

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

January 2023

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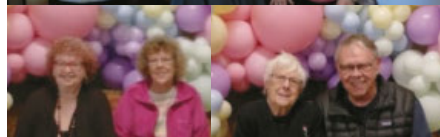
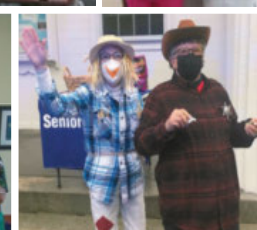
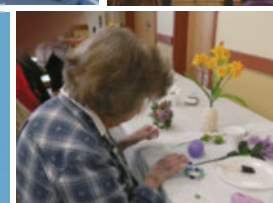
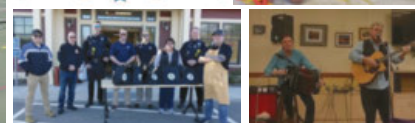
Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

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



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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**Game Day
with
Chocksett
Peer Leaders**

Wednesday, January 4th - 11:00am

Join Chocksett peer leaders for a half hour of fun games.

Pool, board & Wii games and more!

Sign up soon! 978-422-3032

Music of the Decades

**with
Arizona Doug**

**Friday
January 13
1:00pm**



Enjoy a musical concert with local musician Doug Urquhart, singer/guitarist, as he journeys through the decades of the 1940s to 1970s. You will be entertained with a variety of music from Frank Sinatra, Elvis, The Beatles, and more!

Understanding Streaming TV

Thursday January 12th, 9:30am

With new fiber optic Internet in Sterling, your options for TV have improved, and you may be wondering what it means to stream channels. Join us, and learn how you can customize your TV experience and save money.

Kalyn Stapel, SMLD Customer Service Rep, will demonstrate streaming TV and will discuss options available to Sterling residents.

Bill Underhill, Network Coordinator at SMLD, will update the status and availability of the fiber optic Internet, and answer any technical questions.



The Evening Dinner Committee
presents a

Winter Warmer Ham & Bean Supper



January 19th, 5:30pm
Tickets available at Senior Center

978-422-3032

• Ham • Baked Beans • Cole Slaw • Brown Bread • Dessert •

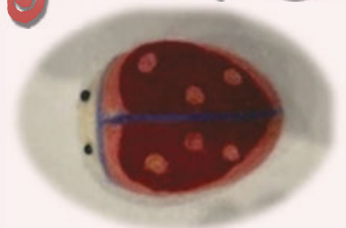


Make & Take with Laura D Felt Love Bugs \$5

January 20th - 1:00pm

All Materials Included

Registration Required 978-422-3032



SPECIAL EVENTS

Jan 2	CLOSED	New Year's Day (observed)
Jan 4	11:00 am	Game Day with Chocksett Peer Leaders
Jan 10	12-1:30 pm	Indoor Mobile Market (monthly, second Tuesday)
Jan 10	6:00-8:00 pm	Artist Reception
Jan 13	1:00 pm	Music of the Decades with Arizona Doug
Jan 16	CLOSED	Martin Luther King Day
Jan 19	5:30 pm	Evening Dinner Tickets \$5
Jan 20	1:00 pm	Make & Take Love Bugs with Laura - Registration Required \$5
Jan 24	12-1:30 pm	Fat Daddy's Farmer Market
Jan 27	7:30-9:00 am	Pancake Breakfast
Jan 30	12:00 pm	Birthday Cake

ONGOING - see calendar for exercise programs

Jan 3		Pool daily
Jan 3	by appointment	SHINE counseling
Jan 3	9:00 am	Open Coloring (weekly on Tuesdays)
Jan 3	1:00 pm	Game Day (weekly on Tuesdays)
Jan 4	12:30 pm	Rummikub (weekly on Wednesdays)
Jan 4	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Jan 4	1:00 pm	Wii Bowling (weekly on Wednesdays)
Jan 5	8am-4pm	Bread Pickup (weekly on Thursdays)
Jan 5	9:30 am	History Club (first Thursday of month)
Jan 5	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Jan 5	1:00 pm	Beginner Ukulele (weekly on Thursdays, <i>sign-up required</i>)
Jan 5	2:00 pm	Ukulele Club (weekly on Thursdays)
Jan 5	2:00 pm	Mahjong (weekly on Thursdays)
Jan 6	8:00 am-noon	Veterans Services Office
Jan 6	9:30 am	Knitting Club (weekly on Fridays)
Jan 7	6:30 pm	Grange Pitch Party
Jan 9	1:00 pm	BINGO (weekly on Mondays)
Jan 9,23	3:00 pm	Ukulele Open Strumming (second & fourth Mondays)
Jan 9	5:00 pm	Meditation (weekly on Mondays, \$5)
Jan 12	9:30 am	Dull Men's Club (second Thursday of month)
Jan 17	11:30 am	State Office Hours (third Tuesday of month)
Jan 18	12:30 pm	Book Club <i>Into the Abyss</i>
Jan 20,21	9-11:00 am	Food Pantry

WELLNESS

Jan 6	10:00 am	Going Steady (weekly on Fridays)
Jan 6	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Jan 10	9:30-11:30 am	Well Clinic sponsored by VNA Care
Jan 11,25	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Jan 11,25	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Jan 12,26	by appointment	Foot Clinic \$45 to FC Nurse
Jan 19	9:30 am	Caregiver Yoga <i>registration suggested</i>

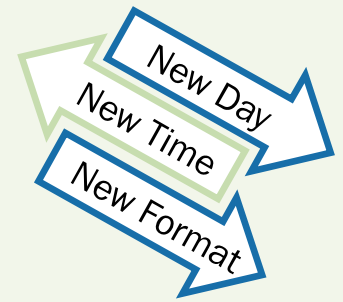


CAREGIVER PROGRAM

Friday January 6th, 1:00-2:00pm

Still a peer directed support meeting facilitated by Eileen Brooks from Sterling Village, the program will include a directed activity for your loved one.

We will run a supervised activity for your loved one as you attend the support group. January activity is an art project with Andrea Driscoll.



Every first Friday of the month!

Registration Suggested 978-422-3032

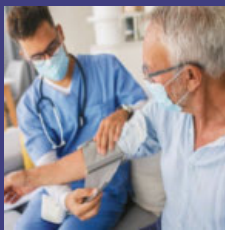


The Medicare Advantage Open Enrollment Period occurs each year from January 1 through March 31, and it is only available to people who are enrolled in a Medicare Advantage plan as of January 1st, 2023. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan. Call for assistance!

KEEP WELL CLINIC

January 10th 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



parkinson's

2nd & 4th Wednesdays, 3:30-5:00pm
January 11 & 25

In person support with Zoom option

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



Appointments at the Senior Center
with Moira, RN. Call 978-422-3032
to schedule your clinic visit for \$45
on Jan 12 & 26 and Feb 9 & 23.

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*

Jan 19th at 9:30am and every third Thursday

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



STATE
OFFICE
HOURS

Meet reps from the offices
of Senator Gobi and
Representative Kilcoyne
Jan 17, 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

JANUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>HAPPY NEW YEAR HAPPY NEW YEAR 2023 HAPPY NEW YEAR HAPPY NEW YEAR</p>	<p>3</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing 11:30 Cranberry Chicken Salad 1:00 Game Day</p>	<p>4</p> <p>9:30 Chair Yoga 11:00 Peer Leaders Game Day 11:30 Lentil Soup 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>5</p> <p>8 - 4 Bread Pickup 9:30 History Club 11:30 Chicken Cordon Royale 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong</p>	<p>6</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Caregiver Program</p>
<p>9</p> <p>8:00 Muffin Monday 8:30 Tai Chi 11:30 Shepherd's Pie 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation</p>	<p>10</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Well Clinic 9:30 Line Dancing 11:30 Pulled Pork 12:00 Mobile Market 1:00 Game Day 6:00-8:00 Artist Reception</p>	<p>11</p> <p>9:30 Chair Yoga 11:30 Butternut Squash Soup 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>12</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish Dinner 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 5:30 COA Board Mtg</p>	<p>13</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Music of the Decades</p>
<p>16</p> <p> MARTIN LUTHER KING DAY I HAVE A DREAM</p>	<p>17</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 State Office Hrs 11:30 Baked Chicken 1:00 Game Day</p>	<p>18</p> <p>9:30 Chair Yoga 11:30 Beef & Barley Soup 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>19</p> <p>8 - 4 Bread Pickup 9:30 Caregiver Yoga 11:30 Pork Chops 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 5:30 Evening Dinner</p>	<p>20</p> <p>8:00 VSO Hours 9 - 11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Make & Take</p>
<p>23</p> <p>8:00 Muffin Monday 8:30 Tai Chi 11:30 BBQ Chicken 12:00 Birthday Cake</p>	<p>24</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Ham Dinner</p>	<p>25</p> <p>9:30 Chair Yoga 11:30 Italian Wedding Soup 12:30 Rummikub</p>	<p>26</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 11:30 Smorgasbord 1:00 Acrylic Painting</p>	<p>27</p> <p>7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9:30 Knit Happens</p>

1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	12:00 Fat Daddy's Market 1:00 Game Day	31	<p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Salisbury Steak 1:00 Game Day</p> <p>8:30 Tai Chi 11:30 Pork Tenderloin 12:00 Birthday Cake 1:00 Bingo 4:00 Pickleball 5:00 Meditation</p>	<p>12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p> <p>Trips: 1/4 Walmart, Leom 1/11 Target 1/18 Walmart, WB 1/25 Ocean State JL</p> <p><i>Registration Required</i></p>	<p>1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong</p> <p>10:00 Going Steady</p>	<p>Fees for Tai Chi, Yoga & Pilates : \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Clean indoor shoes for exercise classes please.</p>
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Financial Assistance Fund for Sterling Residents in Need

Forms available at Town Hall or at
<https://tinyurl.com/3upmhn2w>

For more information contact
patrickfox1973@gmail.com

or 774-275-1174

or call SSC Outreach on
978-422-3032 for more
information

Apply



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.

Call SSC Outreach on 978-422-3032 for further information and application assistance.



Medical Priority List

Sterling Municipal Light Dept maintains a list of people who, for medical reasons, are given priority for service restoration.

Call the SMLD office at 978-422-8267 for more information and to sign up.

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

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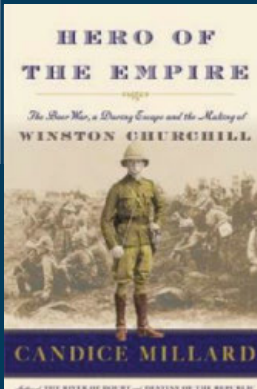
TAI CHI

MONDAYS AT 8:30AM
WITH SIFU GEORGE

CALL US AT
978-422-3032
TO JOIN!

Free

HISTORY CLUB



Thursday, January 5 at 9:30am
Hero of the Empire: The Boer War, a Daring Escape, and the making of Winston Churchill by Candice Mallard

A thrilling narrative of Winston Churchill's extraordinary and little-known exploits during the Boer War. An epic story of bravery, savagery and chance encounters with a cast of historical characters. But *Hero of the Empire* is more than an adventure story, for the lessons Churchill took from the Boer War would profoundly affect 20th century history.

Feb 2: The War that made America by Fred Anderson



Tuesdays
8:15am
\$5

Chair and Mat combined class
Registration Required



Thursdays
2:00 pm

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OPEN
COLORING

TUESDAYS
9-10AM

BRING YOUR OWN,
OR SUPPLIES
AVAILABLE

Learn a new craft....

Acrylic Painting
Thursdays 1:00pm

\$5 New Members
Welcome



Pool
Players
Wanted!

Tables available all day.
Bring your
friends
to play!



Mondays at 1pm
Cards \$1 each

Sterling Senior Center Snow Policy

If schools in the Wachusett Regional School District (WRSD) are closed for the day, there will be no programming (including meals programs) at the Senior Center for the day.

For delayed openings, the Center will open at lunch.

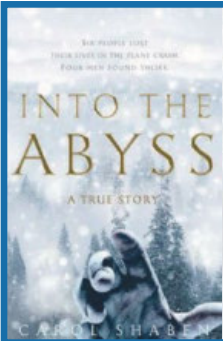
For early closings, the Center will close after lunch.

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

Fun Seekers
sought !

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



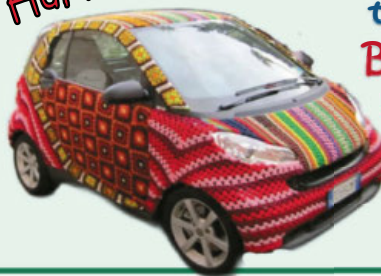


Book Club
Jan 18 @ 12:30pm

Into the Abyss
A True Story
by **Carol Shaben**

Knit Happens

Fridays @ 9:30
Cozies aren't just for
teapots!



Bring your
knit,
crochet,
macramé
or Craft
project.

GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH



12:30
12:30
1:00



**Need
Tech
Help?**



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

Pancake Breakfast

Friday January 27
7:30-9:00am



Guest Servers:

Sean Gaudette, Sterling Police Chief
Dawn Metcalfe, Sterling Police Dept

*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

New Year Resolution?

Free

Make and keep a promise to yourself
to improve your health and
wellbeing.

Join us in January at a new time and
at no charge.

Open to All Ages

Mindful Meditation
Mondays at 5:00pm



Beginner Thu 1-1:45pm

Strumming 2nd & 4th Mon
3-4pm

Ukulele Club Thu 2-3pm

**Intro
Offer
\$8**

**Therapeutic
Chair Massage**

Jan 11th & 25th

Feb 8th & 22nd

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).
Each session is at an introductory \$8 price.

call for an appointment!

PITCH PARTY!



Saturday, Jan 7th at 6:30pm

In partnership with Sterling Grange

Wachusett Area Rotary Club's complimentary



SENIOR VALENTINE GRAB & GO LASAGNE DINNER

Sunday February 12th 1-2pm

Pick-up at Sterling Senior Center

All meal reservations are required through
Sterling Senior Center at 978-422-3032
by Friday, January 27th.

CALL EARLY – meals are limited

Dinners prepared by The Manor Restaurant



Tuesday, Jan 10
12–1:30pm



Mobile Market inside at
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

Eligible for SNAP and HIP benefits



Fat Daddy's Mobile Food Market

Tue, January 24 12–1:30pm

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

Support local farmers!



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

Seniors: Friday Jan 20, 9-11
All: Sat Jan 21, 9-11

Call Outreach for assistance



U.S. Department of Homeland
Security has extended REAL ID
full enforcement date to May 7,
2025.

For additional details and other
RMV transactions and services,
please visit www.mass.gov/rmv



**Free
Bread
Thursday**

8am-4pm
or until
supplies last

Limit
two loaves
please



January 7th at Noon
First Church in Sterling

All are welcome!

1st Saturday Community Lunch

No Cost
No Reservations

Salad • Lasagne
Dessert

Van rides available
through Senior

AND AWAY WE GO TRAVEL

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

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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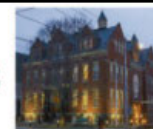
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Sterling Council on Aging, Sterling

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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs



Artist Reception Tuesday, January 10th, 6-8pm Passionate about Pastels

Featuring the works of
Sid Solomon, Ralph Caputo, Linda Johnson and Denis Coughlin

Welcome to the passionate world of pastels. Sid, Ralph, Linda and Denis are acclaimed local artists. Their exhibited work demonstrates the vibrancy of this medium through a variety of subject matter from portraits to landscapes to much more. They bring their own unique talents demonstrating the broad scope of possibilities of pastels.

Each of these artists has been honored for their works in other mediums as well, including oils and watercolors.

The exhibition will run January through February.

