

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

July 2023

Sterling Council on Aging Board Members

Gail Bergeron
 Kevin Beaupre
 Nancy Castagna
 Meg Chase
 David Cosgrove
 Julie Hehir
 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: Veronica Buckley

Outreach: Linda Chignola
 Bonnie Decker

Ops/Vol Coord: Clare Felton

Kitchen Manager: Ruby Hall

Van Dispatch/Drivers:

Pam Dell

Paul Shaughnessy

Van Drivers:

Gary Hill

Kevin Lowe

Robert Protano

Rob Seidel

Diane Sousa



VAN TRIPS (OR MEET US THERE!)

MUSIC AT THE GAZEBO

Summer music fun
 at Memorial Park in Sterling

Monday July 17

HOLDIN' BACK THE 60s

Wednesday August 9

THE BAND FROM U.N.C.L.E.

Van leaves SSC at 5:45pm

ICE CREAM!

DAIRY QUEEN JULY 11TH

ROTA SPRING JULY 25TH

Van leaves SSC at 12:15pm

Sign-Up required for van transportation
 Call 978-422-3032

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



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- Valid MA Medical Card required



Contact us!

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Gourd Bird Houses

Make & Take with Greg and Laurel

Fri July 14
12:30pm

FREE



If you'd like to drill the bird hole yourself, please bring safety goggles!

CMDART

Central Massachusetts
Disaster Animal Response Team

Plan • Prepare • Respond
JoAnn Griffin, LICSW, President CMDART
Kelly Jones, Sterling Animal Control
Thursday July 27th at 9:30am

- Are you a pet owner?
 - Are you prepared for an emergency or disaster?
- Learn about the work of CMDART, the Central Mass Disaster Animal Response Team and how you can properly prepare for unexpected incidents.
Even if you are not a pet owner, you can help. Come along to learn how.

HAPPINESS FOR SENIORS • WHAT IT IS AND HOW TO ATTAIN IT
HENRY QUINLAN • AUTHOR AND PUBLISHER
THURSDAY JULY 13TH AT 9:30AM



There is no one definition of happiness that everyone agrees on. Happiness is a fleeting emotion, but we must look to happiness to bring us to a stage of contentment where we feel good about our lives.

Using humor and data from long-term and recent studies, we'll examine the issues that block many from attaining the sought-after good feelings. We will learn how to change our perceptions and maybe change the trajectory of our lives.

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

Thursday evening, August 10
(rain date August 17)

Register your car through Rob or Pam
at SSC 978-422-3032



Snacks
Hot Dogs
Drinks



SPECIAL EVENTS

Jul 4	CLOSED	Happy Independence Day
Jul 11	12:30-1:30 pm	Mobile Market (monthly, second Tuesday)
Jul 11,25	12:15 pm	Ice Cream Trips <i>Van Registration Required</i>
Jul 11	6:00-7:30 pm	Art Reception with Larry Schuyler
Jul 14	12:30 pm	Make & Take Gourds with Greg & Laurel <i>Sign-Up Required</i>
Jul 17	5:45 pm	Music at the Gazebo <i>Van Registration Required</i>
Jul 27	9:30 am	CMDART Presentation
Jul 28	7:30-9:00 am	Pancake Breakfast
Jul 28	7:30-9:00 am	Fat Daddy's Farmer Market
Jul 31	12:00 pm	Birthday Cake for all July birthdays!

ONGOING - see calendar for exercise programs

Jul 3		Pool daily
Jul 3	1:00 pm	BINGO (weekly on Mondays)
Jul 3	5:00 pm	Meditation \$5 (weekly on Mondays)
Jul 5	12:30 pm	Rummikub (weekly on Wednesdays)
Jul 5	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Jul 5	1:00 pm	Wii Bowling (weekly on Wednesdays)
Jul 6	8am-4pm	Bread Pickup (weekly on Thursdays)
Jul 6	9:30 am	History Club (first Thursday of month)
Jul 6	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Jul 6,20	2:00 pm	Ukulele Club
Jul 6	2:00 pm	Mahjong (weekly on Thursdays)
Jul 7	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Jul 7	9:00 am-noon	Ladies' Pool (weekly on Fridays)
Jul 7	9:30 am	Knitting Club (weekly on Fridays)
Jul 10,24	2:00 pm	Ukulele - Men's Open Strumming (second & fourth Mondays)
Jul 10,24	3:00 pm	Ukulele Open Strumming (second & fourth Mondays)
Jul 11	1:00 pm	Game Day (weekly on Tuesdays)
Jul 13	9:30 am	Dull Men's Club (second Thursday of month)
Jul 14,15	9-11:00 am	Food Pantry
Jul 18	11:30 am	State Office Hours (third Tuesday of month)
Jul 19	12:30 pm	Book Club <i>A Place Called Home</i>

WELLNESS

Jul 3	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Jul 7	10:00 am	Going Steady (weekly on Fridays)
Jul 7	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Jul 11	9:30-11:30 am	Well Clinic sponsored by VNA Care
Jul 12,26	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Jul 13,27	by appointment	Foot Clinic \$45 to FC Nurse
Jul 19,26	3:30-5:00 pm	Parkinson's Support (<i>third and fourth Wednesdays in July</i>)
Jul 20	9:30 am	Holistic Yoga - <i>note: returns to third Thursday</i>

Sterling Senior Center offers van rides to surrounding towns for medical appointments, social visits, shopping and more.

Van hours are Monday to Friday,
8:00am to 4:00pm

**Call our Dispatcher Mon-Fri 8:00-noon
978-422-3032**

Please book early to ensure a ride.

Always free to & from the Senior Center.
In town (Sterling) \$1 return.
Out of town \$2 return.



MART Connects

A supplemental service offered by
Montachusett Area Regional Transport



Taxi & Livery Rides

Our SSC vans are available Mon-Fri 8am to 4pm
In addition, beginning July 5th, consider Mart Connects for evenings and weekends.

5:30am – 10:00pm Daily

Call M-F 8:30am-4:30pm
1-800-922-5636 Option 4
Rides are curb to curb and
must be booked at least
one day in advance by 2pm.

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

Date Change for July

parkinson's IN THIS TOGETHER

Wednesdays, July **19 & 26**
3:30 - 5:00pm

In person support with Zoom option

Please contact Joe at
508-335-0672 or

northworcparkies@yahoo.com



CAREGIVER PROGRAM

Friday July 7th, 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.

Drop in, but *registration suggested* if you're bringing your loved one to the activity.

KEEP WELL CLINIC

July 11th 9:30-11:30 am
with Amy from VNA Care



Need a BP check?
On a new medication?
Have a new diagnosis?
Want to discuss diet,
exercise, supplements?

Call 978-422-3032
to make a reservation



**STATE
OFFICE
HOURS**

Meet a representative from
the office of Representative
Meghan Kilcoyne
July 18, 11:30am-12:30pm 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




Foot Clinic
Footcare By Nurses


Appointments at the Senior Center
with Moira, RN. Call 978-422-3032
to schedule your clinic visit for \$45
on July 13, 27 and August 10 & 24.



Do you have any large print
books you have finished
reading? We often receive
requests, so if you are able to
donate please contact Linda
or Bonnie in Outreach.

JULY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Avocado BLT 1:00 Bingo 4:00 Pickleball 5:00 Meditation</p>	<p>4</p>  <p>8:15 Pilates 9:30 Well Clinic 11:30 Sweet & Sour Chicken 12:30 Mobile Market 12:15 Dairy Queen Trip 1:00 Game Day 6-7:30 Art Reception</p>	<p>5</p> <p>9:30 Chair Yoga 11:30 Baked Chicken 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>6</p> <p>8 - 4 Bread Pickup 9:30 History Club 9:30 Chair Yoga 11:30 Tim's Burgers 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong</p>	<p>7</p> <p>8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Caregiver Program</p>
<p>10</p> <p>8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Beef Stew 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation</p>	<p>11</p> <p>8:15 Pilates 9:30 Well Clinic 11:30 Sweet & Sour Chicken 12:30 Mobile Market 12:15 Dairy Queen Trip 1:00 Game Day 6-7:30 Art Reception</p>	<p>12</p> <p>9:30 Chair Yoga 11:30 Pulled Pork Sandwich 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>13</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Tuna Salad 1:00 Acrylic Painting 2:00 Mahjong 5:30 COA Board Mtg</p>	<p>14</p> <p>8:00 VSO Hours 9 - 11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:30 Make & Take</p>
<p>17</p> <p>8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Four cheese manicotti 1:00 Bingo 4:00 Pickleball 5:00 Meditation 5:45 Van Music Trip</p>	<p>18</p> <p>8:15 Pilates 9:30 Line Dancing 11:30 Tim's Kielbasa 11:30 State Office Hrs 12:30 Mobile Market 1:00 Game Day</p>	<p>19</p> <p>9:30 Chair Yoga 11:30 Chicken Alfredo 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>20</p> <p>8 - 4 Bread Pickup 9:30 Holistic Yoga 11:30 Chicken Royale 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong</p>	<p>21</p> <p>8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord</p>
<p>24</p> <p>8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Tortellini Caesar Salad</p>	<p>25</p> <p>8:15 Pilates 9:30 Line Dancing 11:30 Million Dollar Chicken Casserole 12:15 Rota Spring Trip</p>	<p>26</p> <p>9:30 Chair Yoga 11:30 Paula's Steamed Hot Dogs 12:30 Rummikub 12:30 Chair Massage</p>	<p>27</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 CMDART 11:30 Smorgasbord 1:00 Acrylic Painting</p>	<p>28</p> <p>7:30-9:00 Pancake Breakfast 7:30 Fat Daddy's 8:00 VSO Hours 8:30 Lottery Drawing</p>

1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	1:00 Game Day	1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	2:00 Mahjong	9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady									
31 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Tuscan Chicken 12:00 Birthday Cake 1:00 Bingo 4:00 Pickleball 5:00 Meditation	Fees for Yoga & Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5	Wednesday Shopping Trips: 7/5 Walmart, WB 7/12 Target 7/19 Walmart, Leom 7/26 Ocean State JL Registration Required	<div></div> <div>New monthly member rates for Sterling 60+ residents</div> <div>Pick up a flyer at the SSC front desk, or contact Christine Puleo at the YMCA on 508-852-6694 x2295 or via e-mail at cpuleo@ymcaofcm.org</div> <table><tr><th></th><th>Single</th><th>Couple</th></tr><tr><td>Sterling 60+</td><td>\$44.25</td><td>\$72.00</td></tr><tr><td>< \$54,600</td><td>\$37.20</td><td>\$57.60</td></tr></table>			Single	Couple	Sterling 60+	\$44.25	\$72.00	< \$54,600	\$37.20	\$57.60
	Single	Couple											
Sterling 60+	\$44.25	\$72.00											
< \$54,600	\$37.20	\$57.60											



Friday JULY 28
7:30-9:00

Guest Servers:
JoAnn Griffin, President CMDART
(Central MA Disaster Animal Response Team)
Kelly Jones, Sterling ACO

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

Open to All
\$4 Suggested Donation

Sponsored by Friends of Sterling Seniors

Foss Fundraiser

\$200 in scratch lottery tickets!

Drawing Various values
July 28th \$1 per ticket
\$5 for 6 tickets

On sale at Sterling Senior Center
Call 978-422-3032

Sponsored by Friends of Sterling Seniors

Christmas in July
Lottery Tree



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

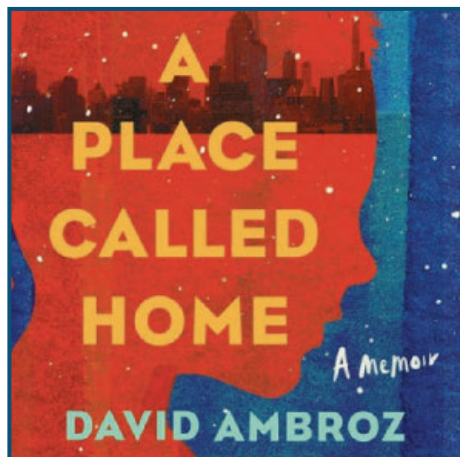
SUPPORT OUR ADVERTISERS!

A Place Called Home

A Memoir by David Ambroz

July 19 @ 12:30pm

Their mother's diagnosis of paranoid schizophrenia sets David and his two siblings in motion for a life of poverty, violence and instability as they travel across New York and New England. Foster care proves no more safe, but David harnesses an inner grit to escape the inevitable outcome for kids like him. Hard work and resolve get him into college and through law school to become a leading advocate for child welfare.



chair yoga

Yoga for EveryBody

Thursday, July 6th @ 9:30am
No reservations! No wait list!
\$5 drop-in fee

\$10
 10 mins

Therapeutic
 Chair Massage
 July 12th & 26th
 12:30pm - 2:30pm

Sherrill Sasser LMT, CAT
 Call for an appointment!



Mindful Meditation
 Mondays at 5:00pm
 with Carol McGuiggan

\$5

Open to All Ages

Yoga as

Holistic Self-Care

July 20 at 9:30am

Sponsored by Bikram Yoga of Auburn,
 and Trinity Hospice. No cost to participants



Guys & Gals Fitness

with Marty

Mondays at 10am

No sign-up needed

Free

Pilates

Chair and Mat
 combined class

Tuesdays
8:15am \$5

TAI CHI
MONDAYS AT 8:30AM
WITH SIFU GEORGE

Free



**Pool Players
 Wanted!**

**Tables available
 all day**

**Bring your
 friends
 to play!**



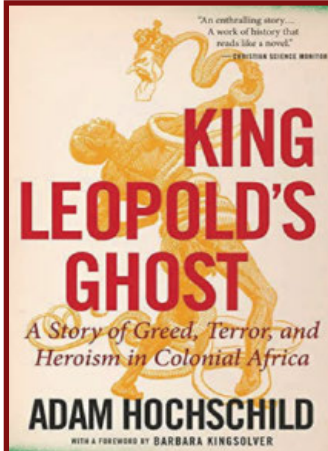
West Sterling
 Tennis Courts

Outdoor Pickleball
Mondays & Wednesdays
4-7pm
 All players
 and levels welcome!

(No play on wet courts)

LINE DANCE

Tuesdays at 9:30am
No class July 11th



HISTORY CLUB

Thursday, July 6 at 9:30am

King Leopold's Ghost:

A Story of Greed, Terror and Heroism in Colonial Africa

In the 1880s, King Leopold II of Belgium seized the mostly unexplored territory surrounding the Congo River. Carrying out genocidal plundering of the Congo, he looted its rubber, brutalized its people, and slashed its population by ten million. Exposing these crimes were brave missionaries, travelers and idealists who led the first great human rights movement of the twentieth century.

August 3rd: The Last Stand by Nathaniel Philbrick

BINGO! Monday 1pm
Cards \$1 each

Rummikub
W E D 1 2 : 3

Acrylic Painting
Thursdays 1:00pm

\$5

New Members Welcome

MAHJONG 東 Thursdays 2:00 pm



Ladies' Pool
Fridays
9am – noon

Men's Strumming 2nd & 4th Mon 2-3pm
Open Strumming 2nd & 4th Mon 3-4pm
Ukulele Club 1st & 3rd Thu 2-3pm



Pete Cummings offers tech help on Tuesdays. Call us to set up an appointment.

Friendly! Fun!
Wednesdays @ 1:00pm
Wii Bowling

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

GAME DAY TUESDAYS

DOMINOES 12:30
CRIBBAGE 12:30
PITCH 1:00

PITCH PARTY!



Sat, July 1st
6:30pm

Sponsored by Sterling Grange

For the safety of all
Slow Down!
Follow the arrows!
Counter-clockwise



GROWING PLACES Mobile Market
at the Senior Center
Tuesday, July 11
12:30—1:30




Payment accepted: cash, credit/debit, farmers market coupons, SNAP/HIP dollars



Wachusett Food Pantry
50 Worcester Rd, Sterling

Seniors: Fri July 14, 9-11 am
All: Sat July 15, 9-11 am
Call Outreach for assistance
978-422-3032

Free Bread Thursday



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

SERVING HOME-COOKED LUNCH

Weekdays at 11:30 am

Walk in!

Need a ride? Call us!

\$3 suggested donation



Available during
Pancake Breakfast!

Fat Daddy's Mobile Food Market

Friday, July 28
7:30–9:00 am

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

Support local farmers!

SUMMER IS HERE!

We all enjoy summer vacations, and that includes our wonderful volunteers.

We need some extra hands to help us cover those vacations!

If you have an extra hour or two in your schedule and would like help, please contact Clare.

In addition, we continue to need friendly visiting volunteers and/or volunteer drivers.

DINING TABLES



We have relaxed the table restrictions regarding the number of people at the dining tables.

However, we will continue to keep several tables limited to four (4) to meet the needs of our more vulnerable older adults.

AND AWAY WE GO TRAVEL

2023-24 Trip List For age 50+ travelers

Sep 29-Oct 6	America's Music Cities - Nashville, Memphis and New Orleans. Enjoy the Country Music Hall of Fame, Grand Ole Opry, Studio B, Graceland, museums, scenic tours and much more. Call Fred Clark at 509-421-6882 for all information on this trip.	Call for pricing
Sun Oct 15	Sunday Drive in the Country to the White Mountains of NH. Brunch at the White Mountain Hotel then off to the Leaf Peepers Craft Fair in North Conway.	\$ 109
Dec 10-11	New Hampshire Christmas Sunday brunch and a matinee, an evening Christmas show, overnight in North Conway then a sleigh ride in at Nestlenook Farm in Jackson NH before lunch.	\$569 sgl \$479 dbl
Jun 2-4, 2024	The Von Trapp Lodge, Stowe VT Taking reservations early in order to establish interested travelers and to plan hotel room reservation requirements.	Call for info

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 andawaywegotravel.gem@gmail.com

Signed COVID waiver and proof of vaccination required. 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.



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DAVID ORTIZ

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Sterling Council on Aging, Sterling

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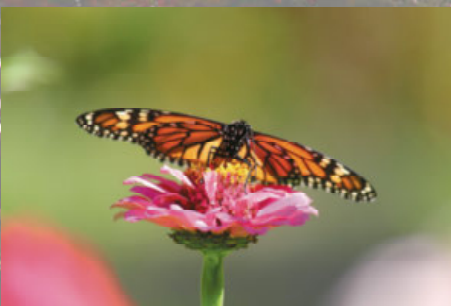
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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs

LARRY'S VISIONS

Larry Schuyler inherited his first camera, a Voightlander 35mm, in 1976 and caught the photography bug. In 1979 Larry became a student of Ron Rosenstock, instructor at the Worcester Craft Center, and continues to study with Ron so many years and photographs later.

Larry has had his own dark room where he has processed film and prints, and has matted and framed his art as well. Larry loves taking photographs, creating a record of visual moments. His main enjoyment is nature.



ART RECEPTION

Tuesday, July 11th
6:00--7:30pm