

# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

May 2021

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*Members:*

Sheila Battles

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

Lou Massa

Marlene Neitlich

Robert Protano

Diane Sousa

## Mother's Day Tea-Time Treat



Friday May 7th    9:30 — 10:00am  
drive-through pick-up

Reservations Required  
978-422-3032  
preference to Sterling seniors

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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Sterling Council on Aging, Sterling

06-5262

**We've had our vaccines!  
Are you open yet?**



The Senior Center and Library met with Cathie Martin, Chair of the Board of Health, to discuss reopening plans. We plan for a soft reopening, primarily outdoor activities, beginning mid-May. This is, of course, dependent on public health data indicating low community transmission. Masks and six feet of distancing will be required for indoor and outdoor activities.

Let's concentrate on what we can do. We can transition our zoom programming to in person programming. Outdoor exercise can begin. We

ordered the tent, so we can use the patio all summer. We can think about creative programming that works with social distancing. How about some interesting speakers, some games, comedy, the fire pit?

As more people get vaccinated and the number of new COVID cases falls, guidelines will change. Bear in mind that there are different guidelines for behavior at home vs. behavior in public places, such as the Senior Center. We can keep up to date with CDC and state guidance and share that information. As always, if you have any questions, call us!

## *Happy Birthday, Ken!*

Join us to celebrate Ken Day's 104th birthday with a walk by at Sterling Village on Sunday May 16th at 1pm.

Please RSVP to the Sterling Senior Center or to Dennis Day on Facebook, so we can help Sterling Village adequately plan.



## Composting in Sterling Susan Aldrich — business/technology strategist May 11th at 1:30pm

When we put something in the trash, we have decided we're done with it. We've used it up and worn it out. But we are not truly done with it, because trash has to be taken somewhere, by someone, and dealt with in some way. Can we "reuse" that garbage instead? Trash can be quite valuable if it can be composted.

Join Susan to learn about plans for a future Sterling composting initiative.

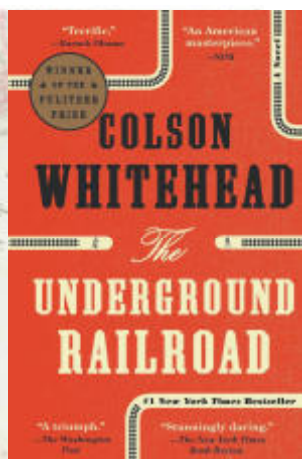
<https://us02web.zoom.us/j/86954290209>

Meeting ID: 869 5429 0209    One tap mobile: +13017158592  
Call 978-422-3032



**Book Club**  
**Wednesday**  
**May 19th @ 1:30pm**  
**on the patio**

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



**BINGO !**

**Mondays at 1:30pm**

Join us for Zoom Bingo

May 3 & 10

Join Zoom Meeting

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

Meeting ID: 895 3852 7554

One tap mobile +19292056099

May 17 & 24

In-person on the patio

Reservations Required

(weather and public health permitting)

Call to reserve your May BINGO cards

978-422-3032

Cards \$1 each for the month

Pick-up on May 6th, 12-1pm

or by appointment

Weekly Prizes

## Chair Yoga with Katie

Wednesdays at 9:30am

Appropriate for all levels

May 5 & 12 on Zoom

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

May 19 & 26 outside at Griffin Road

Reservations Required

Weather and public health data permitting

## Tai Chi

Mondays at 8:30am

May 3 & 10 on Zoom

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

Meeting ID: 893 4620 4723

Password: 839376

May 17 & 24 outside at Griffin Road

Reservations Required

Weather and public health data permitting

Newcomers welcome.

**Call** 978-422-3032 to join!

## 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](mailto: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



## Going Steady with Marty on Zoom

**New Time!**

The most exercise fun in MA!

Fridays at 10:30 am

Be ready to venture out this spring!

Be confident!

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 via Zoom

Contact Nancy at

[nancyhp246@gmail.com](mailto:nancyhp246@gmail.com)

## You Can Be a Different Person After the Pandemic

By Olga Khazan

After all, the person who emerges from quarantine doesn't have to be the same old you. Scientists say that people can change their personalities well into adulthood. And what better time for transformation than now, when no one has seen you for a year, and might have forgotten what you were like in the first place? Through painful isolation, this past year has, perversely, revealed the value of friendships and social ties. For those who want to renew connections that have atrophied, solidify friendships that have migrated to Zoom, or otherwise live differently, it's very possible to do so. **Remember that your personality is more like a sand dune than a stone.**



Peter Cummings offers technical help through phone and online meetings  
Tuesday 12:30pm  
Call 978-422-3032 for appointment



Ann Maki

When you're  
visiting for  
your next  
appointment  
or class




Andrea Driscoll


take a  
moment to  
linger briefly  
and enjoy the  
artwork of  
our resident  
artists



Diane Pedersen

# MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30 Tai Chi*</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness &amp; Yoga*</p> <p>Sausage &amp; Pea Pasta</p> <p>1:30 Bingo*</p>	<p>4</p> <p>8 - 4 Bread Pickup</p> <p>Cheesy Baked Chicken</p> <p>12-3 Tech Help (Zoom or phone)</p>	<p>5</p> <p>9:30 Chair Yoga*</p> <p>Chicken Enchiladas</p> <p>3:30 Parkinson Support*</p> 	<p>6</p> <p>9:00 Spring Raffle Draw</p> <p>Beef &amp; Onion Soup</p> <p>12-1 BINGO Card Pickup</p> <p>1:30 Ukulele Club*</p>	<p>7</p> <p>9:30-10:00 Mother's Day Treats Pick-Up</p> <p>Smorgasbord</p> <p>10:30 Going Steady*</p>
<p>10</p> <p>8:30 Tai Chi*</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness &amp; Yoga*</p> <p>Chicken Cacciatore</p> <p>1:30 Bingo*</p>	<p>11</p> <p>8 - 4 Bread Pickup</p> <p>9:30-11:30 Elder Keep Well Clinic**</p> <p>Fish Italiano</p> <p>12-3 Tech Help (Zoom or phone)</p> <p>1:30 Dull Mens**</p>	<p>12</p> <p>9:30 Chair Yoga*</p> <p>Rib-B-Que Sandwich</p> <p>3:30 Parkinson Support*</p>	<p>13</p> <p>8:30-1:30 Foot Clinic**</p> <p>Chicken Rice Bake</p> <p>1:30 Ukulele Club*</p> <p>5:30 COA Board Mtg</p>	<p>14</p> <p>9 -11:00 Food Pantry</p> <p>Smorgasbord</p> <p>10:30 Going Steady*</p>
<p>17</p> <p>8:30 Tai Chi ‡</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness &amp; Yoga*</p> <p>Spring Chicken Salad</p> <p>1:30 Bingo ‡</p>	<p>18</p> <p>8 - 4 Bread Pickup</p> <p>Sausage &amp; Veggie Soup</p> <p>12-3 Tech Help (Zoom or phone)</p>	<p>19</p> <p>9:30 Chair Yoga ‡</p> <p>Spaghetti Bolognese</p> <p>1:30 Book Club ‡</p> <p>3:30 Parkinson Support*</p>	<p>20</p> <p>Turkey Club Sandwich</p> <p>1:30 Ukulele Club*</p> <p>1:30 Make 'n' Take ‡</p>	<p>21</p> <p>10:30 Armchair Travel*</p> <p>10:30 Going Steady*</p> <p>Smorgasbord</p> <p>1:30 Make 'n' Take ‡</p> <p>rain date ‡</p>

24	25	26	27	28
<p>8:30 Tai Chi 卐</p> <p>9:30 Line Dancing*</p> <p>10:30 Marty's Fitness &amp; Yoga*</p> <p>White Chili</p> <p>1:30 Bingo 卐</p>	<p>8 - 4 Bread Pickup</p> <p>Chicken Parmesan</p> <p>12-3 Tech Help (Zoom or phone)</p>	<p>9:30 Chair Yoga 卐</p> <p>11:00-11:30 Grab 'n' Go</p> <p>3:30 Parkinson Support*</p>	<p>8:30-1:30 Foot Clinic**</p> <p>Fish Burger</p> <p>1:30 Ukulele Club*</p>	<p>Smorgasbord</p> <p>10:30 Going Steady*</p>
<p>31</p>  <p>CLOSED</p>		<p>We are currently providing Grab &amp; Go or home-delivered lunches for those seniors who require a little extra help with meal preparation.</p> <p><i>The May 26th</i></p> <p><i>Grab 'n' Go is open to ALL with preference to Sterling residents</i></p>	<p>Fees for Tai Chi and Chair Yoga exercise classes:</p> <p>\$5 In Person</p> <p>\$2 Zoom</p>	<p>* Zoom only</p> <p>** In-person. Mask &amp; social distancing required.</p> <p>卐 In-person outside, weather and public health data permitting.</p>

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

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# Spring Raffle

## \$5 per ticket

Last Chance to Buy Tickets!!!  
Drawing: May 6th at 9am



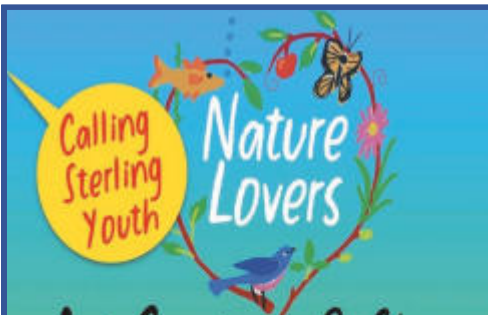
Call 978-422-3032 to pick-up tickets  
at Senior Center - 8am-11am Tuesday-Friday by May 5th  
Or call Pam Dell 774-696-3513 for alternate arrangements

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

We asked for your help, and so many of you responded!

Current volunteer opportunities include:  
front desk ( fill in) meal delivery ( fill in)  
program assistance

Thank You,  
Volunteers!



## Art Contest & Show

### Prizes awarded

in Visual Arts, Performance & Written creations  
that celebrate the Earth, or speak to climate change  
Ages: pre-K — grade 12

Submissions due by JUNE 1, 2021

For drop-off info: Sterling Cultural Council FB page  
or email Judy at [doherty\\_bwp@yahoo.com](mailto:doherty_bwp@yahoo.com)

Show & Awards to be presented  
AUGUST 21, 2021 at Sterling "Art in the Park"

## Nature Moments with Grandchildren and Younger Neighbors by Judith Doherty

Do you ever feel as though your grandkids or young neighbors spend too much time indoors?

Would you like to teach young folks to look closely at birds, to delight in a forest, to slow down for a picnic at our town lake?

Here's an opportunity to invite your little ones to linger in nature while doing art or writing a short story or poem. The Sterling Cultural Council is Sponsoring a Nature Lovers Art Contest. The theme is to foster appreciation of nature, and/or to express concerns about climate change. Prizes will be awarded for a variety of ages and categories including writing, visual arts and performing arts!

Entries can be submitted until June 1<sup>st</sup> to the Sterling Library. Be sure to include the name, age or grade, address, phone number and an email contact with the creation. For questions, call Judy Doherty 508-688-2122 or email to [Doherty\\_bwp@yahoo.com](mailto:Doherty_bwp@yahoo.com).

Remember, you can bring your youth to a park or outdoor locale to enjoy nature together, but the entry needs to be art done by Preschoolers through grade 12.

The entries will be displayed at an Arts in the Park event on Saturday August 21, 2021. We hope you and your grandchildren will come to the event to view all the entries and enjoy a day outside.

*Make & Take  
with  
Laurel*

**MAKE CEMENT  
& GLASS GEM  
STEPPING STONES**

**May 20th, 1:30pm**

Rain date May 21st



Wear old clothes, sun screen, hat and garden gloves as Laurel will take us outside to work with wet concrete for these creations!

Embellishments will be provided, but feel free to bring your own rocks, marbles, coins, etc., for that personalized touch!

\$5 includes all supplies.  
Sign ups required.  
Limited to 10 participants.

*Outside, weather and  
public health data permitting.*

## SUPPORT / SERVICES



**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 May 13 or 27, or June 10 or 24.

**ELDER KEEP WELL CLINIC**  
May 11th, 9:30-11:30 am  
**VNACares**  
*By appointment only*  
Call 978-422-3032 to make a reservation.  
Appointments for Blood Pressure only also available.

**parkinson's** IN THIS TOGETHER

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

**Wachusett Food Pantry**

**Seniors:** Friday May 14, 9-11am  
**All:** Saturday May 15, 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](mailto:nboardman@sterling-ma.gov)



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**Free Bread Tuesdays!**  
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# Winter In Japan

May 21st at 10:30am

Zoom Meeting ID: 895 3852 7554

*Rescheduled!*

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 enjoy a photo tour of Kyoto and Nagano during New Year celebrations.

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.



## OUT AND ABOUT

### SPRING TEA FOR MOTHER'S DAY OR BEYOND, PLUS A TRIP TO PRISCILLA CHOCOLATES WITH JOYCE HINCKLEY

The weather's getting better and May brings lilacs and Mother's Day.

Long ago we decided it was just too busy a day to be in a restaurant, so substituted an easy version of do-it-yourself high tea — easy enough for husbands, sons, or grandkids to manage. It happens in two parts. Pick a day and take a ride to purchase one special item to be the focus of this year's spread. Our trip this year was to Priscilla Candies, 4 Main St, Gardner, 978-632-7148, for chocolates. Almost everything here is made on site and there are lots of choices. We chose a half-pound mix of French Roll and chocolate-covered penuche.



This is a more than generous amount for two-four when added to the other items usually included: hot tea, two or more types of biscuits or pastry (Jaffa Cakes are a favorite and easy to find in the supermarket), sandwiches of some kind (think store bought chicken salad on crustless bread) whatever fruit looks gorgeous in the market and, if you want, a glass of bubbly. Get out the cloth napkins, the best china and arrange your tea trays — two work well: sandwiches and fruit, and chocolates with pastry.



Depending on the day, you can sit in the garden, on the porch, or at your table having a fabulous Mother's Day with no crowding and no fuss.



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# MEMORIAL DAY GRAB 'N' GO BARBECUE

OUR GRILL MEISTERS  
WILL BE GRILLING FRESH  
SAUSAGE WITH PEPPERS & ONIONS  
SERVED WITH POTATO CHIPS

WEDNESDAY MAY 26TH 11-11:30  
RESERVATIONS REQUIRED  
978-422-3032  
PREFERENCE TO STERLING SENIORS