



# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

December 2022

## Sterling Council on Aging Board Members

*Chair:* Gail Bergeron

*Vice Chair:* Kevin Beaupre

*Secretary:* Liz Pape

*Treasurer:* David Cosgrove

*Members:*

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Sue Protano

## 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

*Maintenance Tech:* Jim Ash

*Kitchen Manager:*

Ruby Hall

*Van Drivers:*

Pam Dell

Gary Hill

Kevin Lowe

Robert Protano

Rob Seidel

Diane Sousa



# Council on Aging Jingle Mingle Open House

## Sunday, December 11th

### Drop by 1:00-2:30pm

Enjoy music, appetizers,

holiday treats,

gift and 2023 calendar!

Holiday Music by

## Stephanie Sarkasian

(sponsored by  
Sterling Cultural Council)



**No Reservations Required**  
**Not a seated event — just mingle and jingle!**

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  
cell: 978-502-8847



#### REVERSE MORTGAGES

Call us for the facts:

- Stay In Your Home • Increase Income
  - Pay Off Debt • No Monthly Payments
- (508) 835-8803**

45 Sterling Street, West Boylston  
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Evelyn Salmon MLO21537 • Tom Gibbons MLO21535 • Diana Ancill MLO21538

[wachusettmortgage.com](http://wachusettmortgage.com)



Residential Friendly Dumpsters

## Bin There Dump That

### Roll-Off Dumpster Rentals

Moving? Downsizing? De-Cluttering?  
We have the right size dumpster for you!

Locally owned, serving the  
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**We're the clean guys in a trashy business!**

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[wachusett@bintheredumpthat.com](mailto:wachusett@bintheredumpthat.com)  
[www.WachusettDumpsterRental.com](http://www.WachusettDumpsterRental.com)



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AN ASSISTED LIVING COMMUNITY

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[www.christopherheights.com](http://www.christopherheights.com)

CHRISTOPHER HEIGHTS  
OF WORCESTER  
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## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

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SafeStreets

**833-287-3502**

## Senior Spark Program

- Guided Cannabis and CBD Solutions
- Special member benefits
- Hosted shopping days
- Medical Card guidance



## Medical Delivery

- Get it right to your door
- Valid MA Medical Card required



Contact us!  
**(508) 476-6290**

1191 Millbury St,  
Worcester, MA 01607

# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Susanne Carpenter**

[scarpenter@lpicommunities.com](mailto:scarpenter@lpicommunities.com)

**(800) 477-4574 x6348**

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Sterling Council on Aging, Sterling 06-5262



## STERLING STRUMMERS HOLIDAY CONCERT



**THURSDAY  
DEC 8TH  
1:30PM**

**COME ENJOY  
ALL YOUR  
HOLIDAY FAVORITES**

**SNOW DATE DEC 15TH**

**FOSS**

Thank you to the Friends of the Sterling Seniors (FOSS) for their fundraising efforts and generous financial assistance. FOSS currently supports breakfast options, coffee bar, Muffin Mondays, Going Steady Balance Class and 6 themed lunches including Veterans' Day, Valentine's Day, St Patty's Day, Mother's Day, Father's Day, and volunteer appreciation. FOSS also sponsors the popular monthly pancake breakfast.

The upcoming Holiday Cookie Sale and Craft Fair is one of FOSS's biggest fundraising events! We encourage all to support the crafters and bakers by attending the Fair on Saturday December 10<sup>th</sup> from 9 am to 2pm.

If the work of FOSS is interesting to you .... the founders and members of this fundraising arm of the Senior Center are looking to add a couple of new faces and board members. You can PM the [Friends of Sterling Seniors Facebook page](#) or stop into the Senior Center.



*Sterling Garden Club*

*Make & Take*

*Holiday Centerpiece*

*Wednesday December 7th 1:00pm*

Registration Required - Call 978-422-3032

**\$5**

covers all  
supplies,  
including  
decorative  
vintage dish!



**DEC 8TH  
9:30AM**

## **RICH GEDMAN LET'S TALK BASEBALL !**

A Worcester native, Rich is a professional baseball coach and former catcher, having played Major League Baseball for the Boston Red Sox, Houston Astros and St. Louis Cardinals.

He currently serves as hitting coach with the Triple-A Worcester Red Sox of the International League.

## SPECIAL EVENTS

Dec 7	1:00 pm	Make and Take Holiday Centerpiece - <i>Registration Required</i>
Dec 8	1:30 pm	Sterling Strummers Holiday Concert
Dec 10	9:00 am-2:00 pm	FOSS Holiday Craft Fair and Cookie Sale
Dec 11	1:00-2:30 pm	COA Jingle Mingle Open House <i>Drop In, No Reservations</i>
Dec 13	12-1:30 pm	Indoor Mobile Market (monthly, second Tuesday)
Dec 16	7:30-9:00 am	Pancake Breakfast
Dec 19	12:00 pm	Birthday Cake
Dec 26	CLOSED	Christmas Day (observed)
Jan 2	CLOSED	New Year's Day (observed)

## ONGOING - see calendar for exercise programs

Dec 1		Pool daily
Dec 1	8am-4pm	Bread Pickup (weekly on Thursdays)
Dec 1	9:30 am	History Club (first Thursday of month)
Dec 1	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Dec 1	1:00 pm	Beginner Ukulele (weekly on Thursdays, <i>sign-up required</i> )
Dec 1	2:00 pm	Ukulele Club (weekly on Thursdays)
Dec 1	2:00 pm	Mahjong (weekly on Thursdays)
Dec 2	8:00 am-noon	Veterans Services Office
Dec 2	9:30 am	Knitting Club (weekly on Fridays)
Dec 3	6:30 pm	Grange Pitch Party
Dec 5	1:00 pm	BINGO (weekly on Mondays)
Dec 5	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Dec 5	6:00 pm	Meditation (weekly on Mondays, \$5)
Dec 6	by appointment	SHINE counseling
Dec 6	9:00 am	Open Coloring (weekly on Tuesdays)
Dec 6	1:00 pm	Game Day (weekly on Tuesdays)
Dec 7	12:30 pm	Rummikub (weekly on Wednesdays)
Dec 7	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i> )
Dec 8	9:30 am	Dull Men's Club (second Thursday of month)
Dec 14	1:00 pm	Wii Bowling (weekly on Wednesdays)
Dec 16,17	9-11:00 am	Food Pantry
Dec 20	11:30 am	State Office Hours (third Tuesday of month)
Dec 21	12:30 pm	Book Club <i>A Christmas by the Sea</i>

## WELLNESS

Dec 2	10:00 am	Going Steady (weekly on Fridays)
Dec 7,14	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Dec 8,22	by appointment	Foot Clinic \$45 to FC Nurse
Dec 13	9:30-11:30 am	Well Clinic sponsored by VNA Care
Dec 14,28	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Dec 15	9:30 am	Caregiver Yoga <i>registration suggested</i>
Dec 29	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>

Snow

If Wachusett Schools are closed for the day, there will be no programming (including meals program) at the Senior Center for the day. For delayed opening, the Center will open at lunch. For early closings, the Center will close after lunch.

When in doubt, be safe! Call us first at 978-422-3032.



**KEEP WELL CLINIC**

December 13th 9:30-11:30 am  
with Amy from VNA Care



Need a BP check?  
On a new medication?  
Have a new diagnosis?  
Interested in discussing diet,  
exercise or supplements?

Call 978-422-3032  
to make a reservation



**VNA Care**

**CAREGIVER SUPPORT**

December 29th, 3 - 4:30pm

This is a peer directed meeting,  
facilitated by Eileen Brooks from  
Sterling Village.

You're a caregiver! We understand  
your schedule can be unpredictable -  
so drop in anytime during 3-4:30!

Registration Suggested

978-422-3032

A caregiver may give ANY KIND of physical, emotional or  
social support to another person. That probably means you!

## Yoga as Holistic Self-Care



for those on a journey in the caregiving process  
or in need of bereavement support

**Dec 15th at 9:30am** and every third Thursday

Sponsored by Bikram Yoga of Auburn, and Trinity Hospice  
No cost to participants

## IN THIS TOGETHER parkinson's

2nd & 4th Wednesdays, 3:30-5:00pm  
December 14 & 28

In person support with Zoom option

Please contact Joe at 508-335-0672  
or [northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



**Foot Clinic**  
Footcare By Nurses

Appointments at the Senior Center  
with Moira, RN. Call 978-422-3032  
to schedule your clinic visit for \$45  
on Dec 8 & 22 and Jan 12 & 26.



**Wachusett Food  
Pantry**  
50 Worcester Rd,  
Sterling

**Seniors:** Friday Dec 16, 9-11  
**All:** Sat Dec 17, 9-11

Call Outreach for assistance



**Free  
Bread  
Thursday**

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



**GROWING  
PLACES** Tuesday, Dec 13  
12-1:30pm  
**Mobile Market** inside the Senior Center

If you are interested in home delivery of  
fresh veggies this winter, contact Growing  
Places at 978-598-3723 or e-mail  
[audrey@growingplaces.org](mailto:audrey@growingplaces.org)  
Eligible for SNAP and HIP benefits



**STATE  
OFFICE  
HOURS**

Representatives from the offices  
of Senator Anne Gobi and  
Representative Meghan Kilcoyne  
Dec 20, 11:30am - 12:30pm  
at Sterling Senior Center.



**Veterans' Services**  
Fridays 8:00am-noon  
at the Senior Center

If you need help  
outside of these  
times, please call  
**Veterans' Services**  
978-534-7538



December 3rd at Noon  
First Church in Sterling

All are welcome!

**1st Saturday Community Lunch**



Salad • Beef Stew  
Rolls • Dessert

No Cost  
No Reservations

Van rides available  
through Senior Center

# DECEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>New!</b> <b>A Soupçon of Comfort with Soups on Wednesdays</b></p>	<p>Fees for Tai Chi, Yoga &amp; Pilates : \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Clean indoor shoes for exercise classes please.</p>	<p>Wednesday Shopping Trips: 12/7 Walmart, Leom 12/14 Whitney Field 12/21 Walmart, WB 12/28 Home Goods &amp; Savers, Worc  <i>Registration Required</i></p>	<p>8 - 4 Bread Pickup 9:30 History Club <b>11:30 Fish Dinner</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong</p>	<p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b></p>
<p>5 8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Pork Tenderloin</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>6 8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing <b>11:30 Tim's BBQ Chicken</b> 1:00 Game Day</p>	<p>7 9:30 Chair Yoga <b>11:30 Veggie Beef Soup</b> 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 4:00 Pickleball</p>	<p>8 8 - 4 Bread Pickup 9:30 Dull Men's Club <b>11:30 Steamed Dogs</b> 1:30 Strummers Holiday Concert 2:00 Mahjong 5:30 COA Board Mtg</p>	<p>9 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Make &amp; Take</p>
<p>12 8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Chicken Alfredo Baked Ziti</b> 1:00 Holiday Jingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>13 8:15 Pilates 9:00 Open Coloring 9:30 Well Clinic 9:30 Line Dancing <b>11:30 Tuna Salad Plate</b> 12:00 Mobile Market 1:00 Game Day</p>	<p>14 9:30 Chair Yoga <b>11:30 Tortellini, Sausage &amp; Spinach Soup</b> 12:30 Chair Massage 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>15 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Caregiver Yoga <b>11:30 Smorgasbord</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong</p>	<p>16 <b>7:30-9:00 Pancake Breakfast</b> 8:00 VSO Hours 9 - 11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady</p>
<p>19 8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Baked Potato Chicken Casserole</b> 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming</p>	<p>20 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Ham Dinner</b> 11:30 State Office Hrs 1:00 Game Day</p>	<p>21 9:30 Chair Yoga <b>11:30 Ratatouille Soup</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>22 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic <b>11:30 Turkey Dinner</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong</p>	<p>23 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b></p>

4:00 Pickleball 6:00 Meditation		26	8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Barbecue Chicken</b> 1:00 Game Day	27	9:30 Chair Yoga <b>11:30 Lentil Soup</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	28	9:30 Chair Yoga <b>11:30 Lentil Soup</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	29	8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Caregiver Yoga <b>11:30 Turkey Club Sandwich</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 3:00 Caregiver Support	30	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 NY Eve Eve Smorgasbord and Bubbly</b> 
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## WALK TO END ALZHEIMER'S

An enormous Thank You to everyone who made a donation to the Sterling Village team's Walk to End Alzheimer's.

Together you raised an incredible \$500.

**THANK YOU!**

## Warm-me-Up Drive-Through ready for the Holiday Light Tour! Friday Dec 2 4:30-6:30 pm

Join Santa, the Sterling Strummers Ukulele Group and the Sterling Recreation Department for some cookies and hot cocoa before taking a tour of Sterling's most festive homes!

Enjoy the holiday music, collect your cookies and cocoa, receive your tour map and wave a cheery Hello to Santa.

## CHRISTMAS LIGHTS TOUR ON THE VAN !! TUESDAY, DECEMBER 20TH 4:30PM

Join us on the SSC Van to see the Christmas Lights House Tour!

Hot Chocolate & Cookies on return.

Sign up with Pam at 978-422-3032.

Rain Date: Wednesday, Dec 21st

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

# SUPPORT OUR ADVERTISERS!



# TAI CHI

MONDAYS AT 8:30AM  
WITH SIFU GEORGE

CALL US AT  
978-422-3032  
TO JOIN!

Free

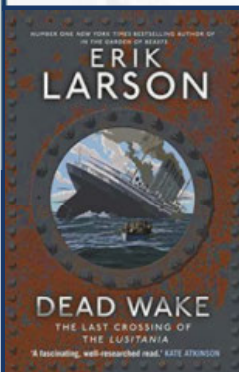
Learn the joy of Tai Chi for longer lasting health and quality of life. For all ages, genders and body types! Sifu George Chase is a certified Taiji instructor and gold medal winner, who loves to teach the ways of health, both internal and external.

## HISTORY

Thursday, December 1 at 9:30am  
Dead Wake:

*The Last Crossing of the Lusitania*  
by Erik Larson

A story that many of us think we know but don't, Larson brings to life a cast of characters as Unterseeboot-20 and Lusitania make their way toward Liverpool - and one of the great disasters of history.



Jan 5: Hero of the Empire by Candice Mallard



Pete Cummings  
offers tech help on  
Tuesdays.  
Call us to set up an  
appointment.  
978-422-3032

Knit  
Happens



Fridays @ 9:30

Bring your  
knit,  
crochet,  
macramé  
or craft  
project

Learn a new craft....

Acrylic Painting  
\$5 Thursdays 1:00pm

New Members  
Welcome



Book Club  
Dec 21 @ 12:30pm

A Christmas  
by the Sea  
by Melody Carlson



Tuesdays  
8:15am  
\$5

Chair and Mat combined class  
Registration Required



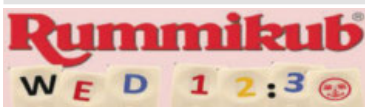
Thursdays  
2:00 pm

OPEN  
COLORING

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



Mondays at 1pm  
Cards \$1 each



## GAME DAY TUESDAYS



DOMINOES 12:30  
CRIBBAGE 12:30  
PITCH 1:00



## PITCH PARTY!

Saturday, Dec 3rd at 6:30pm  
In partnership with Sterling Grange







**Holiday  
JINGO  
Monday  
December  
12th  
1:00pm**



**Pool  
Players  
Wanted!**

**Tables available all day.  
Bring your  
friends  
to play!**



**Beginner** Thu 1-1:45pm  
**Strumming** Mon 3-4pm  
**Ukulele Club** Thu 2 - 3pm

**Mindful  
Meditation  
Mondays at 6pm**

**Free**

Join us to step off the treadmill of daily life with its stressors and mental busyness, and cruise in neutral for an hour. Learn to Stop, Breathe, and cultivate lifelong techniques to develop deeper self awareness, mental clarity, and peace of mind. Using a chair, some easy body stretches will be incorporated.

Carol McGuigan is a seasoned  
Meditation and Yoga Practitioner.

**Open to  
All Ages**

Free in Dec & Jan

**Pancake  
Breakfast**

**Friday December 16, 7:30-9:00am**

**Guest Server:**

**Patrice Fullhart, Town Facilities Manager**

**A selection of plain & special pancakes,  
sausage, eggs, fresh fruit, tea breads,  
juice, coffee.**

**Open to All**

**\$4 Suggested Donation**

**Sponsored by Friends of Sterling Seniors**



**Fun Seekers  
sought !**

**Friendly! Fun!**  
**Wednesdays @ 1:00pm**  
**Wii Bowling**

No bowling December 7th

**Intro  
Offer  
\$8**

**Therapeutic  
Chair Massage**

Dec 7th & 14th

12:30pm - 2:30pm

**Sherrill Sasser LMT, CAT**



Chair massage is a form of massage therapy performed utilizing a therapeutic massage chair. During your ten minute session Sherrill will perform a series of massage and acupressure points to your back, shoulders, neck, head, arms and hands (depending on what is accessible). The pressure used will be to your comfort level. You remain fully clothed during your ten minute session. You can choose to sit in a massage or office chair. Each session is at an introductory price of \$8.

**Call for an appointment!**



Known commonly as Fuel Assistance, the **Low Income Home Energy Assistance Program** (LIHEAP) provides eligible households with help in paying a portion of winter heating bills.

Homeowners and renters including households whose cost of heat is included in the rent can apply - eligibility is based on household size and the gross annual income of every household member 18 years of age or older. A single person with a gross income below \$42,411 or a two-person household with a gross income below \$55,461 can apply.

Contact our Outreach staff for assistance.

**Medicare**  
2023 OPEN  
ENROLLMENT



Medicare Open Enrollment ends on December 7th. It is important to review your options EVERY year during open enrollment to make sure you have the plan that works best for you for next year.



## SMLD Medical Priority List

Do you use life-support equipment? Sterling Municipal Light Dept maintains a list of people who, for medical reasons, are given priority for service restoration. The list is updated regularly to enable the SMLD to better assist those most in need. Call the SMLD office at 978-422-8267 for more information and to sign up.



## Financial Assistance Fund for Sterling Residents in Need

Established to help Sterling residents during difficult economic times, the Fund is intended to assist individuals and families in Sterling who have demonstrated financial need with payments toward housing, food, utilities, clothing and other essential living costs.

Apply

Forms available at Town Hall or at  
<https://tinyurl.com/3upmhn2w>  
For more information contact  
[patrickfox1973@gmail.com](mailto:patrickfox1973@gmail.com)  
or 774-275-1174

Donate

Make checks payable to  
Sterling Neighbor to Neighbor Fund and mail to  
Neighbor to Neighbor,  
PO Box 173, Sterling MA 01564  
Or Round Up your electric bill -  
call SMLD at 978-422-8267 for info.

## A N D   A W A Y   W E   G O   T R A V E L

### 2023 Trip List      For age 50+ travelers

Sat, Mar 11	St. Patrick's Day at Nellie's Journey to the Irish Catskill Mountains and the town of East Durham, home of Nellie's Irish Pub to enjoy lunch, Irish music and shopping at Nellie's in-house bakery. Maybe time for shopping in Durham too!	\$129 pp
Sat, May 6	"Downton Abbey" Tea, Manners and Treats for Mother's Day Travel to the historic Silver Fountain Inn & Carriage House an 1870s Victorian inn in Dover, NH. Stops at Pig's Fly Bakery in Kittery, Maine, and Stonewall Kitchen in York, Maine.	\$135 pp
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, Stax, Delta Blues and BB King Museums, scenic tours and much more. Early booking \$100 saving. Call Fred Clark at 509-421-6882 for all information on this trip.	Call for pricing

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 [andawaywegotravel.gem@gmail.com](mailto: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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**Your Advance Planning  
Information Center**



1158 Main Street, Holden  
508-829-4434  
100 Worcester Road, Sterling  
978-422-0100

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Ricky Mansfield**  
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Since 1896"



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160 Doyle Road, Holden, MA

Check us out on



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Formal Dining Room, Beautiful, Secure Courtyard, Hair & Nail Services

*We are conveniently located within minutes of Route 2, I-90 and I-290, seven minutes from  
downtown Worcester, and 25 minutes from Route 495*

18 Dana Hill Road • Sterling, MA 01564 | 978-422-5111 | [www.sterling-village.com](http://www.sterling-village.com)



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[www.thekiernanteam.com](http://www.thekiernanteam.com)



Spokesperson  
DAVID ORTIZ

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# Friends of Sterling Seniors FOSS

Holiday Cookie Sale & Craft Fair  
December 10th, 9:00am to 2:00pm

**Jams & Jellies \* Stained Glass \* Quilted Gifts**  
**Amber & Silver Jewelry \* Home Décor**  
**American Girl Clothes \* Decorative Boxes**  
**Planters \* Glass Ornaments**  
**Sewn & Crocheted Gifts**  
**Driftwood Art \* Painted Bottles**  
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