

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

June 2022

Sterling Council on Aging Board Members

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Members:

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Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Sue Protano

Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Thur 8 - 4,

Fri 8 - 2

Director: Veronica Buckley

Outreach: Nickole Boardman

Operations Coordinator:

Clare Anderson-Felton

Maintenance Tech: Jim Ash

Van Drivers:

Pam Dell

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

Kitchen Manager:

Ruby Hall



We Love our Volunteers!

June 24th Noon-5pm

We invite all our current volunteers and their significant others to join us for a catered lunch followed by an afternoon at Tower Hill Gardens, including a guided tour.

We are truly grateful for the generosity, the commitment, the time, the graciousness of all our volunteers.

You know who you are !

Make sure to sign up by June 17th !

Rain Date Sat, June 25

Senior Center closing
at 11:00am on 6/24

VOLUNTEER APPRECIATION DAY

We appreciate our volunteers every day



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
1-978-422-3166
cell: 978-502-8847



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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Sterling Council on Aging, Sterling 06-5262



How to Grow, Harvest & Arrange Strawflowers

with Greg Billings

Wednesday, June 15th at 3:00PM

Come and make a flower arrangement that will last for years

You'll get a small mug or vase with foam and plenty of dried strawflowers to arrange;
an hour of fun and learning!

You'll learn how & where to grow the plants;
how to harvest, wire and dry the flowers;
how to arrange.

\$5

Limited Seating — Sign Up Required



with coach Shawn Parker
Four week Clinic starts
Thursday June 9th

4pm beginners

5pm advanced beginners / intermediate
at West Sterling Tennis Courts

10 players per session

\$20 for 4 week session

Rain dates will be made up at end of session

Protective eyewear recommended

Sign up at Sterling Senior Center 978-422-3032



Safety Presentation

June 23rd, 9:30am

Learn updated safety information
for you and your home.



free mini
pie!



Meet the new SMLD Manager!
Bring your questions.
\$50 Market Basket gift cards for
four lucky attendees.



STATE OFFICE HOURS

Representatives from the offices of
Senator Anne Gobi and Representatives
Kimberly Ferguson & Meghan Kilcoyne
June 21st, 11:30am - 12:30pm
at the Senior Center
Come with a question, or just to meet.

SPECIAL EVENTS

Jun 2	1:00 pm	Ukulele Graduation
Jun 9,16,23,30	4:00 & 5:00pm	Pickleball Clinics \$20, <i>Registration Required</i>
Jun 14	9:40 am	Flag Day Ceremony at Houghton School
Jun 15	11:00-1:00	Pop-Up Market
Jun 15	3:00 pm	Make & Take Strawflowers \$5, <i>sign-up required</i>
Jun 16	5:30pm	Evening Dinner Summer Barbecue - \$5 ticket
Jun 17	8:30-9:30 am	Father's Day Grab 'n' Go <i>Registration Required</i>
Jun 20	CLOSED	Juneteenth Freedom Day
Jun 23	9:30 am	SMLD Safety Presentation
Jun 24	7:30-9:00 am	Pancake Breakfast
Jun 24	CLOSED at 11am	
Jun 24	12:00 pm	Volunteer Appreciation Event
Jun 27	12:00 pm	Birthday Cake
Jun 30	1:00 pm	Group Trip American Heritage Museum (<i>sign-up req'd</i>)

ONGOING - see calendar for exercise programs

Jun 1		Pool daily
Jun 1	12:30 pm	Rummikub (weekly on Wednesdays)
Jun 1	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Jun 1	1:00 pm	Wii Bowling (weekly on Wednesdays)
Jun 2	9:30 am	History Club (first Thursday of month)
Jun 2	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Jun 2	2:00 pm	Ukulele Club (weekly on Thursdays)
Jun 3	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Jun 3	9:30 am	Knitting Club (weekly on Fridays)
Jun 4	6:30 pm	Grange Pitch Party
Jun 6	1:00 pm	BINGO (weekly on Mondays)
Jun 6	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Jun 7	8am-4pm	Bread Pickup (weekly on Tuesdays)
Jun 7	9:00 am	Open Coloring (weekly on Tuesdays)
Jun 7	by appointment	SHINE Counseling
Jun 7	by appointment	Tech Help (weekly on Tuesdays)
Jun 7	1:00 pm	Game Day (weekly on Tuesdays)
Jun 9	9:30 am	Dull Men's Club (second Thursday of month)
Jun 15	12:30 pm	Book Club "Bury My Heart at Wounded Knee"
Jun 17,18	9-11:00 am	Food Pantry
Jun 21	11:30 am	State Office Hours (third Tuesday of month)

WELLNESS

Jun 3	10:00 am	Going Steady (weekly on Fridays)
Jun 14	9:30-11:30 am	Well Clinic sponsored by VNA Care
Jun 8 & 22	3:30-5:00 pm	Parkinson's Support
Jun 9 & 23	by appointment	Foot Clinic \$45 to FC Nurse
Jun 16	9:30 am	Caregiver & Bereavement Yoga <i>registration required</i>
Jun 30	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*

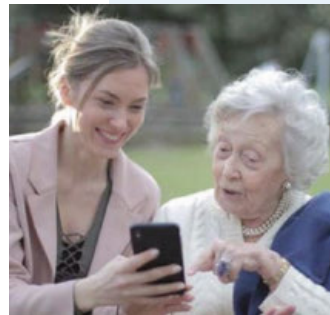
June 16th at 9:30am and every third Thursday

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

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 Nickole

at the Senior Center on 978-422-3032.

KEEP WELL CLINIC

June 14th 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

IN THIS TOGETHER parkinson's

In person support (with Zoom option)
2nd & 4th Wednesdays
June 8th and 22nd at 3:30-5:00 pm

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



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 June 9 or 23, and July
14 & 28.



AGING SERVICES OF NORTH CENTRAL MASSACHUSETTS

Volunteer opportunities to assist individuals:

- Organize finances
- Coach or cue clients to pay bills
- Sort mail and explain paperwork
- Balance checkbook, reconcile statements

To learn more, contact Liza Updike, ASNCM
Program Manager, at 978-466-1528.



CAREGIVER SUPPORT

June 30th, 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

JUNE CALENDAR

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.	Wednesday Shopping Trips: 6/1 Ocean State 6/8 Walmart, WB 6/15 Lincoln Plaza 6/22 Walmart, Leom 6/29 Blackstone Mall <i>Registration Required</i>	9:30 Chair Yoga 11:30 Chef Salad 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	9:30 History Club 11:30 Beef Stew 1:00 Acrylic Painting 1:00 Beginner Ukulele Graduation 2:00 Ukulele Club	8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
6 8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Pork Dinner 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball	7 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing 11:30 Breakfast for Lunch 1:00 Game Day	8 9:30 Chair Yoga 11:30 Spaghetti & Meatballs 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	9 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish Tacos 1:00 Acrylic Painting 2:00 Ukulele Club 4:00 Pickleball Clinics 5:30 COA Board Mtg.	10 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
13 8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Turkey Dinner 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball	14 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 9:30-11:30 Well Clinic 9:40 Flag Day at Houghton School 11:30 Mexican Casserole 1:00 Game Day	15 9:30 Chair Yoga 11:00 Pop-Up Market 11:30 Paula's Steamed Hot Dogs 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:00 Make & Take 4:00 Pickleball	16 9:30 Caregiver Yoga 11:30 Pulled Pork Sandwich 1:00 Acrylic Painting 2:00 Ukulele Club 4:00 Pickleball Clinics 5:30 Evening Dinner	17 8:00 VSO Hours 8:30-9:30 Father's Day Grab 'n' Go 9 -11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
20 	21 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Tim's Barbecue 11:30 State Office Hrs	22 9:30 Chair Yoga 11:30 Chicken & Rice 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support	23 8:30-2:30 Foot Clinic 9:30 SMLD Safety Presentation 11:30 Smorgasbord 1:00 Acrylic Painting 2:00 Ukulele Club	24 7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady

	<p>1:00 Game Day</p>	<p>4:00 Pickleball</p>	<p>29</p> <p>9:30 Chair Yoga 11:30 Chili 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>4:00 Pickleball Clinics</p>	<p>30</p> <p>11:30 Garden Salad 1:00 American Heritage Museum Trip 1:00 Acrylic Painting 2:00 Ukulele Club 3-4:30 Caregiver Support 4:00 Pickleball Clinics</p>	<p>CLOSED AT 11:00 Volunteer Appreciation Event</p>
	<p>27</p> <p>8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Sausage with Peppers & Onions 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball</p>		<p>28</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Chicken Dinner 1:00 Game Day</p>			



Enjoy al fresco dining on our patio!



June 4th
at noon
First Church
in Sterling

Community Lunch

Salad, Baked Ham
Potatoes, Veggies
Strawberry Shortcake
All are welcome!

No Cost No Reservations
Van rides available through
Senior Center



Wachusett Food Pantry
50 Worcester Rd, Sterling

Seniors: Fri June 17, 9-11
All: Sat June 18, 9-11
Call Nickole for assistance




Keep those suggestions, compliments and compliments coming!
Help us improve our services to Sterling seniors!



GROWING PLACES Pop-Up Market
Wed, June 15
11am-1pm

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

HIP puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors.



Free Bread
Tuesdays

8am-4pm
or until
supplies last

Limit two loaves

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

SUPPORT OUR ADVERTISERS!



Congratulations to the Class of 2022 !

Ukulele Graduation Party
Thursday, June 2nd at 1:00pm

Ukulele Beginners Group
are officially
no longer beginners!

New class begins September 8th



Calling All Artists!

Would you like to be a featured artist at Sterling Senior Center?

Our gallery displays art from local artists, highlighted with a bi-monthly Art Reception.

We encourage artists using a variety of mediums, mixed art, photography, unconventional, and more.

If you, or someone you know, would like more information, please call us at 978-422-3032

Beginner TAI CHI

Mondays at 9:45am

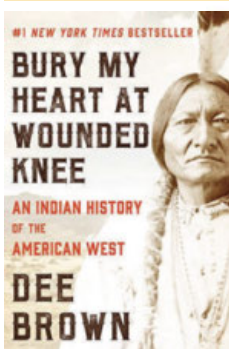
Are you interested in Tai Chi, but need foundation skills?

This class is perfect for you!

Attend this class session before graduating into our 8:30 Tai Chi program.

Pre-Registration Required!

\$5



Book Club
June 15 @ 12:30pm

Bury My Heart at Wounded Knee
by Dee Brown

Going Steady

Fridays at 10:00am

Learn the tricks of fall prevention.

For all levels.

Sponsored by Leominster Credit Union

OPEN COLORING

TUESDAYS 9-10AM

**BRING YOUR OWN,
OR SUPPLIES AVAILABLE**

PITCH PARTY!

June 7th at 6:30pm

In partnership with Sterling Grange



Tai Chi

\$5

Mondays at 8:30am with John

Call us at 978-422-3032 to join!



Tuesdays

8:15am

\$5

Join Mary from The Core Connection
Chair and Mat combined class

Come In and Give it a Try!!

Registration Required



Wednesdays @ 1:00pm



Computer and Cellphone Security
with Rick Musiello
Thursday, June 9th at 9:30am



Peter Cummings
offers technical
help through
in-person
meetings.
Tuesdays, 9-12
Call for
appointment.

Learn a new craft....

Join a great group who are
learning a new skill
in painting and creating !

Acrylic Painting
Thursdays 1:00pm
\$5.00

New Members Welcome

HISTORY CLUB

BARBARA W. TUCHMAN
WINNER OF THE PULITZER PRIZE
THE MARCH OF FOLLY
From Troy to Vietnam



June 2nd
9:30am

The March of Folly:
From Troy to Vietnam
by Barbara Tuchman

Defining folly as the pursuit by government of
policies contrary to their own interests, despite
the availability of feasible alternatives,
Tuchman shares four decisive turning points in
history that illustrate the very heights of folly.

July 7: Last Call: The Rise & Fall of Prohibition, D. Okrent



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

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



KNIT HAPPENS



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 8am to Noon
at the Senior Center

Leominster Veterans Services
978-534-7538



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



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

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**Drawing
July 29th**

Christmas in July Lottery Tree



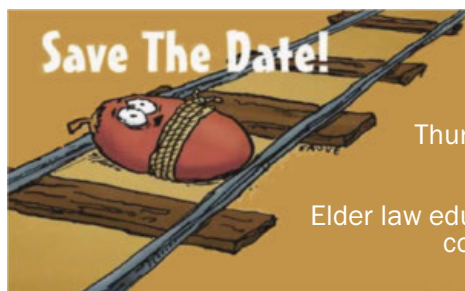
Flag Day Ceremony

Houghton School, June 14th at 9:40am

Join the staff and students at the annual Flag Day Ceremony on the front lawn at Houghton Elementary School.

If you'd like a ride, the van will leave the Senior Center at 9:20.

**Support
our
Youth**



Elder Law Attorney

Thursday July 14 at 9:30 am

Carolyn Spring, Esq

Elder law education program through
community services of the
Mass Bar Association

Friday, June 24
7:30-9:00 am



Celebrity Server:
Sharon Moynihan, Manager
Sterling Storage Solutions

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

Open to all

**\$4 suggested
donation**

Sponsored by
Friends of Sterling Seniors

CLASSIC CAR SHOW

Thursday evening, August 11
(rain date August 18)

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



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, Sep 10	A Day in the Berkshires Quick visit to Berkshire Botanical Gardens then lunch at the Red Lion Inn, followed by a visit to Daniel Chester French's studio & gardens.	\$145 pp
Sun, Oct 9	Calvin Coolidge Museum including lunch at Quechee Inn.	\$119 pp
Oct 14-20	Charleston, Savannah & Jekyll Island. This is one of our larger trips. Flyers available with pricing, Covid waiver & insurance summary. If you have any questions about this trip call Fred Clark at 508-421-6882	Call for pricing
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



Van Trip
American Heritage Museum, Hudson
June 30th
Leaving SSC at 1:00pm

Enjoy the largest and finest museum of armored vehicles in North America.
The story of our veterans and history is told through a series of compelling exhibits.
Handicap accessible.

Tickets \$15 Van \$2
Sign up through the Senior Center
If you wish to drive, please meet at SSC to caravan.