

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

September 2023

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Vice Chair: Gail Bergeron

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Meg Chase

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Debra MacLennan

Deidre Shapiro

Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hrs: Mon-Thur 8 - 4, Fri 8 - 2

Director: Veronica Buckley

Outreach: Linda Chignola

Bonnie Decker

Ops/Vol Coord: Clare Felton

Kitchen Manager: Ruby Hall

Van Dispatch/Drivers:

Pam Dell

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Van Drivers:

Gary Hill

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Rob Seidel

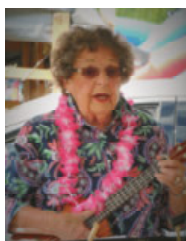
Diane Sousa



Sterling Fair

The Sterling Strummers will be performing
Saturday, September 9th at 10:00 am

STRUMMIN' STRONG SINCE 2017 !



Fireworks on the Patio

Friday, September 8th

Join us on the Patio to watch the

Sterling Fair Fireworks

Senior Center doors open at 8:00pm

Seating Limited so Registration Required !

978-422-3032

Our mission is to maintain the health and well being of Sterling seniors
and to assist them with preserving their independence.

Randy Watson Peter Watson



61 Redstone Hill, Sterling, MA
1-978-422-3166
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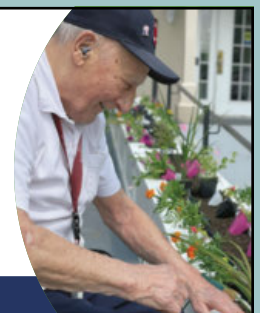


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Invasive plants have invaded Sterling!

Invasive Species

Julian Reese - Manager, Bartlett Tree Experts
Thursday, September 14th @ 9:30am

Do we want all our roadsides to look like this?

Join Julian to learn about woody invasives in the landscape.

- What are invasive plants? How did they get here, and how can we identify them?
- Landscape design concepts to reduce their occurrence
- Management

This program will offer real-time captioning for hearing impaired.

You don't have to be a man to join a DMC meeting..... Ladies



Make & Take
Felted Sunflower
With Laura
Fri, Sept 8 @ 1:00pm

\$5

Includes all supplies

Registration Required 978-422-3032

The Evening Dinner Committee presents



\$5

Thu Sep 21, 5:30pm
Chicken Broccoli Alfredo
Baked Roll
Key Lime Pie
Key Lime Lemonade

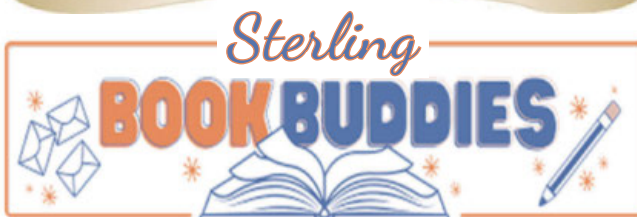
So you think you don't like Country?



Bob Jordan
Friday, Sep 15
@ 1:00pm

For Country Music lovers and those who are waiting to discover it, join Bob Jordan as he takes us on a journey of Country Music from the 20s through the 70s.

Mixing history and humor, Bob will introduce us to many different styles of Country. And you will be converted!



Following the well-received and incredibly successful 6th Grade winter Book Buddy program at Chocksett School, the program will be returning at the end of September (exact dates to be announced).

If you would like to participate in this program, we'd like about 12 volunteers. Please call Veronica for more information at 978-422-3032.

SPECIAL EVENTS

Sep 8	1:00 pm	Make & Take Felted Sunflower with Laura \$5 <i>Sign-Up Please</i>
Sep 8	8:00 pm	Sterling Fair Fireworks from the Patio! <i>Sign-Up Please</i>
Sep 12	12:30-1:30 pm	Mobile Market (monthly, second Tuesday)
Sep 12	6:00-7:30 pm	Art Reception with Grace Hoffmann & Diane Senge
Sep 15	1:00 pm	Country Music with Bob Jordan
Sep 21	5:30 pm	Evening Dinner <i>Tickets \$5</i>
Sep 25	12:00 pm	Birthday Cake for all September birthdays!
Sep 29	7:30-9:00 am	Pancake Breakfast
Sep 29	7:30-9:00 am	Fat Daddy's Farmer Market

ONGOING - see calendar for exercise programs

Sep 1		Pool daily
Sep 1	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Sep 1	9:00 am-noon	Ladies' Pool (weekly on Fridays)
Sep 1	9:30 am	Knitting Club (weekly on Fridays)
Sep 4	1:00 pm	BINGO (weekly on Mondays)
Sep 4	2:00 pm	Ukulele - Men's Open Strumming (weekly on Mondays)
Sep 4	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Sep 4	5:00 pm	Meditation \$5 (weekly on Mondays)
Sep 5	by appointment	SHINE counseling
Sep 5	1:00 pm	Game Day (weekly on Tuesdays)
Sep 6	12:30 pm	Rummikub (weekly on Wednesdays)
Sep 6	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Sep 6	1:00 pm	Wii Bowling (weekly on Wednesdays)
Sep 7	8am-4pm	Bread Pickup (weekly on Thursdays)
Sep 7	9:30 am	History Club (first Thursday of month)
Sep 7	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Sep 7	1:00 pm	Mahjong (weekly on Thursdays)
Sep 7	1:00 pm	Beginner Ukulele (weekly on Thursdays) <i>Sign-Up Please</i>
Sep 7	2:00 pm	Ukulele Club (weekly on Thursdays)
Sep 14	9:30 am	Dull Men's Club (second Thursday of month)
Sep 15,16	9-11:00 am	Food Pantry
Sep 19	11:30 am	State Office Hours (third Tuesday of month)
Sep 20	12:30 pm	Book Club <i>The Last Letter from your Lover</i>

WELLNESS

Sep 1	10:00 am	Going Steady (weekly on Fridays)
Sep 1	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Sep 4	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Sep 14,28	by appointment	Foot Clinic \$45 to FC Nurse
Sep 12	9:30-11:30 am	Keep Well Clinic Meet Lenny our new Nurse!
Sep 13,27	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Sep 13,27	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Sep 21	9:30 am	Holistic Yoga (third Thursday in September)



VNA Care

Wednesday, October 4th 12:30–4:30pm
By appointment only

Flu Clinic at the Senior Center

Appointments will be inside the center and will be made in 30-minute blocks.

Accommodations can be made for those who have ambulatory difficulties.

Your flu shot is covered by Medicare Part B or your Medicare Advantage Plan (HMO, PPO). Remember to bring your card and other relevant medical information.

Also remember to wear a short sleeved shirt!

Call us at 978-422-3032 to make your appointment.

According to the CDC it takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. Make plans to get vaccinated by the end of October.



KEEP WELL CLINIC MEET OUR NEW NURSE LENNY

Sept 12th
9:30-11:30 am

- Appointments and walk-ins accepted
- Now offering blood sugar tests

** Intro offer - Say "Hi" to Lenny and be entered to win a \$50 gift card !*



VNA Care

Call 978-422-3032 to make an appointment

988

SUICIDE
& CRISIS
LIFELINE

988 is a free 3-digit phone number that any individual who is in need of support for a suicidal, mental health, and/or substance use crisis or any other type of emotional distress can utilize. Individuals can also utilize 988 if they have concerns regarding someone else's wellbeing. Trained crisis counselors respond to all 988 calls/texts.



CAREGIVER PROGRAM

Fri Sept 1, 1:00–2:00pm

A peer directed support meeting facilitated by Eileen Brooks from Sterling Village, including a supervised activity for your loved one while you attend.

Drop in, but *registration suggested* if you're bringing your loved one to the activity.

parkinson's

Second and Fourth Wednesdays

September 13 & 27 3:30 - 5:00pm

In person support with Zoom option

Please contact Joe at 508-335-0672 or

northworcparkies@yahoo.com



Foot Clinic Footcare By Nurses

Our Foot Clinic is extremely popular! New client signup for Sterling residents only.

All others please call FBN 978-296-8449.



STATE
OFFICE
HOURS

Meet a representative from
the office of Representative
Meghan Kilcoyne

September 19, 11:30-12:30
at Sterling Senior Center



Veterans'
Services

Fridays 8:00am-noon
at the Senior Center

If you need help outside of
these times, please call
978-534-7538

SEPTEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Wednesday Shopping Trips: 9/6 Target 9/13 Walmart, Leom 9/20 Homegoods, Lincoln Plaza 9/27 Walmart, Leom <i>Registration Required</i>	Fees for Yoga & Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5	 <p>Share a puzzle in Puzzle Corner. Start the edges, or fill in the middle - it's a group effort with a magical view. Work on a puzzle next time you're here!</p>		1 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Caregiver Program
4  <p>4:00 Pickleball</p>	5 8:15 Pilates 9:30 SHINE by appt 9:30 Line Dancing 11:30 Barbecue Ribs 1:00 Game Day	6 9:30 Chair Yoga 11:30 Paula's Dogs on the Grill 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	7 8 - 4 Bread Pickup 9:30 Chair Yoga 9:30 History Club 11:30 Fish Tacos 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	8 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Make & Take Felted Sunflower
11 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Baked Chicken 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	12 8:15 Pilates 9:30 Keep Well Clinic 9:30 Line Dancing 11:30 Cheese Burgers 12:30 Mobile Market 1:00 Game Day 6:00-7:30 Art Reception	13 9:30 Chair Yoga 11:30 Pork Tenderloin 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	14 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Tuna Salad 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 COA Board Mtg	15 8:00 VSO Hours 9 - 11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Bob Jordan Country Music
18 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Lasagne 1:00 Bingo 3:00 Open Strumming	19 8:15 Pilates 9:30 Line Dancing 11:30 Corn Chowder 11:30 State Office Hours 1:00 Game Day	20 9:30 Chair Yoga 11:30 Turkey Dinner 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling	21 8 - 4 Bread Pickup 9:30 Holistic Yoga 11:30 Chicken Kabob 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke	22 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord

4:00 Pickleball 5:00 Meditation	25	8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Ham Dinner 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	26	8:15 Pilates 9:30 Line Dancing 11:30 Roast Beef Dinner 1:00 Game Day	4:00 Pickleball	27	9:30 Chair Yoga 11:30 Chicken Salad 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	28	8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	29	7:30-9:00 Pancake Breakfast 7:30 Fat Daddy's 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady
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GALL FOR ARTISTS!

Are you a local artist who would like their work celebrated to local residents and visitors?

We can offer a two-month exhibition of your galleryed artwork including a public Art Reception to introduce you and your work.

Visit the Senior Center and view the current artwork display - or better yet, attend the upcoming Art Reception on September 12th to see what it's about!

Call Veronica for more information.

\$50 Farmers' Market Coupon Books



The Farmers' Market Nutrition Program provides coupons that can be used to buy fresh vegetables, fruits, honey and cut herbs at approved farmers' markets and farmstands in Massachusetts.

Eligibility: gross income must be no more than:
Household of 1 \$2,248 per month
Household of 2 \$3,041 per month
See or call Linda or Bonnie in Outreach.



OC Open Captioning

Have you been avoiding the Senior Center because you cannot easily hear the programs or the conversation over lunch?

We are researching technology that may help you enjoy your time here more, and we want to hear from you!

From presentations to smartphones, there are captioning apps available and we'd like your help to determine which applications might work best for you and others, both here at the Senior Center and elsewhere too. If you'd like to be a part of this discussion, please contact Veronica.

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

SUPPORT OUR ADVERTISERS!



The Last Letter from your Lover by JoJo Moyes September 20 @ 12:30pm

Modern-day journalist Ellie discovers an archived letter from 1960. In 1960 Jennifer wakes up in hospital after a car accident with no memory of her life or who she used to be, but then discovers a letter.

Spanning forty years, these two women's stories of love, loss and betrayal are intertwined.

BOOK CLUB

TAI CHI
MONDAYS AT 8:30AM
WITH SIFU GEORGE

Free

Pilates

Chair and Mat
combined class

Tuesdays 8:15am \$5

Mindful Meditation
Mondays at 5:00pm
with Carol McGuigan

\$5

Open to All Ages

**Guys & Gals
Fitness**
Mondays at 10am

Free

No sign-up needed

Bookend your weekends with Marty!

Fridays at 10:00
Mondays at 10:00

Going Steady
Fitness



West Sterling
Tennis Courts

Outdoor Pickleball

Mondays & Wednesdays
4-7pm
All players
and levels welcome!

(No play on wet courts)

Yoga for EveryBody
chair yoga

Thursday, Sept 7th @ 9:30am
No reservations! No wait list!
\$5 drop-in fee



**Bring your
friends
to play!**

**Pool Players
Wanted!**
Tables available
all day



Therapeutic Chair Massage

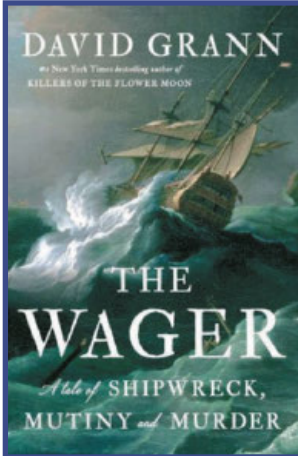
\$10
10 mins

September 13 & 27
12:30pm - 2:30pm



Sherrill Sasser LMT, CAT

call for an appointment!



HISTORY CLUB

Thursday, September 7 at 9:30am

The Wager:

A Tale of Shipwreck, Mutiny and Murder
by David Grann

An extraordinary story of shipwreck, survival and savagery.

In 1742 two separate groups of castaways from the same ship - HMS The Wager - swept up on the coast of Brazil. Their contrary tales of murderous officers and mutineers resulted in the Admiralty convening a life-or-death court martial.



Ladies' Pool
Fridays
9am – noon



Monday 1pm
Cards \$1 each



MAHJONG



Thursdays 1:00 pm

Ukulele

Men's Strumming Mondays 2-3pm

Open Strumming Mondays 3-4pm

Beginners Thursdays 1-2pm

Ukulele Club Thursdays 2-3pm



Knit Happens

Fridays @ 9:30



Bring your knit, macramé, crochet or craft project.

Need Tech Help?



Pete Cummings offers tech help on Tuesdays. Call us to set up an appointment.

Acrylic Painting
Thursdays 1:00pm

\$5

New Members Welcome



GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH

12:30
12:30
1:00



PITCH PARTY!



Sat, Sept 2nd
6:30pm

Sponsored by Sterling Grange



Friendly! Fun!

Wednesdays @ 1:00pm

Wii Bowling



Weekly Classes start Thurs Sep 7 at 1:00pm
Please contact Joan at jonesy1932@aol.com to sign up

Fri Sept 29
7:30-9:00

Guest Server:

Alex Grebinar,

Sterling Library Director

Plain & special pancakes, sausage, eggs, fresh fruit, tea breads, juice, coffee. **Open to All**

\$4 Suggested Donation

Sponsored by Friends of Sterling Seniors



Call for Crafters !

Are you planning your fairs and events?
Applications are now open for the

Annual Cookie Sale & Craft Fair
at Sterling Senior Center
on Saturday December 9th.

Visit the FOSS page on our [website](#) for
an application form or call us at
978-422-3032.

Mobile Market

GROWING PLACES



at the Senior Center
Tuesday, September 12
12:30-1:30



Payment accepted: cash, credit/debit, farmers market coupons, SNAP/HIP dollars



Fat Daddy's
Mobile Food Market
Friday, September 29
7:30-9:00 am



Hydroponic greens, lettuces, fresh herbs,
tomatoes, cheeses, cider, honey & more.

Support local farmers! Available during
Pancake Breakfast!

Free
Bread
Thursday



8am-4pm
or until
supplies last
Limit two loaves



Wachusett Food Pantry
50 Worcester Rd, Sterling
Seniors: Fri Sept 15, 9-11 am
All: Sat Sept 16, 9-11 am
Call Outreach for assistance

AND AWAY WE GO TRAVEL

2023-24 Trip List For age 50+ travelers

Sep 29-Oct 6	America's Music Cities - Nashville, Memphis and New Orleans. Enjoy the Country Music Hall of Fame, Grand Ole Opry, Studio B, Graceland, museums, scenic tours and much more. Call Fred Clark at 509-421-6882 for all information on this trip.	Call for pricing
Sun Oct 15	Sunday Drive in the Country to the White Mountains of NH. Brunch at the White Mountain Hotel then off to the Leaf Peepers Craft Fair in North Conway.	\$109
Sat Nov 4	ELVIS: A Musical Revolution The official Elvis Presley bio-musical at the North Shore Theater with lunch at Tuscan Kitchen.	\$175
Dec 10-11	New Hampshire Christmas Sunday brunch and a matinee, an evening Christmas show, overnight in North Conway then a sleigh ride in at Nestlenook Farm in Jackson NH before lunch.	\$569 sgl \$479 dbl
Jun 2-4, 2024	The Von Trapp Lodge, Stowe VT	Call 4 info

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 andawaywegotravel.gem@gmail.com

Signed COVID waiver and proof of vaccination required. 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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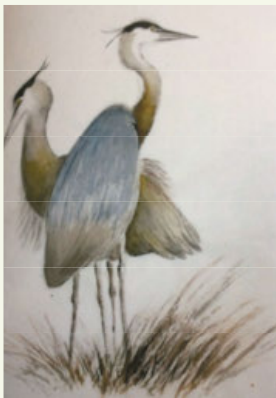


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Art Reception



The Brush Dances

Diane Senge Grace Hoffman

Tue Sept 12, 6:00-7:30pm

Both already accomplished artists, Diane and Grace were equally drawn to a class in Chinese Brush Painting at Worcester Art Museum under the tutelage of Susan Smith Viles.

Grace (right) paints in the style of *Xieyi* or *Freestyle*, enjoying its simplicity and impressionism.

Diane (above) paints mainly in the *Gongbi*, or fine line, style and enjoys painting birds and other natural subjects.

