

Sterling Newsletter SENIOR CENTER

Connecting with each other & our community

May 2022

Sterling Council on Aging Board Members

Chair: Kevin Beaupre

Secretary: Liz Pape

Treasurer: David Cosgrove

Members:

Gail Bergeron

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



Welcome Back Comfort Dinner

Thursday, May 19th @ 5:30 pm



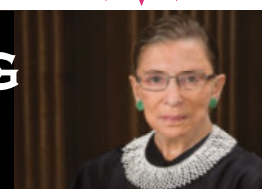
Meatloaf Dinner
Mashed Potatoes
Green Beans Almondine
Dinner Roll
Dessert



Tickets available
at the Senior Center
Limited Seating

RUTH BADER GINSBURG

MAY 20TH, 7:00PM AT SSC



Interested in the US Supreme Court, or more specifically RBG? Join us to find out a little more about the professional life and personality of the former Associate Justice of the Supreme Court, Ruth Bader Ginsburg.

Performer Sheryl Faye will be presenting her one-woman show enacting elements of the 27-year impact Justice Ginsburg had upon national issues. Following her presentation, Sheryl will respond to audience questions about the Justice.

FREE ADMISSION. LIMITED SEATING.
TICKETS AVAILABLE AT SSC.

Sponsored by Sterling Arts Collaborative and the Sterling Cultural Council

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

CHRISTOPHER HEIGHTS ASSISTED LIVING NEW Senior Lifestyle Plans = CHOICES!



- Private Apartments
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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

Mother's Day Tea & Scones To-Go



Friday May 6th 1-1:30pm
Sign-Up Required at 978-422-3032

**Friday
May 13
1:00pm**



MAKE AND TAKE

with Karen & Shirley
Welcome Summer with this delightful sign!
All supplies included
Sign-Up Required

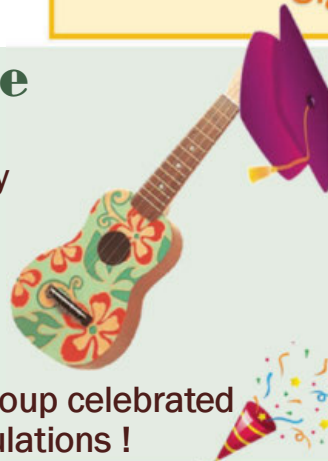
Congratulations to the Class of 2022 !

Ukulele Beginners Group are officially
no longer beginners!

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

New class begins September 8th

The Sterling Strummers Ukulele Group celebrated
five years in April - Congratulations !



Massachusetts
9-1-1 Help is
at your
fingertips.
EMERGENCY
Massachusetts State 911 Department

State 911 Newsletter

Do you want to read the latest news from the MA
State 911 Department?

Find their monthly newsletters at this link:

<https://www.mass.gov/orgs/state-911-department/news>

News includes the Mass Disability Indicator and
Equipment Distribution Programs, Scholarships,
Address Data and more.

Let's Hear It !



Have a suggestion, a complaint, a compliment?
Is there something you'd like to see return? Or
something new that may be popular here?

We want to know how we can improve our services
to Sterling seniors!



STATE OFFICE HOURS

Representatives from the offices of
Senator Anne Gobi and
Representatives
Kimberly Ferguson & Meghan Kilcoyne
May 17th, 11:30am - 12:30pm
at the Senior Center
(Monthly on the Third Tuesday)
Come with a question, or just to meet.

Slow Down! ←
Follow the arrows!
→ Counter-clockwise

SPECIAL EVENTS

May 3	6:00-8:00 pm	Art Reception Houghton & Chocksett Students
May 6	1:00-1:30 pm	Mother's Day Tea pick-up <i>Registration Required</i>
May 13	11:30 am	Heart to Home Meals <i>Lunch Reservation Required</i>
May 13	1:00 pm	Make & Take Door Décor <i>Registration Required</i>
May 18	11:00-1:00	Pop-Up Market
May 19	5:30 pm	Evening Comfort Dinner <i>Tickets Required, \$5</i>
May 20	7:30-9:00 am	Pancake Breakfast
May 20	7:00 pm	Ruth Bader Ginsberg Presentation <i>Free, Ticket Required</i>
May 23	12:00 pm	Birthday Cake
May 30	CLOSED	Memorial Day

ONGOING

May 2		Pool daily
May 2	8:30 am	Tai Chi (weekly on Mondays, <i>sign-up, \$5</i>)
May 2	9:45 am	Beginner Tai Chi (weekly on Mondays, <i>sign-up, \$5</i>)
May 2	1:00 pm	BINGO (weekly on Mondays)
May 2	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
May 2,4	4:00-7:00 pm	Pickleball (weekly on Mon & Wed)
May 3	8am-4pm	Bread Pickup (weekly on Tuesdays)
May 3	8:15 am	Pilates (weekly on Tuesdays, <i>sign up required, \$5</i>)
May 3	9:00 am	Open Coloring (weekly on Tuesdays)
May 3	9:30 am	Line Dancing (weekly on Tuesdays, <i>sign up required, \$2</i>)
May 3	by appointment	SHINE Counseling
May 3	by appointment	Tech Help (weekly on Tuesdays)
May 3	1:00 pm	Game Day (weekly on Tuesdays)
May 4	9:30 am	Chair Yoga (weekly on Wednesdays, <i>sign up required, \$5</i>)
May 4	12:30 pm	Rummikub (weekly on Wednesdays)
May 4	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
May 4	1:00 pm	Wii Bowling (weekly on Wednesdays)
May 5	9:30 am	History Club (first Thursday of month)
May 5	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
May 5	1:00 pm	Entry Level Ukulele (weekly on Thursdays)
May 5	2:00 pm	Ukulele Club (weekly on Thursdays)
May 6	8:00 am-noon	Veterans Services Office (weekly on Fridays)
May 6	9:30 am	Knitting Club (weekly on Fridays)
May 7	6:30 pm	Grange Pitch Party
May 12	9:30 am	Dull Men's Club (second Thursday of month)
May 17	11:30 am	State Office Hours (third Tuesday of month)
May 18	12:30 pm	Book Club "The Vanishing Half"
May 20,21	9-11:00 am	Food Pantry

WELLNESS

May 6	10:00 am	Going Steady (weekly on Fridays)
May 10	9:30-11:30 am	Well Clinic sponsored by VNA Care
May 11 & 25	3:30-5:00 pm	Parkinson's Support
May 12 & 26	by appointment	Foot Clinic \$45 to FC Nurse
May 19	9:30 am	Caregiver & Bereavement Yoga <i>registration required</i>
May 26	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>

NEW

Yoga as Holistic Self-Care



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

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

An additional way to support our Caregivers 

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



CAREGIVER SUPPORT

Monthly, Last Thursday

May 26th, 3 - 4:30pm

Caitlin Roy,
Options
Counselor with
Aging Services
of North Central MA (ASNCM) will be
available from 3-3:30pm with
resources for home care.



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 Moira, RN.

Call us at 978-422-3032 to schedule your clinic
visit for \$45 on May 12 or 26, and June 9 & 23.

Free COVID-19 OTC Tests for Medicare Beneficiaries

Americans with Medicare Part B, including
those enrolled in a Medicare Advantage
plan, now have access to Food and Drug
Administration (FDA) approved, authorized,
or cleared over-the-counter COVID-19 tests
at no cost. People with Medicare can get up
to eight tests per calendar month from
participating pharmacies and health care
providers for the duration of the COVID-19
public health emergency.

Participating pharmacies include Rite Aid,
Hannaford, Stop & Shop, Walgreens and
Walmart.

KEEP WELL CLINIC

May 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



IN THIS TOGETHER parkinson's

In person support (with Zoom option)
2nd & 4th Wednesdays
May 11th and 25th at 3:30-5:00 pm

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



Fridays 8am to Noon
at the Senior Center

Leominster Veterans Services
978-534-7538

MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Steak & Cheese Grinders 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball</p>	<p>3</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing 11:30 Angel Hair Pasta with Chicken 1:00 Game Day 6:00-8:00 Art Reception</p>	<p>4</p> <p>9:30 Chair Yoga 11:30 Pork Dinner 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>5</p> <p>9:30 History Club 11:30 Mexican Casserole 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club </p>	<p>6</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Mother's Day Tea pickup</p>
<p>9</p> <p>8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Turkey Dinner 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball</p>	<p>10</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30-11:30 Well Clinic 9:30 Line Dancing 11:30 Tim's Barbecue 1:00 Game Day</p>	<p>11</p> <p>9:30 Chair Yoga 11:30 Ham Dinner 12:20 Peer Leaders 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>12</p> <p>8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish Tacos 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 5:30 COA Board Mtg</p>	<p>13</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Heart to Home Meals: Rosemary Garlic Beef or Crumb Topped Cod 1:00 Make & Take</p>
<p>16</p> <p>8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Baked Chicken Dinner 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball</p>	<p>17</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 11:30 State Office Hours 11:30 Meatball Sub 1:00 Game Day</p>	<p>18</p> <p>9:30 Chair Yoga 11:00 Pop-Up Market 11:30 Tortellini Salad 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>19</p> <p>9:30 Caregiver Yoga 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Entry Level Uke 2:00 Ukulele Club 5:30 Evening Dinner</p>	<p>20</p> <p>7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9 - 11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 7:00 RBG</p>
<p>23</p> <p>8:30 Tai Chi 9:45 Beginner Tai Chi 11:30 Corn Chowder 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming</p>	<p>24</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 11:30 Chef's Salad 1:00 Game Day</p>	<p>25</p> <p>9:30 Chair Yoga 11:30 Thai Chicken 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support</p>	<p>26</p> <p>8:30 Peer Leaders' Pickleball at Chocksett 8:30-2:30 Foot Clinic 11:30 Dog on the Grill 1:00 Acrylic Painting 1:00 Entry Level Uke</p>	<p>27</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord</p>

4:00 Pickleball	4:00 Pickleball	2:00 Ukulele Club 3-4:30 Caregiver Support	2:00 Ukulele Club 3-4:30 Caregiver Support
		31 8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 11:30 Meatloaf 1:00 Game Day	Wednesday Shopping Trips: 5/4 Whitney Field 5/11 Walmart, WB 5/18 Target 5/25 Walmart, Leom <i>Registration Required</i>
		Clean indoor shoes required for exercise classes. Please leave your outdoor boots and shoes at the door. Thank You!	Fees for Tai Chi ,Yoga & Pilates : \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5

Thanks to the Sterling Fire Dpartment for their generous contribution to our Pancake Breakfast!

The fundraising efforts of FOSS (Friends of Sterling Seniors) support the Sterling Senior Center.

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

Sponsored by Friends of Sterling Seniors (FOSS)

Christmas in July Lottery Tree





Friday, May 20
7:30-9:00 am

Celebrity Server:
Sterling Fire Department

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

Open to all
\$4 suggested donation

Sponsored by
Friends of Sterling Seniors

Clean indoor shoes required for exercise classes.

Please leave your outdoor boots and shoes at the door. **Thank You!**

SUPPORT OUR ADVERTISERS!





The Wachusett Watershed Regional Recycling Center with Mark Koslowske, *Wachusett Earthday*



**May
12th
9:30am**

Discover the day-to-day operation of the recycling center - you may not realize how much goes on behind the scene, or how much material flows through the center.

The reuse-recycle-repair-reduce efforts to decrease waste will be reviewed, including current recycling guidelines.

Finally, the structure for collaboration with member towns and MA-DEP will be introduced.



**Mondays at
1:00pm**
Cards \$1 each



Welcome Back, Peer Leaders!

Tuesday May 11th, 12:20-1pm

Chocksett Peer Leaders will be joining us for Pool, Rummikub, Wii Bowling and Tai Chi!

Thursday May 26th, 8:30am

Young and Young-at-Heart players will get together at Chocksett Gym for Pickleball!

Beginner TAI CHI

Mondays at 9:45am

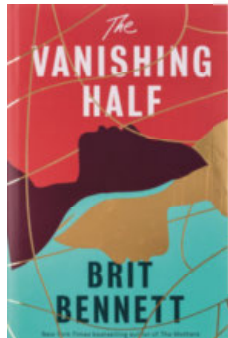
Are you interested in Tai Chi, but need foundation skills?

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
May 18th 12:30pm

The Vanishing Half
by **Brit Bennett**

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!

May 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

Join US

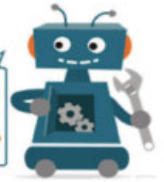


for lunch at Sterling Senior Center



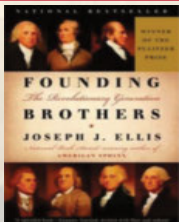
Served Monday through Friday at 11:30am
\$3 suggested donation
Call 978-422-3032 for information and reservations
Same-day reservations usually accepted!!

**Need
Tech
Help?**



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

HISTORY CLUB



Founding Brothers: The Revolutionary Generation by Joseph Ellis

May 5th
9:30am

During the 1790s, the greatest statesmen of
their generation came together to define the
new republic and direct its course for the
coming centuries.

June 2nd: The March of Folly by Barbara Tuchman



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



Entry Level

Thursdays 1:00 - 1:45 pm

Contact Joan at

jonesy1932@aol.com

Lender ukes available!

Free Classes

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

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



KNIT HAPPENS

GAME DAY



TUESDAYS

DOMINOES

12:30

CRIBBAGE

12:30

PITCH

1:00



Acrylic Painting

Thursdays 1:00pm

\$5.00

Learn a new craft....

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

New Members Welcome



Friday May 13th
11:30am

Heart to Home Meals creates quick and delicious meals with seniors in mind, so you can spend less time cooking and more time enjoying life. There's no subscription and no hidden fees.

Chefs have designed a menu with over 100 choices that you can easily heat straight from frozen.

Ordering is simple, and meals are delivered straight to your door.

Join us to learn about this meal option.

Heart to Home Meals will be serving lunch at 11:30am and you can enjoy either Rosemary Garlic Beef or Crumb Topped Cod.

Registration Required for Lunch



Free Bread
Tuesdays

Every Tuesday
8am-4pm
or until supplies last

Limit
2 Loaves
Please



Pop-Up Market

Wed, May 18
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.

THANK YOU

Thank you to Mo Iorio, Paul Cormier and Arthur Dorval for their generous gift of a framed historical print of Sterling.

Please pause to enjoy the artwork which hangs outside the Health Office.



Wachusett Food Pantry
50 Worcester Rd, Sterling

Seniors: Fri May 20, 9-11
All: Sat May 21, 9-11
Call Nickole for assistance



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SATURDAY JUNE 4TH, 2022
11:0AM – 1:00PM
SAC PARK, 438 LAKE ST, SHREWSBURY

BBQ MEAL
GIVE AWAYS

SUNDAES
RAFFLE

REGISTER BY MAY 11TH
AT 508-796-0344 OR 508-796-2638

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 Middy 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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Short Term Rehabilitation

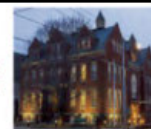
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Sterling Council on Aging, Sterling

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



Student Art Reception and Exhibition May 3rd, 6-8pm

Artists from Kindergarten through 8th grade will be featured.
Background music will be provided by the student string ensemble.
Light refreshments will be served.

The Chocksett-Houghton students' art will be on display at
Sterling Senior Center throughout the months of May and June.