN) Fund of ÚMass Memorial HealthAlliance-Clinton Hospital Community.











PLAYERS WANTED!!

Now is the perfect time to try something new!



Line Dancing with Carol Butler is Back!

Tuesdays at 9:30-10:30 am
Free for July
Sign-up Required

To receive group updates & alerts, send an e-mail to cabutler@wpi.edu



Board Games







parkinson's

In person support (with Zoom option) begins: Wednesday 28th at 3:30-5:00 pm

Then every 2nd & 4th Thursday at SSC

Weekly Zoom programs will continue Wednesdays July 7, 14 & 21 at 3:30-5:00 pm Please contact

Joe at 508-335-0672 or northworcparkies@yahoo.com

1.11/	UPC	OMING PROGRAMS 5			
July	S	PECIAL EVENTS			
July 1	6:00 pm	Pit fire on the patio (sign up please)			
July 5		CLOSED — Independence Day			
July 12	11:30 am	In-house home-made lunches return — sign-up required			
July 15	6:00 pm	Pit fire on the patio (sign up please)			
	J	UST FOR FUN			
July 16	12:00 pm	July Birthday Cake			
	0	NGOING			
July 1		Pool daily			
July 1,15,29	1:30 pm	Ukulele Club (alternate Thursdays at SSC)			
July 2	9:30 am	Knit Happens (weekly on Fridays)			
July 6	9:30 am	Line Dancing (weekly on Tuesdays)			
July 6	9:30-11:00 am	Tech Help by appointment (weekly on Tuesdays)			
July 6	1:00 pm	Game Day (weekly on Tuesdays)			
July 7	9:30 am	Chair Yoga (weekly on Wednesdays)			
July 7	1:00 pm	Wii Bowling (weekly on Wednesdays)			
July 7	4:00-7:00 pm	Pickleball at West Sterling Courts (weekly on Wednesdays)			
July 8 & 22	1:30 pm	Ukulele Club (alternate Thursdays via Zoom)			
July 8 & 22	1:30 pm	Acrylic Painting \$5 (bi-weekly on Thursdays)			
July 8	5:30 pm	COA Board Meeting			
July 12	8:30 am	Tai Chi (weekly on Mondays at Peg's Pond)			
July 12	1:00 pm	BINGO (weekly on Mondays)			
July 12	4:00-7:00 pm	Pickleball at West Sterling Courts (weekly on Mondays)			
July 21	1:30 pm	Book Club: "Things You Save in a Fire" by Katherine Center			
	W	/ELLNESS			

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July 2	10:00 am	Going Steady (weekly on Fridays)
July 7,14,21	3:30 pm	Parkinson's Support via Zoom
July 8,22	8:30 am	Foot Clinic by appointment, \$45 to FC Nurse
July 13	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
July 27	9:30-11:00 am	Caregivers Support
July 28	3:30 pm	Parkinson's Support at Senior Center

COMING SOON

Veterans Services will be returning on Friday 8am-Noon on August 6th. More to come: coloring, Mahjong, pancake breakfast, meditation, history club, and all our special events.

		JULY CALENDAR		
Monday	Tuesday	Wednesday	Thursday	Friday
In-house congregate Iuncheons will resume on July 12th. Reservations required.	* At Peg's Pond (inside SSC if inclement weather) ** Zoom only Fees for Tai Chi and Chair Yoga exercise classes: \$5 In Person \$2 Zoom Acrylic Painting \$5		Chicken Caesar Salad 1:30 Ukulele Club 6:00 Pit Fire	9:30 Knit Happens 10:00 Going Steady Kraut Dog
Mulphondence 55	6 8 - 4 Bread Pickup 9:30 Line Dancing 9:30-11 Tech Help Greek Chicken & Bean Salad 1:00 Game Day	9:30 Chair Yoga Chicken Pot Pie 1:00 Wii Bowling 3:30 Parkinson Support ** 4:00 Pickleball	8:30-1:30 Foot Clinic Chicken Fajitas 1:30 Acrylic Painting 1:30 Ukulele Club ** 5:30 COA Board Mtg	9:30 Knit Happens 10:00 Going Steady Fish Tacos
8:30 Tai Chi * 11:30 Summer Lasagna 1:00 Bingo 4:00 Pickleball	8 - 4 Bread Pickup 9:30 Line Dancing 9:30-11:30 Elder Keep Well Clinic 9:30-11 Tech Help 11:30 Teriyaki Chicken 1:00 Game Day	9:30 Chair Yoga 11:30 Barbecue Chicken 1:00 Wii Bowling 3:30 Parkinson Support ** 4:00 Pickleball	11:30 Fiesta Chicken Pasta Salad 1:30 Ukulele Club 6:00 Pit Fire	16 9 -11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:00 Birthday Cake

23 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord	30 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
8:30-1:30 Foot Clinic 11:30 Chef's Turkey Salad 1:30 Acrylic Painting 1:30 Ukulele Club **	29 8:30-1:30 Foot Clinic 11:30 Hot Chicken Sandwich 1:30 Ukulele Club
9:30 Chair Yoga 11:30 Salisbury Steak 1:00 Wii Bowling 1:30 Book Club 3:30 Parkinson Support ** 1 4:00 Pickleball	28 9:30 Chair Yoga 11:30 Pork Loin 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball
20 8 - 4 Bread Pickup 9:30 Line Dancing 9:30-11 Tech Help 11:30 Beef Stroganoff 1:00 Game Day	27 8 - 4 Bread Pickup 9:30 Line Dancing 9:30-11 Tech Help 11:30 Thai Chicken 1:00 Game Day 1:30 Caregiver Support
8:30 Tai Chi * 11:30 Pasta & Meatballs 1:00 Bingo 4:00 Pickleball	8:30 Tai Chi * 11:30 Veal Roulade 1:00 Bingo 4:00 Pickleball

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

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Sterling Senior Center CAREGIVER SUPPORT

MONTHLY, LAST TUESDAY AT 1:30PM

Registration Required. Call 978-422-3032.



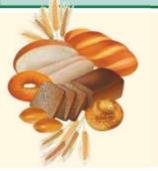


Andrea, RN, has appointments at the Senior Center.
Call us at 978-422-3032 to schedule your clinic visit for \$45 on July 8 or 22, or August 12 or 26.

ELDER KEEP WELL CLINIC

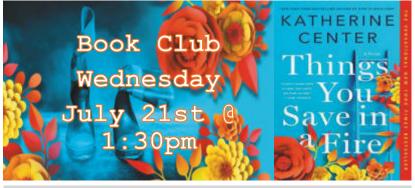
July 13th 9:30-11:30 am VNACares

By appointment only
Call 978-422-3032 to make a reservation.
Appointments for
Blood Pressure only are also available.



Free Bread Tuesdays!

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





Check out our YouTube Channel!

If you missed any of our Zoom presentations, you can watch them online by visiting www.youtube.com and search for Sterling MA Senior Center.

Wachusett Food Pantry



Seniors: Friday July 16, 9-11 All: Saturday July 17, 9-11

Call Nickole at the Senior Center for assistance.

Chair Yoga with Katie



Wednesdays 9:30am
Appropriate for all levels
Bring Mat
Sign-up Required



Inside at Senior Center
effective July 7th
Zoom option available July 7 & 28

Guest Instructor Carleen

On July 14 & 21 No Zoom option

Zoom Info:

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

Zoom Meeting ID: 895 3852 7554

Tai Chi

Mondays at 8:30am

Outside at Peg's Pond
Weather permitting

In person at SSC plus Zoom during inclement weather https://us02web.zoom.us/ i/89346204723

ID: 893 4620 4723 Password: 839376

Newcomers welcome. Call 978-422-3032 to join!

Sterling Strummers Ukulele Club

All Levels Welcome

Thursdays at 1:30pm

July 1, 15, 29 at the Center & Zoom July 8 & 22 via Zoom

Contact Nancy at nancyhp246@gmail.com





BINGO!
Mondays at 1:00pm
In-person at the Senior Center

Acrylic Painting
Thursdays 8 & 22
1:30pm \$5.00

Cards \$1 each

At the Senior Center

Have you wanted to learn something new but were afraid to try? Come join a great group who are learning a new skill in painting and creating!

New Members Welcome



Peter Cummings now offers technical help through inperson meetings
Tuesday 9:30-11:00am
Call 978-422-3032 for appointment.



Monday & Wednesdays 4—7pm West Sterling Courts

All levels of experience welcome!

Call for more info 978-422-3032

ART IN THE PARK

A CALL OUT TO ARTISTS & MUSICIANS



Hey Creative Types! Don't by shy! Local artists, join the fun on August 21st by displaying - and even selling - your original creations.

The Sterling Cultural Council is sponsoring a special day for visual artists and musicians (dancers, poets, storytellers and comedians too) to gather on the Town Common and at Memorial Park to share talents and enjoy an outdoor gathering. On August 21st from 10am to 4pm, artists are invited to showcase their creations, perhaps sell CDs, and entertain the community.

We will provide a table (\$10 application fee) for selling your original works of art. We will plan a schedule of performers, but we need you to spread the word and get involved.

For artists who want to do demonstrations of their works in progress, all the more exciting! We also have many talented musicians in town. Come on out to sing or play! If you want to participate as an artist, or volunteer to help organize the day, please contact a <u>Council member</u> or Judy Doherty at 508-688-2122 or <u>doherty_bwp@yahoo.com</u>



PIT FIRES ON THE PATIO
JOIN US ON JULY 1ST OR JULY 15TH
6:00-7:00PM
REGISTRATION REQUIRED - 978-422-3032



Art at the Senior Center CALLING ALL ARTISTS!!

The Sterling Senior Center is looking forward to resuming art installations complete with an Artist's Reception in November. If you like to dabble in oils or create with watercolor or other media, please consider submitting your name and a sample of your work to our Art Committee for review.



For additional information please call the Senior Center at 978 422 3032



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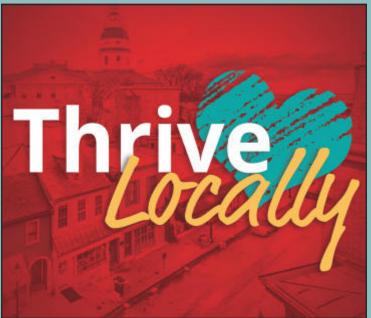
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