

# **Sterling** Newsletter SENIOR CENTER

Connecting with each other & our community

November 2023

## Sterling Council on Aging Board Members

*Chair:* Kevin Beaupre

*Vice Chair:* Gail Bergeron

*Secretary:* Julie Hehir

*Treasurer:* David Cosgrove

*Members:*

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Deidre Shapiro

## Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

*Hrs:* Mon-Thur 8 - 4, Fri 8 - 2

*Director:* Sheila Beane

*Outreach:* Linda Chignola

Bonnie Decker

*Ops/Vol Coord:* Clare Felton

*Kitchen Manager:* Ruby Hall

*Van Dispatch/Drivers:*

Pam Dell

Paul Shaughnessy

*Van Drivers:*

Gary Hill

Kevin Lowe

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**

**DINNER**  
**WED NOV 8**  
**5:30 PM**

**LUNCH**  
**THU NOV 9**  
**11:30 AM**

**OR**

**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

SUPPORT OUR  
ADVERTISERS!



Residential Friendly Dumpsters

**Bin There Dump That**

**Roll-Off Dumpster Rentals**

Moving? Downsizing? De-Cluttering?  
We have the right size dumpster for you!

Locally owned, serving the  
North Central MA area since 2013

*We're the clean guys in a trashy business!*

**978-582-1176**

wachusett@bintheredumpthat.com  
www.WachusettDumpsterRental.com



CHRISTOPHER HEIGHTS<sup>®</sup>  
of Worcester

AN ASSISTED LIVING COMMUNITY

- Private Apartments • Financial Options Available
- Medication Reminders • Three Chef Prepared Meals Daily
- Housekeeping & Laundry Service • Full Social Calendar
- Daily Assistance with Personal Care Needs
- Dedicated Staff On Hand 24/7

508-792-1456

www.christopherheights.com

**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

AD  
CREATOR  
STUDIO



lpicommunities.com/adcreator



Call for a  
no obligation  
estimate of  
your property

Call Catherine & Brian Kiernan at

617.538.3147

www.thekiernanteam.com



**FREE**  
AD DESIGN  
with purchase  
of this space

**CALL 800-477-4574**

**LET'S GROW YOUR BUSINESS**

Advertise in our Newsletter!

**CONTACT ME**  
**Susanne Carpenter**

scarpenter@lpicommunities.com

(800) 477-4574 x6348

**WE'RE HIRING!**  
AD SALES EXECUTIVES



BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
careers@4lpi.com or  
www.4lpi.com/careers



Service Deserves  
Its Rewards<sup>®</sup>



FIREFIGHTERS



LAW ENFORCEMENT



MILITARY



HEALTHCARE WORKERS



TEACHERS



**Are you buying or selling a home? Let us reward you for your service!**

Call us for a free consultation

Diane Casey-Luong 774-239-2937

Jo-Ann Szymczak: 774-230-5044



**RE/MAX**  
VISION REALTY

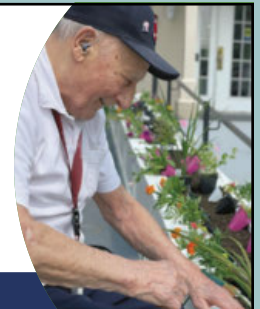


Independent, Assisted  
living, memory care unit  
and short term stays.

- Individual personal care plan
- Elegant dining room with fireplace
- Wellness programs and consultation
- On site rehab and hospice services available

**Call Today- 978-537-1661**

Located just off Route 2 in Leominster, MA.



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





**HOLIDAY MAKE & TAKE**  
 With Deb  
 November 17th at 1:00pm  
 Felt Santa Gnome &  
 Fabric Candy Canes  
**\$5** Includes all supplies  
 Registration Required

## LUNCH TRIP TO Mountain Room at Monty Tech Tuesday November 7

Van leaves SSC @ 11:00am  
 Van leaves MT @ 1:00pm  
 Limited seats  
 Registration Required



Guests will purchase their own lunch.  
 See menus at [www.tinyurl.com/mrr-menu](http://www.tinyurl.com/mrr-menu).

The Mountain Room at Monty Tech is a student-run restaurant that serves as a training ground for students enrolled in the Culinary Arts program.

## 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.**

## CURRENT COVID GUIDELINES

Please adhere to these instructions when visiting the Senior Center. For more info visit [mass.gov](http://mass.gov) or [cdc.gov](http://cdc.gov)

If you test positive for COVID-19, you are required to stay home and isolate for 5 days. If you never had symptoms or symptoms are improving, you may end your isolation on day 6. You must wear a mask around others for 10 days.

If you have been exposed to someone with COVID, you do not need to isolate as long as you remain asymptomatic, regardless of your vaccination status. You must wear a mask any time you are around others inside your home or indoors in public for the 10 days following your exposure.



Town of Sterling  
 Department of Public Works  
 Ryan Mouradian, P.E.  
 Superintendent  
 Thu, November 9th, 9:30am

Ryan will discuss upcoming projects the DPW will be undertaking in the near future, and the five-year planning for future projects to include:

- Water main upgrades (Redstone Hill)
- Water meter replacements & upgrades
- Road upgrades & replacements
- Rt 140 & Rt 62 roundabout improvements.

Ryan will also be available to discuss the long-term improvements for Sterling

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



## Need Transportation?

Our SSC vans are available Mon-Fri 8am to 4pm for the over-60 and the disabled populations. Fares are \$1 in town, and \$2 out-of-town. Call us 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 to all ages.

Call MART Mon-Fri 8:30am-4:30pm 1-800-922-5636

### Option 4

Rides are curb to curb and 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

## SPECIAL EVENTS

Nov 7	11:00 am	Lunch at Mountain Room <i>Reservations Required</i>
Nov 8	5:30 pm	Veterans Dinner <i>Reservations Required</i>
Nov 9	11:30 am	Veterans Lunch <i>Reservations Required</i>
Nov 10	CLOSED	Closed in observance of Veterans Day
Nov 14	12:30-1:30 pm	Mobile Market (monthly, second Tuesday)
Nov 15	3:30 pm	Navigating Grief through the Holidays
Nov 15	6:00-7:30 pm	Art Reception with Donna Zehring
Nov 17	1:00 pm	Make & Take Gnome & Candy Cane \$5 <i>Sign-Up Please</i>
Nov 23	CLOSED	Closed in observance of Thanksgiving Day
Nov 24	7:30-9:00 am	Pancake Breakfast / Fat Daddy's / Coffee with a Cop
Nov 24	12:00 pm	Early Close
Nov 27	12:00 pm	Birthday Cake for all November birthdays!

## ONGOING - see calendar for exercise programs

Nov 1		Pool daily
Nov 1	12:30 pm	Rummikub (weekly on Wednesdays)
Nov 1	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up required</i> )
Nov 1	1:00 pm	Wii Bowling (weekly on Wednesdays)
Nov 2	8am-4pm	Bread Pickup (weekly on Thursdays)
Nov 2	9:30 am	History Club (first Thursday of month)
Nov 2	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Nov 2	1:00 pm	Mahjong (weekly on Thursdays)
Nov 2	1:00 pm	Beginner Ukulele (weekly on Thursdays)
Nov 2	2:00 pm	Ukulele Club (weekly on Thursdays)
Nov 3	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Nov 3	9:00 am-noon	Ladies' Pool (weekly on Fridays)
Nov 3	9:30 am	Knitting Club (weekly on Fridays)
Nov 6	1:00 pm	BINGO (weekly on Mondays)
Nov 6	5:00 pm	Meditation \$5 (weekly on Mondays)
Nov 7,21	by appointment	SHINE counseling
Nov 7	1:00 pm	Game Day (weekly on Tuesdays)
Nov 9	9:30 am	Dull Men's Club (second Thursday of month)
Nov 13,27	2:00 pm	Ukulele - Men's Open Strumming
Nov 13,27	3:00 pm	Ukulele - Open Strumming
Nov 15	12:30 pm	Book Club <i>Cascade</i>
Nov 17,18	9-11:00 am	Food Pantry
Nov 21	11:30 am	State Office Hours (third Tuesday of month)

## WELLNESS

Nov 3	10:00 am	Going Steady (weekly on Fridays)
Nov 3	1:00-2:00 pm	Caregiver Program <i>registration suggested</i>
Nov 6	10:00 am	Guys & Gals Fitness with Marty (weekly on Mondays)
Nov 8	12:30-2:30 pm	Chair Massage <i>by appointment only</i>
Nov 8,29	3:30-5:00 pm	Parkinson's Support (second and fifth Wednesdays)
Nov 9,16	by appointment	Foot Clinic \$45 to FC Nurse
Nov 14	9:30-11:30 am	Keep Well Clinic Meet Lenny our new Nurse!
Nov 16	9:30 am	Holistic Yoga (third Thursday in November)





## Navigating Grief Through the Holidays

Joelle Johns, Chaplain and Thanatologist from Trinity Hospice  
November 15 at 3:30 pm

Join Joelle for an informal discussion about working with our grief during the holiday season. It can be especially hard during the festive time of year to acknowledge we may be struggling with our feelings of loss. Come and talk about it with others and discuss self-care strategies as well.

**Open to those struggling with all types of loss, not just through death.**



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. Household income cannot exceed 60% of estimated State Median Income.

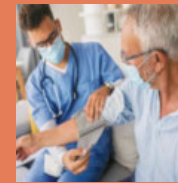
A single person with a gross income below \$42,411 or a two-person household with a gross income below \$55,461 can apply.

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

## KEEP WELL CLINIC

Nov 14th  
9:30-11:30 am

- Appointments and walk-ins accepted
- Now offering blood sugar tests



Call us to make an appointment



## CAREGIVER PROGRAM

Fri Nov 3, 1:00-2:00pm

Joelle Johns, Caregiver Support Specialist from Trinity Hospice, will be joining us.

A peer directed support meeting facilitated by Eileen Brooks from Sterling Village, including a supervised activity for your loved one while you attend.

## IN THIS TOGETHER parkinson's

Note special dates for November  
November 8 & 29 3:30 - 5:00pm  
In person support with Zoom option

Please contact Joe at 508-335-0672 or  
[northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



## 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  
November 21, 11:30-12:30  
at Sterling Senior Center



Veterans'  
Services

Fridays 8:00am-noon  
at the Senior Center  
If you need help outside of these times, please call  
978-534-7538

# NOVEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Wednesday Shopping</b> <b>Trips:</b> 11/1 Whitney Field 11/8 Ocean State 11/15 Walmart, Leom 11/22 Home Goods/ Dollar Tree 11/29 Target  <i>Registration Required</i>	Fees for Yoga & Pilates \$5 In Person \$2 Zoom  Line Dancing \$2 Acrylic Painting \$5 Indoor Pickleball \$5	9:30 Chair Yoga <b>11:30 Baked Chicken</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	8 - 4 Bread Pickup 9:30 Chair Yoga 9:30 History Club <b>11:30 Grilled Cheese &amp; Tomato Soup</b> 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Caregiver Program
6 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness <b>11:30 Chicken Caesar</b> 1:00 Bingo 4:00 Pickleball 5:00 Meditation	7 8:15 Pilates 9:30 SHINE 9:30 Line Dancing 11:00 Monty Tech lunch <b>11:30 Salisbury Steak</b> 1:00 Game Day	8 9:30 Chair Yoga <b>11:30 Tortellini Soup</b> 12:30 Chair Massage 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball <b>5:30 Veterans Dinner</b> <i>(reservations required)</i>	9 8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club <b>11:30 Veterans Lunch</b> <i>(reservations required)</i> 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club 5:30 COA Board Mtg	
13 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness <b>11:30 Chicken Royale</b> 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	14 8:15 Pilates 9:30 Keep Well Clinic 9:30 Line Dancing <b>11:30 Tim's Burgers</b> 12:30 Mobile Market 1:00 Game Day	15 9:30 Chair Yoga 9:30 SHINE <b>11:30 Apple Pork Chops</b> 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Navigating Grief 4:00 Pickleball 6:00-7:30 Art Reception	16 8 - 4 Bread Pickup 9:30 Holistic Yoga <b>11:30 Baked Fish</b> 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club	17 8:00 VSO Hours 9 -11:00 Food Pantry 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Make & Take
20 8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness	21 8:15 Pilates 9:30 SHINE 9:30 Line Dancing	22 9:30 Chair Yoga <b>11:30 Turkey Dinner</b> 12:30 Rummikub	23 	24 <b>7:30-9:30 Pancake Breakfast</b> 7:30 Fat Daddy's

<b>11:30 Beef Casserole</b> 1:00 Bingo 4:00 Pickleball 5:00 Meditation	<b>11:30 Soup &amp; Sandwich</b> 11:30 State Office Hrs 1:00 Game Day	1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball	 <b>THANKSGIVING</b>	8:00 VSO Hours 9:00 Ladies' Pool 9:30 Knit Happens 10:00 Going Steady <b>CLOSE AT NOON</b>
8:00 Muffin Monday 8:30 Tai Chi 10:00 Fitness <b>11:30 Chicken Alfredo</b> 12:00 Birthday Cake 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:00 Meditation	27 8:15 Pilates 9:30 Line Dancing <b>11:30 Tim's Kielbasa</b> 1:00 Game Day	28 8:15 Pilates 9:30 Line Dancing <b>11:30 Tim's Kielbasa</b> 1:00 Game Day	29 9:30 Chair Yoga 9:30 SHINE <b>11:30 Tuna Salad</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	30 8 - 4 Bread Pickup <b>11:30 Smorgasbord</b> 1:00 Acrylic Painting 1:00 Mahjong 1:00 Beginner Uke 2:00 Ukulele Club
When calling an advertiser, please let them know you saw their ad in this newsletter!				

## Senior Tax Work Off Program

If you are over 60 years old, own and live in a home in Sterling, you are eligible to submit an application to take part in the **Senior Tax Work Off Program**. Qualified participants are credited \$15.00 per hour toward a reduction in their tax bills of up to \$1500.00 per year. The program runs from November 1st - October 31st each year. Applications and application assistance will be provided at the Senior Center. Completed applications are submitted to Kama Jayne, Executive Assistant at the Town Hall.

Completing an application does not guarantee that the senior will be contacted to work or that the maximum reduction will be achieved. There is a limited budget for this program, therefore a limited amount of participants. However, completing an application is important to help us ascertain interest in this program.

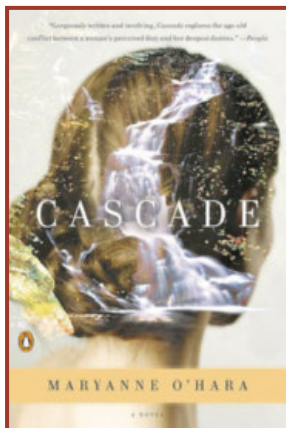
## Medicare 2024 OPEN ENROLLMENT October 15 — December 7

Medicare Open Enrollment 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.

**Additional SHINE appointments are available on November 7, 15, 21 & 29.**  
**Call 978-422-3032 to schedule.**

# SUPPORT OUR ADVERTISERS!





## ***Cascade by Maryanne O'Hara*** **November 15 @ 12:30pm**

It's 1935 in the once-thriving summer town of Cascade and Desdemona Spaulding, a gifted, Paris-trained artist, has made a "mariage sans amour" to provide a roof over the head of her dying father and save the family's renowned Shakespeare theater. When the state threatens to flood Cascade and build a reservoir, Dez comes up with an art project that just might save the town, but her discontent with her new life is growing, and complicated by her attraction to Jacob, a fellow artist.



## **Indoor Pickleball - Mondays & Wednesdays, 4-7pm**

Pickleball returns indoors for the winter at First Church of Sterling, starting November 1st. \$5 per session.

Due to limited space, sessions will initially be restricted to players who currently play with us during our summer session.

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

**Mindful Meditation**  
**Mondays at 5:00pm**  
with Carol McGuiggan

**\$5**

**Open to All Ages**

*Bookend your weekends  
with Marty!*

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

**Free**

**No sign-up needed**



**Chair and Mat  
combined class**

**Tuesdays**  
**8:15am      \$5**

**TAI CHI**  
**MONDAYS AT 8:30AM**  
**WITH SIFU GEORGE**

**Free**

**Yoga as**

**Holistic Self-Care**



**November 16 at 9:30am**

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

**chair yoga**      Yoga for EveryBody

**Thursday, Nov 2nd @ 9:30am**  
**No reservations! No wait list!**  
**\$5 drop-in fee**

**Therapeutic Chair Massage**

**\$10**  
**10 mins**

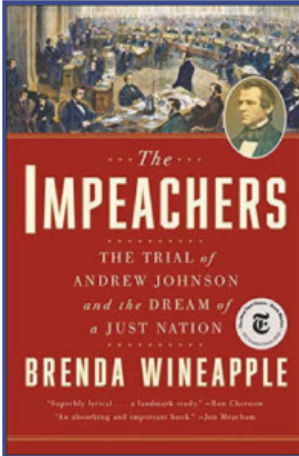
November 8  
12:30pm - 2:30pm



**Sherrill Sasser LMT, CAT**

**Expanded Appointment Hours!**  
**Call to book your session today!**





## HISTORY CLUB

Thursday, November 2 at 9:30am

### The Impeachers: The Trial of Andrew Johnson and the Dream of a Just Nation by Brenda Wineapple

When Lincoln was assassinated and Vice-President Andrew Johnson became "the Accidental President," many white Southerners hoped to restore a pre-Civil War society, if without slavery, and Johnson seemed to share their goals. With the unchecked power of executive orders, Johnson ignored Congress, pardoned rebel leaders, promoted white supremacy, opposed civil rights, and called Reconstruction unnecessary. It fell to Congress to stop the American president who acted like a king.

December 7: Killing of the Witches by Bill O'Reilly

**Knit Happens**



Fridays @ 9:30

Bring your knit, macramé, crochet or craft project.

**Acrylic Painting**  
Thursdays 1:00pm

**\$5**

**New Members Welcome**



**Ladies' Pool**

Fridays 9am - noon



Monday 1pm  
Cards \$1



Get tech help on Tuesdays with Pete. Call to set up an appointment



**Ukulele**

Men's Strumming Mon 13,27 2-3  
Open Strumming Mon 13,27 3-4  
Beginners Thu 1-2pm  
Ukulele club Thu 2-3pm



**MAHJONG**



Thursdays 1:00 pm

### GAME DAY TUESDAYS



DOMINOES  
CRIBBAGE  
PITCH



12:30  
12:30  
1:00



**PITCH PARTY!**



Sat, Nov 4th 6:30pm

Sponsored by Sterling Grange



## Celebrity Servers: Friends of Sterling Seniors

**Fri, Nov 24, 7:30-9:00**



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

Open to All

\$4 Suggested Donation

Sponsored by Friends of Sterling Seniors

## Mobile Market



INSIDE at the Senior Center

Tentative date & time:

**Tuesday, November 14**  
**12:30-1:30**



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



SAVE THE DATES



## Holiday Cookie Sale & Craft Fair

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

Crafter Application Forms are available  
online at [www.tinyurl.com/3bhz387h](http://www.tinyurl.com/3bhz387h)  
or at the Senior Center.



## Council on Aging Holiday Open House

December 3rd, 1:00-2:30pm

Music, Treats & Holiday Fun!



**sterling garden club**  
**holiday make & take**  
**fri. december 8 at 1:00pm**

## COMMUNITY LUNCH

Good food, Good company



**Nov 4.**  
**12 noon**

**Chicken**  
**Parmesan**

**First Church in Sterling**  
**978-422-6657**

**Free  
Bread  
Thursday**



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



**Wachusett Food Pantry**  
**50 Worcester Rd, Sterling**  
**Seniors: Fri Nov 17, 9-11 am**  
**All: Sat Nov 18, 9-11 am**  
**Call Outreach for assistance**

## AND AWAY WE GO TRAVEL

2023-24 Trip List For age 50+ travelers

Nov 18	Crafts and a Show Old Deerfield Craft Show at the site of the Big E, West Springfield. Lunch at Storowtown Tavern then on to the Majestic Theater for the play "Moonglow", a romantic comedy set in Lowell during the 1960s.	\$135
Mar 16, 2024	The Cher Show at the Boch Center Theater, including lunch at Maggiano's .	\$179
Jun 2-4, 2024	The Von Trapp Lodge, Stowe VT Enjoy a Von Trapp history tour, visits to Cabot Cheese, Lake Champlain Chocolates, a brewery tour, dinners and afternoon teas.	\$1029 sgl \$789 dbl
Sun Jul 14	"Lobstah & Bier" Tour A visit to When Pigs Fly bakery; then York Beach Beer Company for beer tasting followed by a full New England Clambake! Final stop at Stonewall Kitchen.	\$129

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





Your Local Caring Funeral Home

**Your Advance Planning  
Information Center**



1158 Main Street, Holden  
508-829-4434  
100 Worcester Road, Sterling  
978-422-0100

**Richard Mansfield  
Ricky Mansfield**  
Funeral Directors  
"Serving the Community of Sterling  
Since 1896"



**978-365-4537**

[www.RiverTerraceRehab.com](http://www.RiverTerraceRehab.com)  
**Short Term Rehabilitation**

Call Today for a Tour  
Cardiopulmonary Specialty Program  
Four Star Overall Rating with Medicare  
1675 Main Street, Lancaster, MA



## THE LAW OFFICES OF MICHAEL D. GORMAN, LLC

*Specializing in: Special Needs Planning • Elder Law  
MassHealth/Medicaid Applications • Trusts • Wills*



mike@mikegormanlaw.com • [www.mikegormanlaw.com](http://www.mikegormanlaw.com) • 508-438-1198  
160 Doyle Road, Holden, MA

Check us out on



## Regonini-Zoll Memorials



978-368-7539

**GRANITE • BRONZE  
LETTERING • CLEANING**

626 Main Street, Clinton, MA 01510



Notown Goods Gift Shop  
11 Main St, Sterling, MA  
[www.notowngoods.com](http://www.notowngoods.com)  
978-352-0800



SHORT-TERM REHABILITATION  
LONG-TERM CARE • RESPITE CARE  
WOUND CARE • HOSPICE CARE



CALL OUR ADMISSIONS DEPARTMENT TODAY FOR A TOUR! (978) 422-5111 EXT. 1229

Specialty Programs include Orthopedic Rehabilitation, Respiratory Therapy & Wound Care  
Physical, Speech, Occupational and Respiratory Therapists On Site,  
Private & Semi-Private Air Conditioned Rooms with Wi-Fi and Cable TV  
Customized Care Plans to Assist Residents Reach Goals and Avoid Unnecessary Hospitalizations  
Formal Dining Room, Beautiful, Secure Courtyard, Hair & Nail Services

*We are conveniently located within minutes of Route 2, I-90 and I-290, seven minutes from  
downtown Worcester, and 25 minutes from Route 495*

18 Dana Hill Road • Sterling, MA 01564 | 978-422-5111 | [www.sterling-village.com](http://www.sterling-village.com)

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

# SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Sterling Council on Aging, Sterling

06-5262



36 Muddy Pond Rd  
PO Box 243  
Sterling, MA 01564-0243

PRSRT STD  
U.S. POSTAGE  
PAID  
LEOMINSTER, MA  
PERMIT NO. 17

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

# ART RECEPTION

## Seeing Artistically *Donna Zehring*

Wednesday, November 15th, 6:00-7:30pm



It all started with a blank wall between two sconces in a house Donna lived in. She bought a canvas, found some wall paint and wood stain, and painted a stand of birch trees.

As the granddaughter of an artist and the daughter of a professional photographer, perhaps it was inevitable that she enjoys capturing what she sees.

Donna took a drawing class in Maine, wandering the room and learning from the artists what they used to create their art. Classes in acrylics with Andrea Driscoll, and watercolor with Yvonne Hemingway & Charlie Gray followed.

"I continue to paint with a variety of mediums and to grow in my photography and the use of Adobe Lightroom. Day by day I learn more about using the tools of art and photography, but appreciate that the greatest gift of an artist is the ability to see artistically."

*Donna*