

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

January 2024

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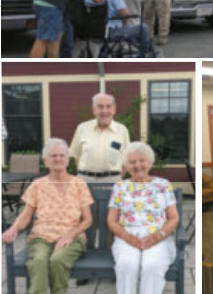
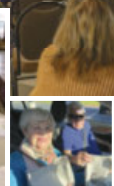
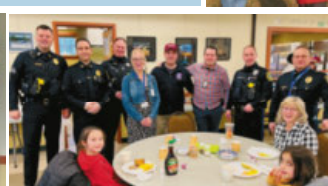
Sterling Senior Center

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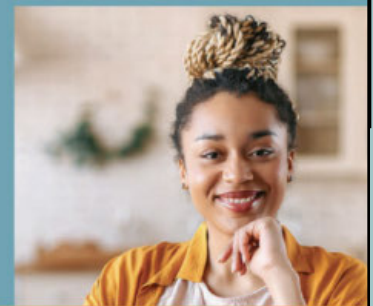
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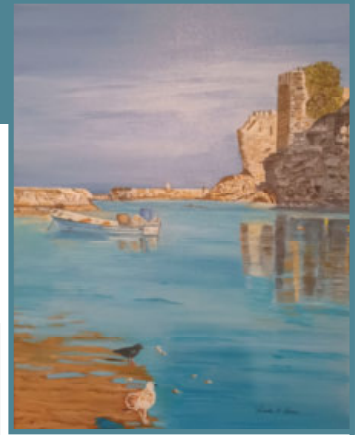
Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Sterling Council on Aging, Sterling 06-5262



ART RECEPTION

"FRIDAY DATES AND OTHER PLACES"

Tue, January 9th 6:00-7:30pm



MAURICE IORIO

After retiring in 2012, I joined a painting class hosted by my wife Linda, and I fell in love with painting what I saw. My art motto is "If I like it, I will paint it" - and my paintings reflect that feeling.

I sold my first painting in 2021 - that joy is up there with getting promoted or winning the lottery!

Linda and I continue to paint at SSC.

LINDA IORIO

Returning from Europe with husband Maurice on a four-year military tour, I had a chance to learn oil painting, recalling the amazing art we'd seen in Europe.

Fort Dix had an Arts & Craft Center, and when we transferred to Fort Devens I took all the classes at Fitchburg High and FSU !

In 2005, I joined SSC and had the opportunity to study and paint with wonderful Howard Besnia.

BILL MCCARTHY

Fri, January 19 at 1:00pm

Catch Bill playing a large variety of classic and contemporary acoustic and *not-so-acoustic* rock & pop!

Bill has fronted bands on Cape Cod and in Worcester since the 1970s, and is also a popular solo-acoustic performer in-and-around Worcester County, Boston Metro West, East Boston and Cape Cod.

Growth in Sterling with Chief Gaudette, Sterling Police

Thu
Jan 11
9:30am

Join Chief Gaudette and Detective Chase as they discuss the growth of the Sterling Police Department and their five-year plan as the town of Sterling also grows.

There will be an open Q&A session at the end of the presentation.



You don't have to be a man to join a DMC meeting....
Ladies welcome, dull or not !

Wachusett Area Rotary Club's complimentary



SENIOR VALENTINE BREAKFAST

Saturday February 10th, 8:00-10:00am
at The Manor Restaurant, 42 W. Boylston St.

Sterling & Princeton seniors sign up at
Sterling Senior Center, 978-422-3032
by Wednesday, January 31st

CALL EARLY – space is limited

"Serving is the Heart of Rotary"



Sterling Strummers

will be performing
at the

Townsend Senior Center
January 11th at 1:00pm
Everyone Welcome !

SPECIAL EVENTS

Jan 1	CLOSED	Closed in observance of New Year Day
Jan 9	12:00-1:00 pm	Mobile Market (monthly, second Tuesday) ** NEW TIME **
Jan 9	6:00-7:30 pm	Art Reception with Linda & Maurice Iorio
Jan 11	1:00 pm	Sterling Strummers at Townsend Senior Center
Jan 15	CLOSED	Closed in observation of Martin Luther King Jr Day
Jan 18	6:30 pm	Comedy Night \$5 tickets at SSC Reception
Jan 19	1:00 pm	Bill McCarthy music program
Jan 26	7:30-9:00 am	Pancake Breakfast / Fat Daddy's / Coffee with a Cop
Jan 29	12:00 pm	Birthday Cake for all January birthdays!

ONGOING - see calendar for exercise programs

Jan 2	8:00 am	POOL all day every day!
Jan 2	by appointment	SHINE counseling
Jan 2	1:00 pm	Game Day (weekly on Tuesdays)
Jan 3	12:30 pm	Rummikub (weekly on Wednesdays)
Jan 3	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up required</i>)
Jan 3	1:00 pm	Wii Bowling (weekly on Wednesdays)
Jan 4	8am-4pm	Bread Pickup (weekly on Thursdays)
Jan 4	9:30 am	History Club (first Thursday of month)
Jan 4	12:30 pm	Acrylic Painting \$5 (weekly on Thursdays) **NEW TIME **
Jan 4	1:00 pm	Mahjong (weekly on Thursdays)
Jan 4	1:00 pm	Beginner Ukulele (weekly on Thursdays)
Jan 4	2:00 pm	Ukulele Club (weekly on Thursdays)
Jan 5	9:00 am-noon	Ladies' Pool (weekly on Fridays)
Jan 5	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Jan 5	9:30 am	Knitting Club (weekly on Fridays)
Jan 6	6:30 pm	Pitch Party <i>sponsored by Sterling Grange</i>
Jan 8	1:00 pm	BINGO (weekly on Mondays)
Jan 8	5:00 pm	Meditation \$5 (weekly on Mondays)
Jan 8,22	2:00 pm	Ukulele - Men's Open Strumming
Jan 8,22	3:00 pm	Ukulele - Open Strumming
Jan 11	9:30 am	Dull Men's Club (second Thursday of month)
Jan 16	11:30 am	State Office Hours (third Tuesday of month)
Jan 17	12:30 pm	Book Club <i>The Girls in the Blue Coats</i>
Jan 19,20	9-11:00 am	Food Pantry

WELLNESS

Jan 5	10:00 am	Going Steady (weekly on Fridays)
Jan 5	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Jan 8	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Jan 9	9:30-11:30 am	Keep Well Clinic with Nurse Lenny
Jan 10	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Jan 10,24	3:30-5:00 pm	Parkinson's Support (second and fourth Wednesdays)
Jan 11,25	by appointment	Foot Clinic \$45 to FC Nurse
Jan 25	9:30 am	Holistic Yoga (fourth Thursday in January)

FY 2024 Property Tax Exemptions

You may be eligible to reduce a portion of your real estate taxes if you meet qualifications for one of the personal exemptions allowed under Massachusetts law. If you meet all the qualifications for a personal exemption as of July 1, you may file. Your application must be filed by December 15 or 3 months after actual bills were mailed for the fiscal year (Apr 1).

- Senior and Surviving Spouse exemptions required you be age 70 by July 1, own & occupy your home for at least 5 years. There are income & asset limits.
- Blind Exemption must present a certificate from the Division of the Blind with the July 1 qualification date.
- There are various Veterans' Exemptions - a disability certificate must be provided from VA with your DD214. The Veterans are the only group allowed more than one exemption.

Call the Assessors' office with any questions regarding application at 978-422-8111 ext 2313.

Contact Outreach to see whether you qualify and for application assistance.



Known commonly as 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.

CORRECTION: A single person with gross income below \$45,392 or a two-person household with gross income below \$59,359 can apply.

For more information including eligibility status, or if you need help completing the application, contact our Outreach staff.

KEEP WELL CLINIC

Jan 9th
9:30-11:30



- Appointments and walk-ins
 - Now offering blood sugar tests
- Call us to make an appointment
978-422-3032



Veterans'
Services

Fridays 8:00am-noon
at the Senior Center

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

parkinson's

January 10 & 24 3:30 - 5:00pm

In person support with Zoom option

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



CAREGIVER PROGRAM

Fri Jan 5, 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.



Foot Clinic
Footcare By Nurses

Our Foot Clinic is extremely popular! New client signup for Sterling residents only.
All others please call FBN 978-296-8449.



**STATE
OFFICE
HOURS**

Meet a representative from
the office of Representative
Meghan Kilcoyne

January 16, 11:30-12:30
at Sterling Senior Center

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

FOLLOW THE ARROWS!
Counter-clockwise

JANUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1  8:15 Pilates 9:30 SHINE 9:30 Line Dancing 11:30 Ham Dinner 1:00 Game Day	2 8:15 Pilates 9:30 SHINE 9:30 Line Dancing 11:30 Ham Dinner 1:00 Game Day	3 9:30 Chair Yoga 11:30 General Tso Chicken 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	4 8 - 4 Bread Pickup 9:30 History Club 9:30 Chair Yoga 11:30 Hashbrown Breakfast Casserole 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	5 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Caregiver Program
8 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Beef Stroganoff 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	9 8:15 Pilates 9:30 Keep Well Clinic 9:30 Line Dancing 11:30 Four Cheese Manicotti 12:00 Mobile Market 1:00 Game Day 6:00-7:30 Art Reception	10 9:30 Chair Yoga 11:30 Chicken & Dumplings 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	11 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish Chowder 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 COA Board Mtg	12 8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord
15  8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Baked Chicken	16 8:15 Pilates 9:30 Line Dancing 11:30 Tim's Burgers 11:30 State Office Hrs 1:00 Game Day	17 9:30 Chair Yoga 11:30 Chicken & Veggie Soup 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	18 8 - 4 Bread Pickup 11:30 Barbecue Ribs 12:30 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 6:30 Comedy Night	19 8:00 VSO Hours 9 - 11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 1:00 Bill McCarthy music
22 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Baked Chicken	23 8:15 Pilates 9:30 Line Dancing 11:30 Stuffed Peppers 1:00 Game Day	24 9:30 Chair Yoga 11:30 BLT with Avocado 12:30 Rummikub 1:00 Van shopping trip	25 8 - 4 Bread Pickup 9:30 Holistic Yoga 11:30 Smorgasbord 1:00 Mahjong	26 7:30 Pancake Breakfast 7:30 Coffee with a Cop 7:30 Fat Daddy's

1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	29	8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness 11:30 Turkey Dinner 12:00 Birthday Cake 1:00 Bingo 4:00 Pickleball 5:00 Meditation	30	8:15 Pilates 9:30 Line Dancing 11:30 Tortellini Primavera 1:00 Game Day	31	9:30 Chair Yoga 9:30 SHINE 11:30 Chicken Noodle Soup 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	9:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	1:00 Beginner Uke 2:00 Ukulele Club 12:30 Acrylic Painting	8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady
						Wednesday Shopping Trips: 1/3 Whitney Field 1/10 Home Goods & Dollar Tree 1/17 Walmart, Leom 1/24 Ocean State 1/31 Hannafords Registration Required			Fees for Yoga & Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Indoor Pickleball \$5

Fri, Jan 26, 7:30-9:00

Celebrity Servers:
Linda LeBlanc &
Angelica Stapinski
owners Sterling Center Pizza



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

Open to All
\$4 Suggested Donation

Sponsored by Friends of Sterling Seniors

Join Det Chase for Coffee with a Cop too!

COMMUNITY LUNCH
Good food, Good company

Jan 6
12 noon

Van rides available through Senior Ctr
 Call 978-422-3032

Roast Pork
Mac n Cheese
Dessert

First Church in Sterling, 978-422-6657



Mobile Market

GROWING PLACES

INSIDE at Senior Center

Tue, January 9
12:00-1:00

SNAP

Payment accepted: cash, credit/debit, SNAP/HIP dollars



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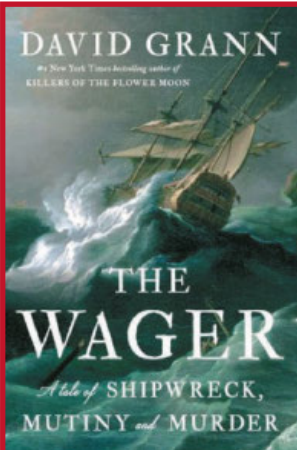


Girl in the Blue Coat by Monica Hess

January 17 @ 12:30pm

Amsterdam, 1943. Hanneke spends her days procuring and delivering sought-after black market goods to paying customers, her nights hiding the true nature of her work from her concerned parents, and every waking moment mourning her boyfriend, who was killed on the Dutch front lines when the Germans invaded. She likes to think of her illegal work as a small act of rebellion.

BOOK CLUB



HISTORY CLUB

Thursday, January 4 at 9:30am
The Wager: A Tale of Shipwreck, Mutiny and Murder
by David Grann

An extraordinary story of shipwreck, survival and savagery.

In 1742 two separate groups of castaways from the same ship - HMS The Wager - swept up on the coast of Brazil. Their contrary tales of murderous officers and mutineers resulted in the Admiralty convening a life-or-death court martial.

February 1: Union 1812 by AJ Langguth

HEALTH AND FITNESS

Mindful Meditation
Mondays at 5:00pm
with Carol McGuiggan

\$5

Open to All Ages



Chair and Mat
combined class

Tuesdays
8:15am \$5

TAI CHI
MONDAYS AT 8:30AM
WITH SIFU GEORGE

Free

Bookend your weekends
with Marty!

Fridays at 10:00 Going Steady
Mondays at 10:00 Fitness

Free No sign-up needed

Yoga as
Holistic Self-Care



January 25 at 9:30am

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

chair yoga
Yoga for Everybody

Thursday, Jan 4th @ 9:30am
No reservations! No wait list!
\$5 drop-in fee



Indoor Pickleball
Mon & Wed, 4-7pm

First Church of Sterling
At capacity

Interested new players
please visit the Senior
Center for sign-up forms
and to be added to our
waitlist.

Knit Happens Fridays @ 9:30



Bring your knit, macramé, crochet or craft project.

Therapeutic Chair Massage
January 10
12:30pm - 2:30pm
Sherrill Sasser
LMT, CAT

\$10
10 mins



Expanded Appointment Hours!
Call to book your session

MAHJONG  **Thursdays**
1:00 pm

Rummikub
W E D 1 2 3

BINGO!
Monday 1pm
Cards \$1

GAME DAY TUESDAYS

 DOMINOES 12:30
CRIBBAGE 12:30
PITCH 1:00



Ukulele

Men's Strumming Mon 8,22 2-3pm
Open Strumming Mon 8,22 3-4pm
Beginners Thu 1-2pm
Ukulele club Thu 2-3pm



Need Tech Help? 

Get tech help on Tuesdays with Pete.

Call to set up an appointment

Acrylic Painting
New Time !
Thursdays @ 12:30pm
\$5
New Members Welcome



PITCH PARTY  Sat, Jan 6th
6:30pm

Sponsored by Sterling Grange

Ladies' Pool



Fridays 9am - noon

Friendly! Fun!

Wednesdays @ 1:00pm
Wii Bowling



LINE DANCE Tuesdays at 9:30am

Need Transportation?

Our SSC vans are available Mon-Fri 8am to 4pm for the over-60 and the disabled populations.

Call **Mon-Fri 8:00am-11:00am** at 978-422-3032 to reserve a ride.

In addition, consider Mart Connects. Mart is open 5:30am-10:00pm daily for your evening and weekend rides and is available for all ages.

Call MART Mon-Fri 8:30am-4:30pm at 1-800-922-5636
Option 3. Rides must be booked at least one day in advance by 2pm.

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

Snow Policy

If Wachusett (WRSD) schools are closed for the day, there will be no programming (including meals) at the Center.

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.

Free Bread Thursday



8am-4pm
or until
supplies last
Limit two loaves

Register for Emergency Alerts



Remember to sign up online for **CODE RED** messages at www.sterling-ma.gov, scroll to the bottom of any page and click the **CODE RED** link for the Notification Enrollment page.

Those in need of assistance should call Emily, admin assistant at Sterling Fire Department on 978-422-8107.

You may also call Clare at the Senior Center for assistance on 978-422-3032.



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Fat Daddy's Mobile Market

January 26th, 7:30–9:00 am

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



Wachusett Food Pantry

50 Worcester Rd, Sterling

Seniors: Fri Jan 19, 9-11 am

All: Sat Jan 20, 9-11 am

Call Outreach for assistance

AND AWAY WE GO TRAVEL

2024 Trip List For age 50+ travelers

Sat Feb 10	Pre-Valentine's Art & Wine Tour to the Addison Gallery of American art in Andover, NH, then food and wine tasting at Fulchino Vineyards in Hollis, NH.	\$139
Sat Aug 10	Crafts and Cruise A visit to Mount Sunapee for the annual Craftsman's Fair, then board the MV Lake Queen for a two-hour cruise around Lake Sunapee, including a buffet lunch.	\$149

Contact: Gladys Merrow 508-835-4312 or 508-612-5312 andawaywegotravel.gem@gmail.com

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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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

COMEDY NIGHT



FEATURING

JERRY CARUSO AND BOB SHEEHY

THURSDAY, JANUARY 18TH

6:30 PM



Tickets available for purchase at Sterling Senior Center!



Jerry performs throughout New England and New York, and is the co-founder of "Comics for a Cure". Riffs on being Italian, aging gracefully, 70s rock-n-roll, and plenty of impressions and song parodies will have you rolling in the aisles.



Bob is a Boston-area stand-up comedian who has appeared on stage, on TV and film. In his laid-back everyman style, no subject will be spared!

