

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

October 2021

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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*

*Please welcome new arrivals

Ruby & Rob.

Stop by and say Hello !

All-Day Halloween Celebration Friday, October 29th

Dress up in your favorite costume for
all the day's events!

7:30-9:00am Spooky Pancake Breakfast

10:00am Going Steady goes Ghostly



11:30-12:30 A Ghoulish Gathering

A frightening feast of finger foods (and other parts),
blood punch and spine-chilling snacks 🧛

Sign up and bring your favorite creepy dish to share!

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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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)



*Helping Households Connect
During the Pandemic*



Emergency Broadband Benefits Program (EBB)

Are you eligible to receive up to \$50 off your monthly Comcast internet bill?

The EBB helps low-income households pay for internet services. Many seniors are eligible. You may be eligible if you receive:

SNAP (Food Stamps)

MassHealth

Medicaid

SSI

VA Pension

Tribal Assistance

Federal Housing Assurances

You may apply by going on line at [GetEmergencyBroadband.org](https://www.getemergencybroadband.org) or call 1-833-511-0311 to get an application. Once approved, you will receive an application ID number to provide to your internet provider (Comcast) in order to obtain this financial benefit.

This is a temporary COVID related benefit and will last until funds run out or COVID crisis ends.

Call Nickole at 978-422-3032 if you have any questions or need help getting or filling out an application.

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 because it now 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 also the stepping stone to a career path that includes Personal Care Homemaker, nurse's aide and other health care professions. By making this accessible to all, it is hoped to bring more people into these important professions, increase the number of Home Aides in the workforce and help alleviate the wait time for consumers needing this important service.

Information and training can be found at www.mass.gov/home-care-aide-training-phcast

parkinson's

IN THIS TOGETHER

In person support (with Zoom option)
2nd & 4th Wednesdays
October 13th and 27th at 3:30-5:00 pm

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



Andrea, RN, has appointments at the Senior Center.
Call us at 978-422-3032 to schedule your clinic visit for \$45 on October 14 or 28, November 18 or December 9.



Veterans Services
Fridays, 8am — Noon

ELDER KEEP WELL CLINIC

October 12th 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.



Wednesdays 11:45am-12:30pm

@ Sholan Terrace Open to All

Purchase local produce using your SNAP and HIP dollars (or cash/credit!). Learn about SNAP and see if you qualify when you visit.



Free Bread
Tuesdays!



Every Tuesday
8am-4pm
or until supplies
last

All ages welcome!
Selection Inside
Limit two loaves

Wachusett Food Pantry

50 Worcester Rd



Seniors:

Friday Oct 15, 9-11

All:

Saturday Oct 16, 9-11

Call Nickole at the Senior Center for assistance.



Massachusetts

Connecting
people to home

Everyone should have solid information for making choices about one of the most important decisions – where to live. Housing Navigator has introduced a free online tool that makes it simple to search for affordable rentals statewide.

Go to www.housingnavigatorma.org, enter your desired location or search statewide for available homes, using the filters to narrow your search, then click on properties to learn more.



Wednesday, October 6th
2:00 - 5:00 pm by appointment only

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

Appointments are still available. Call the Senior Center at 978-422-3032.

October

SPECIAL EVENTS

Oct 6	2:00-5:00 pm	Flu Clinic by appointment only
Oct 20	4:30-5:30 pm	Grab 'n' Go
Oct 29	All Day	Halloween all day celebration
Oct 29	7:30-9:00 am	Pancake Breakfast

ONGOING

Oct 1		Pool daily
Oct 4	8:30 am	Tai Chi (weekly on Mondays at Peg's Pond)
Oct 4	1:00 pm	BINGO (weekly on Mondays)
Oct 4	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Oct 4	6:00 pm	Meditation
Oct 5	8:00 am	Pilates (weekly on Tuesdays, <i>sign up required</i>)
Oct 5	8am-4pm	Bread Pickup (weekly on Tuesdays)
Oct 5	9:00 am	Open Coloring (weekly on Tuesdays)
Oct 5	by appointment	SHINE Counseling
Oct 5	9:30 am	Line Dancing (weekly on Tuesdays, <i>sign up required</i>)
Oct 5	by appointment	Tech Help (weekly on Tuesdays)
Oct 5	1:00 pm	Game Day (weekly on Tuesdays)
Oct 5	4:30-7:00 pm	Pickleball at West Sterling Courts (weekly on Tue & Thu)
Oct 6	9:30 am	Chair Yoga (weekly on Wednesdays, <i>sign up required</i>)
Oct 6	12:30 pm	Rummikub (weekly on Wednesdays)
Oct 6	12:30 pm	Van Shopping Trip (weekly on Wednesdays)
Oct 6	1:00 pm	Wii Bowling (weekly on Wednesdays)
Oct 7	9:30 am	History Club (first Thursday of month)
Oct 7	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Oct 7	1:00 pm	Entry Level Ukulele (weekly on Thursdays)
Oct 7	2:00 pm	Ukulele Club (weekly on Thursdays)
Oct 7	2:00 pm	Mahjong (weekly on Thursdays)
Oct 8	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Oct 8	9:30 am	Knitting Club (weekly on Fridays)
Oct 14	9:30 am	Dull Men's Club
Oct 15	9-11:00 am	Food Pantry
Oct 20	12:30 pm	Book Club "Midnight in Chernobyl"

WELLNESS

Oct 1	12:30 pm	Talkin' Healthy! with Elena (weekly on Fridays)
Oct 8	10:00 am	Going Steady (weekly on Fridays, <i>sign up required</i>)
Oct 13,27	3:30 pm	Parkinson's Support
Oct 14,28	by appointment	Foot Clinic \$45 to FC Nurse
Oct 12	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares

OCTOBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coffee served all day</p> 	<p>Wednesday Shopping Trips: 10/13 Wal-Mart, Leom 10/20 Target 10/27 Wal-Mart, WB</p>	<p>* At Peg's Pond (inside 1835 Building if inclement weather)</p> <p>Fees for Tai Chi ,Yoga & Pilates classes: \$5 In Person \$2 Zoom</p> <p>Line Dancing \$2 Acrylic Painting \$5</p>		<p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:30 Talkin' Healthy</p>
<p>8:00 Muffin Monday 8:30 Tai Chi * 11:30 Salisbury Steak 1:00 Bingo 3:00 Open Strumming 6:00 Meditation</p>	<p>4</p> <p>8 - 4 Bread Pickup 8:00 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing 11:30 Barbecue 1:00 Game Day 4:30 Pickleball</p>	<p>5</p> <p>9:30 Chair Yoga 11:30 Turkey Sandwich 2:00-5:00 Flu Clinic</p>	<p>7</p> <p>9:30 History Club 11:30 Fish Tacos 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 2:00 Mahjong 4:30 Pickleball</p>	<p>8</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:30 Talkin' Healthy</p>
<p>11</p> 	<p>12</p> <p>8 - 4 Bread Pickup 8:00 Pilates 9:00 Open Coloring 9:30 Line Dancing 9:30-11:30 Elder Keep Well Clinic 11:30 Corn Chowder 1:00 Game Day 4:30 Pickleball</p>	<p>13</p> <p>9:30 Chair Yoga 11:30 Chicken & Greek Salad 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support</p>	<p>14</p> <p>8:30-1:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish & Fries 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 2:00 Mahjong 4:30 Pickleball</p>	<p>15</p> <p>8:00 VSO Hours 9:30 Knit Happens 9 -11:00 Food Pantry 10:00 Going Steady 11:30 Smorgasbord 12:30 Talkin' Healthy</p>
<p>18</p> <p>8:00 Muffin Monday 8:30 Tai Chi * 11:30 Lentil Soup</p>	<p>19</p> <p>8 - 4 Bread Pickup 8:00 Pilates 9:00 Open Coloring</p>	<p>20</p> <p>9:30 Chair Yoga 11:30 Mac n Cheese 12:30 Van shopping trip</p>	<p>21</p> <p>11:30 BBQ Ribs 1:00 Acrylic Painting 1:00 Entry Level Uke</p>	<p>22</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady</p>

11:00 Senior Soup 1:00 Bingo 3:00 Open Strumming 6:00 Meditation	9:30 Open Bowling 9:30 Line Dancing 11:30 Teriyaki Chicken 1:00 Game Day 4:30 Pickleball	12:30 Rummikub 1:00 Wii Bowling 12:30 Book Club 4:30-5:30 Grab 'n' Go	11:30 Smorgasbord 12:30 Talkin' Healthy
8:00 Muffin Monday 8:30 Tai Chi * 11:30 Sausage & Cider Casserole 1:00 Bingo 3:00 Open Strumming 6:00 Meditation	25 8 - 4 Bread Pickup 8:00 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Thai Chicken 1:00 Game Day 4:30 Pickleball	27 9:30 Chair Yoga 11:30 Pork Loin & Apples 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support	28 8:30-1:30 Foot Clinic 11:30 Frankenstein Brains 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 2:00 Mahjong 4:30 Pickleball
			29 7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Halloween Party 12:30 Talkin' Healthy

VOLNTEER

all that's missing is U!

We have several volunteer opportunities available — backup or recurring shifts.
* Kitchen
* Reception
* Grocery Shopping

* Medical Transportation (using our electric car)

If you are interested, whether weekly, monthly or once-in-a-while, please call Clare or Veronica on 978-422-3032.



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.

And don't forget to say "Hello" to Ruby, our new Kitchen Manager



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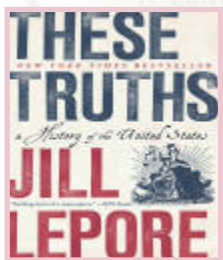
W E D 1 2 : 3

Wii Bowling



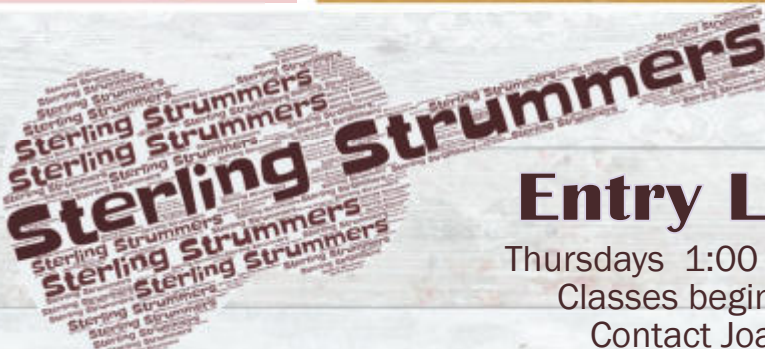
Wednesdays @ 1:00pm

HISTORY CLUB



October 7th
9:30am
Part Four
Registration
encouraged

Save the date - Nov 4th
Topic and book
to be determined.



Ukulele Club

Thursdays 2:00 - 3:00 pm
with Zoom option
Contact Nancy at
nancyhp246@gmail.com

Entry Level

Thursdays 1:00 - 1:45 pm
Classes begin Oct 9
Contact Joan at
jonesy1932@aol.com
Lender ukes available!
Free Classes

Open Strumming

Mondays 3:00 - 4:00 pm



GAME DAY!



TUESDAYS 1:00PM



NEW
TIME

CRIBBAGE 12:30PM

DOMINOES 12:30PM



Mondays at 1:00pm
Cards \$1 each



Tuesday & Thursday
4:30-7pm

West Sterling Courts

All levels
welcome!

Call for info

978-422-3032



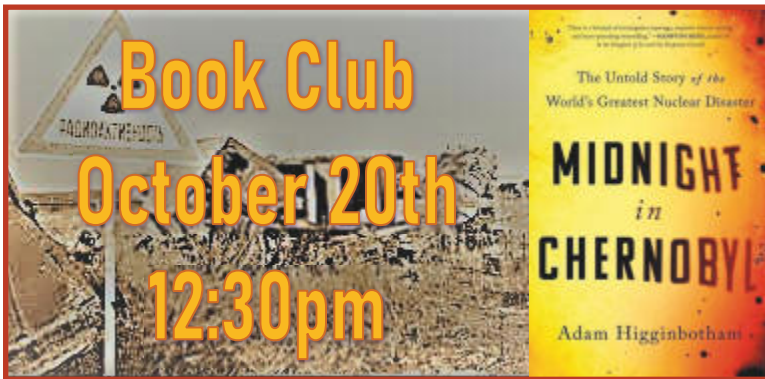
Fridays 9:30am
Bring your knit,
crochet, macramé
or craft project

MUFFIN

M NDAY

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.



Book Club
October 20th
12:30pm

The Untold Story of the World's Greatest Nuclear Disaster
MIDNIGHT in CHERNOBYL
 Adam Higginbotham

Going Steady

Fridays at 10:00am

For all levels

Learn the tricks of fall prevention

Sign up please!



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.



Peter Cummings
 offers technical
 help through in-
 person meetings.

Call 978-422-3032 for
 appointment.

Acrylic Painting

Thursdays
1:00pm \$5.00

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

**New Members
 Welcome**

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**

Pilates

**Tuesdays
 8am \$5**

A non-impact exercise that builds core strength, flexibility and balance

- * Improved balance & posture
- * Decreased body fat
- * Increased strength & flexibility
- * Improved mood & energy

Classes will be offered on the mat as well as an
 adapted version using the chair.

All levels are welcome.

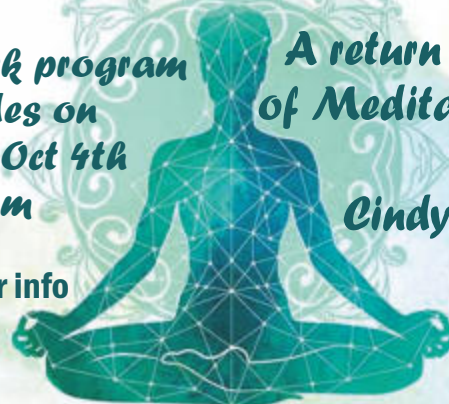
Sign-up required.

Meditation

**This four week program
 concludes on
 Monday Oct 4th
 6-7pm**

**A return to the basics
 of Meditation practice
 led by
 Cindy Popp-Hager**

Stay tuned for info
 on a future
 program!



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TALKIN' HEALTHY!

Fridays at 12:30pm
with Elena, RN

- Oct 1 Getting a Good Night's Sleep
- Oct 8 Keeping Social and COVID Smart
- Oct 15 Safety with Prescription Medication
- Oct 22 Managing Anxiety without Drugs
- Oct 29 Getting Spooky with Nutritional Snacks

Welcome to Elena, a Registered Nurse studying for her BS in Nursing at UMass. Elena has chosen the Sterling Senior Center for her clinical practicum "Health Promotion Education."

Let's help her achieve her goals by participating in her info sessions!



Friday, Oct 29
7:30 - 9:00 am

Open to All

Celebrity Server: Kellie Hebert
Town Administrator, Sterling

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

\$3 suggested donation

Sponsored by FOSS

CENTER VILLAGE THROUGH THE YEARS

OCTOBER 14TH, 9:30AM

DAVE GIBBS,

STERLING HISTORICAL COMMISSION



In 1742, Sterling was the First Precinct of Lancaster, MA, and known as Chocksett. Join Dave for a journey through time and a history of Sterling.

AND AWAY WE GO TRAVEL

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	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

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

October Grab 'n' Go

co-sponsored by Sterling Senior Center and Sterling Village

Wednesday October 20th, 4:30-5:30pm



All Donations received
will be presented to the
Sterling Village Team
Walking to End Alzheimer's

Limited to 100 guests
Reservations Required 978-422-3032



STERLING VILLAGE
A Privately Owned Village Square Community