

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

March 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

Shenanigans at the Senior Center!



Drive-through Grab 'n' Go

Wednesday, March 17th

11:00-11:30 OR 11:30-12:00

Reservations Required: 978-422-3032

Preference to Sterling Seniors



In the event of snow or icy conditions, we may reschedule
When in doubt, don't go out! Call us!!

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
cell: 978-502-8847



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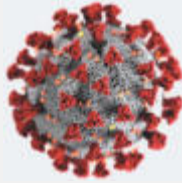
COVID-19 Vaccinations — What's behind the Numbers?

Ann Marie Catalano, PhD, RN

March 9th at 1:30pm

Join Ann Marie as she reviews current CDC information on the COVID-19 virus, vaccination recommendations and side effects, and what it means once you're vaccinated.

Ann Marie is an RN with 40 years' clinical experience, 35 years in education, and is a member of the Wachusett Medical Reserve Corps.



<https://us02web.zoom.us/j/86954290209>

Meeting ID: 869 5429 0209

One tap mobile: +13017158592

Call 978-422-3032



Hi Everyone!

This is a very exciting time as more of the population becomes eligible to receive the Covid-19 vaccine. As you can probably imagine, providing assistance to our seniors in obtaining the vaccine is one of the Center's primary goals for the year. So, bear with us if we cannot reschedule a Grab 'n' Go, or if an activity gets flexed or skipped for a month. Understand it is all for a good cause. Promoting vaccinations is our priority!

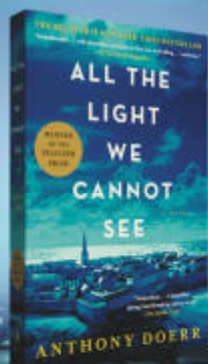
Please check out the Covid vaccine tab on the Senior Center website at <https://www.sterling-ma.gov/senior-center/pages/covid-19-vaccine> Here you will find the most up-to-date information about vaccination plans for Sterling. Information about the Massachusetts eligibility criteria and how to access a vaccination is also included on the page.

Finally, let's keep ourselves informed. When does the vaccination take full effect? How long does the protection last? What can / should we do after we are vaccinated? Find out the answers at the Dull Men's Club (yes, women can crash the club for this!) on March 9th at 1:30 by zoom.

Be well and keep smiling - yes, we can all see the smile under the mask!

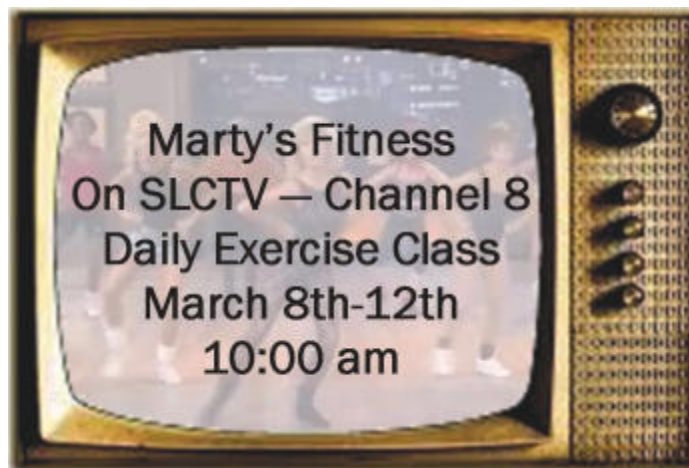
Veronica

Book Club
Wednesday
March 17th
1:30pm



Zoom ID:
862 9298
5698
Passcode:
919327

Marty's Fitness
On SLCTV — Channel 8
Daily Exercise Class
March 8th-12th
10:00 am



Ukulele Club

Intermediate/Advanced Club

Thursdays at 1:30pm via Zoom
 Contact Nancy at nancyhp246@gmail.com



BINGO goes virtual!

Join us for Zoom Bingo
 Mondays at 1:30pm



Peter Cummings offers technical help through
 phone and online meetings.

Tuesdays, 12-3pm
 Call 978-422-3032

Call to pick up your March BINGO cards
 978-422-3032

Cards \$1 each / Weekly Prizes

Join Zoom Meeting

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

Meeting ID: 895 3852 7554

One tap mobile
 +19292056099

HISTORY CLUB

On hiatus for March. Returning in April !



Going Steady with Marty returns on Zoom

The most exercise fun in MA!

Fridays at 1:00 pm

This balance 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 a grant from *Determination of Needs*
 (DoN) Fund of UMass Memorial HealthAlliance-Clinton Hospital Community.

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

Zoom ID: 761 014 8460

Zoom Chair Yoga with Katie

Wednesdays at 9:30am

Appropriate for all levels

A fun new class for \$2!



Bring to class a chair, mat, strap (a tie, belt or scarf) plus blocks if you want to use them.

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

Zoom Meeting ID: 895 3852 7554

New to Zoom? Call for an e-mail with [clickable link](#).

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

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

Tai Chi

Mondays at 8:30am

Newcomers welcome.

Call 978-422-3032 to join!

<https://us02web.zoom.us/j/89346204723>

Meeting ID: 893 4620 4723

Password: 839376

\$2 fee



Fitness Reimbursement Document Requests

If you'll be claiming insurance reimbursement for 2020 fitness classes, please call us and we'll provide documentation of your expenses at the Senior Center.



Sterling Lancaster Community Television is now sending out weekly schedules to your email!

If you'd like to receive these emails, you can email access@slctv.us or sign up at www.slctv.us/newsletter-signup. Or call 978-733-1139.

SLCT is also planning on re-airing Marty's Fitness program on public channel 8. The program will be airing March 8 – March 12, daily at 10am. When you sign up for our schedules through email, you will be reminded the Sunday before this airs.

Sterling-Lancaster Community Television was formed to provide Sterling and Lancaster residents, organizations, agencies, and institutions with free, non-commercial television production and related services on a first-come-first-served, non-discriminatory, non-monopolistic basis.

Worried about participating because you're new to Zoom?

Call us to schedule a 10-minute how-to session.

We'll walk you through joining a meeting, changing your display, muting and unmuting, etc., so that you can enjoy a meaningful presentation, class or discussion.

MARCH CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:30 Tai Chi*</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness & Yoga*</p> <p>Chicken Noodle Soup</p> <p>1:30 Bingo*</p>	<p>2</p> <p>8 - 4 Bread Pickup</p> <p>Pot Roast Dinner</p> <p>12-3 Tech Help (Zoom or phone)</p>	<p>3</p> <p>9:30 Chair Yoga*</p> <p>Lemon Herb Chicken</p> <p>3:30 Parkinson Support*</p>	<p>4</p> <p>Chicken Mac n Cheese</p> <p>12-1 BINGO Card Pickup</p> <p>1:30 Ukulele Club*</p>	<p>5</p> <p>Smorgasbord</p> <p>1:00 Going Steady*</p>
<p>8</p> <p>8:30 Tai Chi*</p> <p>9:30 Line Dancing*</p> <p>10:00 Marty's Fitness on SLCTV Channel 8</p> <p>10:30 Marty's Fitness & Yoga*</p> <p>Sweet & Sour Meatballs</p> <p>1:30 Bingo*</p>	<p>9</p> <p>8 - 4 Bread Pickup</p> <p>9:30-11:30 Elder Keep Well Clinic**</p> <p>10:00 Marty's Fitness on SLCTV Channel 8</p> <p>Stuffed Turkey Sliders</p> <p>12-3 Tech Help (Zoom or phone)</p> <p>1:30 Dull Men's*</p>	<p>10</p> <p>9:30 Chair Yoga*</p> <p>10:00 Marty's Fitness on SLCTV Channel 8</p> <p>Ham Dinner</p> <p>3:30 Parkinson Support*</p>	<p>11</p> <p>8:30-1:30 Foot Clinic**</p> <p>10:00 Marty's Fitness on SLCTV Channel 8</p> <p>Spinach Torteillini Soup</p> <p>1:30 Ukulele Club*</p> <p>5:30 COA Board Mtg</p>	<p>12</p> <p>10:00 Marty's Fitness on SLCTV Channel 8</p> <p>Smorgasbord</p> <p>1:00 Going Steady*</p>
<p>15</p> <p>8:30 Tai Chi*</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness & Yoga*</p> <p>Chicken Parmesan</p> <p>1:30 Bingo*</p>	<p>16</p> <p>8 - 4 Bread Pickup</p> <p>Barbecue Chicken</p> <p>12-3 Tech Help (Zoom or phone)</p>	<p>17</p> <p>9:30 Chair Yoga*</p> <p>11:00-11:30 or 11:30-12:00</p> <p>St. Patrick's Day</p> <p>Grab 'n' Go</p> <p>Corned Beef & Cabbage</p> <p>1:30 Book Club*</p> <p>3:30 Parkinson Support*</p>	<p>18</p> <p>Minestrone Soup</p> <p>1:30 Ukulele Club*</p>	<p>19</p> <p>9:00 Food Pantry</p> <p>Smorgasbord</p> <p>12-1:00 Take & Make</p> <p>Card Kit Pick-Up</p> <p>1:00 Going Steady*</p>

22	23	24	25	26
8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Baked Fish 1:30 Bingo*	8 - 4 Bread Pickup Chicken Salad Sandwich 12-3 Tech Help (Zoom or phone)	9:30 Chair Yoga* Meatloaf 1:30 Take & Make Card Workshop* 3:30 Parkinson Support*	8:30-1:30 Foot Clinic** Ham & Bean Soup 1:30 Ukulele Club*	10:30 Armchair Travel* Smorgasbord 1:00 Going Steady*
29 8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Cheese Steak Sub 1:30 Bingo*	30 8 - 4 Bread Pickup Lasagna 12-3 Tech Help (Zoom or phone)	31 9:30 Chair Yoga* Chicken & Rice Soup 3:30 Parkinson Support*	We are currently providing Grab & Go or home-delivered lunches for those seniors who require a little extra help with meal preparation. <i>The March 17th Grab 'n' Go is open to ALL with preference to Sterling residents</i>	* Zoom only ** In-person. Mask & social distancing required. Fees for Tai Chi and Chair Yoga exercise classes: \$2 Zoom

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

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You may be eligible for the Circuit Breaker Tax Credit

If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.

If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

For tax year 2020 the maximum credit amount is \$1,150.

- You must be a Massachusetts resident or part-year resident
- You must be 65 or older by January 1, 2021
- You must own or rent residential property in Massachusetts and occupy it as your primary residence
- Income no more than \$61,000 for single person, \$76,000 for head of household, \$92,000 for married couple

You must file a Mass personal income tax return with Schedule CB. More information is available at <https://www.mass.gov/how-to/apply-for-the-circuit-breaker-credit>

You may be eligible to reduce a portion of your Real Estate Taxes!



Senior & Surviving Spouse exemptions require you be age 70 by July 1 of 2020, and own and occupy your home for at least 5 years. Your application must be filed by April 1st.

- For Exemption Amount of \$500
- Income for single no more than \$20,873 with assets no more than \$44,964 (not including value of home)
- Income for married persons no more than \$25,464 with assets no more than \$48,173 (not including value of home)
- For Exemption Amount of \$273
- No income standard, but assets cannot exceed \$64,418

Call Debbie Dreyer, Assistant to the Assessor, for more info. 978 422 8111 x 2313

What if I missed the Medicare Open Enrollment Period?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

Call the Senior Center for a SHINE appointment 978-422-3032

IMPORTANT INFORMATION REGARDING STERLING SENIOR CENTER SERVICES

At the present time, the Senior Center is open for "essential" service appointments that require in person attendance: the Foot Clinic and the Elder Keep Well Clinic.

All other programs and services will be conducted by telephone, by remote platform or by prearranged parking lot visits.

As a community, we have all become very creative in "getting things done."

So, no matter what the need, CALL US ! 978-422-3032 Together, we will figure it out.



Andrea, RN, has appointments at the Senior Center.
Call us at 978-422-3032 to schedule your clinic visit for \$45 on March 11 or 25, or April 8 or 22.

ELDER KEEP WELL CLINIC

March 9th, 9:30-11:30 am

VNACares

By appointment only

Call 978-422-3032 to make a reservation.

Appointments for Blood Pressure only also available.



REGISTRY OF MOTOR VEHICLES

Senior Hours on Wednesdays Extended through March

Several RMV Service Centers, including Leominster, will designate Wednesdays in March to serve customers age 75 and older, thus providing a safer space for customers to visit.

A reservation is required.

To view availability and to make a reservation, visit www.Mass.Gov/RMV and select "Make/Cancel a Reservation" then select "Senior Transaction".

AAA members may also make a reservation at a AAA location through www.aaa.com/appointments

Call the RMV at 857-368-8005



Zoom meetings every Wednesday at 3:30pm

Please contact Joe at 508-335-0672 or

northworcparkies@yahoo.com

Wachusett Food Pantry

Seniors: Friday Mar 19, 9-11am

All: Saturday Mar 20, 9-11am

Call Nickole at the Senior Center for assistance.



Muffin Monday Nominations

Nominate a special someone who deserves some recognition, is really missing friends and family, or just needs a cheer-me-up!

They'll get a Monday Muffin Surprise and an appropriately distanced Friendly Visit courtesy of SSC kitchen staff & volunteers!

Call 978-422-3032 or e-mail

nboardman@sterling-ma.gov



Free Bread Tuesdays!

Drive-through pick-up
Every Tuesday 8am-4pm

or until supplies last

Free to all ages

Limit two loaves

CARD WORKSHOP WITH MARYELLEN COCKS

March 24th at 1:30pm

Zoom ID: 895 3852 7554

Create three beautiful all-season cards
A kit of all required components will be provided

\$5

Reservations required at 978-422-3032
Kit pick-up and payment on Friday March 19th, 12-1pm



A R M C H A I R T R A V E L

Winter In Japan

March 26th at 10:30am

Zoom Meeting ID: 895 3852 7554

Sterling resident and retired Harvard professor James Wilkinson has spent extended periods of time in Japan.

He will show us the exquisite beauty of winter.

Come with him to discover a bamboo forest, visit temples in the snow, and celebrate the New Year on a photo tour of Kyoto and Nagano.

This is an opportunity to see Japan beyond the well known or familiar. We'll get a more intimate and local view as Jim shares his experiences.



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Call the library at 978-422-6409 between 10am and 6pm
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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs

Spring Raffle

\$5 per ticket

Drawing Date — Thursday, May 6th

**First Prize includes Fitbit Charge 4,
insulated wine valet and wine, \$25 gift card,
hand-painted candle holders, notebook, hand cream
Approximate value: \$200**

**2nd, 3rd & 4th Prizes include
hand-crafted stepping stones, gift cards, wine, art, and more !!!**

**Call 978-422-3032 to pick-up tickets
at Senior Center - 8am-11am Tuesday-Friday
Or call Pam Dell 774-696-3513 for alternate arrangements**

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

