

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

September 2021

Sterling Council on Aging Board Members

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Secretary: Liz Pape

Treasurer: David Cosgrove

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

STERLING FAIR IS BACK

Come visit

The Sterling Strummers

Sunday September 12th

11:00 to Noon



The Sterling Skillettes

will be competing on

Saturday Sept 11th at 4pm

Join us for Skillet Toss Practice

Thurs Sept 2nd & 9th at 3pm



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 Assistances		

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.

BOOKS! BOOKS! BOOKS!

Find mystery, general fiction and non-fiction, suspense, romance and more at the Sterling Senior Center. Browse the library and take some home. Not sure what to read? Check the "Recommended Titles" section. Borrow what looks good, take it home and enjoy.

Book donations accepted — PLEASE — good condition, relatively up-to-date, and just a few at a time 🤗

parkinson's

IN THIS TOGETHER

In person support (with Zoom option)
2nd & 4th Wednesdays
September 8th and 22nd at 3:30-5:00 pm

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



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 September 9 or 23, or October 14 or 28.

ELDER KEEP WELL CLINIC

September 14th 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.



MOBILE PRODUCE MARKET

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



Seniors:
Friday Sept 17, 9-11
All:
Saturday Sept 18, 9-11
Call Nickole at the Senior Center for assistance.



Veterans Services
Fridays, 8am — Noon

R E T U R N I N G F A V O R I T E S

Returning

Pilates

Tuesdays 8am \$5

Pilates is a non-impact exercise that builds core strength, flexibility and balance

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

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

All levels are welcome.

Sign-up required.

HISTORY CLUB



October 7th
9:30am
Part Four
Registration encouraged

September

SPECIAL EVENTS

Sept 12 11:00 am Sterling Strummers at the Sterling Fair

JUST FOR FUN

Sept 2,9 3:00-4:00 pm Skillet Toss Practice
 Sept 16 9:30 am Make & Take Gnome Sweet Gnome \$5
 Sept 24 7:30-9:00 am Pancake Breakfast

ONGOING

Sept 1 Pool daily
 Sept 1 9:30 am Chair Yoga (weekly on Wednesdays, *sign up required*)
 Sept 1 12:30 pm Van Shopping Trip (weekly on Wednesdays)
 Sept 1 1:00 pm Wii Bowling (weekly on Wednesdays)
 Sept 1 4:00-7:00 pm Pickleball at West Sterling Courts (weekly on Wednesdays)
 Sept 2 1:00 pm Acrylic Painting \$5 (weekly on Thursdays)
 Sept 2 2:00 pm Ukulele Club (weekly on Thursdays)
 Sept 2 2:00 pm Mahjong (weekly on Thursdays)
 Sept 3 8:00 am-noon Veterans Services Office (weekly on Fridays)
 Sept 3 9:30 am Knitting Club (weekly on Fridays)
 Sept 7 8:00 am Pilates (weekly on Tuesdays, *sign up required*)
 Sept 7 8am-4pm Bread Pickup (weekly on Tuesdays)
 Sept 7 9:00 am Open Coloring (weekly on Tuesdays)
 Sept 7 by appointment SHINE Counseling
 Sept 7 9:30 am Line Dancing (weekly on Tuesdays, *sign up required*)
 Sept 7 by appointment Tech Help (weekly on Tuesdays)
 Sept 7 1:00 pm Game Day (weekly on Tuesdays)
 Sept 9 1:00 pm Entry Level Ukulele (weekly on Thursdays)
 Sept 9 9:30 am Dull Men's Club
 Sept 9 5:30 pm COA Board Meeting
 Sept 13 8:30 am Tai Chi (weekly on Mondays at Peg's Pond)
 Sept 13 1:00 pm BINGO (weekly on Mondays)
 Sept 13 3:00 pm Ukulele Open Strumming (weekly on Mondays)
 Sept 13 4:00-7:00 pm Pickleball at West Sterling Courts (weekly on Mondays)
 Sept 13 6:00 pm Meditation (weekly on Mondays)
 Sept 15 1:30 pm Book Club "Wild: From Lost to Found on Pacific Crest Trail"
 Sept 17 9-11:00 am Food Pantry
 Oct 7 9:30 am History Club

WELLNESS

Sept 3 10:00 am Going Steady (weekly on Fridays, *sign up required*)
 Sept 8,22 3:30 pm Parkinson's Support
 Sept 9,23 by appointment Foot Clinic \$45 to FC Nurse
 Sept 14 9:30-11:30 am Elder Wellness Clinic sponsored by VNA Cares

SEPTEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coffee served all day</p> 	<p>Wednesday Shopping Trips: 9/1 Christmas Tree 9/8 Wal-Mart, Leom 9/15 Ocean State JL 9/22 Wal-Mart, WB 9/29 Whitney Field</p>	<p>1 9:30 Chair Yoga 11:30 Chicken Stir Fry 12:30 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>2 11:30 Grilled Sausage & Onions 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong 3:00 Skillet Toss practice</p>	<p>3 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord</p>
<p>6 </p>	<p>7 8 - 4 Bread Pickup 8:00 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing 11:30 White Chili 1:00 Game Day</p>	<p>8 9:30 Chair Yoga 11:30 Hot Turkey Sandwich 12:30 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>9 8:30-1:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish Tacos 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 2:00 Mahjong 3:00 Skillet Toss practice 5:30 COA Board Mtg</p>	<p>10 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord</p>
<p>13 8:00 Muffin Monday 8:30 Tai Chi * 11:30 Chicken Parmesan 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>14 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 Chicken Ratatouille Soup 1:00 Game Day</p>	<p>15 9:30 Chair Yoga 11:30 Salad Plate 12:30 Van shopping trip 1:00 Wii Bowling 1:30 Book Club 4:00 Pickleball</p>	<p>16 9:30 Make & Take 11:30 Teriyaki Chicken 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 2:00 Mahjong</p>	<p>17 8:00 VSO Hours 9:30 Knit Happens 9 - 11:00 Food Pantry 10:00 Going Steady 11:30 Smorgasbord</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>

8:00 Muffin Monday 8:30 Tai Chi * 11:30 Stuffed Baked Potato 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	8 - 4 Bread Pickup 8:00 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Lasagna 1:00 Game Day	9:30 Chair Yoga 11:30 Pork Loin 12:30 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	8:30-1:30 Foot Clinic 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 2:00 Mahjong	7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady
27 8:00 Muffin Monday 8:30 Tai Chi * 11:30 Chicken Spinach Tortellini Soup 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	28 8 - 4 Bread Pickup 8:00 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Turkey Dinner 1:00 Game Day	29 9:30 Chair Yoga 11:30 Shepherd's Pie 12:30 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	30 11:30 Chicken Broccoli Alfredo 1:00 Acrylic Painting 1:00 Entry Level Uke 1:30 Ukulele Club 2:00 Mahjong	* At Peg's Pond (inside SSC if inclement weather) Fees for Tai Chi ,Yoga & Pilates classes: \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5

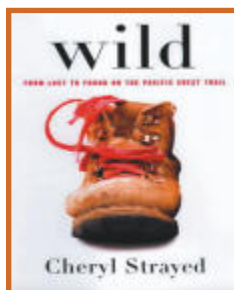


We are now serving café-style home-cooked lunches at 11:30 am at the Senior Center.
Feel free to dine in the large room or outside on the patio.
Reservations required. \$3 suggested donation

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

SUPPORT OUR ADVERTISERS!





**Wild : From Lost to Found
on the Pacific Crest Trail
by Cheryl Strayed**

September 15th at 1:30 pm



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.

Tai Chi

Mondays at 8:30am

Outside at Peg's Pond

Weather permitting

**In person at SSC plus Zoom
during inclement weather**

[https://us02web.zoom.us/
j/89346204723](https://us02web.zoom.us/j/89346204723)

ID: 893 4620 4723 Password: 839376

Newcomers welcome.

Call 978-422-3032 to join!

Meditation

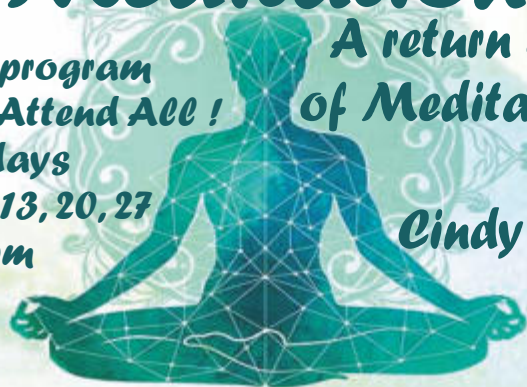
**Four week program
Attend One or Attend All !**

Mondays

**September 13, 20, 27
6-7pm**

**A return to the basics
of Meditation practice
led by**

Cindy Popp-Hager



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knit happens



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



Wednesdays @ 1:00pm

**Monday & Wednesdays 4-7pm
West Sterling Courts**



All levels of experience welcome!

Call for info 978-422-3032

**Acrylic Painting
Thursdays 1:00pm
\$5.00**

Have you wanted to learn something new
but were afraid to try? Come join a great
group who are learning a new skill in
painting and creating !

New Members Welcome



Jim Emerton
Sterling Paramedic/Firefighter
September 9th at 9:30 am



Accidents Happen!! In a car, at home and on vacation.

Stop the Bleed can save a life!

Join us for a hands-on demonstration by Sterling Fire Department.

Stop The Bleed was designed by the American College of Surgeons to teach people how to recognize life-threatening bleeding and intervene effectively to control the bleeding and summon help for the patient.

This course will include a brief talk followed by hands-on bleeding control skills on mannequins.

Don't worry if you are squeamish - no actual blood or bleeding is used in the course!

Entry Level
 Thursdays 1:00 - 1:45 pm
 Classes begin Sept 9
 Contact Joan at
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

Open Strumming
 Mondays 3:00 - 4:00 pm

Mondays at 1:00pm
 Cards \$1 each

MAHJONG
 Thursdays
 2:00pm

Tech Help

Peter Cummings offers technical help through in-person meetings.
 Call 978-422-3032 for appointment.

Chair Yoga
 Wednesdays 9:30am

Appropriate for all levels
 Bring Mat

Sign-up Required

Join Katie September 1st
 and Carleen Sep 8,15,22,29

OPEN COLORING

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

Join us for a fun morning.
 Multi-taskers welcome...
 we color and talk too! 🧐

DON'T FORGET GAME DAY!

TUESDAYS AT 1:00PM

CRIBBAGE 12:30PM **DOMINOES 12:30PM**



Friday, September 24th

7:30 - 9:00 am

Celebrity Servers:

Alex Welch & Breana Buckley

Making Opportunity Count

Open to all

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

\$3 suggested donation

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**BRING HOME
A GNOME!**

**MAKE & TAKE
WITH
JOYCE MARA
SEPT 16 9:30AM**

**\$5
INCLUDES ALL
SUPPLIES
(OR BRING YOUR OWN
EMBELLISHMENTS)**

**SIGN-UP REQUIRED
BY SEPT 9
978-422-3032**

AND AWAY WE GO TRAVEL

2021 - 2022 Trip List

For aged 50+ travelers

Sat, Oct 9	Fall in Vermont. A return trip to Newfane, VT for the 50th Annual Newfane Heritage Festival. Lunch at the New England House Restaurant, Brattleboro. A lot of walking, not recommended if you use a cane or walker.	\$94.00/pp
Sat, Nov 13	Stocking Stuffer Tour. A travel through MA, ME & NH, shopping at Winfrey's Chocolate, Pig's Fly Bakery, 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

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



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

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

Appointments will be made in 15-minute blocks 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). Flu clinic questionnaires will be available in advance at the Senior Center and must be completed and brought with you to your appointment. Remember to wear a short sleeved shirt!

According to the CDC (Centers for Disease Control and Prevention), you should get the flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in the autumn, before flu season begins. CDC recommends that people get the flu vaccine by the end of October.