

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

August 2023

Sterling Council on Aging Board Members

Gail Bergeron
Kevin Beaupre
Nancy Castagna
Meg Chase
David Cosgrove
Julie Hehir
Joe LaGrassa
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

Paul Shaughnessy

Van Drivers:

Gary Hill

Kevin Lowe

Robert Protano

Rob Seidel

Diane Sousa



Thursday August 10
5:30-7:30pm
rain date August 17



Register your car
through Rob or Pam
at SSC 978-422-3032

Live music with
vocal group "Rhythm"
(see page 3)



Sponsored by
the Simpson Family
and Friends of
Sterling Seniors

Snacks
Hot Dogs
Drinks

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

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- Hosted shopping days
- Medical Card guidance



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- Valid MA Medical Card required



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Enjoy the dance and easy listening music of vocal harmony trio

Rhythm

Music spanning the 40s to 90s will have you dancing through the Annual Car Show on Thursday August 10, 5:30-7:30 (rain date 8/17)

Sponsored by Mike Padula and Rob Profano

Central Massachusetts Agency on Aging, Inc.

GRANDPARENTS RAISING GRANDCHILDREN RESOURCE CENTER

QR CODE

GRANDPARENTS RAISING GRANDCHILDREN BACK-TO-SCHOOL FUN FEST

SAVE THE DATE! SATURDAY, AUGUST 12, 2023

RAIN DATE AUGUST 20TH 11:00 AM - 5:00 PM

VOLUNTEERS WELCOME!
SCAN THE QR CODE TO LEARN MORE & GET INVOLVED

FULLER PARK
YMCA CENTRAL COMMUNITY BRANCH
766 MAIN ST., WORCESTER

GET A CHANCE TO WIN A \$1,500 CASH PRIZE!

VAN TRIP (OR MEET US THERE!)

MUSIC AT THE GAZEBO

Summer music fun
at Memorial Park
Wednesday August 9
THE BAND FROM U.N.C.L.E.
Sign up for van ride

Make & Takes

Felted Soaps



With Laura

\$5 includes all supplies

Fri Aug 11 @ 1:00pm

Sign-up required

Create your own Zen Garden (karesansui)

For meditation, stress reduction and tranquility.
An informative workshop provided
by Carol McGuiggan



Free!

Thu August 10

2:00 pm

Sign-up Required

Feel free to bring your own mini garden ornamentals!

SPECIAL EVENTS

Aug 8	12:30-1:30 pm	Mobile Market (monthly, second Tuesday)
Aug 9	6:00 pm	Music at the Gazebo <i>Van Registration Required</i>
Aug 10	2:00 pm	Zen Garden with Carol <i>Sign-Up Required</i>
Aug 10	5:30-7:30 pm	Antique Car Show (rain date Aug 17)
Aug 10	5:30-7:30 pm	Music with trio "Rhythm" at the car show
Aug 11	1:00 pm	Make & Take Felted Soaps with Laura \$5 <i>Sign-Up Required</i>
Aug 21	4:00-7:00 pm	Pickleball for the Ages <i>Rain Date Aug 23</i>
Aug 22	9:00-11:00 am	Pickleball for the Ages <i>Rain Date Aug 24</i>
Aug 25	7:30-9:00 am	Pancake Breakfast
Aug 25	7:30-9:00 am	Fat Daddy's Farmer Market
Aug 28	12:00 pm	Birthday Cake for all August birthdays!
Aug 30	3:00 pm	Early Closing at 3:00pm

ONGOING - see calendar for exercise programs

Aug 1		Pool daily
Aug 1	by appointment	SHINE counseling
Aug 1	1:00 pm	Game Day (weekly on Tuesdays)
Aug 2	12:30 pm	Rummikub (weekly on Wednesdays)
Aug 2	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Aug 2	1:00 pm	Wii Bowling (weekly on Wednesdays)
Aug 3	8am-4pm	Bread Pickup (weekly on Thursdays)
Aug 3	9:30 am	History Club (first Thursday of month)
Aug 3	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Aug 3	2:00 pm	Mahjong (weekly on Thursdays)
Aug 3,17,31	2:00 pm	Ukulele Club
Aug 4	9:00 am-noon	Ladies' Pool (weekly on Fridays)
Aug 4	9:30 am	Knitting Club (weekly on Fridays)
Aug 7	1:00 pm	BINGO (weekly on Mondays)
Aug 7	5:00 pm	Meditation \$5 (weekly on Mondays)
Aug 11	8:00 am-noon	Veterans Services Office (weekly on Fridays, excl 8/4)
Aug 14,28	2:00 pm	Ukulele - Men's Open Strumming
Aug 14,28	3:00 pm	Ukulele Open Strumming
Aug 15	11:30 am	State Office Hours (third Tuesday of month)
Aug 16	12:30 pm	Book Club <i>A Widow for One Year</i>
Aug 18,19	9-11:00 am	Food Pantry

WELLNESS

Aug 4	10:00 am	Going Steady (weekly on Fridays)
Aug 4	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Aug 7	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Aug 9,23	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Aug 10,24	by appointment	Foot Clinic \$45 to FC Nurse
Aug 23	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Aug 24	9:30 am	Holistic Yoga (fourth Thursday in August)



KEEP WELL CLINIC

No Clinic in August
Check back in September for
an update

parkinson's IN THIS TOGETHER

Second and Fourth Wednesdays

August 9 & 23

3:30 - 5:00pm

In person support with Zoom option

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



**STATE
OFFICE
HOURS**

Meet a representative from
the office of Representative
Meghan Kilcoyne

August 15, 11:30-12:30
at Sterling Senior Center



New monthly member rates for Sterling 60+ residents

Pick up a flyer at the SSC front desk, or
contact Christine Puleo at the YMCA on
508-852-6694 x2295 or via e-mail at
cpuleo@ymcaofcm.org

	Single	Couple
Sterling 60+	\$44.25	\$72.00
< \$54,600	\$37.20	\$57.60



**Veterans'
Services**

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

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



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
August 10, 24 and September 7, 14 & 28.



CAREGIVER PROGRAM

Fri August 4, 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.



Taxi & Livery Rides

Our SSC vans are available M-F 8am-4pm
In addition, consider Mart Connects for
evenings and weekends.

5:30am - 10:00pm

Call M-F 8:30am-4:30pm
1-800-922-5636 Option 4

Rides are curb to curb
and must be booked
at least one day in
advance by 2pm.

One way cost	
1-10 miles	\$3
11-15 miles	\$4
16-20 miles	\$5

Mobile Market



at the Senior Center
Tuesday, August 8
12:30-1:30



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



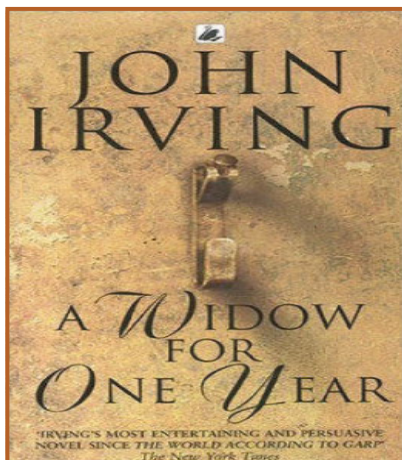
Wachusett Food Pantry 50 Worcester Rd, Sterling

Seniors: Fri August 18, 9-11 am
All: Sat August 19, 9-11 am
Call Outreach for assistance
978-422-3032

AUGUST CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Wednesday Shopping Trips: 8/2 Walmart, WB 8/9 Whitney Field 8/16 Walmart, Leom 8/23 Ocean State JL 8/30 Walmart, WB <i>Registration Required</i>	1 8:15 Pilates 9:30 SHINE 9:30 Line Dancing 11:30 Sweet & Sour Pork on the Grill 1:00 Game Day	2 9:30 Chair Yoga 11:30 Salisbury Steak 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	3 8 - 4 Bread Pickup 9:30 History Club 9:30 Chair Yoga 11:30 Spaghetti & Meatballs 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong	4 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Caregiver Program
7 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Roast Beef 1:00 Bingo 4:00 Pickleball 5:00 Meditation	8 8:15 Pilates 9:30 Line Dancing 11:30 Chicken & Broccoli 12:30 Mobile Market 1:00 Game Day 5:30 COA Board Mtg	9 9:30 Chair Yoga 11:30 Chicken Caesar Salad 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball 5:45 Van Music Trip	10 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 11:30 Fish Tacos 1:00 Acrylic Painting 2:00 Mahjong 2:00 Zen Garden 5:30-7:30 Car Show	11 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Make & Take Felted Soaps
14 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Marinated Baked Chicken Thighs 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	15 8:15 Pilates 9:30 Line Dancing 11:30 Barbecue Ribs 11:30 State Office Hrs 1:00 Game Day	16 9:30 Chair Yoga 11:30 Chicken Salad 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	17 8 - 4 Bread Pickup 11:30 Tim's Burgers 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong 5:30-7:30 Car Show <i>(rain date)</i>	18 8:00 VSO Hours 9 -11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
21 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Turkey Dinner	22 8:15 Pilates 9:00 Pickleball for All 9:30 Line Dancing 11:30 Chicken Royale	23 9:30 Chair Yoga 11:30 Hoagies 12:30 Rummikub 12:30 Chair Massage	24 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:00 Pickleball for All <i>(rain date)</i>	25 7:30-9:00 Pancake Breakfast 7:30 Fat Daddy's 8:00 VSO Hours

A Widow for One Year
by John Irving
August 16 @ 12:30pm



Ruth Cole is followed through three pivotal times in her life: from her girlhood in the summer of 1958; the autumn of 1990 when she is an unmarried woman whose personal life is not nearly as successful as her literary career; and at last in 1995 when Ruth is a forty-one-year-old widow and mother.

chair yoga Yoga for Everybody

Thursday, August 3rd @ 9:30am
No reservations! No wait list!
\$5 drop-in fee

\$10
10 mins

Therapeutic
Chair Massage

August 23rd
12:30pm - 2:30pm

Sherrill Sasser LMT, CAT
Call for an appointment!



Mindful Meditation
Mondays at 5:00pm
with Carol McGuiggan

\$5

Open to All Ages

Pilates

Chair and Mat
combined class

Tuesdays
8:15am **\$5**

TAI CHI
MONDAYS AT 8:30AM
WITH SIFU GEORGE

Free

**Guys & Gals
Fitness**

with Marty

Mondays at 10am

No sign-up needed

Free



**Pool Players
Wanted!**

**Tables available
all day**

**Bring your
friends
to play!**



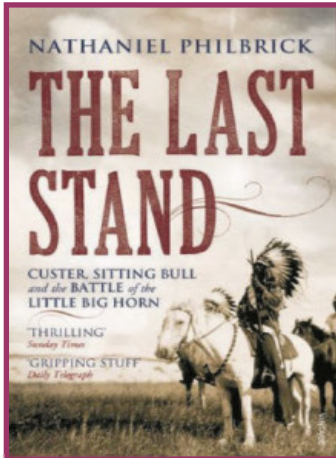
West Sterling
Tennis Courts

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

(No play on wet courts)

**LINE
DANCE**

Tuesdays
at 9:30am



HISTORY CLUB

Thursday, August 3 at 9:30am
The Last Stand: Custer, Sitting Bull
and the Battle of the Little Big Horn

In his tightly structured narrative, Nathaniel Philbrick sketches the two larger-than-life antagonists: Sitting Bull, whose charisma and political savvy earned him the position of leader of the Plains Indians, and George Armstrong Custer, one of the Union's greatest cavalry officers and a man with a reputation for fearless and often reckless courage.

September 7th: The Wager by David Grann



Monday 1pm
Cards \$1 each



MAHJONG



Thursdays 2:00 pm



Ladies' Pool
Fridays
9am - noon

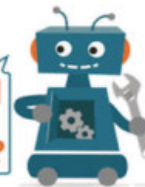


Acrylic Painting
Thursdays 1:00pm

\$5

New Members
Welcome

**Need
Tech
Help?**



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

Men's Strumming

Mon 14 & 28
2-3pm

Open Strumming

Mon 14 & 28
3-4pm

Ukulele Club

Thu 3, 17 & 31
2-3pm

Fridays @ 9:30

Bring your knit, macramé,
crochet or craft project.



**Knit
Happens**



Wednesdays @ 1:00pm

Wii Bowling

GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH

12:30
12:30
1:00



**PITCH
PARTY!**



Sat, August 5th
6:30pm

Sponsored by Sterling Grange

For the safety of all
SLOW DOWN
in the parking lot!

FOLLOW THE ARROWS!

Counter-clockwise

beginner UKULELE

**Classes start September 7
Thursdays at 1:00pm**
Please contact Joan at
jonesy1932@aol.com to
sign up in advance so we
can ensure adequate
supplies and loaner
ukuleles!

**Free
Bread
Thursday**



8am-4pm
or until supplies
Limit two loaves

\$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.

**Fri August 25
7:30-9:00**



Guest Server:
CHUCK GOSS,
Town of Sterling Facilities Manager
Plain & special pancakes, sausage,
eggs, fresh fruit, tea breads,
juice, coffee.

Open to All
\$4 Suggested Donation

Sponsored by Friends of Sterling Seniors



Available during
Pancake Breakfast!

Fat Daddy's Mobile Food Market

Friday, August 25
7:30-9:00 am

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

Support local farmers!

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 Taking reservations early in order to establish interested travelers and to plan hotel room reservation requirements.	Call for 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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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs

**Whether you attend every day or once a year...
this is your Senior Center!**

Look inside!

**The newsletter is packed with
opportunities to participate.**



VOLUNTEER

Volunteer opportunities also available:

- Kitchen and dining room
- Volunteer drivers (in our electric car!)
- Meals on Wheels backup
- Landscape Committee
- Friendly Visitors
- In-house handy people