

# **Sterling** SENIOR CENTER **Newsletter**

Connecting with each other & our community

March 2022

## Sterling Council on Aging Board Members

*Chair:* Kevin Beaupre

*Secretary:* Liz Pape

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*Members:*

Gail Bergeron

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Sue Protano

## 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

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

*Kitchen Manager:*

Ruby Hall



## Sounds of Ireland



with Jimmy McArdle

& Barney McElhone

Friday, March 11th at 1:00pm

Original members of The Bards Irish Folk Band,

Jimmy and Barney will be regaling us with

traditional and modern Irish songs,

served up with a sprig of blarney.

Reservations required.

Music event only. No food or drink.

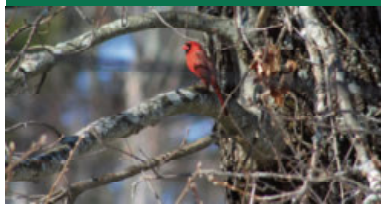


## Artist Reception

Tuesday March 8th, 6-8pm

**The Joys of Nature**

**Photography by Laura Trepkus**



"Nature gifts us with unbelievable beauty. Capturing this beauty in a photo, freezing a moment in time, brings me great joy. I often say I see life through my camera lens! It's a wonderfully relaxing and rewarding hobby.

"I prefer to use recycled frames. Most have little imperfections, providing each one with a unique charm and character. My thought is that each frame chooses the photo it's meant to hold."

*Laura*

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

## WE'RE HIRING

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Contact Susanne Carpenter to place an ad today!  
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Do you have a suggestion, a complaint, a compliment? Perhaps there's something we haven't done in a while that you'd like to see return?

Or something new that may be popular here?

We want to know how we can improve our services to Sterling seniors.



# Let's Hear It!



## STATE OFFICE HOURS

Senator Anne Gobi and  
Representatives

Kimberly Ferguson & Meghan Kilcoyne

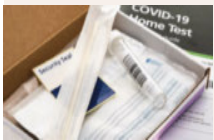
March 15th, 11:30am - 12:30pm

at the Senior Center

(Monthly on the Third Tuesday)

Come with a question, or just to meet.

## Free at-home COVID-19 tests



Every home in the US is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Order your tests now so you have them

when you need them. One set of tests per home.

Order free tests at <https://www.covidtests.gov/>

Call the Senior Center if you need assistance  
- we can do it for you!

## Insurance Reimbursement for Exercise Programs

If your insurance company offers reimbursement for exercise programs, please call us to request a copy of your receipt.

## Slow Down!

During winter when there's snow in the parking lot, it is especially important to follow the arrows!



**Counter-clockwise through the lot please**

## Senior Center Snow Policy

If Wachusett Schools are closed for the day, there will be no programming (including meals program) at the Senior Center for the day.

For delayed opening, the Center will *open at lunch*.

For early closings, the Center will close *after lunch*.

When in doubt, be safe!

Call the Center 978-422-3032



## COVID-19 Digital Vaccine Card

A new tool, called My Vax Records, allows people who received their vaccination in MA to access their own vaccination history and generate a COVID-19 digital vaccine card.

Access the new tool at [MyVaxRecords.Mass.Gov](https://MyVaxRecords.Mass.Gov)

The electronic record shows the same information as a paper CDC vaccine card: name, date of birth, date of vaccinations, and vaccine manufacturer. It also includes a QR code that makes these same details readable by a QR scanner, including smartphone apps.

**Call the Senior Center 978 422 3032 for our current Covid-19 safety protocols and mask guidance.**

Effective at time of print, the Massachusetts Department of Public Health now advises that all people, regardless of vaccination status, should wear a mask or face covering when indoors (and not in your own home).

## SPECIAL EVENTS

Mar 8	6-8 pm	Artist Reception Laura Trepkus
Mar 11	1:00 pm	Sounds of Ireland <i>registration required</i>
Mar 23	11:00-1:00	Pop-Up Market
Mar 25	7:30-9:00 am	Pancake Breakfast

## ONGOING

Mar 1		Pool daily
Mar 1	8am-4pm	Bread Pickup (weekly on Tuesdays)
Mar 1	8:15 am	Pilates (weekly on Tuesdays, <i>sign up required, \$5</i> )
Mar 1	9:00 am	Open Coloring (weekly on Tuesdays)
Mar 1	9:30 am	Line Dancing (weekly on Tuesdays, <i>sign up required, \$2</i> )
Mar 1	by appointment	SHINE Counseling
Mar 1	by appointment	Tech Help (weekly on Tuesdays)
Mar 1	1:00 pm	Game Day (weekly on Tuesdays)
Mar 2	9:30 am	Chair Yoga (weekly on Wednesdays, <i>sign up required, \$5</i> )
Mar 2	12:30 pm	Rummikub (weekly on Wednesdays)
Mar 2	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i> )
Mar 2	1:00 pm	Wii Bowling (weekly on Wednesdays)
Mar 2	4:00-7:00 pm	Pickleball at First Church Hall (weekly on Wed, <i>sign-up, \$3</i> )
Mar 3	9:30 am	History Club (first Thursday of month)
Mar 3	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Mar 3	1:00 pm	Entry Level Ukulele (weekly on Thursdays)
Mar 3	2:00 pm	Ukulele Club (weekly on Thursdays)
Mar 4	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Mar 4	9:30 am	Knitting Club (weekly on Fridays)
Mar 5	6:30 pm	Grange Pitch Party <i>registration required</i>
Mar 7	8:30 am	Tai Chi (weekly on Mondays, <i>sign-up, \$5</i> )
Mar 7	1:00 pm	BINGO (weekly on Mondays)
Mar 7	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Mar 7	6:00 pm	Meditation (weekly on Mondays, \$5)
Mar 10	9:30 am	Dull Men's Club (second Thursday of month)
Mar 15	11:30 am	State Office Hours
Mar 16	12:30 pm	Book Club "Giver of Stars"
Mar 18,19	9-11:00 am	Food Pantry

## WELLNESS

Mar 2	6:00-8:00 pm	Parkinson's Support
Mar 4	10:00 am	Going Steady (weekly on Fridays)
Mar 7	10:00 am	Grandparents Raising Grandchildren
Mar 8	9:30-11:30 am	Well Clinic sponsored by VNA Care
Mar 9 & 23	3:30-5:00 pm	Parkinson's Support
Mar 10 & 24	by appointment	Foot Clinic \$45 to FC Nurse
Mar 31	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>



## You may be eligible for the Circuit Breaker Tax Credit

If you are a homeowner, your MA 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 2021 the maximum credit amount is \$1,170.

- You must be a Massachusetts resident or part-year resident
- You must be 65 or older by March 1, 2022
- You must own or rent residential property in MA and occupy it as your primary residence
- Income no more than \$62,000 for single person, \$78,000 for head of household, \$93,000 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>

*Get more information at this month Dull Men's Club meeting on March 10th. See page 8.*

## Medicare Advantage Open Enrollment Period

If you're unhappy with your current Medicare Advantage plan, the Medicare Advantage Open Enrollment Period is a once-a-year window when you can make a change. This Period runs annually between January 1 and March 31.

During this window, a current Medicare Advantage enrollee can:

- Switch from one Medicare Advantage plan to another;
- Disenroll from a Medicare Advantage plan and return to Medicare, with or without a prescription drug plan.

You can only make one change to your healthcare coverage during this time, so choose wisely. Once you make that change, you cannot make another change until the [Medicare Annual Enrollment Period](#). This enrollment period is ONLY for beneficiaries currently enrolled in a Medicare Advantage plan.

*Our Shine counselor, Pamela, can assist you. Call for an appointment!*



Appointments at the Senior Center with Moira, RN.

Call us at 978-422-3032 to schedule your clinic visit for \$45 on March 10 or 24, and April 14 & 28.



**Monday March 7th @ 10:00am**

For more information contact Pat Keay at [pat.keay@gmail.com](mailto:pat.keay@gmail.com)



## CAREGIVER SUPPORT

**Monthly, Last Thursday 3 - 4:30pm**

**March 31st**

This will be a peer directed meeting, facilitated by Eileen Brooks from Sterling Village.

*You're a caregiver! We understand your schedule can be unpredictable - so drop in anytime during 3-4:30!*

**Registration Suggested**

**978-422-3032**



**In person support (with Zoom option)**

**1st Wednesday, March 2nd at 6-8pm**

**2nd & 4th Wednesdays**

**March 9th and 23rd at 3:30-5:00 pm**

Please contact Joe at 508-335-0672 or [northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



# MARCH CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Wednesday Shopping</b> <b>Trips:</b> 3/2 Walmart, Leom 3/9 Ocean State JL 3/16 Walmart, WB 3/23 Target 3/30 Walmart, Leom <i>Registration Required</i>	1 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing <b>11:30 Apricot Chicken</b> 1:00 Game Day	2 9:30 Chair Yoga <b>11:30 Spaghetti &amp; Meatballs</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball 6:00 Parkinson Support	3 9:30 History Club <b>11:30 Chicken Nuggets &amp; Fries</b> 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club	4 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b>
7 8:30 Tai Chi 10:00 Grandparents Raising Grandchildren <b>11:30 Turkey Dinner</b> 1:00 Bingo 3:00 Open Strumming 6:00 Meditation	8 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30-11:30 Well Clinic 9:30 Line Dancing <b>11:30 Salisbury Steak</b> 1:00 Game Day	9 9:30 Chair Yoga <b>11:30 Grilled Cheese Sandwich</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	10 8:30-2:30 Foot Clinic 9:30 Dull Men's Club <b>11:30 Baked Chicken</b> 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club	11 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Songs of Ireland
14 8:30 Tai Chi <b>11:30 Chicken Pot Pie</b> 1:00 Bingo 3:00 Open Strumming 6:00 Meditation	15 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 State Office Hours <b>11:30 Cold Cut Platter</b> 1:00 Game Day	16 9:30 Chair Yoga <b>11:30 Fish Taco</b> 12:30 Rummikub 12:30 Book Club 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	17 <b>11:30 Irish Stew</b> 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 	18 8:00 VSO Hours 9 - 11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b>
21 8:30 Tai Chi <b>11:30 Baked Potato</b> 1:00 Bingo 3:00 Open Strumming	22 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing	23 9:30 Chair Yoga 11:00 Pop-Up Market <b>11:30 Thai Chicken</b> 12:30 Rummikub	24 8:30-2:30 Foot Clinic <b>11:30 Smorgasbord</b> 1:00 Acrylic Painting 1:00 Entry Level Uke	25 <b>7:30-9:00 Pancake Breakfast</b> 8:00 VSO Hours 9:30 Knit Happens

<p>6:00 Meditation</p> <p>6:00 Open Strumming</p> <p>11:30 Italian Wedding Soup</p> <p>1:00 Game Day</p>	<p>28</p> <p>8:30 Tai Chi</p> <p>11:30 Chicken Patty Sandwich</p> <p>12:00 Birthday Cake</p> <p>1:00 Bingo</p> <p>3:00 Open Strumming</p> <p>6:00 Meditation</p>	<p>29</p> <p>8 - 4 Bread Pickup</p> <p>8:15 Pilates</p> <p>9:00 Open Coloring</p> <p>9:30 Line Dancing</p> <p>11:30 Grilled Sausage</p> <p>1:00 Game Day</p>	<p>30</p> <p>9:30 Chair Yoga</p> <p>11:30 Split Pea Soup</p> <p>12:30 Rummikub</p> <p>1:00 Van shopping trip</p> <p>1:00 Wii Bowling</p> <p>4:00 Pickleball</p>	<p>31</p> <p>11:30 Tim's Barbecue</p> <p>1:00 Acrylic Painting</p> <p>1:00 Entry Level Uke</p> <p>2:00 Ukulele Club</p> <p>3-4:30 Caregiver Support</p>	<p>Fees for Tai Chi, Yoga, Pilates &amp; Meditation:</p> <p>\$5 In Person</p> <p>\$2 Zoom</p> <p>Line Dancing \$2</p> <p>Acrylic Painting \$5</p> <p>Pickleball \$3</p>
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Celebrating this month's Birthdays!  
Last Monday each month at noon.



Sponsored by Sterling Village.



Fridays 8am – Noon  
at the Senior Center

Leominster Veterans Services  
978-534-7538



Peter Cummings  
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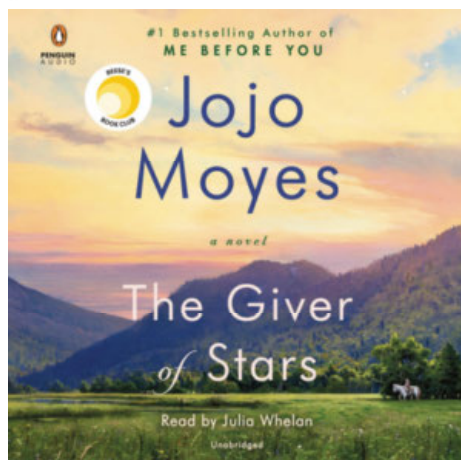
# Tax Filing 2021

## John Kilcoyne, CPA



**Thursday,  
March 10th  
9:30am**

Join John for an explanation of changes to the 2021 tax laws,  
and of the Circuit Breaker Tax Credit.  
Come with your questions!



**Book  
Club**

**March  
16th  
12:30pm**

## OPEN COLORING

**TUESDAYS 9-10AM**  
**BRING YOUR OWN,  
OR SUPPLIES AVAILABLE**



**Tuesdays  
8:15am  
\$5**

Join Mary from The Core Connection  
Chair and Mat combined class  
Come In and Give it a Try!!  
Registration Required

## Tai Chi

**Mondays at 8:30am**

In person plus Zoom  
(inside shoes required)

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

ID: 893 4620 4723 Password: 839376

**Newcomers welcome**  
**Call us at 978-422-3032 to join!**

## Chair Yoga

**Additional Class  
offered by  
Rec Dept  
Upstairs at  
1835 Building**



**Fridays at 7am  
Drop-in Fee \$3**

**Our Chair Yoga class with Katie & Carleen  
is over capacity. Weekly we ask a few  
members (on a rotating basis) to  
participate by Zoom vs in-person.**  
**Zoom Meeting ID: 895 3852 7554**  
**If you are new to yoga, consider taking the  
class offered by Sterling Rec Dept.**  
**Visit [www.sterlingrec.com](http://www.sterlingrec.com) for info**

## Going Steady

**Fridays at 10:00am**

Learn the tricks of fall prevention.  
For all levels.

Sponsored by Leominster Credit Union



## PITCH PARTY!

**March 5th at 6:30pm**  
**Limited to 40 players.**  
**Mask mandate.**  
**No food or drink.**

**Registration Required**  
**- call 978-422-3032**

**Be courteous, and  
call to cancel if  
unable to participate**



**In partnership with Sterling Grange**



## Wii Bowling

**Wednesdays @ 1:00pm**



# HISTORY CLUB



## The Great Bridge by David McCullough

March 3rd 9:30am  
Registration encouraged

The dramatic and enthralling story of the building of the Brooklyn Bridge, the world's longest suspension bridge at the time, a tale of greed, corruption, and obstruction but also of optimism, heroism and determination.

April 7th: Killers of the Flower Moon by David Grann



Mondays at 1:00pm  
Cards \$1 each

## Rummikub®



The Meditation group is now sponsored by the Sterling Senior Center. Like other programs at the Center, we request a \$5 donation per class.

Each week we meet for an hour, seated in well-distanced chairs. We begin with a guided relaxation for the body to prepare ourselves for quiet. We then have a lesson prepared by Cindy from the wisdom of experienced meditation teachers, followed by a meditation practice. We generally end the hour with 5-10 minutes of listening to meditative music or a chant, which itself contains a lesson. All are welcome. No experience is required.

## Meditation with Cindy



Mondays  
6:00pm  
\$5

## Sterling Strummers

### Entry Level

Thursdays 1:00 - 1:45 pm  
Contact Joan at [jonesy1932@aol.com](mailto:jonesy1932@aol.com)  
Lender ukes available!  
Free Classes

### Open Strumming

Mondays 3:00 - 4:00 pm

## Ukulele Club

Thursdays 2:00 - 3:00 pm  
with Zoom option  
Contact Nancy at [nancyhp246@gmail.com](mailto:nancyhp246@gmail.com)

Frídays 9:30am  
Bring your knit,  
crochet, macramé  
or craft project



## KNIT HAPPENS

## GAME DAY TUESDAYS



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



## Acrylic Painting

Thursdays 1:00pm  
\$5.00

Learn a new craft....  
Join a great group who are learning a  
new skill in painting and creating!

## New Members Welcome



**Wednesdays, 4-7pm**  
**Registration Required**

*The beginner program is at capacity.  
We plan to be outside in April.  
If you are new to Pickleball,  
plan to start in April.  
Please call the Senior Center  
for more information.*



Open to all  
\$3 suggested  
donation

**Friday, March 25th 7:30 - 9:00 am**  
**Celebrity Server:**  
**Shari Gonsorcik - Recreation Director**

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

*Sponsored by Friends of Sterling Seniors*



**Pop-Up Market**

**Wed, Mar 23**  
**11am-1pm**

**ENJOY A POP-UP PRODUCE MARKET**  
**LEARN ABOUT SNAP & HIP**  
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HIP puts money back on your EBT card when you  
use SNAP to buy healthy, local fruits and vegetables  
from HIP farm vendors.



**Wachusett Food Pantry**  
50 Worcester Rd, Sterling  
**Seniors:** Fri Mar 18, 9-11  
**All:** Sat Mar 19, 9-11  
Call Nickole at the Senior  
Center for assistance.

**Free  
Bread  
Tuesdays**

Every Tuesday  
8am-4pm  
or until supplies last  
**All ages welcome!**  
Limit two loaves



**March 5th at Noon**  
**First Church in Sterling**  
**All are welcome!**

**1st Saturday Community Lunch**

*Call ahead in case of cancellation*

**No Cost**  
**No Reservations**  
**Mask Required**

**Van rides available through Senior Center**

## AND AWAY WE GO TRAVEL

### 2022 Trip List For age 50+ travelers

Sun, Mar 13	Incident at Our Lady of Perpetual Hope. A comedy about a good Irish Catholic family in the 1970s, delivering shenanigans, sins and sage advice. At the Stoneham Theater. Pre-show lunch at Chateau Restaurant, Burlington.	\$149.00/pp
Sat, Apr 9	Peabody Essex Museum, Salem. Many new exhibits in the recent 40,000sf extension! Includes lunch at Finz Restaurant.	\$119.00/pp
May 12-15	Ottawa Tulip Festival 3 nights at Sheraton Hotel, breakfasts, dinners, all admissions, Ottawa River cruise, guide and driver gratuities. Itinerary is subject to change or cancellation based on border crossings.	\$939 single \$799 double \$759 triple
May 28	Bronx Zoo or NY Botanical Gardens including narrated tram tour.	\$109/pp
Sun, June 26	On Gold Pond, Moulton Farm Market & lunch at Hart's Turkey Farm in Meredith, NH. 90 minute boat ride at Squam Lake Science Center to learn about the natural forces that created the lake and wildlife.	\$115.00/pp
Sat, July 23	Cruise Portland, ME Lunch included at Muddy Rudder, Yarmouth, the 3:30pm sail around iconic lighthouses, Portland Harbor & Diamond Pass, and forts.	\$119/pp
Sun, Oct 9	Calvin Coolidge Museum including lunch at Quechee Inn.	\$119/pp
October 14-20	Charleston, Savannah & Jekyll Island. This is one of our larger trips. Flyers available with pricing, Covid waiver & insurance summary. If you have any questions about this trip call Fred Clark at 508-421-6882	

**Contact:** Gladys Merrow 508-835-4312 or 508-612-5312 [andawaywegotravel.gem@gmail.com](mailto: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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**Short Term Rehabilitation**

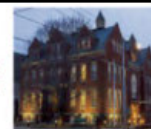
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## Caregiving is Universal

“There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers. Caregiving is universal.”

*- Rosalynn Carter, Former First Lady*

Forty million Americans are providing care for an adult family member or friend, yet few of these identify themselves as caregivers. Often, the things that define being a caregiver, such as helping to purchase and organize medications, providing meals, shopping or transportation assistance, just seem like simply doing what needs to be done when someone needs help.

A caregiver is any person who tends to the needs or concerns of a person with short- or long-term limitations due to illness, injury or disability.



Are you a caregiver?  
Do you have questions about  
resources or services?  
Do you need support?

**The Sterling Senior Center is here to help.  
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**care • giv • er**  
*noun* | \ˈker-,gi-vər\

1 : one who gives the tremendous gift of love and aid to another 2 : symbol of strength and dedication