

# **Sterling** Newsletter SENIOR CENTER

Connecting with each other & our community

October 2022

## Sterling Council on Aging Board Members

*Chair:* Gail Bergeron

*Vice Chair:* Kevin Beaupre

*Secretary:* Liz Pape

*Treasurer:* David Cosgrove

*Members:*

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Sue Protano

## 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

Kim Houck

*Ops/Vol Coord:* Clare Felton

*Maintenance Tech:* Jim Ash

*Van Drivers:*

Pam Dell

Kevin Lowe

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

*Kitchen Manager:*

Ruby Hall




*Autumn Evening Dinner*  
 October 6th at 5:30pm

*Pork Roast*  
*Roasted Potatoes*  
*Winter Squash*  
*Apple Crisp with Ice Cream*

*Door Prizes*      *Tickets \$5*  
                                  *at Senior Center*



**GRAB 'N' GO**

co-sponsored by Sterling Senior Center  
 and Sterling Village

**WEDNESDAY**  
**OCTOBER 19TH**  
**4:30-5:15PM**

**BEEF STEW**  
**ROLL & BUTTER**  
**DESSERT APPLE**

**WALK TO**  
**END**  
**ALZHEIMER'S**

alzheimer's association

**Reservations Required**  
**978-422-3032**

All Donations received  
 will be presented to the  
 Sterling Village Team  
 Walking to End Alzheimer's

 **STERLING VILLAGE**  
 A Privately Owned Village Square Community

Our mission is to maintain the health and well being of Sterling seniors  
 and to assist them with preserving their independence.

Peter Watson



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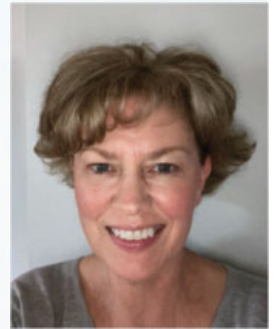
# Outreach Services

We'd like to introduce ourselves as the newest members of the Sterling Senior Center staff. Our names are Linda Chignola and Kim Houck, and between the two of us we will be covering the Outreach office Monday – Friday. There is no wrong day/time to contact Outreach! Kim and Linda are job-sharing and communicating regularly in order to effectively meet the needs of all members of our community.



Linda is a licensed social worker and lives in Leominster. She has over 25 years experience advocating for seniors and individuals with mental health issues, most recently working at Aging Services of North Central MA (formerly Montachusett Home Care). She is in the office on Tuesdays, Thursdays and Fridays.

Kim is a longtime Sterling resident with 25+ years working in the medical field as a Medical Assistant, supporting local residents through various healthcare services. Kim will be at the Center on Mondays and Wednesdays.



We are here to help! The mission of the Senior Center is to assist seniors with preserving their independence while maintaining their health and well-being. Outreach services can contribute to this mission by advising you about community resources, assisting with applications, providing referrals to various supportive services and even by helping you to decipher the abundance of health insurance mail that you may receive! **Although you may not require any specific assistance from us currently, it is beneficial to establish a connection now. Then you won't hesitate to reach out to us in the future.**

One of our initial goals is to connect with everyone in our community. As a first step we are reaching out to members who are 80 years and older, and requesting a short home visit to introduce ourselves, update your information in our records and to discuss the programs and services that are available here at the Senior Center. We also have a few freebies such as motion-sensor lights that we'd love to hand out! We have already made many home visits and look forward to meeting you. Be on the lookout for our call!

If you're visiting the Senior Center, please stop in and say hello to us! We're both happy to be part of such a welcoming and valuable community resource here in Sterling.

*Linda and Kim*

## APPLE FEST LUNCHEON



**Tuesday  
October 25  
11:00 am**

Presentation by Joanne DiNardo,  
President of Sholan Farms Board of Directors

Butternut Squash & Apple Soup  
Apple Cake

Take Home Apples provided by Sholan Farms

**Reservations  
Required**

**\$3  
suggested  
donation**

**Please be  
seated  
by 11am**

*Our thanks to Sholan Farms for their generous donations of apples this year*

## SPECIAL EVENTS

Oct 5, 19	1:00-1:45 pm	Growing Places at Sholan Terrace (1st & 3rd Wednesday)
Oct 6	5:30 pm	Evening Dinner <i>Tickets \$5 each</i>
Oct 10	CLOSED	Indigenous Peoples Day
Oct 11	12-1:30 pm	Mobile Market (monthly, second Tuesday)
Oct 12	8:30-11:30 am	Flu Clinic <i>Registration Required</i>
Oct 12	12:30 pm	<b>Senior Center opens at 12:30pm - no lunch or morning programs</b>
Oct 14	1:00 pm	Hubbardston Swingin' Singin' Seniors <i>Registration Required</i>
Oct 19	4:30-5:15 pm	Grab 'n' Go – Sterling Village, Walk to End Alzheimer's
Oct 21	1:00 pm	Make and Take Tee-Shirts with Laurel – <i>Registration Required</i>
Oct 25	11:00 am	AppleFest Presentation and Luncheon <i>Registration Required</i>
Oct 28	7:30-9:00 am	Halloween Pancake Breakfast
Oct 31	12:00 pm	Birthday Cake

## ONGOING - see calendar for exercise programs

Oct 1	6:30 pm	Grange Pitch Party
Oct 3		Pool daily
Oct 3	1:00 pm	BINGO (weekly on Mondays)
Oct 3	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Oct 3	6:00 pm	Meditation (weekly on Mondays, \$5)
Oct 4	by appointment	SHINE counseling
Oct 4	9:00 am	Open Coloring (weekly on Tuesdays)
Oct 4	1:00 pm	Game Day (weekly on Tuesdays)
Oct 5	12:30 pm	Rummikub (weekly on Wednesdays)
Oct 5	1:00 pm	Van Shopping Trip (weekly on Wednesdays, <i>sign-up</i> )
Oct 5	1:00 pm	Wii Bowling (weekly on Wednesdays)
Oct 6	8am-4pm	Bread Pickup (weekly on Thursdays)
Oct 6	9:30 am	History Club (first Thursday of month)
Oct 6	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Oct 6	1:00 pm	Beginner Ukulele (weekly on Thursdays, <i>sign-up required</i> )
Oct 6	2:00 pm	Ukulele Club (weekly on Thursdays)
Oct 6	2:00 pm	Mahjong (weekly on Thursdays)
Oct 7	8:00 am-noon	Veterans Services Office
Oct 7	9:30 am	Knitting Club (weekly on Fridays)
Oct 13	9:30 am	Dull Men's Club (second Thursday of month)
Oct 14,15	9-11:00 am	Food Pantry
Oct 18	11:30 am	State Office Hours (third Tuesday of month)
Oct 19	12:30 pm	Book Club <i>The Midnight Library by Matt Haig</i>

## WELLNESS

Oct 7	10:00 am	Going Steady (weekly on Fridays)
Oct 11	9:30-11:30 am	Well Clinic sponsored by VNA Care
Oct 12,26	3:30-5:00 pm	Parkinson's Support
Oct 13,27	by appointment	Foot Clinic \$45 to FC Nurse
Oct 20	9:30 am	Caregiver Yoga <i>registration suggested</i>
Oct 27	3:00-4:30 pm	Caregiver Support <i>registration suggested</i>



## Make 'n' Take

Friday October 21st at 1:00pm

Join Laurel to make a cute  
and Wicked Awesome  
Tie-Dye tee-shirt  
using a bleach-spray technique

Registration Required  
Call 978-422-3032



Bring your own  
tee-shirt (or two).  
Dark colors work best!

# Hubbardston Swingin' Singin' Seniors



Hubbardston Swingin' Singin' Seniors began as a twice-week informal jam session with two or three singers and a guitarist having fun with "the Oldies". It has grown to over 20 participants, from several towns. They have been consistently broadening their repertoire, and have presented numerous programs at area senior centers, nursing homes and churches since 2014.

October 14th at 1:00pm

Registration Required - 978-422-3032



October  
13th  
9:30am

## Healthy Aging and Neighborhood Study (HANS)

Linda Churchill & Qun Le  
Research Coordinators, UMass Lowell

Would you like to hear how you can contribute to research on healthy aging? Attend the meeting to learn more about the program!

If you are aged 65 or older, you are invited to take part in a research study to investigate the relationship between aging, physical activity, falls and the outdoor environment. This is an observational study in which there is no intervention or blood work. Compensation provided.

Results from the previous clinical study will be presented. Those who joined the program in 2019 are encouraged to return.





Van rides are available for all events.

Call to schedule a ride: Monday - Friday 8am - noon, 978-422-3032.



# OCTOBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Hungarian Short Ribs</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>4</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 SHINE <b>11:30 Tim's Burgers</b> 1:00 Game Day</p>	<p>5</p> <p>9:30 Chair Yoga <b>11:30 Baked Crispy Chicken Legs</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>6</p> <p>8 - 4 Bread Pickup 9:30 History Club <b>11:30 Grilled Cheese &amp; Tomato Soup</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 6:00 Evening Dinner</p>	<p>7</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b></p>
<p>10</p> 	<p>11</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Well Clinic <b>11:30 Taco Cornbread Casserole</b> 1:00 Game Day</p>	<p>12</p> <p>8:30-11:30 Flu Clinic <b>Senior Center CLOSED for programming until 12:30.</b> <b>NO LUNCH today.</b> 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>13</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic 9:30 Dull Men's Club <b>11:30 Tuna Salad Plate</b> 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 VSO Hours 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Hubbardston Swingin' Singin' Seniors</p>
<p>17</p> <p>8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Breakfast for Lunch</b> 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation</p>	<p>18</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing <b>11:30 Stuffed Peppers</b> 11:30 State Office Hrs 12:00 Mobile Market 1:00 Game Day</p>	<p>19</p> <p>9:30 Chair Yoga <b>11:30 Chicken Salad Plate</b> 12:30 Book Club 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball 4:30 Grab 'n' Go</p>	<p>20</p> <p>8 - 4 Bread Pickup 9:30 Caregiver Yoga <b>11:30 Fish Taco</b> 1:00 Acrylic Painting 1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong</p>	<p>21</p> <p>8:00 VSO Hours 9 -11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady <b>11:30 Smorgasbord</b> 1:00 Make and Take</p>
<p>24</p> <p>8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Beef &amp; Spinach Lo Mein</b></p>	<p>25</p> <p>8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:00 AppleFest</p>	<p>26</p> <p>9:30 Chair Yoga <b>11:30 Pulled Pork Sandwich</b> 12:30 Rummikub</p>	<p>27</p> <p>8 - 4 Bread Pickup 8:30-2:30 Foot Clinic <b>11:30 Smorgasbord</b> 1:00 Acrylic Painting</p>	<p>28</p> <p><b>7:30-9:00 Halloween Pancake Breakfast</b> 8:00 VSO Hours 9:30 Knit Happens</p>

1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	31 8:00 Muffin Monday 8:30 Tai Chi <b>11:30 Hot Dog Mummies</b> 12:00 Birthday Cake 1:00 Bingo 3:00 Open Strumming 4:00 Pickleball 6:00 Meditation	Presentation <b>11:30 Butternut Squash &amp; Apple Soup</b> 1:00 Game Day	1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball	1:00 Beginner Ukulele 2:00 Ukulele Club 2:00 Mahjong 3:00 Caregiver Support	10:00 Going Steady
		Fees for Tai Chi, Yoga, Meditation & Pilates : <b>\$5 In Person</b> <b>\$2 Zoom</b> Line Dancing \$2 Acrylic Painting \$5 Clean indoor shoes for exercise classes please.	<b>Wednesday Shopping Trips:</b> 10/5 Ocean State 10/12 Walmart, Leom 10/19 Home Goods & Savers, Worc 10/26 Walmart, WB Registration Required	 <b>Free Bread Thursday</b> New Day! 8am-4pm or until supplies last Limit Two loaves	 <b>Wachusett Food Pantry</b> 50 Worcester Rd, Sterling Seniors: Fri Oct 14, 9-11 All: Sat Oct 15, 9-11 Call Linda or Kim for assistance



October 1st at Noon  
First Church in Sterling  
**All are welcome!**

**1st Saturday Community Lunch**

No Cost

No Reservations

Salad • Meatloaf  
Mashed potatoes • Veggie Dessert

Van rides available through Senior Center



**GROWING PLACES**

Tuesday, Oct 11  
12–1:30pm

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


**Food Market**  
**Wed, Oct 5 & 19 at 1-1:45pm**  
**1st & 3rd Wednesdays**  
**at Sholan Terrace**

Look for the refrigerated truck with the Growing Places Table!



**Mobile Market**

at the Senior Center



**Veterans' Services**

**Fridays**  
**8:00am-noon**  
**at the Senior Center**

If you need assistance outside of these times, please call  
**Leominster Veterans' Services**  
**978-534-7538**

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

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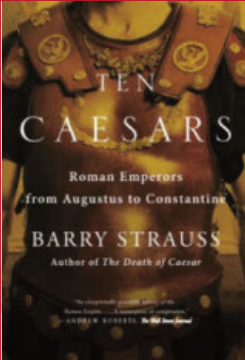


**Fridays 9:30am**  
Bring your knit,  
crochet, macramé  
or Craft project



**Knit Happens**


## HISTORY CLUB



**Thursday, October 6 at 9:30am**  
**Ten Caesars: Roman Emperors from Augustus to Constantine**  
by Barry Strauss

"An exceptionally accessible history of the Roman Empire." A summation of three and a half centuries of the Roman Empire as seen through the lives of ten of the most important emperors.

Nov 3: The Founders' Fortunes by Willard Randall



**Book Club**  
**Oct 19 @ 12:30pm**

**The Midnight Library**  
by Matt Haig



**Tuesdays**  
**October**  
**18 & 25**  
**ONLY**

**Marty's Fitness**  
**Mondays and Wednesday**  
**10:00 am**  
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**Acrylic Painting**  
**Thursdays 1:00pm**  
**\$5**  
**New Members Welcome**

**Mindful Meditation**  
**Mondays at 6pm**



**\$5**


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




**Thursdays**  
**2:00 pm**

**MAHJONG**

**GAME DAY TUESDAYS**



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



**Rummikub**  
**WED 12:30**

**BINGO!**  
**Mondays at 1pm**

**Tai Chi** **\$5**  
**Mondays at 8:30am with John**  
Call us at 978-422-3032 to join!

**Pilates** **Tuesdays**  
**8:15am**  
**\$5**  
**Chair and Mat combined class**  
**Registration Required**



**Going Steady**  
**Fridays at 10:00am**  
Learn the tricks of fall prevention  
For all levels  
Sponsored by Red Sox Foundation



**PITCH PARTY!**  
**Oct 3rd at 6:30pm**  
In partnership with Sterling Grange







## Pool Players Wanted!

**Tables available all day.**  
**Bring your friends to play!**



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

## Fun Seekers sought!

Air Conditioned!

Fun!

**Wednesdays @ 1:00pm**  
**Wii Bowling**

Join the team for Monthly Tournaments!

## SUPPORT PROGRAMS

IN THIS TOGETHER  
**parkinson's**

In person support (with Zoom option)  
2nd & 4th Wednesdays  
October 12 & 26 at 3:30-5:00 pm

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

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

**Oct 20th at 9:30am** and every third Thursday

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

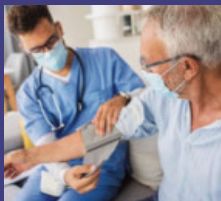


**Foot Clinic**  
Footcare By Nurses

Appointments at the Senior Center  
with Moira, RN. Call 978-422-3032  
to schedule your clinic visit for \$45  
on Oct 13 & 27, and Nov 3 & 17.

## KEEP WELL CLINIC

October 11th 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**

**October 27th, 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

Van rides are available for clinic appointments.  
Call to schedule a van ride for the drive-through flu clinic.  
Call Monday - Friday 8am - noon, 978-422-3032.





## Holiday Cookie Sale & Craft Fair

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

Applications are being taken for all Crafters who wish to participate in the Friends of Sterling Seniors 2022 Cookie Sale & Craft Fair.

Crafter Application Forms are available online at <https://qrco.de/bdJcmu> or at the Senior Center.



## PERFECTLY PECULIAR HALLOWEEN PANCAKES



**FRIDAY, OCTOBER 28TH  
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## Medicare 2023 OPEN ENROLLMENT October 15—December 7

Medicare Open Enrollment begins on October 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.



### STATE OFFICE HOURS

Representatives from the offices of  
Senator Anne Gobi and  
Representative Meghan Kilcoyne  
**October 18th, 11:30am - 12:30pm**  
at Sterling Senior Center.  
Come with a question, or just to meet.

## AND AWAY WE GO TRAVEL 2022 Trip List For age 50+ travelers

Sun, Oct 9	Calvin Coolidge Museum A visit to Plymouth, Vermont with lunch at the Quechee Inn at Marshland Farm, then onto the birth place of President Calvin Coolidge to tour the many historical buildings and the Calvin Coolidge Museum.	\$119 pp
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](mailto: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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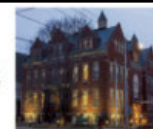
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**FLU SHOTS**  
CVS Pharmacy Flu Shot Clinic

**Wednesday, October 12th**  
**8:30 - 11:30 am**  
**by appointment only**

## ***DRIVE THROUGH FLU CLINIC at the Senior Center***

Appointments will be made in 15-minute blocks. If there will be two people in a car, you will need to make two appointments.



This year there will be no paper forms — all registrations must be made online. Scan the code at left, or go to <https://qrco.de/bdGSuo>

If you need assistance with registration please call us at 978-422-3032 — we can complete the registration for you.



Your flu shot is covered by Medicare Part B or your Medicare Advantage Plan (HMO, PPO).

Remember to wear a short sleeved shirt! In the event of inclement weather we will move the clinic inside. Accommodations can be made for those who have ambulatory difficulties.

*According to the CDC it takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. Make plans to get vaccinated by the end of October.*