

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

October 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

Outreach: Nickole Boardman

Operations Coordinator:

Clare Anderson-Felton

Maintenance Tech: Jim Ash

Van Drivers:

Pam Dell

Lou Massa

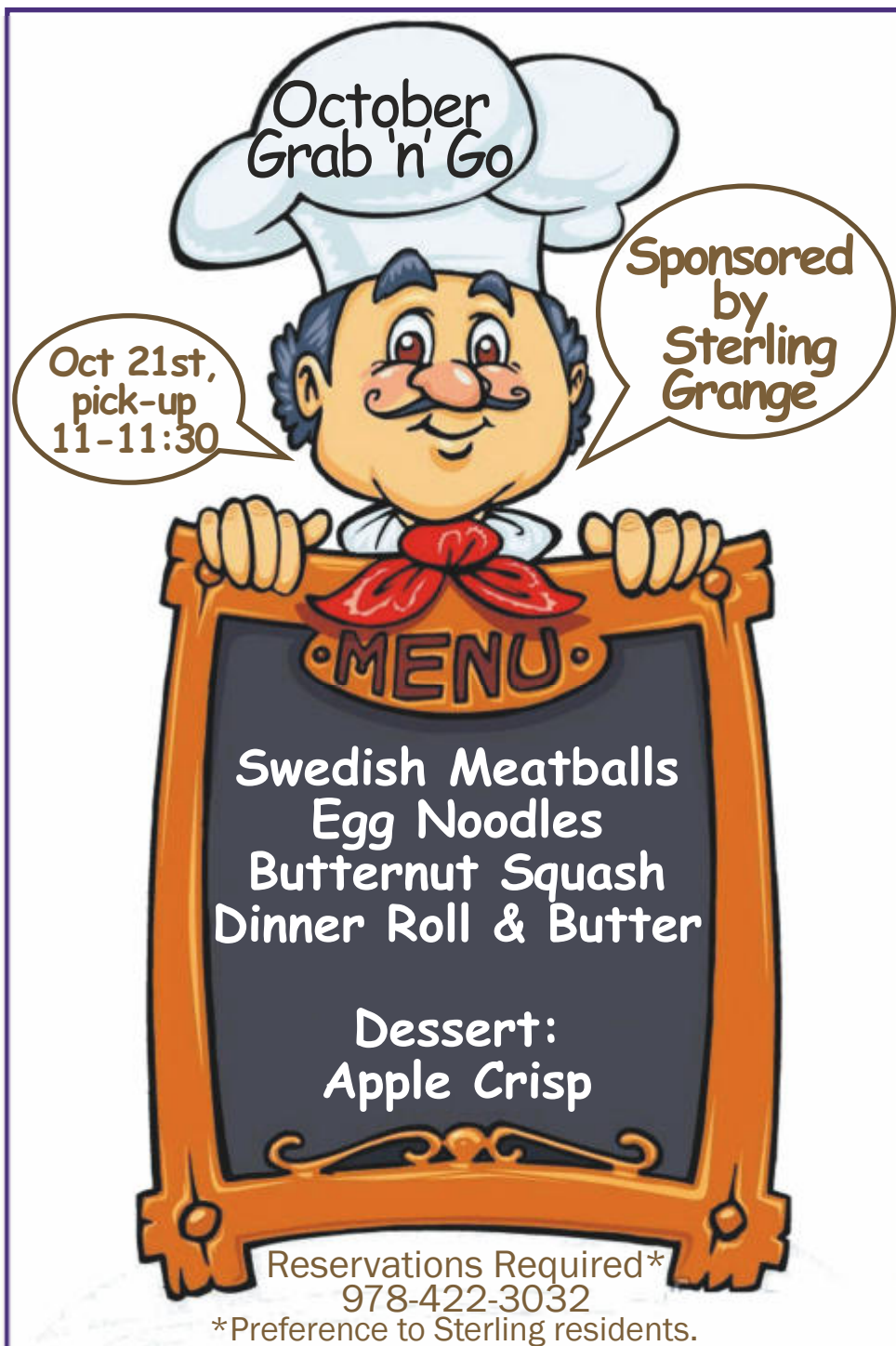
Marlene Neitlich

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Meal Site Manager:

Mohamed Samoda



**October
Grab 'n' Go**

**Sponsored
by
Sterling
Grange**

**Oct 21st,
pick-up
11-11:30**

•MENU•

**Swedish Meatballs
Egg Noodles
Butternut Squash
Dinner Roll & Butter**

**Dessert:
Apple Crisp**

**Reservations Required*
978-422-3032**

***Preference to Sterling residents.**

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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Thursday, October 1st
noon to 5:00pm
By appointment only

DRIVE THROUGH CLINIC at the Senior Center for your annual flu shot

Appointments will be made in half-hour blocks, e.g. (1-1:30), by calling the Senior Center at 978-422-3032. If there will be two people in a car, you will need to make two appointments.

Your flu shot is covered by Medicare Part B or your Medicare Advantage Plan (HMO, PPO). Insurance information will be taken during the reservation call. Flu clinic questionnaires will be available at the Senior Center and must be completed and brought with you to your appointment. Remember to wear a short sleeved shirt and a mask!



Visiting the Senior Center

At this time all visits to the Senior Center are
BY APPOINTMENT ONLY

On arrival you will be screened for symptoms of COVID-19. You will visit our entranceway sanitation station then check in at the front desk prior to your appointment.



Please note and observe our new traffic arrows in the SSC parking lot!

Traffic is now one way only to ensure safe travel during pick-up and drop-off services.

Thank you.

Van Transportation Services

Our dispatcher, Pam, is available from Mon-Fri 8am to 11am. Please call during those hours. As offices and businesses begin to open up for appointments, please be aware of the following information when booking a ride on one of the Senior Center vans.

- Passengers will be screened for COVID-19 symptoms during initial call, and also at pickup.
- Masks and gloves are required when riding the van (we can provide these if needed).
- Only two passengers per van at any time. This limits the number of rides we are able to provide.
- Priority will be given to essential transport, e.g. to doctor or dentist appointments, grocery shopping.
- Non-essential transport will be provided when availability allows.

Medicare

2021 OPEN ENROLLMENT

October 15—December 7

This is the time to check your plans and make any changes for 2021

When is Medicare's Open Enrollment Period? October 15 — December 7.

What Is the Medicare Open Enrollment Period?

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

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or [Medicare.gov](https://www.medicare.gov).



SHINE appointments will be available during this period through the Senior Center. Please call Veronica at 978-422-3032 to make an appointment.



This is what we need: the fortune teller with the crystal ball! We would be all set for Halloween and after that, ready for whatever the coronavirus has in store for us. *Wishful thinking!*

Fantasy is fun, and so is Halloween. So, while this year's festivities may look different, you can count on us to team up with the library and recreation department to bring some ghoulish magic to the town. We could use some volunteers to help us with treat bags, van decorations and carving jack o lanterns - *hint, hint*. Please call and let us know your area of expertise!

We have loved the in-person programming we have been able to provide over the summer and autumn, and we are looking at ways to continue this programming into the winter. Given the unpredictable nature of the spread of Covid-19, it is simply too early at this time of print (Sept 10) for us to have concrete plans for November. Trust that our goal is to continue to provide programming and services in a **safe and responsible** manner.

Again, because we do not know the future, please, please take this opportunity to embrace technology. Learn how to Zoom and video-chat now while you can receive hands-on instruction. Call us! We can help. And if you or someone you know has given up on the computer and is aggravated by the TV remote, consider Facebook Portal. After an easy setup by a friend or family member, all one has to do is say, "Hey Portal, call Katie." Voila! Katie and you are having a video chat. If you don't believe it is this easy, call me for a demo.

Stay well, Veronica

ELDER KEEP WELL CLINIC**October 13th, 9:30-11:30 am**

Meg Robinson, RN, VNACares

By appointment only

Please call 978-422-3032 to make a reservation.

Appointments for Blood Pressure only also available.



Foot Care home visits are provided by Andrea, the nurse from Foot Care by Nurses. Andrea will be scheduling home visits for October 8th & 22nd. To schedule an October visit, call Foot Care by Nurses at 413-367-8369.

In November, Andrea will return to the Senior Center for appointments. Please call us at 978-422-3032 to schedule your clinic visit for \$45 on November 12 or 19.

Wachusett Food Pantry**Seniors:** Friday Oct 16, 9-11am**All:** Saturday Oct 17, 9-11am

Call Nickole at Senior Center for assistance.



**FINANCIAL ASSISTANCE FUND
FOR STERLING RESIDENTS IN NEED**

For information contact

patrickfox1973@gmail.com

774-275-1174

Thank you Volunteers, for stepping up!

Many positions have been filled but we are seeking more lunch delivery help on Mon, Thu, Fri, c.11-12:30.

CORI required. Zero-contact pick-up & deliveries. Call Clare at 978-422-3032.

**Free Cloth Masks!**

Face masks or face coverings are required in public places where social distancing is not possible.

Wash your cloth mask after each use. Try to maintain social distancing even while wearing a mask. Be careful and take your time if you find your mask affects your downward vision.

The Conant Library

The library is closed, but is still providing books, movies, and TV series. Choose curbside pickup or delivery.

Call 978-422-6409 Mon-Thu 10am-6pm and someone will help you.

Books, magazines, and audiobooks are available for download at any time. To learn how to download free materials visit

www.sterlinglibrary.org


Newsletter Delivery

Mailing of our monthly newsletter is made possible by a grant from the Executive Office of Elder Affairs. Non-Sterling residents will receive their newsletter by email. We will continue to mail to Sterling residents. To reduce costs, we encourage **everyone** to consider receiving their newsletter via e-mail. Please contact Clare with your e-mail address to make this change.

Newsletters are also available online at <https://www.sterling-ma.gov/senior-center/pages/monthly-newsletters>

OCTOBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We are currently providing Grab & Go or home-delivered lunches for those seniors who require a little extra help with meal preparation.</p> <p><i>The October 21st Grab 'n' Go is open to ALL seniors.</i></p> <p><i>Thank you to the Sterling Grange!</i></p>	<p>* On the patio, weather permitting. Reservations, masks and social distancing required.</p>		<p>1</p> <p>9:00 Yoga (outside) Manhattan Fish Chowder & Grilled Cheese Sandwich 3:00 Ukulele Club (Zoom)</p> <p>12-5 Flu Clinic Reservations Required</p>	<p>2</p> <p>9:30 History Club * Smorgasbord</p>
<p>5</p> <p>8:30 Tai Chi (outside) 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness & Yoga (Zoom) Meatloaf Sandwich 1:30 BINGO * 4:00-7:00 Pickleball</p>	<p>6</p> <p>9:00 Pilates (outside) 9:30 Beginner Uke * 9:30-1:00 SHINE Appts (Zoom / phone) Chicken Spinach Tortellini Soup 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *</p>	<p>7</p> <p>9:00 Yoga (outside) 9:30 BINGO * 9:30 Beginner Ukulele (Zoom) Quiche Lorraine 1:30 Social Slot * 3:30 Parkinson Support (Zoom)</p>	<p>8</p> <p>9:00 Yoga (outside) 9:30 Social Slot * Mac and Cheese with Hot Dogs 1:30 Ukulele Club *</p>	<p>9</p> <p>9:30 Knit & Crochet * Smorgasbord</p>
<p>12</p> 	<p>13</p> <p>9:00 Pilates (outside) 9:30-11:30 Elder Keep Well Clinic * Barbecue 12-3 Tech Help (Zoom or phone)</p>	<p>14</p> <p>9:00 Yoga (outside) 9:30 BINGO * 9:30 Beginner Ukulele (Zoom) Stuffed Chicken Breast</p>	<p>15</p> <p>9:00 Yoga (outside) 9:30 Social Slot * Chicken Salad Sandwich 1:30 Acrylic Painting * 3:00 Ukulele Club</p>	<p>16</p> <p>9:00 Food Pantry 9:30 Knit & Crochet * Smorgasbord</p>

	or phone) 1:30 Social Slot *	1:30 Social Slot * 3:30 Parkinson Support (via Zoom)	(Zoom)	
19 8:30 Tai Chi (outside) 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness & Yoga (Zoom) Minestrone soup with Cheese Garlic Toast 1:30 BINGO * 4:00-7:00 Pickleball	20 9:00 Pilates (outside) 9:30 Dull Men's * Chicken with Cheese Ravioli 12-3 Tech Help (Zoom or phone) 1:30 Caregivers Support *	21 9:00 Yoga (outside) 9:30 BINGO * 9:30 Beginner Ukulele (Zoom) 11-11:30 Grange Swedish Meatballs Grab and Go 1:30 Book Club * 3:30 Parkinson Support (Zoom)	22 9:00 Yoga (outside) 9:30 Social Slot * Beef Mushroom Barley Soup 1:30 Ukulele Club *	23 9:30 History Club * 10:30 Armchair Travel (Zoom) Smorgasbord
26 8:30 Tai Chi (outside) 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness & Yoga (Zoom) Sausage and Apple Stuffed Acorn Squash 1:30 BINGO * 4:00-7:00 Pickleball	27 9:00 Pilates (outside) 9:30 Beginner Uke * BBQ Cheese Pizza 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *	28 9:00 Yoga (outside) 9:30 Beginner Ukulele (Zoom) Turkey Dinner Sholan Day 1:30 Social Slot * 3:30 Parkinson Support (Zoom)	29 9:00 Yoga (outside) 9:30 Social Slot * Frankenstein's Brains aka Spaghetti & Meatballs. 1:30 Acrylic Painting * 3:00 Ukulele Club (Zoom)	30 9:30 Knit & Crochet * Smorgasbord





Due to Popular Demand

Bingo is now

Mondays at 1:30pm

AND

Wednesdays at 9:30am

Small socially distanced group setting.

Reservations required.

Call 978-422-3032 to reserve your spot!

Fridays 9,16,30
at 9:30am
on the Patio!

Registration
Required.



October Social Slots!

Our Social Slots have started and have been a great success — an hour of fun and chatter for people who haven't seen each other in a while.

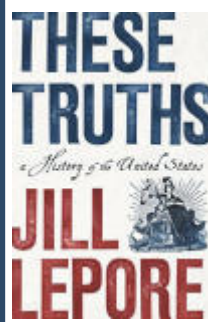
Sign up for your Social Slot today — come alone and be surprised by who's there, or come as part of a group.

Tuesdays 1:30pm 6, 13, 27

Wednesdays 1:30pm 7, 14, 28

Thursdays 9:30am 8, 15, 22, 29

Call 978-422-3032 to reserve your Social Slot!



HISTORY CLUB

These Truths: a History of the United States by Jill Lepore

October 2nd & 23rd at 9:30am

Parts Two & Three, discussions led by Patrick Fox.

On patio. Registration required.

October
Book Club
Discussion
Group

JAMES
PATTERSON



Oct 21st
1:30pm
on the
Patio

Call to
Register

Acrylic Painting

Thursday 15th & 29th 1:30-3:00pm
on the patio

For intermediate to advanced painters.

Registration Required

\$5 fee per class

Contact Andrea for information at

andreadriscoll@hotmail.com

Outdoor Exercise Class Schedule

Weather permitting. Newcomers welcome. No walk-ins.

Reservations required.

Call us at 978-422-3032 to join a class!

Tai Chi \$5
Monday 8:30 am
Peg's Pond

Pilates \$5
Tuesday 9:00 am
Peg's Pond

Yoga \$5
Wed 9:00 am
Thurs 9:00 am
Peg's Pond

Pickleball
Mondays 4-7pm
Tennis Courts
at
West Sterling
Fields

Due to the fabulous work of OSIC and Sterling DPW, Peg's Pond Trail is becoming a reality! As work progresses, we may be moving our exercise programs to the field past Houghton School. Stay Tuned!

Ukulele Club Beginners Class

Wednesdays at 9:30am via Zoom
Tuesdays 6th & 27th at 9:30am on the patio*
Contact Joan at jonesy1932@aol.com

Intermediate/Advanced Club

Thursdays 1st, 15th & 29th at 3:00pm via Zoom
Thursdays 8th & 22nd at 1:30 on the patio*
Contact Nancy at nancyhp246@gmail.com
*Strumming Only *Registration Required



Peter Cummings offers technical help through phone and online meetings. An in-person meeting may be made by appointment only.

Autumn and winter are an unknown in terms of COVID-19. **Call NOW** to learn about remote programming and Facebook portal.

Call 978-422-3032.



Tuesday, October 20th
at 9:30 am
on the patio & Zoom

Maurice Iorio

Life after Military Retirement

A long-time Sterling resident, Mo spent 20 years in the Army, retiring in 1986.

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

Meeting ID: 869 5429 0209

One tap mobile: +13017158592

Registration, mask and social distance required on the patio (max 10)

Call 978-422-3032



Sterling Senior Center CAREGIVER SUPPORT

MONTHLY, 3RD TUESDAY @ 1:30PM

Registration Required.
Call 978-422-3032.

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A new online Zoom class incorporating circulation, balance cardio and yoga.

Every Monday at 10:30am

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

or www.zoom.us/join Meeting ID 761 014 8460



Are you a grandparent raising your grandchild/ren?

Join our new group.

Contact Patricia Keay

pat.keay@gmail.com

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

IN THIS TOGETHER
parkinson's

Zoom meetings every
Wednesday at 3:30pm

Please contact

Joe at 508-335-0672 or
northworcparkies@yahoo.com



A huge thank you to all the local farmers and our neighbors who have generously donated a bounty of vegetables and fruit for use in our lunch program.

Mohamed and the Kitchen Crew !

In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19. Keep in mind that the risk for severe illness from COVID-19 increases with age. In fact, 80% of COVID-19 related deaths reported in the United States have been among adults aged 65 years and older.

Learn how to reduce your risk by visiting

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

(just Google 'cdc covid guidelines for older adults')

Muffin Monday Nominations

Do you know a special someone who deserves some recognition, is really missing spending time with friends and family, or just needs a cheer-me-up? Nominate them for a Monday Muffin Surprise and an appropriately distanced Friendly Visit courtesy of Sterling Senior Center kitchen staff and volunteers!



Call 978-422-3032

or send an e-mail to

nboardman@sterling-ma.gov or

vbuckley@sterling-ma.gov



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Call **888-244-6843** (toll free)

Mon - Fri 9:00am - 5:00pm

Out and About in Sterling by Joyce Hinckley



This month we head to Sholan Farms, 1125 Pleasant St, Leominster, for a walk and optional apple picking. This is an outing that can be adapted to all levels of ability. There's ample handicapped parking next to the farm stand and more across Pleasant St. It can be crowded on weekends but is quiet midweek. We did a 1 mile round trip walk by turning left at the gazebo at the end of the main orchard access. There was a bit of a grade in spots but the path was clear and not a problem to

navigate with my cane. Wheelchair users can access the farm stand and first gazebo, while hikers can connect to Leominster's Monoosnoc Trail for a several mile hike. Access is free, but why not pick some apples while you're there? Cap your adventure with a

lunch or dinner at Il Camino, 55 Central St, Leominster, for old school Italian food. You can eat in or take out any day, or if you want ready-made to cook at home visit Pastaland, 557 Lancaster St, Leominster Tue-Fri.

Choosing between apple pie and cannoli is tough, but you can do it!





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

ARMCHAIR TRAVEL

FRIDAY OCTOBER 23RD, 10:30AM

Armchair Travel is back and our October Spooktacular trip brings us to Romania. Joyce Ayadi Hinckley and Bill Ayadi invite you to climb Dracula's Castle, visit the Carpathian Mountains and soak up the history and folklore of this wonderful country.

We will travel from the capital Bucharest to the city of Brasov across the mountains and through the forests. Along the way we will eat fabulous food, hear Gypsy and other music, visit fabulous palaces and perhaps meet the Count himself. Join us and find out!

www.zoom.us/join Meeting ID: 838 5647 8160