

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

July 2022

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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

Natasha Harden

Ops/Vol Coord: Clare Felton

Maintenance Tech: Jim Ash

Van Drivers:

Pam Dell

Kevin Lowe

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

Kitchen Manager:

Ruby Hall



Art Reception

Tuesday, July 12th
6 - 8 pm



Although Cindy and Paul are both abstract artists, they have very unique styles and different techniques.

This is evidenced in their art.

Cindy-Lee Fedeli

Using her expressive energy and the movement of paint, Cindy-Lee produces award-winning work that has its own unique identity and style.

Paint pouring is the simplest way to describe her method, but many factors influence the outcome.

Cindy-Lee's recent artwork is fun and loose, reflecting her artistic intensity, enthusiasm, and passion.



Paul Cormier

Always an admirer of art and the visual world, Paul picked up a brush for the first time in 2018. His interest in color, form, and texture provided the impetus to focus on abstract painting, resulting in more than one hundred paintings. He loves the experimentation, and spends many hours working with new ideas.



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
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Elder Law Attorney Carolyn Spring, Esq

**Thursday July 14
9:30 am**

Carolyn specializes in Elder Law and will address issues and concerns that are unique to older clients. Being prepared can make you feel more secure.

An education program through community services of the MA Bar Assn



***Thursday evening, August 11
(rain date August 18)***

***The return to a traditional Car Show
at Sterling Senior Center***

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



A Call Out to Performers, Artists & Musicians



Hey, creative types! Don't be shy! Local artists, join the fun by displaying (& selling) your original creations. Dare to dance, sing, play music in your band or read your poems in public. The Sterling Cultural Council is sponsoring a special day for visual artists and musicians (dancers, poets, storytellers and comedians, too) to gather on the town green and at Memorial Park to share talents and enjoy an outdoor gathering.

If you'd like to participate as an artist or volunteer, or have questions, e-mail Judy Doherty at doherty_bwp@yahoo.com or call 508-688-2122. For information and an application, email ccofsterling@comcast.net



STATE OFFICE HOURS

Representatives from the offices of Senator Anne Gobi, and Representatives Kimberly Ferguson & Meghan Kilcoyne July 19th, 11:30am - 12:30pm at SSC
Come with a question, or just to meet.

July

SPECIAL EVENTS

Jul 4	CLOSED	Independence Day
Jul 6	c.1:00 pm	Growing Places at Sholan Terrace (weekly on Weds)
Jul 8	12:30 pm	Music of Yesteryear
Jul 12	12-1:30 pm	Mobile Market (monthly, second Tuesday)
Jul 12	6:00-8:00 pm	Art Reception with Cindy-Lee Fedeli & Paul Cormier
Jul 14	9:30 am	Elder Law Attorney Carolyn Spring, Esq
Jul 25	12:00 pm	Birthday Cake
Jul 29	7:30-9:00 am	Pancake Breakfast
Jul 29	7:30-9:00 am	FOSS Fundraiser Drawing

ONGOING - *see calendar for exercise programs*

Jul 1		Pool daily
Jul 1,8,15	8:00 am-noon	Veterans Services Office
Jul 1	9:30 am	Knitting Club (weekly on Fridays)
Jul 2	6:30 pm	Grange Pitch Party
Jul 5	9:00 am	Open Coloring (weekly on Tuesdays)
Jul 5	1:00 pm	Game Day (weekly on Tuesdays)
Jul 6	12:30 pm	Rummikub (weekly on Wednesdays)
Jul 6	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Jul 6	1:00 pm	Wii Bowling (weekly on Wednesdays)
Jul 7	9:30 am	History Club (first Thursday of month)
Jul 7	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Jul 7	2:00 pm	Ukulele Club (weekly on Thursdays)
Jul 7	2:00 pm	Mahjong (weekly on Thursdays)
Jul 11	1:00 pm	BINGO (weekly on Mondays)
Jul 11	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Jul 11	6:00 pm	Meditation (<i>NEW</i> weekly on Mondays)
Jul 12	8am-4pm	Bread Pickup (weekly on Tuesdays, except 7/5)
Jul 15,16	9-11:00 am	Food Pantry
Jul 19	11:30 am	State Office Hours (third Tuesday of month)
Jul 20	12:30 pm	Book Club "A Walk Along the Beach"

WELLNESS

Jul 1	10:00 am	Going Steady (weekly on Fridays)
Jul 12	9:30-11:30 am	Well Clinic sponsored by VNA Care
Jul 13 & 27	3:30-5:00 pm	Parkinson's Support
Jul 14 & 28	by appointment	Foot Clinic \$45 to FC Nurse
Jul 21	9:30 am	Caregiver & Bereavement Yoga <i>registration suggested</i>
Jul 28	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>

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*

July 21st 9:30am and every third Thursday

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



Mobile Market



Tuesday, July 12
12–1:30pm

at the Senior Center

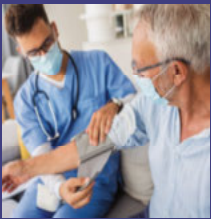
**ENJOY A POP-UP PRODUCE MARKET
LEARN ABOUT SNAP & HIP
ELIGIBLE PRODUCE DELIVERY PROGRAM**

NEW

Summer Hours
Second Tuesday of the Month
12-1:30pm

KEEP WELL CLINIC

July 12th 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

parkinson's

IN THIS TOGETHER

In person support (with Zoom option)
2nd & 4th Wednesdays
July 13th and 27th at 3:30-5:00 pm

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

Food Market



**Weekly at Sholan Terrace
Wednesdays, approx 1:00pm
Look for the refrigerated truck
with the Growing Places Table!**



Wachusett Food Pantry
50 Worcester Rd, Sterling

Seniors: Fri July 15, 9-11
All: Sat July 16, 9-11
Call Linda or Natasha
for assistance

Interested in volunteering to deliver food
pantry parcels to Sterling residents?
2-3 hours, once per month. Call Clare!



CAREGIVER SUPPORT

July 28th, 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



Foot Clinic

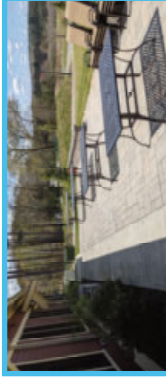
Footcare By Nurses

Appointments at the Senior Center with
Moir, RN.

Call us at 978-422-3032 to schedule your
clinic visit for \$45 on July 14 & 28, and
August 11 & 25.

Monday	Tuesday	Wednesday	Thursday	Friday
Fees for Tai Chi ,Yoga & Pilates : \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Clean indoor shoes for exercise classes.	 <p><i>Drop in for Lunch!</i> <i>Pre-registration no longer required.</i></p>	Wednesday Shopping Trips: 7/6 Walmart, WB 7/13 Whitney Field 7/20 Walmart, Leom 7/27 Target <i>Registration Required</i>		8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
	8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Tim's Barbecue 1:00 Game Day	9:30 Chair Yoga 11:30 Tuna Sandwich 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	9:30 History Club 11:30 Classic Pasta Salad 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:30 Music of Yesteryear
8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Lasagne 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 9:30-11:30 Well Clinic 11:30 Cold-Cut Sub 12:00 Mobile Market 1:00 Game Day 6:00-8:00 Art Reception	9:30 Chair Yoga 11:30 Greek Chicken Salad 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	8:30-2:30 Foot Clinic 9:30 Elder Law Attorney 11:30 Fish Dinner 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong 5:30 COA Board Mtg	8:00 VSO Hours 9 -11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Loaded Baked Potato Casserole with	8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing	9:30 Chair Yoga 11:30 Sausage & Pasta 12:30 Book Club 12:30 Rummikub	9:30 Caregiver Yoga 11:30 Tortellini Primavera 1:00 Acrylic Painting	9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord

Potato Casserole with Chicken 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	9:00 Line Dancing 11:30 Chicken & Rice 11:30 State Office Hrs 1:00 Game Day	12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong	
8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Stuffed Peppers 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Pork & Potato Dinner 1:00 Game Day	9:30 Chair Yoga 11:30 Paula's Hot Dogs 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	8:30-2:30 Foot Clinic 11:30 Smorgasbord 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong 3-4:30 Caregiver Support	25 26 27 28 29 7:30-9:00 Pancake Breakfast 8:00 Fundraiser Drawing 9:30 Knit Happens 10:00 Going Steady



Enjoy al fresco dining on our patio!

Ruby and the Kitchen Volunteers invite you to.....

Join us for lunch !

Served daily, Monday to Friday, 11:30am

No reservations required! Bring a Friend!

(but if you want to let us know you're coming, that's great to help us plan)

\$3 suggested donation



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

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New

Explore Mindful Meditation

Mondays at 6pm, July 11 - August 22

Free

Whether you are new to meditation or an advanced practitioner, this class may be for you. Join us as we take time 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 which develop deeper self-awareness, mental clarity, and peace of mind even in the face of life's many complications.

Using a chair, some easy body stretches will be incorporated.

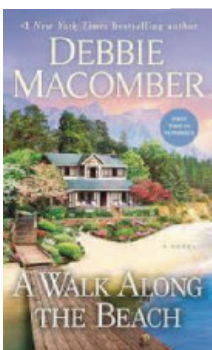
Carol McGuigan, MA, is a seasoned Meditation and Yoga Practitioner for over 55 years.



MAHJONG
returns
to Sterling!
Thursdays
2:00 pm



Fun!
Wednesdays @ 1:00pm
Wii Bowling
Air Conditioned!



Book Club
July 20 @ 12:30pm

**A Walk Along
the Beach**
by Debbie Macomber

Beginner TAI CHI

Mondays at 9:45am

Are you interested in Tai Chi, but need foundation skills? This class is perfect for you! Attend this class session before graduating into our 8:30 Tai Chi program. **Pre-Registration Required!**

\$5

Going Steady

Fridays at 10:00am
Learn the tricks of fall prevention.
For all levels.
Sponsored by Leominster Credit Union

Tai Chi
Mondays at 8:30am with John
Call us at 978-422-3032 to join!

\$5

OPEN COLORING

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



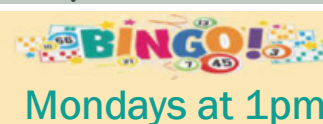
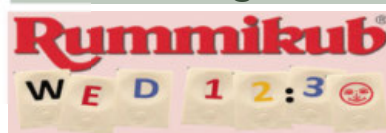
Tuesdays
8:15am
\$5

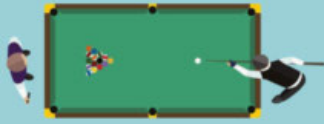
Join Mary from The Core Connection
Chair and Mat combined class
Come In and Give it a Try!!
Registration Required

PITCH PARTY!

July 2nd at 6:30pm

In partnership with Sterling Grange



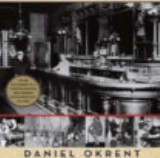


Pool Players Wanted!
Tables available all day.
Bring your friends to play!



HISTORY CLUB

LAST CALL



July 7th
9:30am

Last Call:

The Rise and Fall of Prohibition
by Daniel Okrent

A brilliant, authoritative and fascinating history of America's most puzzling era, the years 1920 to 1933, when the U.S. Constitution was amended to restrict one of America's favorite pastimes: drinking alcoholic beverages.

Aug 4: River of Doubt by Candice Millard



Peter Cummings
offers technical help.
Call us to set up a
telephone
appointment.
978-422-3032

Veterans' Services



July 1, 8 & 15
Fridays 8am to Noon
at the Senior Center

If you need assistance
outside of these times,
please call

Leominster Veterans' Services
978-534-7538

Learn a new craft.... **Acrylic Painting**
Thursdays 1:00pm
Join a great group who are
learning a new skill — **New Members**
in painting and creating! **Welcome**
\$5

Intergenerational Fun with Chocksett Peer Leaders!



West Sterling Courts
Mon & Wed, 4-7pm
weather permitting
All players, all abilities
New players must complete
Registration and Waiver Forms
Please call the Senior Center
for more information

Sterling Strummers

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

GAME DAY



TUESDAYS

DOMINOES
CRIBBAGE
PITCH



12:30
12:30
1:00

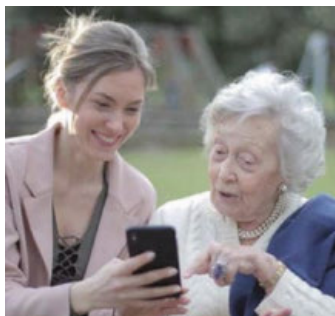
Fridays 9:30am
Bring your knit,
crochet, macramé
or craft project



KNIT HAPPENS

Friendly Visitor Program

This program provides social interaction to homebound seniors through home visits and phone calls from a caring volunteer. Our program connects a Friendly Visitor to a senior for weekly or bi-weekly interaction.



Get together for a cup of coffee, chat over lunch, build a puzzle or take a walk. However you spend your time, know that you will enrich each other's lives just by enjoying each other's company.

If you are interested in participating in this program and becoming a Friendly Visitor, or if you wish to refer someone who may benefit from a weekly visit, contact Linda or Natasha at the Senior Center at 978-422-3032.

Friday, July 29
7:30-9:00 am



Celebrity Server:
Bill Caldwell

Sterling Town Administrator

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

Open to all

**\$4 suggested
donation**

Sponsored by
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Keep those suggestions,
complaints and compliments
coming!

Help us improve our services
to Sterling seniors!



**Free Bread
Tuesdays**

8am-4pm
or until
supplies last

Limit
two
loaves

FOSS Fundraiser

\$200 in scratch lottery tickets - various values

\$1 per ticket \$5 for 6 tickets

On sale at Sterling Senior Center

Call 978-422-3032

**Drawing
July 29th**

Sponsored by FOSS
(Friends of Sterling Seniors)

**One
winner**

Christmas in July Lottery Tree



AND AWAY WE GO TRAVEL

2022 Trip List For age 50+ travelers

Sun, July 31	On Golden Pond, Moulton Farm Market & lunch at Hart's Turkey Farm in Meredith, NH. 90 minute boat ride at Squam Lake Science Center to learn about the natural forces that created the lake and wildlife.	\$115 pp
Sat, Aug 27	A Day in Maine A fun day at Where Pigs Fly Bakery, lunch at Warren's Lobster House, and visits to Nubble Light House, York Beach and Kittery Trading Post	\$89 pp
Sun, Oct 9	Calvin Coolidge Museum including lunch at Quechee Inn.	\$119 pp
Dec 9-10	Freeport & Portland, ME A visit to Victoria Mansion, Portland then to Wilbur's Chocolates. Overnight at Hilton Garden Inn, Freeport. Day 2 includes Muddy Rudder for lunch then Portland's Symphony Orchestra's Magic of Christmas.	\$409 double \$529 single

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

Music of Yesteryear

Friday July 8 @ 12:30pm



featuring
Paul and Paula Luria
sing along to songs of days gone by and rousing patriotic tunes
accompanied by banjo, clarinet, guitar and harmonica!

Sign Up at 978-422-3032

Limited seating. Sign-up required.
Sponsored by the Sterling Cultural Council