

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

March 2020

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Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Wed 8 - 4,

Thurs 8 - 6, Fri 8 - 2

Director: Veronica Buckley

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Clare Anderson-Felton

Maintenance Tech: Jim Ash

Van Drivers:

Denis Coughlin

Pam Dell

Lou Massa

Robert Protano

Diane Sousa

Meal Site Manager:

Melissa Cassata

**HAPPY
ST. PATRICK'S
DAY!**



*Find your pot o' gold at either our
St. Patrick's Day Luncheon or Dinner.*

**St. Patrick's Luncheon
and American-Irish Step Dancers
March 18th, 11:30 am**

Sign-Up Required

\$3 suggested donation



Menu

*Traditional Corned Beef
& Cabbage Dinner
Soda Bread & Dessert*



**St. Patrick's Dinner
March 25th, 6:00 pm
Irish Music with Larry
Tickets \$5 by Mar 20**

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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Susanne Carpenter to place an ad today!

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Sterling Council on Aging, Sterling

06-5262



ART RECEPTION

JON MACK

MARCH 10TH 6–8 PM

Long-time Sterling resident Jon Mack has been drawing since he was 4. Mostly self-taught but with early expert guidance in watercolor and color-mixing from Bill Griffith of Worcester Art Museum, Jon mixes all his colors from just six. Though experienced in most art mediums, Jon always returns to his favorite watercolor. Greatly influenced by American artists Homer, Troiani and Frazetta, much of Jon's art depicts images of the Revolutionary War.

ARMCHAIR TRAVEL

Russia and Icons with Jim Woovis

Thursday, March 26th 3:30pm

Sometimes we forget that Russia is a country filled with churches and religious art. Join Jim Woovis with a tour of famous sites across the country including Moscow and St. Petersburg. He will do this old school, no electronics just spellbinding stories and a hands-on look and explanation of his personal collection of icons.



Beginner's Acrylic Painting Wednesdays

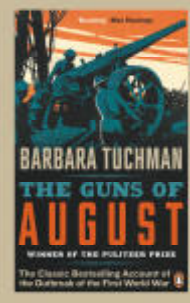
9:30am

\$5.00

New
Members
Welcome

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!

History Club



Friday March 13th at 1pm

The Guns of August

by Barbara Tuchman

Bringing to life the people and events that led up to World War I. Discussion led by Maryanne Macleod.

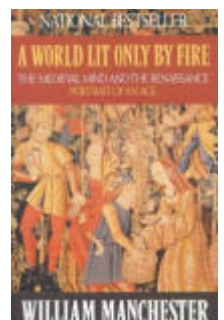
Friday April 17th at 1pm

A World Lit only by Fire

by William Manchester

Exploring the Middle Ages, from a civilization near collapse to the grandeur of its rebirth.

Discussion led by Pat Fox.



SPECIAL EVENTS

Mar 10	9:00 am	Dull Men's Club—MassWildlife
Mar 10	6:00-8:00 pm	Artist Reception—Jon O. Mack
Mar 18	11:30 am	St Patrick's Day Luncheon
Mar 19	12:30 pm	CMDART Presentation
Mar 22	4:00-6:30 pm	A Taste of Sterling at Sterling Country Club
Mar 25	8:15 am	Peer Leaders - Pickleball Tournament
Mar 25	6:00 pm	St Patrick's Day Evening Dinner
Mar 26	3:30 pm	Armchair Travel Russia and Icons
Mar 31	1:00 pm	Dull Men's Model Train Excursion

JUST FOR FUN

Mar 7	6:30 pm	Saturday Night Pitch sponsored by the Grange
Mar 13	12:00 pm	March Birthday Cake sponsored by Sterling Village
Mar 27	7:30-9 am	Pancake Breakfast sponsored by FOSS

ONGOING PROGRAMS

Mar 2	9:15 am	SSC Singers (weekly on Mondays)
Mar 2	1:00 pm	Advanced Photography (weekly on Mondays)
Mar 3	9:30 am	SHINE by appointment
Mar 3	12:00-3:00 pm	Computer Help (weekly on Tuesdays) Sign up please!
Mar 4	9:30 am	Beginner's Acrylic Painting \$5 (weekly on Wednesdays)
Mar 5	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays)
Mar 5	1:30-2:15 pm	Beginners' Ukulele Lessons (weekly on Thursdays) **
Mar 5	2:30 pm	Ukulele Club (weekly on Thursdays) **
Mar 6	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Mar 11	12:30 pm	Book Club: "The Beantown Girls" by Jane Healy
Mar 12	2:30 pm	** Beginner Ukulele & Ukulele Club combined program
Mar 13	1:00 pm	History Club: The Guns of August

WELLNESS PROGRAMS

Mar 2	4:30 pm	Meditation (weekly on Mondays) March 9, 16, 23, 30 at 6pm
Mar 4	10:00 am	Walking Club (weekly on Wednesday, meet at Senior Center)
Mar 5	10 am--noon	BP Clinic sponsored by the Sterling EMS
Mar 5	2:00 pm	Going Steady (weekly on Thursdays)
Mar 10	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Mar 12,26	8:30 am	Foot Clinic by appointment, \$40 to FC Nurse, \$45 1st appt.
Mar 16	10:30 am	MSNME Support Group (monthly, 3rd Monday)
Mar 18	3:30 pm	Parkinson's Support (monthly, 3rd Wednesday)
Mar 20	1:00 pm	Senior Strong (weekly on Fridays) Sign-Up Required
Mar 30	9:30-11:00 am	Caregivers Connect (at Clinton Senior Center)

Senior Strong returns!

Fridays @ 1:00pm March 20th to May 8th

Senior Strong is a unique fitness class that addresses 3 areas vital for optimal physical function: strength, flexibility and balance. These areas will be tested at first and last sessions to track progress. Supervision will be provided throughout to ensure highest level of safety.

This program is sponsored by the Friends of Sterling Seniors (FOSS). The program is free to participants. There is a \$25 deposit that will be refunded providing you meet attendance requirements (deposit can be waived if it poses a hardship). The program length is a total of 8 weeks. The first and last week are for testing and evaluation, and the middle six weeks are the instructional phase. You must attend 5 of the 6 weeks of instruction phase to meet the attendance requirements and receive your refund.

Prior participants of this program are eligible to participate in this session!!

Sign up early as class size is limited!



Foot care is now \$40 per session, and \$45 for first appointment. If you are a Montachusett Home Care client, you may be able to receive foot care as part of your services. Please ask your case manager for information.



The Movement as Medicine series is airing on Sterling Lancaster TV this March!

Tune In!

Daily at 12pm & 8pm on Comcast Channel 8

March 2-8: Hip & Knee Osteoarthritis
March 9-15: Exercise & Osteoporosis
March 16-22: Vertigo



Thursday March 19th @ 12:30pm

The CMDART team will share steps you can take to be better prepared to care for your pets in a disaster, including emergency tips and planning information. Discover what items to keep in your "Go Kit", and your pet first-aid kit.

Learn how you can help as a volunteer with CMDART.

Going Steady

The most exercise fun in MA!

Thursdays @ 2:00pm

Drop in and give it a try!

This class is suitable and educational for all abilities, whether you need a walker or can play pickleball. Free to you as this program is generously funded by FOSS (Friends of Sterling Seniors).

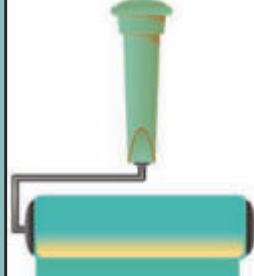


MARCH ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Tai Chi</p> <p>9:15 SSC Singers</p> <p>10:00 Oriol Fitness</p> <p>11:30 Roasted Pork Loin</p> <p>1:00 BINGO</p> <p>1:00 Advanced Photo</p> <p>2:30 ALFA</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>6:00 Meditation</p>	<p>3</p> <p>8:00 Chair Pilates</p> <p>9:30 SHINE</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:30 Lemon Herb Chicken</p> <p>12:00 Computer Help</p> <p>12:30 Game day</p> <p>7am-8pm Vote MA Primary</p>	<p>4</p> <p>9:30 Beginners Acrylic</p> <p>9:30 Gentle Chair Yoga</p> <p>10:00 Walking Club</p> <p>11:30 Hamburg Veg Soup</p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>1:00 Wii Bowling!!</p> <p>4:00 Pickleball</p>	<p>5</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>10:00 BP Clinic</p> <p>11:30 Ham & Bean Soup</p> <p>12:30 Acrylic Painting</p> <p>1:30 Beginner Uke</p> <p>2:00 Mahjong</p> <p>2:00 Going Steady</p> <p>2:30 Ukulele Club</p>	<p>6</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>Closed 2:00 pm</p>
<p>9</p> <p>8:30 Tai Chi</p> <p>9:15 SSC Singers</p> <p>10:00 Oriol Fitness</p> <p>11:30 Chicken Pot Pie</p> <p>1:00 BINGO</p> <p>1:00 Advanced Photo</p> <p>3:00 Open Strumming</p> <p>4:00 Pickleball</p> <p>6:00 Meditation</p>	<p>10</p> <p>8:00 Chair Pilates</p> <p>9:00 Dull Men's Club</p> <p>9:30 Elder Well Clinic</p> <p>9:30 Line dancing</p> <p>9:30 Open coloring</p> <p>11:30 Sweet Potato Minestrone</p> <p>12:00 Computer Help</p> <p>12:30 Game day</p> <p>6:00 Artist Reception</p>	<p>11</p> <p>9:30 Beginners Acrylic</p> <p>9:30 Gentle Chair Yoga</p> <p>10:00 Walking Club</p> <p>11:30 Spinach & Chicken Tortellini Soup</p> <p>12:30 Van shopping trip</p> <p>12:30 Book Club</p> <p>12:30 Rummikub</p> <p>1:00 Wii Bowling</p>	<p>12</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>8:30 Foot Clinic</p> <p>11:30 Cheesesteak Sub & French Onion Soup</p> <p>12:30 Acrylic Painting</p> <p>2:00 Mahjong</p> <p>2:00 Going Steady</p> <p>2:30 Combined Ukulele Club and Beginners</p> <p>5:30 COA Board Meeting</p>	<p>13</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>12:00 Birthday Cake</p> <p>1:00 History Club</p> <p>Closed 2:00 pm</p>
<p>16</p> <p>8:30 Tai Chi</p> <p>9:15 SSC Singers</p> <p>10:00 Oriol Fitness</p> <p>10:30 MSNME</p> <p>11:30 Meatball Stew</p> <p>1:00 BINGO</p>	<p>17</p> <p>8:00 Chair Pilates</p> <p>9:30 Line dancing</p> <p>9:30 Open Coloring</p> <p>11:30 Turkey Casserole</p> <p>12:00 Computer Help</p> <p>12:30 Game Day</p>	<p>18</p> <p>9:30 Beginners Acrylic</p> <p>9:30 Gentle Chair Yoga</p> <p>10:00 Walking Club</p> <p>11:30 Corned Beef Dinner -- sign up please</p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p>	<p>19</p> <p>8:00 Zumba</p> <p>9:00 Strengthen Yoga</p> <p>11:30 Breakfast at Lunch</p> <p>12:30 CMDART</p> <p>12:30 Acrylic Painting</p> <p>1:30 Beginner Uke</p>	<p>20</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>1:00 Senior Strong</p>

1:00 Advanced Photo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	12:30 Game Day 	12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club	Closed 2:00 pm
8:30 Tai Chi 9:15 SSC Singers 10:00 Oriol Fitness 11:30 Fish Chowder 1:00 BINGO 1:00 Advanced Photo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	23	8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring 11:30 Barbecue Chicken Sandwich 12:00 Computer Help 12:30 Game day	24	8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring 11:30 Barbecue Chicken Sandwich 12:00 Computer Help 12:30 Game day
8:30 Tai Chi 9:15 SSC Singers 9:30 Caregivers in Clinton 10:00 Oriol Fitness 11:30 Chicken Stew 1:00 BINGO 1:00 Advanced Photo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	30	8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring 11:30 Beef Stew 12:00 Computer Help 12:30 Game day 1:00 Model Train Trip	31	8:00 Chair Pilates 9:30 Line dancing 9:30 Open coloring 11:30 Beef Stew 12:00 Computer Help 12:30 Game day 1:00 Model Train Trip
8:15 Peer Leaders Pickleball 9:30 Beginners Acrylic 9:30 Gentle Chair Yoga 10:00 Walking Club 11:30 Beef Tenderloin 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 4:00 Pickleball 6:00 Evening Dinner	25	8:00 Zumba 9:00 Strengthen Yoga 8:30 Foot Clinic 11:30 Smorgasbord 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 3:30 Armchair Travel	26	8:00 Zumba 9:00 Strengthen Yoga 8:30 Foot Clinic 11:30 Smorgasbord 12:30 Acrylic Painting 1:30 Beginner Uke 2:00 Going Steady 2:00 Mahjong 2:30 Ukulele Club 3:30 Armchair Travel
Exercise Fees Line Dancing \$2 Tai Chi \$5 Zumba \$5 Pilates \$5 Yoga \$5		Coffee served all day everyday in the dining room 		Shopping Wednesdays @12:30 3/4 Walmart Leom 3/11 Target 3/18 WalMart WB 3/25 Christmas Tree Shop
7:30—9:00 Pancake Breakfast 8:00 VSO Hours 9:30 Pilates 1:00 Senior Strong Closed 2:00 pm	27			

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THAT SUPPORT OUR COMMUNITY**



2020 Census — Important Information for Sterling Seniors

This year, there will be a federal census mailed to you in March by the U.S. Census Bureau. This census is performed every 10 years. The 2020 United States Census is separate from the annual town census which is used to confirm your residency and keep your voter registration status up to date. **For the next ten years, the Sterling Senior Center will rely on funding generated by information in the 2020 US Census, so it is very important to complete both your annual Sterling census and the United States Census in 2020.**

Schedule a Van Ride to Vote!

The Presidential Primary Election will take place on **Tuesday, March 3, 2020** from 7:00am – 8:00pm at the Houghton Elementary School, 32 Boutelle Road.

You may be eligible for circuit breaker tax credit if:

you are a homeowner and your MA property tax payments, together with half of your water & sewer expense, exceeds 10% of your total MA income for the tax year;

you are a renter and 25% of your annual MA rent exceeds 10% of your total MA income for the tax year.

Other rules and restrictions apply, so see your tax professional or visit <https://www.mass.gov/service-details/senior-circuit-breaker-tax-credit> for more info.

CLOSING AND DELAY INFO

BASED ON WACHUSETT SCHOOL DISTRICT

TWO HOUR DELAY: Programs start at 11:30am

EARLY RELEASE: Programs end after Lunch

SCHOOLS CLOSED: All programs cancelled

BASED ON STERLING CODE RED

If Town Hall is closed, the Senior Center is **CLOSED**

If in doubt, call the Senior Center at 978-422-3032.

SUPPORT



MSNME Support

Donna Clark, facilitator

Monday March 16th at 10:30 am

Refresh your mind, body and spirit, share your knowledge, tell stories, and inspire others to do the same.



SUPPORT GROUP
March 18th, 3:30 pm

An open group for people with Parkinson's, their caregivers and care partners, sharing Parkinson's related issues or insights, and speakers who bring us news about new and existing medicines or procedures.

Facilitated by Joe O'Connor, certified Parkinson's exercise trainer.

508-335-0672 or northworcparkies@yahoo.com



Caring
for the Caregiver

Caregivers Connect

9:30—11am

March 30th

Clinton Senior Ctr

Clyde Wheatly, facilitator

No registration.

Drop in.

Light refreshments served.





Tuesday March 10th
9:00 am

Unexpected Encounters with Bears, Moose and Coyotes

presented by Marion Larson
MassWildlife Chief of Info & Education

Learn about the larger wild neighbors in the Sterling area, with useful tips to prevent or reduce potential conflicts with these fascinating mammals..

A Sterling resident, Marion has 30 years experience in environmental law enforcement and conservation education.

Dull Men's Train Excursion



March 31st

As a follow up to the recent Dull Men's Club presentation, Rich Hopkins has extended an invitation to view his model train displays and collection.

Van Leaves at 1:00pm
Van Returns at 3:00pm
Limited Seats
Sign Up Required



Monday Mar 25
8:15 am

Peer Leaders
Annual Pickleball Tournament
at Chocksett School
Meet at Senior Center 8:15am
Sign Up Please!



Game Day Tuesdays at 12:30pm

In addition to Dominoes, Cribbage & Bridge ...



we are now playing Pitch !

1:00pm start \$2.00 fee

The SSC Singers

Mondays 9:15-10:00am

The SSC Singers enjoy bringing harmony to a wide variety of songs. You are encouraged to join them on Mondays at 9:15am.

No experience needed.
No auditions.

Wii Bowling !



Wednesdays at 1:00pm

** Go Green **

To receive your newsletter by e-mail,
see Clare, call 978-422-3032
or e-mail cfelton@sterling-ma.gov



We open our doors to more than 100 people each day!
In consideration of those who suffer allergies, COPD or asthma, please minimize use of perfume, after shave, scented creams, etc., so that *all* may enjoy our center. Thank you.





Friday, March 27th
7:30 - 9:00

Plain & special pancakes, ham,
eggs, mixed fruit, tea breads,
juices & coffee.

Celebrity Servers:

Robert Marrama

Sterling Postmaster

Ethan Belding

CMAA Director of Planning & Research

Coralito Gonzalez

CMAA Census Outreach Coordinator

*\$3 suggested donation. Open to all.
No reservations.*



Community Lunch at First Church

March 7th at noon

Garden Salad
Pasta & Meat Sauce
Italian Bread & Butter
Dessert

Transportation available
Call 978-422-3032



Wachusett Area Rotary Club **SPRING FUNDRAISER**

Friday March 27th
6:00-10:00 pm

Manor Restaurant, West Boylston

Tickets — \$40 or 2 for \$70

Call 508-509-2008 or email

ChandlerJ3@aol.com to purchase

Wachusett Food Pantry

Seniors: Friday March 20, 9-11am

All: Saturday March 21, 9-11am

Call Nickole at Senior Center
for assistance.



2020 THE HAPPY TRAVELERS & AWAY WE GO TRAVEL TRIP LIST for Aged 50+ Travelers

Jun 14-15	Two-day Mystery Tour, somewhere along the Eastern Seaboard, one of the New England states or New York.	\$339 pp/double \$399 pp/single
Jul 18	42nd Street at Mac-Haydn Theatre with stop at Furnace Brook Winery and lunch at Winding Brook Country Cl	\$139 pp
Aug 1	Cruisin' Winnepesaukee with lunch at the Wolfeboro Inn and a visit to the Wright Museum of World War II	\$119 pp
Sep 20-30	Enchanting Canyonlands, Las Vegas, Grand Canyon, Lake Powell, Monument Valley,	Contact us for Info
Oct 15-18	4-Day Washington DC featuring African American Museum	\$699 pp/double \$939 pp/single
Nov 8	The Mousetrap, Agatha Christie's mystery play at the Ivoryton Playhouse, CT. Includes lunch at the Griswold Inn, Essex CT.	\$130 pp
Dec 6	Christmas in Connecticut: 20th Annual Holiday Boutique at Hill-Stead Museum, lunch at Chowder Pot IV. and Wadsworth Atheneum of Art for Festival of Trees & Traditions	\$119 pp

Contact: Gladys Merrow 508-835-4312 (C) 508-612-5312 (H) happytravelers.gem@gmail.com

All trips include gratuity for driver and escort. Also included in the price of day trips is cancellation waiver. You will receive a refund minus the \$5.00 built-in cancellation fee; if there is a theater ticket involved refund will be minus ticket cost and the \$5.00 fee, up to 10 days prior to the trip. After that you will only receive a refund if we or you can find someone to fill your seat.



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PERMIT NO. 17

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

THE TASTE of STERLING

SUNDAY, MARCH 22ND 4:00-6:30PM
STERLING NATIONAL COUNTRY CLUB,
33 ALBRIGHT RD



Come and participate in this fun Fundraiser to benefit the
FRIENDS OF STERLING SENIORS

Highlighting Local Food Vendors

Tickets \$15.00

available at the Senior Center
Cash Bar



Support our Seniors and Local Businesses!!!
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