

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

July 2021

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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

Come on in. Say Hi!

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
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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 in-house 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?!

In Person

Going Steady

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 UMass 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

GAME DAY

Tuesdays at 1:00 pm

 **Dominoes**



Board Games

 **Cribbage**

Pitch

Bridge

.... and more

IN THIS TOGETHER
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

SPECIAL 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)

JUST FOR FUN

July 16	12:00 pm	July Birthday Cake
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ONGOING

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


WELLNESS

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

C O M I N G S O O N

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
<p>In-house congregate luncheons will resume on July 12th. Reservations required.</p>	<p>* At Peg's Pond (inside SSC if inclement weather)</p> <p>** Zoom only</p> <p>Fees for Tai Chi and Chair Yoga exercise classes: \$5 In Person \$2 Zoom</p> <p>Acrylic Painting \$5</p>		<p>1 Chicken Caesar Salad 1:30 Ukulele Club 6:00 Pit Fire</p>	<p>2 9:30 Knit Happens 10:00 Going Steady Kraut Dog</p>
<p>5 </p>	<p>6 8 - 4 Bread Pickup 9:30 Line Dancing 9:30-11 Tech Help Greek Chicken & Bean Salad 1:00 Game Day</p>	<p>7 9:30 Chair Yoga Chicken Pot Pie 1:00 Wii Bowling 3:30 Parkinson Support ** 4:00 Pickleball</p>	<p>8 8:30-1:30 Foot Clinic Chicken Fajitas 1:30 Acrylic Painting 1:30 Ukulele Club ** 5:30 COA Board Mtg</p>	<p>9 9:30 Knit Happens 10:00 Going Steady Fish Tacos</p>
<p>12 8:30 Tai Chi * 11:30 Summer Lasagna 1:00 Bingo 4:00 Pickleball</p>	<p>13 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</p>	<p>14 9:30 Chair Yoga 11:30 Barbecue Chicken 1:00 Wii Bowling 3:30 Parkinson Support ** 4:00 Pickleball</p>	<p>15 11:30 Fiesta Chicken Pasta Salad 1:30 Ukulele Club 6:00 Pit Fire</p>	<p>16 9 -11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:00 Birthday Cake</p>

19	8:30 Tai Chi * 11:30 Pasta & Meatballs 1:00 Bingo 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	21 9:30 Chair Yoga 11:30 Salisbury Steak 1:00 Wii Bowling 1:30 Book Club 3:30 Parkinson Support ** 4:00 Pickleball	22 8:30-1:30 Foot Clinic 11:30 Chef's Turkey Salad 1:30 Acrylic Painting 1:30 Ukulele Club **	23 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
26	8:30 Tai Chi * 11:30 Veal Roulade 1:00 Bingo 4:00 Pickleball	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	28 9:30 Chair Yoga 11:30 Pork Loin 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	29 8:30-1:30 Foot Clinic 11:30 Hot Chicken Sandwich 1:30 Ukulele Club	30 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord

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.

FACILITATED BY
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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 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

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

Book Club Wednesday

July 21st @
1:30pm

KATHERINE
CENTER

Things
You
Save in
a Fire



YouTube

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.

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/j/89346204723>

ID: 893 4620 4723 Password: 839376

Newcomers welcome.

Call 978-422-3032 to join!



BINGO !

Mondays at 1:00pm

In-person at the Senior Center

Cards \$1 each

Acrylic Painting

Thursdays 8 & 22

1:30pm \$5.00

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**

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



Peter Cummings now offers technical help through in-person meetings

Tuesday 9:30-11:00am

Call 978-422-3032 for appointment.

knit happens



Fridays at 9:30am

Bring your knit,
crochet, macramé
or craft project



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 be 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 Council member or Judy Doherty at 508-688-2122 or doherty_bwp@yahoo.com



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

Classic Car Road Rally

August 12 @ 5:00pm

Rain date August 19

Call us to register your vehicle
978-422-3032

