

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

November 2022

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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

Director: Veronica Buckley

Outreach: Linda Chignola

Ops/Vol Coord: Clare Felton

Maintenance Tech: Jim Ash

Kitchen Manager:

Ruby Hall

Van Drivers:

Pam Dell

Kevin Lowe

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa





VETERANS AND GUEST PLEASE JOIN US FOR LUNCH OR DINNER

BEEF TENDERLOIN MASHED POTATOES GLAZED CARROTS DINNER ROLL DESSERT

LUNCH
THU NOV 10
11:30 AM

OR

DINNER
WED NOV 9
5:30 PM

REGISTRATION REQUIRED **PLEASE CALL 978-422-3032**

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



REVERSE MORTGAGES

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 - Pay Off Debt • No Monthly Payments
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A TWENTY YEAR ART JOURNEY WITH SHARON MARINI TUESDAY NOVEMBER 8TH, 6-8PM

Sharon is a Clinton artist who holds degrees in Fine Arts and Art Education. Following a varied career in portrait photography, picture framing, and teaching arts & crafts in special needs programs, Sharon later earned her MFA in Art Therapy and Mental Health Counseling. She has used her arts background helping people with mental health issues and also with youth in the juvenile justice system. She continues to study art, improving her skills in portrait painting and figurative painting.

"Art for me is not just about the end product, it's about the journey. When I was living in Gloucester, a local painter had offered advice: I'd be a better painter if I narrowed my focus to one medium and one subject matter. I found that I couldn't do that. I love the experience of playing with all media, and I can't be defined by a single modality."

Sharon

ART
RECEPTION



SMLD Medical Priority List

Do you use life-support equipment? Sterling Municipal Light Dept maintains a list of people who, for medical reasons, are given priority for service restoration. The list is updated regularly to enable the SMLD to better assist those most in need. Call the SMLD office at 978-422-8267 for more information and to sign up.



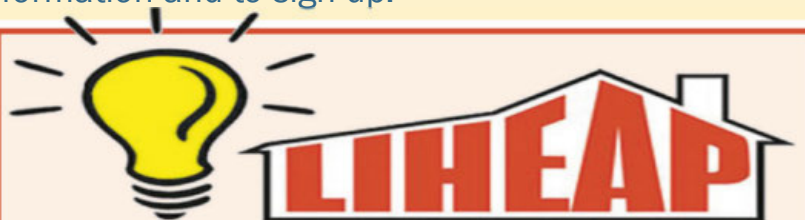
With the help of people like you, AARP Foundation Tax-Aide offers free tax assistance to those who need it most.

Friendly volunteers receive training and support, learn new skills and feel great while helping others. Volunteers can work virtually or in-person.

Training begins in November, mostly online, and volunteers work during tax preparation season (February 1st to April 15th).

Contact Veronica for more information and to volunteer.

You can easily apply online at <https://www.aarp.org/volunteer/programs/tax-aid/>



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 - eligibility is based on household size and the gross annual income of every household member 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income.

A single person with a gross income below \$42,411 or a two-person household with a gross income below \$55,461 can apply.

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

November

SPECIAL EVENTS

Nov 2,16	1:00-1:45 pm	Growing Places at Sholan Terrace (1st & 3rd Wednesday)
Nov 8	12-1:30 pm	Mobile Market (monthly, second Tuesday)
Nov 8	6:00-8:00 pm	Artist Reception with Sharon Marini
Nov 9	5:30 pm	Veterans Dinner <i>Reservation Required</i>
Nov 10	11:30 am	Veterans Lunch <i>Reservation Required</i>
Nov 11	CLOSED	Veterans Day
Nov 14-17	9:00 am-noon	Welcome Week
Nov 18	1:00 pm	Make and Take Sweet Treat Craft — <i>Registration Required</i>
Nov 18	7:30-9:00 am	Pancake Breakfast
Nov 23	EARLY CLOSE	Closing at 1:00pm
Nov 24	CLOSED	Thanksgiving Day
Nov 28	12:00 pm	Birthday Cake

ONGOING - see calendar for exercise programs

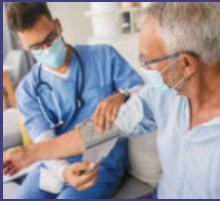
Nov 1		Pool daily
Nov 1	by appointment	SHINE counseling
Nov 1	9:00 am	Open Coloring (weekly on Tuesdays)
Nov 1	1:00 pm	Game Day (weekly on Tuesdays)
Nov 2	12:30 pm	Rummikub (weekly on Wednesdays)
Nov 2	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i>)
Nov 2	1:00 pm	Wii Bowling (weekly on Wednesdays)
Nov 3	8am-4pm	Bread Pickup (weekly on Thursdays)
Nov 3	9:30 am	History Club (first Thursday of month)
Nov 3	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Nov 3	1:00 pm	Beginner Ukulele (weekly on Thursdays, <i>sign-up required</i>)
Nov 3	2:00 pm	Ukulele Club (weekly on Thursdays)
Nov 3	2:00 pm	Mahjong (weekly on Thursdays)
Nov 4	8:00 am-noon	Veterans Services Office
Nov 4	9:30 am	Knitting Club (weekly on Fridays)
Nov 5	6:30 pm	Grange Pitch Party
Nov 7	1:00 pm	BINGO (weekly on Mondays)
Nov 7	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Nov 7	6:00 pm	Meditation (weekly on Mondays, \$5)
Nov 10	9:30 am	Dull Men's Club (second Thursday of month)
Nov 15	11:30 am	State Office Hours (third Tuesday of month)
Nov 16	12:30 pm	Book Club <i>The Lost and Found Bookshop</i>
Nov 18,19	9-11:00 am	Food Pantry

WELLNESS

Nov 4	10:00 am	Going Steady (weekly on Fridays)
Nov 8	9:30-11:30 am	Well Clinic sponsored by VNA Care
Nov 9	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Nov 9,23	3:30-5:00 pm	Parkinson's Support Note: Nov 23 meeting is Zoom Only
Nov 3,17	by appointment	Foot Clinic \$45 to FC Nurse
Nov 17	9:30 am	Caregiver Yoga <i>registration suggested</i>
Nov 17	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>

KEEP WELL CLINIC

November 8th 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

**CAREGIVER SUPPORT**

November 17th, 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

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

Nov 17th at 9:30am and every third Thursday

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

parkinson's

2nd & 4th Tuesdays, 3:30-5:00pm

November 9 - In person support
with Zoom option

November 23 - Zoom only

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



Foot Clinic

Footcare By Nurses

Appointments at the Senior Center
with Moira, RN. Call 978-422-3032
to schedule your clinic visit for \$45
on Nov 3 & 17, and Dec 8 & 22.



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

Seniors: Friday Nov 18, 9-11
All: Sat Nov 19, 9-11

Call Outreach for assistance



**Free
Bread
Thursday**

8am-4pm
or until
supplies last

Limit
two loaves
please



Mobile Market

Tuesday, Nov 8
12-1:30pm
at the Senior Center

Food Market Wed, Nov 2 & 16 at 1-1:45pm
at Sholan Terrace

Look for the refrigerated truck with the Growing Places Table!

NEIGHBOR to NEIGHBOR

Established to help Sterling residents during difficult economic times, the Fund is intended
to assist individuals and families in Sterling who have demonstrated financial need with
payments toward housing, food, utilities, clothing and other essential living costs.

Financial Assistance Fund for Sterling Residents in Need

Apply

Forms available at Town Hall or at
<https://tinyurl.com/3upmhn2w>
For more information contact
patrickfox1973@gmail.com
or 774-275-1174

Donate

Make checks payable to
Sterling Neighbor to Neighbor Fund and mail to
Neighbor to Neighbor,
PO Box 173, Sterling MA 01564
Or Round Up your electric bill -
call SMLD at 978-422-8267 for info.

NOVEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>New! A Soupçon of Comfort with Soups on Wednesdays</p>	<p>1</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 9:30 SHINE 11:30 Chicken Parmesan 1:00 Game Day</p>	<p>2</p> <p>9:30 Chair Yoga 11:30 Grandma's Corn Chowder 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>3</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 History Club 11:30 Pulled Pork Sandwich 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong</p>	<p>4</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord</p>
<p>7</p> <p>8:00 Muffin Monday 8:15 Tai Chi 11:30 Meatloaf 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>8</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 9:30 Well Clinic 11:30 Pork Dinner 12:00 Mobile Market 1:00 Game Day 6-8:00 Artist Reception</p>	<p>9</p> <p>9:30 Chair Yoga 11:30 Chicken Noodle Soup 12:30 Rummikub 12:30 Chair Massage 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball 5:30 Veterans' Dinner</p>	<p>10</p> <p>8 - 4 Bread Pickup 9:30 Dull Men's Club 11:30 Veterans' Lunch 1:00 Beginner Ukulele 1:00 Acrylic Painting 2:00 Ukulele Club 2:00 Mahjong 5:30 COA Board Mtg</p>	
<p>14</p> <p>8:00 Muffin Monday 8:15 Tai Chi 11:30 Chicken Pasta Salad 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>15</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Barbecue Ribs 11:30 State Office Hrs 12:00 Mobile Market 1:00 Game Day</p>	<p>16</p> <p>9:30 Chair Yoga 11:30 Ham & Bean Soup 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>17</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Caregiver Yoga 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 3:00 Caregiver Support</p>	<p>18</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 1:00 Make and Take</p>
<p>21</p> <p>8:00 Muffin Monday 8:15 Tai Chi 11:30 Maple Glazed</p>	<p>22</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing</p>	<p>23</p> <p>9:30 Chair Yoga 11:30 Turkey Dinner 12:30 Rummikub</p>	<p>24</p> 	<p>25</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady</p>

Ham 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	11:00 AppleFest Presentation 11:30 Thai Chicken 1:00 Game Day	3:30 Parkinson Support (Zoom Only) CENTER CLOSED AT 1:00pm		11:30 Special Lunch <i>Registration Required</i>
28 8:00 Muffin Monday 8:15 Tai Chi 11:30 Red Beans & Rice 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	29 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Juicy Oven-Baked Chicken Breast 1:00 Game Day	30 9:30 Chair Yoga 11:30 Creamy Tomato Tortellini Soup 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	Fees for Tai Chi, Yoga, Meditation & Pilates : \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 <i>Clean indoor shoes for exercise classes please.</i>	Wednesday Shopping Trips: 11/2 Target 11/9 Walmart, Leom 11/16 Christmas Tree 11/30 Ocean State JL <i>Registration Required</i>

Mindful Meditation Mondays at 6pm

\$5

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 of 55 years.

Open to All Ages

Medicare 2023 OPEN ENROLLMENT

Medicare Open Enrollment begins on November 15th and ends on December 7th. Every year, Medicare Prescription plans and Medicare Advantage (HMO, PPO) plans can change your costs (premiums, deductibles, and copays). Covered medications, and provider networks may change from year-to-year. It's important to review your options EVERY year during open enrollment to make sure you have the plan that works best for you for next year.

We will be offering additional SHINE appointments during open enrollment. Call 978-422-3032 to schedule an appointment.

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

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TAI CHI

MONDAYS AT 8:15AM

WITH SIFU GEORGE

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HISTORY CLUB

The
**FOUNDERS'
FORTUNES**
HOW MONEY SHAPED
THE BIRTH OF AMERICA



WILLARD STERNE
RANDALL

Thursday, November 3 at 9:30am

The Founders' Fortunes:

How Money Shaped the Birth of America
by Willard Sterne Randall

Investigating the private financial affairs of the Founding Fathers, *The Founders' Fortunes* uncovers how these leaders waged war, crafted a constitution, and forged a new nation influenced in part by their own financial interests.

Dec 1: Dead Wake: Lusitania by Erik Larson

Need
Tech
Help?



Pete Cummings
Offers tech help on
Tuesdays.
Call us to set up an
appointment.
978-422-3032

Knit
Happens

Fri 9:30

Bring
your
knit,
crochet,
macramé
or craft
project

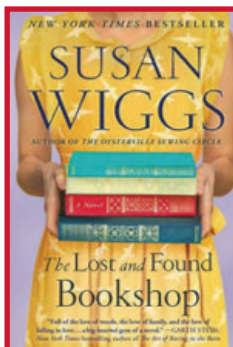


Learn a new craft....

Acrylic Painting
Thursdays 1:00pm

\$5

New Members
Welcome



Book Club
Nov 16 @ 12:30pm

**The Lost and Found
Bookshop**
by Susan Wiggs



Tuesdays
8:15am
\$5

Chair and Mat combined class
Registration Required



Thursdays
2:00 pm

MAHJONG

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COLORING**

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



Mondays at 1pm
Cards \$1 each

Rummikub

W E D 1 2 : 3

GAME DAY TUESDAYS

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



PITCH PARTY!

Saturday, Nov 5th at 6:30pm

In partnership with Sterling Grange





Pool Players Wanted!

Tables available all day.
Bring your friends to play!



Beginner Strumming Thu 1-1:45pm
Strumming Mon 3-4pm
Ukulele Club Thu 2 - 3pm

Fun Seekers sought!

Friendly! **Fun!**

Wednesdays @ 1:00pm

Wii Bowling

Join the team for Monthly Tournaments!



Thu Nov 10
9:30 am

Hospice. What is it, and who qualifies?

Jackie LeBlanc, Hospice RN Case Manager
 HealthAlliance Home Health & Hospice

It is important to plan ahead and educate yourself about hospice to make the right choice when the time comes. Hospice care is fast becoming an increasingly common treatment option but many people are still unaware of the benefits it provides.



November 5th at Noon
 First Church in Sterling

All are welcome!

1st Saturday Community Lunch

Salad • Roast Pork
 Rice Pilaf • Veggie
 Dessert

No Cost

No Reservations

Van rides available
 through Senior Center

Pancake Breakfast



Friday November 18, 7:30-9:00am

Guest Server:

Andrew Bluestein, Emma's Cafe

*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*



Holiday Cookie Sale & Craft Fair

December 10th, 9:00am to 2:00pm

Crafter Application Forms are available online at
<https://tinyurl.com/yz2m93da> or at the Senior Center.

**SAVE
 THE
 DATE**



Make 'n' Take

Friday November 18th at 1:00pm

Join Karen to make a
Sweet Treat Dish

Registration Required - Call 978-422-3032



All Supplies
Included
(but not the candy!)

Intro
Offer
\$8

Therapeutic Chair Massage
November 9th 2022, 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). The pressure used will be to your comfort level. You remain fully clothed during your ten minute session. You can choose to sit in a massage or office chair. Each session is at an introductory price of \$8.

Some benefits of regular massage may include

- Improved mental and emotional well being
- Reduced stress
- Reduction of physical pain
- Support circulation and nervous system
- Improved quality of sleep
- Improved overall well being

call for an appointment!



**STATE
OFFICE
HOURS**

Representatives from the offices
of Senator Anne Gobi and
Representative Meghan Kilcoyne
Nov 15, 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

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 Nellies in-house bakery. Maybe time for shopping in Durham too!	\$129 pp
Sat, Apr 15	"Beehive: The 60s Musical" at the Stoneham Theater, lunch is included at the Chateau Restaurant in Burlington.	\$159 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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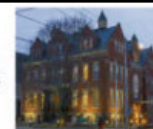
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Sterling Council on Aging, Sterling

06-5262



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

WELCOME WEEK

NOVEMBER 14TH - 17TH
9:00AM - NOON, MON - THU



Have you been thinking about checking us out?
Perhaps you have not seen us in a while.
Maybe you are thinking about volunteering.



Here is your excuse to stop by!



- Enjoy hot mulled cider and apple-cider doughnuts
- Learn about our programs, outreach services and volunteer opportunities
- Meet our staff and volunteers