

# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

November 2021

## Sterling Council on Aging Board Members

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*Secretary:* Liz Pape

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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



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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## VETERANS COFFEE HOUR

WITH VETERANS' SERVICE OFFICER  
**RICK VOUTOUR**  
FRIDAY NOVEMBER 12TH, 8-9AM



Limited to 40 in Dining Room.  
We will happily provide breakfast-to-go  
once capacity is reached

**REGISTRATION REQUIRED**  
**978-422-3032**

**At the Sterling Senior Center, unvaccinated individuals are to wear a mask and observe social distancing guidelines.**

Effective 7/30/21 (and effective at time of print), the Massachusetts Department of Public Health now advises that a fully vaccinated person should wear a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is an unvaccinated adult.

(This guidance is subject to change pending Mass.gov and CDC recommendations)



REGISTRY OF MOTOR VEHICLES

The Massachusetts Registry of Motor Vehicles (RMV) is offering "Senior Hours" every Wednesday from 9:00am to 10:00am, for customers age 65 and older at 27 Service Center locations, and by reservation only.

### How to make a reservation

- Call (857) 368-8005, their dedicated phone line for customers over age 65;
- Visit [myRMV Online Service Center](#) to make an online reservation;
- Or Email [MassDOTRMVSeniors@dot.state.ma.us](mailto:MassDOTRMVSeniors@dot.state.ma.us)

**Note** Massachusetts law requires customers age 75 and older to [renew their driver's license in person](#).

- Visit [Mass.Gov/myRMV](#) for over 40 online transactions and services including updating an address, renewing a Mass ID card, and requesting a replacement license or ID card.

## Personal and Home Care Aide Training (PHCAST)

Personal and Home Care Aide State Training (PHCAST) is now available online. The training encompasses 11 self-paced modules, is roughly 37 hours of training and can be taken on a laptop, tablet or phone and covers the topics and skills necessary to become a Home Care Aide. This is exciting as it makes the training more accessible to a wide range of potential workers and allows them to take the course when it is convenient for them.

This course is a stepping stone to a career path that includes Personal Care Homemaker, nurse's aide and other health care professions.

Information and training can be found at [www.mass.gov/home-care-aide-training-phcast](http://www.mass.gov/home-care-aide-training-phcast)

## SPECIAL EVENTS

Nov 9	9:30 am	Plan Finder Seminar - <i>registration required</i>
Nov 11	CLOSED	Veterans' Day
Nov 12	8:00-9:00 am	Veterans' Coffee Hour – <i>registration required</i>
Nov 15	10:00 am	Make and Take – <i>registration required</i>
Nov 19	7:30-9:00 am	Pancake Breakfast
Nov 25	CLOSED	Thanksgiving Day

## ONGOING

Nov 1		Pool daily
Nov 1	8:30 am	Tai Chi (weekly on Mondays at Peg's Pond)
Nov 1	1:00 pm	BINGO (weekly on Mondays)
Nov 1	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Nov 1	6:00 pm	Meditation (weekly on Mondays)
Nov 2	8am-4pm	Bread Pickup (weekly on Tuesdays)
Nov 2	9:00 am	Open Coloring (weekly on Tuesdays)
Nov 2 & 16	by appointment	SHINE Counseling
Nov 2	by appointment	Tech Help (weekly on Tuesdays)
Nov 2	12:30 pm	Game Day (weekly on Tuesdays)
Nov 2	4:00 pm	Pickleball at West Sterling Courts (weekly on Tue & Thu)
Nov 3	9:30 am	Chair Yoga (weekly on Wednesdays, <i>sign up required</i> )
Nov 3	12:30 pm	Rummikub (weekly on Wednesdays)
Nov 3	1:00 pm	Van Shopping Trip (weekly on Wednesdays)
Nov 3	1:00 pm	Wii Bowling (weekly on Wednesdays)
Nov 4	9:30 am	History Club (first Thursday of month)
Nov 4	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Nov 4	1:00 pm	Entry Level Ukulele (weekly on Thursdays)
Nov 4	2:00 pm	Ukulele Club (weekly on Thursdays)
Nov 4	2:00 pm	Mahjong (weekly on Thursdays)
Nov 5	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Nov 5	9:30 am	Knitting Club (weekly on Fridays)
Nov 12	9-11:00 am	Food Pantry
Nov 16,23,30	9:30 am	Line Dancing (weekly on Tuesdays, <i>sign up required</i> )
Nov 17	12:30 pm	Book Club "The Air You Breathe"
Nov 18	9:30 am	Dull Men's Club

## WELLNESS

Nov 5,12,19	12:00 pm	Talking Healthy! with Elena
Nov 5	10:00 am	Going Steady (weekly on Fridays, <i>sign up required</i> )
Nov 9	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Nov 10,24	3:30 pm	Parkinson's Support
Nov 18	by appointment	Foot Clinic \$45 to FC Nurse

# Medicare

## 2022 OPEN ENROLLMENT

October 15—December 7

This is the time to check your plans and make any changes for 2022

**Open Enrollment Seminar November 9th @ 9:30am Sign-Up Required**  
A brief overview of 2022 changes, and training on the online Medicare Plan Finder.

Medicare's Open Enrollment Period is October 15 – December 7 with changes effective January 1st.

Medicare health and drug plans can make changes each year — things like cost, coverage, and what providers and pharmacies are in networks. Oct 15 to Dec 7 is when all Medicare beneficiaries can change their Medicare health plans and prescription drug coverage to better meet their needs for the following year.

Call 1-800-MEDICARE for Medicare plan information or visit [www.Medicare.gov](http://www.Medicare.gov)



SHINE appointments will be available through the Senior Center on November 2nd and 16th. Please call 978-422-3032 to make an appointment.

## TALKIN' HEALTHY!

Fridays at 12:30pm  
with Elena, RN

- Nov 5 Protecting yourself from cold weather effects
- Nov 12 Advance directives & health care proxy
- Nov 19 Oral Health: How smell and taste change as you age

Elena is a Registered Nurse studying for her BS in Nursing at UMass. Elena has chosen the SSC for her clinical practicum. Let's help her achieve her goals by participating in her info sessions!



## ELDER KEEP WELL

November 9th 9:30-11:30 am  
VNACares

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



**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 November 18, December 9 or 23 (8:30am-1:00pm).

IN THIS TOGETHER  
**parkinson's**

In person support (with Zoom option)  
2nd & 4th Wednesdays  
November 10th and 24th at 3:30-5:00 pm  
Please contact Joe at 508-335-0672  
or [northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



Fridays  
8am — Noon

Free  
Bread  
Tuesdays



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




**Wachusett  
Food  
Pantry**



**Seniors:** Fri Nov 12, 9-11  
**All:** Sat Nov 13, 9-11

Call Nickole at the Senior Center for assistance.



# NOVEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 Muffin Monday 8:30 Tai Chi * <b>11:30 Chili</b> 1:00 Bingo 3:00 Open Strumming 6:00 Meditation</p>	<p>2</p> <p>8 - 4 Bread Pickup 9:00 Open Coloring 9:00-12:00 Tech Help 9:30 SHINE <b>11:30 Salad Plate</b> 12:30 Game Day 4:00 Pickleball</p>	<p>3</p> <p>9:30 Chair Yoga <b>11:30 Chicken Drumsticks</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling</p>	<p>4</p> <p>9:30 History Club <b>11:30 Lentil Soup</b> 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 2:00 Mahjong 4:00 Pickleball</p>	<p>5</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 12:30 Talkin' Healthy</p>
<p>8</p> <p>8:00 Muffin Monday 8:30 Tai Chi * <b>11:30 Teriyaki Pork Tenderloin</b> 1:00 Bingo 3:00 Open Strumming 6:00 Meditation</p>	<p>9</p> <p>8 - 4 Bread Pickup 9:00 Open Coloring 9:30 SHINE Seminar 9:30-11:30 Elder Keep Well Clinic <b>11:30 Fish Dinner</b> 12:30 Game Day 4:00 Pickleball</p>	<p>10</p> <p>9:30 Chair Yoga <b>11:30 Baked Ziti</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support</p>	<p>11</p> 	<p>12</p> <p>8:00-9:00 Veterans Coffee Hour 8:00 VSO Hours 9-11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 12:30 Talkin' Healthy</p>
<p>15</p> <p>8:00 Muffin Monday 8:30 Tai Chi * 10:00 Make &amp; Take <b>11:30 Meatloaf Dinner</b> 1:00 Bingo 3:00 Open Strumming</p>	<p>16</p> <p>8 - 4 Bread Pickup 9:00 Open Coloring 9:00-12:00 Tech Help 9:30 SHINE 9:30 Line Dancing <b>11:30 Chicken Burrito</b> 12:30 Game Day 4:00 Pickleball</p>	<p>17</p> <p>9:30 Chair Yoga <b>11:30 Loaded Potato Soup</b> 12:30 Rummikub 12:30 Book Club 1:00 Van shopping trip 1:00 Wii Bowling</p>	<p>18</p> <p>8:30-1:30 Foot Clinic 9:30 Dull Men's Club <b>11:30 Smorgasbord</b> 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 2:00 Mahjong 4:00 Pickleball</p>	<p>19</p> <p>7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 12:30 Talkin' Healthy</p>

<div>22</div> <p>8:00 Muffin Monday 8:30 Tai Chi * <b>11:30 Southwestern Casserole</b> 1:00 Bingo 3:00 Open Strumming</p>	<div>23</div> <p>8 - 4 Bread Pickup 9:00 Open Coloring 9:00-12:00 Tech Help 9:30 Line Dancing <b>11:30 Teriyaki Pineapple Drumsticks</b> 12:30 Game Day 4:00 Pickleball</p>	<div>24</div> <p>9:30 Chair Yoga <b>11:30 Thanksgiving Dinner</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support</p>	<div>23</div> 	<div>20</div> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Surprise!</b></p>
<div>29</div> <p>8:00 Muffin Monday 8:30 Tai Chi * <b>11:30 Church Supper Spaghetti</b> 1:00 Bingo 3:00 Open Strumming</p>	<div>30</div> <p>8 - 4 Bread Pickup 9:00 Open Coloring 9:00-12:00 Tech Help 9:30 Line Dancing <b>11:30 Barbecue Chicken</b> 12:30 Game Day 4:00 Pickleball</p>	<div>Wednesday Shopping Trips:</div> <p>11/3 Christmas Tree 11/10 Wal-Mart, Leom 11/17 Ocean State JL 11/24 Wal-Mart, WB</p>	<div>* At Peg's Pond (inside 1835 Building if inclement weather)</div> <p>Fees for Tai Chi ,Yoga &amp; Pilates classes: \$5 In Person \$2 Zoom</p> <p>Line Dancing \$2 Acrylic Painting \$5</p>	<div>Coffee served all day</div> 



We are now serving café–style home-cooked lunches at 11:30 am at the Senior Center. Feel free to dine in the large room or outside on the patio. Reservations required. \$3 suggested donation

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

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Thursday  
Nov 18,  
9:30 am

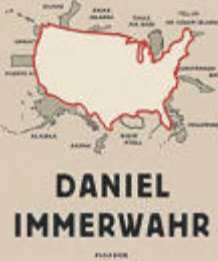
Where's Hazel?  
And is she really  
115 years old?

presented by Dick Shepherd



### HOW TO HIDE AN EMPIRE

A HISTORY OF THE GREATER UNITED STATES



## HISTORY CLUB

### How to Hide an Empire

**Daniel Immerwahr**

Part I: November 4th 9:30am

Part II: December 2nd 9:30am

Registration encouraged

We are familiar with maps that outline all fifty states. But what about the territories — the islands, atolls, and archipelagos — this country has governed and inhabited?



Mondays at 1:00pm  
Cards \$1 each



## Entry Level

Thursdays 1:00 - 1:45 pm

Contact Joan at

[jonesy1932@aol.com](mailto:jonesy1932@aol.com)

Lender ukes available!

Free Classes



## Ukulele Club

Thursdays 2:00 - 3:00 pm

with Zoom option

Contact Nancy at

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

## Open Strumming

Mondays 3:00 - 4:00 pm

## GAME DAY

CRIBBAGE

12:30PM

DOMINOES

12:30PM

PITCH

1:00PM



## TUESDAYS



Peter Cummings offers  
technical help through  
in-person meetings.

Call for appointment

978-422-3032



Tuesday & Thursday  
4:00pm

West Sterling Courts

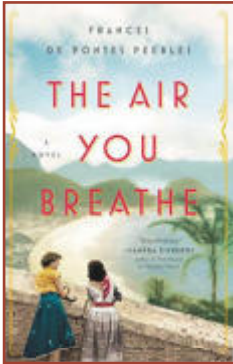
Weather Permitting

All levels  
welcome!

Call for info

978-422-3032





**Book Club**  
**November 17th 12:30pm**

**The Air You Breathe -  
 Frances De Pontes Peebles**

## Going Steady

Fridays at 10:00am

Learn the tricks of fall prevention  
 For all levels. Sign up please!



Free to you through a generous grant from  
 Determination of Needs (DoN) Fund of UMass  
 Memorial HealthAlliance-Clinton Hospital Community.

## MAKE & TAKE



*Make & Take  
 with  
 Laurel*

**\$5**

*Monday,  
 November 15th  
 10:00 am*

Join Laurel and make a winter mobile.

Many decorations are provided, but feel  
 free to bring your own pieces of nature to  
 adorn and personalize your mobile.

*Sign-Up Required*

## Tai Chi

**Mondays at 8:30am**

**Outside at Peg's Pond**

Weather permitting

In person at 1835 building plus Zoom  
 during inclement weather  
 (inside shoes required)

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

ID: 893 4620 4723 Password: 839376

Newcomers welcome.

Call 978-422-3032 to join!

## OPEN COLORING

**TUESDAYS 9-10AM**

**BRING YOUR OWN,  
 OR SUPPLIES AVAILABLE**

## Wii Bowling



**Wednesdays @ 1:00pm**

## 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**

## Meditation with Cindy

**Mondays  
 6-7pm**

Sponsored by  
 Conant Library





Friday, November 19th

7:30 - 9:00 am

Celebrity Servers:

Representatives of  
Leominster Credit Union

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

Open to all

\$3 suggested donation

Sponsored by

Friends of the Sterling Seniors

## MUFFIN MONDAY

8am till they're gone -  
every Monday!

Sit a while, sip a coffee, enjoy a  
morning muffin and share some  
banter with old and new friends.

Friends of Sterling Seniors

# FUNDRAISER DRAWING



FRIDAY • 17 • DECEMBER

Tickets \$5  
At Senior Center  
978-422-3032

Baskets, centerpieces,  
gift certificates and much  
more will be on display at  
the Senior Center.

## AND AWAY WE GO TRAVEL

2021 - 2022 Trip List For age 50+ travelers

Sat, Nov 13	Stocking Stuffer Tour. A travel through MA, ME & NH, shopping at Winfrey's Chocolates, When Pig's Fly Bakery, and Stonewall Kitchen & Village Candle Outlet, and Flag Hill Winery. Lunch at Warren Lobster House.	\$120.00/pp
Sun, Dec 5	A Vanderbilt Christmas. A tour of the decorated Vanderbilt Mansion, lunch at Johnny's at Wyndham, Newport, then to La Salette Shrine for Father Pat's Christmas concert and lights festival.	\$109.00/pp
Sun, Mar 13 2022	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 2022	Peabody Essex Museum, Salem. Many new exhibits in the recent 40,000sf extension! Includes lunch at Finz Restaurant.	\$119.00/pp

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

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



# TAKE ME HOME PROGRAM

***HELP US KEEP YOUR LOVED ONES SAFE***

Do you have a loved one who may need special assistance in an emergency?

Is there information that will enable law enforcement to better understand their disability?

The Take Me Home Program is a confidential and local information system administered by the Sterling Police Department. It is designed to help those with autism, Alzheimer's, dementia, or any developmental disability by providing critical and timely information to law enforcement and first responders.

When you enroll your loved one into the Take Me Home Program, you provide key information including a physical description and emergency contact that assists the Sterling Police Department to locate the enrolled individual in an emergency situation.

Registration forms are available online at [www.sterling-ma.gov](http://www.sterling-ma.gov), or at the Sterling Police Department, Fire Department, Town Hall, Senior Center, or Library.