

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

June 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

The Daily News

Vol 26 Iss 6

Sterling Highlights

Price: 5¢

EXTRA! EXTRA!



PATIO OPEN !!

Our patio is open for socializing and programs. Reserve a spot (max 14) or take a chance!

Full story on page 10.

CALLING ALL DADS!

Celebrating all our dads on Father's Day.

Choose between an evening or a lunch time

Grab 'n' Go. Full story on page 3.



IN PERSON PROGRAMMING RAMPS UP



JUNE OFFERINGS:

Tai Chi, Chair Yoga, Pickleball, Bingo, Dull Men's Club, Caregivers Support Group, Elder Keep Well Clinic, Foot Care Clinic, Tech Help Sessions, Book Club, Acrylic Painting, Ukulele Club, Knit Happens, Vaccination Ambassador Presentation, MCPHS Brown Bag Program.

Full story on all programs inside.

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
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FATHERS - PLEASE ENJOY EITHER



EVENING BARBECUE

THURSDAY
JUNE 17 5:30PM

BBQ CHICKEN
POTATO SALAD
FRUIT & COOKIE

RESERVATIONS REQUIRED

PREFERENCE TO STERLING SENIORS
978-422-3032

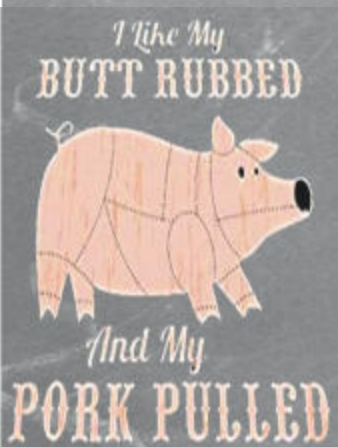
OR

FATHER'S DAY LUNCHEON

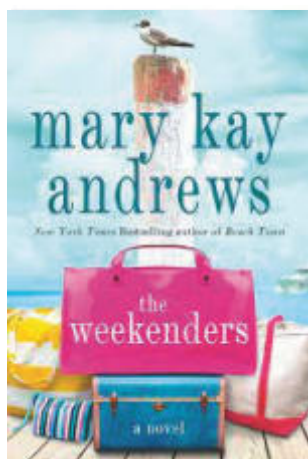
Wednesday, June 23rd 11:00-11:30

Pulled Pork
Coleslaw
Fruit & Cookie

*Grab
'n' Go*



Reservations Required
Preference to Sterling Seniors
978-422-3032



Book Club
Wednesday
June 16th @ 1:30pm
on the patio

In event of poor weather or
 public health data:
 Zoom ID: 862 9298 5698
 Passcode: 919327

Chair Yoga with Katie

Wednesdays at 9:30am
 Appropriate for all levels

Outside at Griffin Road
Reservations Required

Weather and public health data permitting

Zoom Info if Needed

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

Zoom Meeting ID: 895 3852 7554

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

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



BINGO !

Mondays at 1:30pm

In-person on the patio

Reservations Required

(weather and public health permitting)

Pick up your June BINGO cards
 at June 7th game!

Cards \$1 each for the month
 Weekly Prizes

Zoom Info if Needed

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

Meeting ID: 895 3852 7554

One tap mobile +19292056099

Tai Chi

Mondays at 8:30am

Outside at Griffin Road

Reservations Required

Weather and public health data
 permitting

Zoom Info if Needed

[https://us02web.zoom.us/
 j/89346204723](https://us02web.zoom.us/j/89346204723)

Meeting ID: 893 4620 4723

Newcomers welcome.

Call 978-422-3032 to join!



Peter Cummings now offers
 technical help through in-
 person meetings

Tuesday 9:30-11:00am

Call 978-422-3032 for
 appointment.



Going Steady with Marty on Zoom

The most exercise fun in MA!

Fridays at 10:30 am

Be ready to venture outside with confidence!
Learn the tricks of fall prevention from the best Marty!

Going Steady will remain remote on Zoom until we can safely
accommodate the program *inside* the Senior Center.

<https://us02web.zoom.us/j/7610148460>

Zoom ID: 761 014 8460

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.*

Sterling Strummers Ukulele Club

All Levels Welcome

Thursdays at 1:30pm

June 3 & 17 on the patio & Zoom

Reservations Required

Weather & public health data permitting

June 10 & 24 via Zoom

Contact Nancy at

nancyhp246@gmail.com



Wednesdays 4–7pm
West Sterling Courts
starting June 2nd

Must pre-register — no walk-ons

Doubles play for same household members or pods. Singles play for everyone else. Bring your own racket, marked balls and chair. Wear mask at court area, but may remove for play.

Call for more info 978-422-3032

Acrylic Painting Thursdays

June 10th & 24th
1:30pm \$5.00

On the patio

Reservations Required

Weather and public health data permitting

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**



Tuesday June 8th
1:30pm on the patio

No Agenda Dull Men's! Let's see each other in person, share some laughs and talk about plans for upcoming meetings. Sign up Please!

JUNE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We are currently providing home-delivered lunches for those seniors who require a little extra help with meal preparation.</p> <p><i>The June 17th or June 23rd Grab 'n' Go is open to ALL with preference to Sterling residents</i></p>	<p>1</p> <p>8 - 4 Bread Pickup 9:30-11 Tech Help** Chicken Broccoli Bake 1:30 Social Slot**</p>	<p>2</p> <p>9:30 Chair Yoga** 9:30 Social Slot** Chicken Salad 1:30 Social Slot** 3:30 Parkinson Support* 4:00 Pickleball**</p>	<p>3</p> <p>9:30 Social Slot** Meatloaf 1:30 Ukulele Club**</p>	<p>4</p> <p>9:30 Knit Happens** 10:30 Going Steady* Strata</p>
<p>7</p> <p>8:30 Tai Chi** 9:30 Social Slot** 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Salisbury Steak 1:30 Bingo**</p>	<p>8</p> <p>8 - 4 Bread Pickup 9:30 Social Slot** 9:30-11:30 Elder Keep Well Clinic** Chickpea Salad Plate 1:30 Dull Men's **</p>	<p>9</p> <p>9:30 Chair Yoga** 9:30 Social Slot** Pork Tenderloin 1:30 DPH COVID Vaccine Presentation** 3:30 Parkinson Support* 4:00 Pickleball**</p>	<p>10</p> <p>8:30-1:30 Foot Clinic** 9:30 Social Slot** Chicken Bowl 1:30 Acrylic Painting** 1:30 Ukulele Club* 5:30 COA Board Mtg</p>	<p>11</p> <p>9:30 Knit Happens** 10:30 Going Steady* Fish Taco</p>
<p>14</p> <p>8:30 Tai Chi** 9:30 Social Slot** 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Stuffed Peppers with Sausage 1:30 Bingo**</p>	<p>15</p> <p>8 - 4 Bread Pickup 9:30-11 Tech Help** Turkey Dinner 1:30 Caregiver Support**</p>	<p>16</p> <p>9:30 Chair Yoga** 9:30 Social Slot** Italian Herb Chicken with Rice 1:30 Book Club** 3:30 Parkinson Support* 4:00 Pickleball**</p>	<p>17</p> <p>9:30 Social Slot** Veal Roulade 1:30 Ukulele Club** 5:30 Father's Day Evening Dinner Grab 'n' Go</p>	<p>18</p> <p>9 -11:00 Food Pantry 9:30 Knit Happens** 10:30 Going Steady* Smorgasbord</p>

21	<p>8:30 Tai Chi**</p> <p>9:30 Social Slot**</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness & Yoga*</p> <p>Chef Salad</p> <p>1:30 Bingo**</p>	22	<p>8 - 4 Bread Pickup</p> <p>9:30-11 Tech Help**</p> <p>Chicken & Wild Rice Soup</p> <p>1:30 MCPHS**</p>	23	<p>9:30 Chair Yoga**</p> <p>9:30 Social Slot**</p> <p>11:00-11:30 Grab 'n' Go Pulled Pork</p> <p>1:30 Social Slot**</p> <p>3:30 Parkinson Support*</p> <p>4:00 Pickleball**</p>	24	<p>8:30-1:30 Foot Clinic**</p> <p>9:30 Social Slot**</p> <p>Chicken Parmesan</p> <p>1:30 Acrylic Painting**</p> <p>1:30 Ukulele Club*</p>	25	<p>9:30 Knit Happens**</p> <p>10:30 Going Steady*</p> <p>Smorgasbord</p>
28	<p>8:30 Tai Chi**</p> <p>9:30 Social Slot**</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness & Yoga*</p> <p>Meatball Sub</p> <p>1:30 Bingo**</p>	29	<p>8 - 4 Bread Pickup</p> <p>9:30-11 Tech Help**</p> <p>Pesto Chicken</p> <p>1:30 Social Slot**</p>	30	<p>9:30 Chair Yoga**</p> <p>9:30 Social Slot**</p> <p>Shepherd's Pie</p> <p>1:30 Social Slot**</p> <p>3:30 Parkinson Support*</p> <p>4:00 Pickleball</p>		<p>Fees for Tai Chi and Chair Yoga exercise classes:</p> <p>\$5 In Person</p> <p>\$2 Zoom</p> <p>Acrylic Painting \$5</p>		<p>* Zoom only</p> <p>** In-person. Mask & social distancing required.</p> <p>Health and Wellness programs in the classroom.</p> <p>Exercise at Griffin Field. Or Peg's Pond.</p> <p>Recreation programs on the patio.</p>

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MCPHS Outreach Brown Bag Medication Review

The MCPHS University Pharmacy Outreach Brown Bag Medication Review is a community service program offered by the University. Staffed by case managers, licensed pharmacists and students, their goal is to help you adhere to your medication regimens. Place all your medication bottles — prescription and over the counter — in a bag and bring to your appointment. The pharmacist can discuss your medications, screen for interactions, and answer any questions you may have.

June 22nd, 1:30-3:00pm by appointment

For appointment, call 978-422-3032

Are you on the fence about a COVID vaccine?
Let's talk truth and facts with

Joan Meunier-Sham, RN, MA
MA DPH Vaccine Ambassador
Wednesday, June 9th at 1:30pm

On the patio or via Zoom
In-person registration required - 978-422-3032
Zoom ID: 895 3852 7554
Program will be taped and available later on our
YouTube Channel.



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 June 10 or 24, or July 8 or 22.

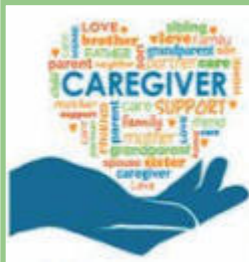
IN THIS TOGETHER
parkinson's

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

**ELDER
KEEP WELL
CLINIC**

June 8th
9:30-11:30 am
VNACares

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



Sterling Senior Center CAREGIVER SUPPORT

MONTHLY, 3RD TUESDAY @ 1:30PM

Registration Required. Call 978-422-3032.

FACILITATED BY



Trinity Hospice

Living every moment

Wachusett Food Pantry



Seniors: Friday June 18, 9-11

All: Saturday June 19, 9-11

Call Nickole at the Senior Center for assistance.

FLYING SOUTH with Joyce Hinckley

For 13 months between March 2020 and April 2021 I went to the grocery store and pharmacy, had fewer than 10 takeout meals and physical contact was limited to my husband. All that changed suddenly and I found myself on a plane to Hilton Head, SC to assist my dearest friend with hip replacement recovery. My reactions to travel were interesting.



Being over 75 and thanks to our town I was fully vaccinated but terrified. Normally, travel doesn't make me anxious but now - oh! Even before my arrival at Logan I could feel cold sweat and muscle tension. Leaving our car and walking into the entry hall made my heart pound. Inside folks were masked and socially distant but enough distance is difficult when you're in a wheelchair being pushed. The gangway was empty because my cane and I were the only "extra time for boarding" passengers. I calmed down a bit in my seat but all the fear came back when we took off. Being in an aircraft with 100 strangers may be the most difficult 2½ hours of my life. Hugging my friend was equally disquieting.



In the 3 weeks after that hug I settled into a new reality. In an Over 55 community everyone was vaccinated and neighbors brought food and visited after my friend had her surgery. They'd been maintaining social bubbles and visiting within them for a year. Sharing meals or baked goods accelerated around Thanksgiving and just continued. No one in the community had gotten ill. Whew!

The flight back was better — the same procedure in reverse: cane on to plane, wheel chair off. My hands weren't getting numb from clenching, I wasn't sweating, and my breaths were slow and steady. On the trip home this is what I told my husband about travel in the time of Covid and vaccinations. Because I didn't start gradually, my trip out was tough but my trip home easier. Starting slow is probably better. Pay attention to what's happening around you and use common sense in interactions. The travel industry and service personnel (flight attendants, disability airport aides, restaurant or store workers) are committed to keeping you and everyone else healthy and safe.

Hugs from old friends are just as good as ever.

Socializing on the Patio

Patio is always available, limited to 14 participants.
Please check the calendar as programs are scheduled too!
Social Slots are reserved times for just hanging out,
reconnecting with old friends and making some new ones.

Mornings 9:30-11:00 Afternoons 1:30-3:00

How it works: *Check in at front desk
* Mask * Social distance * No food or drink

Make a reservation or take your chance
978-422-3032



PIT FIRES ON THE PATIO

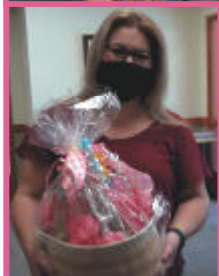
JOIN US ON EITHER JULY 1ST OR JULY 15TH
6:00-7:00PM

LIMITED CAPACITY

REGISTRATION REQUIRED - 978-422-3032



Free Bread Tuesdays!
Drive-through pick-up
every Tuesday 8am-4pm
or until supplies last
Free to all ages
Limit two loaves



Spring Raffle

Congratulations Grand Prize winner Molly D
and to Charlie M, Brooke C and Lucy M

Sponsored by Friends of Sterling Seniors (FOSS)
With thanks to all individuals & businesses
who kindly donated prizes



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

knit happens

Knitting has become “the cool activity” during the coronavirus crisis. Knitting puts me in the moment. As someone who has failed every attempt at meditation, or even at mindfulness, knitting calms my mind and brings me to the table, real or metaphorical.

<https://www.nytimes.com/2020/11/02/well/family/pandemic-knitting-election-stress.html>

Inviting all who knit, crochet, macramé, craft with or without yarn to join us on Friday mornings at 9:30 am on the patio because it is all about the socialization! Reservations Required