

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

January 2022

Sterling Council on Aging Board Members

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Sterling Senior Center

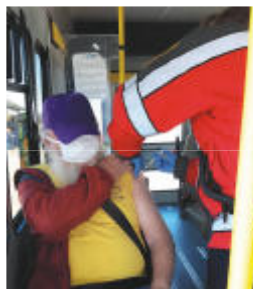
P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: 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.

Peter Watson



61 Redstone Hill, Sterling, MA
1-978-422-3166
cell: 978-502-8847



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You may be eligible for the Circuit Breaker Tax Credit

If you are a homeowner, your MA property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year. If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

For tax year 2021 the maximum credit amount is \$1,170.

- You must be a Massachusetts resident or part-year resident
- You must be 65 or older by January 1, 2022
- You must own or rent residential property in MA and occupy it as your primary residence
- Income no more than \$62,000 for single person, \$78,000 for head of household, \$93,000 for married couple

You must file a Mass personal income tax return with Schedule CB. More information is available at <https://www.mass.gov/how-to/apply-for-the-circuit-breaker-credit>



3G Network Shutdowns

3G wireless networks are [scheduled to shut down this year](#), which will prevent older cell phones that utilize these networks from making or receiving calls or using data services. In addition to cell phones, other connected devices such as certain medical devices, alert systems, and security systems that use 3G network services will be impacted.

Connectivity is critically important in this time when people are utilizing telehealth services and service providers remotely. Contact your mobile provider or consult your provider's website for more information about their 3G retirement plan and whether your phone, or other connected device, may be affected. It is important to plan now so that you don't lose connectivity, including the ability to call 911.

Call us to make an appointment with Pete Cummings for help in determining your network.



Volunteer Launch and Learn

We're starting the new year with a belated "Launch & Learn" for

our CURRENT Senior Center volunteers.

Communication and teamwork is vital to meeting our mission and ensuring a positive volunteer experience.

We encourage you to attend the January meeting. Due to Covid safety concerns, food and drink will not be served. Instead, enjoy a fun raffle!

Kitchen Volunteers: Friday, 14th Jan 12:30pm

All other Volunteers: Friday, 21st Jan 12:30pm

Slow Down!

During winter when there's snow in the parking lot, it is especially important to follow the arrows!



Anti-clockwise through the lot please

Senior Center Snow Policy

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

For delayed opening, the Center will *open at lunch*.

For early closings, the Center will close *after lunch*.

When in doubt, be safe!
Call the Center 978-422-3032

January

SPECIAL EVENTS

Jan 11	6:00-8:00 pm	Artist Reception
Jan 12	11:00-1:00 pm	Growing Places Pop-Up Market
Jan 14,21	12:30 pm	Volunteer Launch & Learn
Jan 17	CLOSED	Martin Luther King Jr. Day
Jan 28	7:30-9:00 am	Pancake Breakfast

ONGOING

Jan 3		Pool daily
Jan 3	8:30 am	Tai Chi (weekly on Mondays at 1835 Building, <i>sign-up, \$5</i>)
Jan 3	1:00 pm	BINGO (weekly on Mondays)
Jan 3	3:00 pm	Ukulele Open Strumming (weekly on Mondays)
Jan 3	5:30 pm	Meditation (weekly on Mondays)
Jan 4	8am-4pm	Bread Pickup (weekly on Tuesdays)
Jan 4	8:15 am	Pilates (weekly on Tuesdays, <i>sign up required, \$5</i>)
Jan 4	9:00 am	Open Coloring (weekly on Tuesdays)
Jan 4	9:30 am	Line Dancing (weekly on Tuesdays, <i>sign up required, \$2</i>)
Jan 4	by appointment	SHINE Counseling
Jan 4	by appointment	Tech Help (weekly on Tuesdays)
Jan 4	1:00 pm	Game Day (weekly on Tuesdays)
Jan 5	9:30 am	Chair Yoga (weekly on Wednesdays, <i>sign up required, \$5</i>)
Jan 5	12:30 pm	Rummikub (weekly on Wednesdays)
Jan 5	1:00 pm	Van Shopping Trip (weekly on Wednesdays)
Jan 5	1:00 pm	Wii Bowling (weekly on Wednesdays)
Jan 5	4:00-7:00 pm	Pickleball at First Church Hall (weekly on Wed, <i>sign-up \$3</i>)
Jan 6	9:30 am	History Club (first Thursday of month)
Jan 6	1:00 pm	Acrylic Painting \$5 (weekly on Thursdays)
Jan 6	1:00 pm	Entry Level Ukulele (weekly on Thursdays)
Jan 6	2:00 pm	Ukulele Club (weekly on Thursdays)
Jan 6	1:00 pm	Mahjong (weekly on Thursdays at Princeton SC)
Jan 7	8:00 am-noon	Veterans Services Office (weekly on Fridays)
Jan 7	9:30 am	Knitting Club (weekly on Fridays)
Jan 13	9:30 am	Dull Men's Club (second Thursday of month)
Jan 14,15	9-11:00 am	Food Pantry
Jan 15	6:30 pm	Grange Pitch Party <i>registration required</i>
Jan 19	12:30 pm	Book Club "The Thorn Birds"

WELLNESS

Jan 3	10:00 am	Grandparents Raising Grandchildren
Jan 7	10:00 am	Going Steady (weekly on Fridays, <i>sign up required</i>)
Jan 5	6:00 pm	Parkinson's Support
Jan 11	9:30-11:30 am	Elder Wellness Clinic sponsored by VNA Cares
Jan 12 & 26	3:30 pm	Parkinson's Support
Jan 13 & 27	by appointment	Foot Clinic \$45 to FC Nurse
Jan 27	3:00 pm	Caregiver Support <i>registration requested</i>



Pop-Up Market

Join Ayn from Growing Places
Wednesday, January 12th 11am-1pm

NEW



**ENJOY A POP-UP PRODUCE MARKET
 LEARN ABOUT SNAP & HIP
 SIGN UP FOR 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.



CAREGIVER SUPPORT

Monthly, Last Thursday 3 - 4:30pm

January 27th

NEW

This will be a peer directed meeting, facilitated by Eileen Brooks from Sterling Village.

You're a caregiver! We understand scheduling 1½ hrs can be hard - so drop in anytime during 3-4:30! A future schedule, including evening options, will be discussed at the January meeting.

Registration Requested
 978-422-3032



Fridays 8am - Noon

**Leominster Veterans Services
 978-534-7538**



10:00am **NEW**
January 3rd

The Grandparents Raising Grandchildren Support Group is open to grandparents who are in both the primary and secondary caregiver role for their grandchildren. Meetings will be the first Monday of each month at 10:00 am. The purpose of the group is to help each other navigate through the challenges and joys faced as grandparents raising grandchildren, and become informed about the resources available. For more information contact Pat Keay at pat.keay@gmail.com

ELDER KEEP WELL CLINIC

January 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.



Foot Clinic
 Footcare By Nurses

Appointments at the Senior Center.

Call us at 978-422-3032 to schedule your clinic visit for \$45 on January 13 or 27, and February 10 & 24.



In person support (with Zoom option)
Added Meeting on 1st Wednesday
January 5th at 6-8pm
2nd & 4th Wednesdays
January 12th and 26th at 3:30-5:00 pm
 Please contact Joe at 508-335-0672
 or northworcparkies@yahoo.com

Free Bread Tuesdays
 Every Tuesday 8am-4pm or until supplies last
All ages welcome!
 Limit two loaves




Wachusett Food Pantry

Seniors: Fri Jan 14, 9-11
All: Sat Jan 15, 9-11

Call Nickole at the Senior Center for assistance.

JANUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00 Muffin Monday 8:30 Tai Chi * 11:30 Oven Baked Ham 1:00 Bingo 3:00 Open Strumming 5:30 Meditation</p>	<p>4</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 SHINE 9:30 Line Dancing 11:30 Lentil Soup 1:00 Game Day</p>	<p>5</p> <p>9:30 Chair Yoga 11:30 Paula's Steamed Hot Dogs 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball 6:00 Parkinson Support</p>	<p>6</p> <p>9:30 History Club 11:30 Chicken Caesar Pasta Salad 1:00 Acrylic Painting 1:00 Entry Level Uke 1:00 Mahjong** 2:00 Ukulele Club</p>	<p>7</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord</p>
<p>10</p> <p>8:00 Muffin Monday 8:30 Tai Chi * 11:30 Chicken Dinner 1:00 Bingo 3:00 Open Strumming 5:30 Meditation</p>	<p>11</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30-11:30 Elder Keep Well Clinic 9:30 Line Dancing 11:30 Tortellini Pasta Salad 1:00 Game Day 6-8:00 Art Reception</p>	<p>12</p> <p>9:30 Chair Yoga 11:00 Growing Places 11:30 Hearty Vegetable Soup 12:30 Rummikub 1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>13</p> <p>8:30-2:30 Foot Clinic 9:30 Dull Men's Club 11:30 Fish Dinner 1:00 Acrylic Painting 1:00 Entry Level Uke 1:00 Mahjong** 2:00 Ukulele Club</p>	<p>14</p> <p>8:00 VSO Hours 9 -11:00 Food Pantry 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:30 Launch & Learn</p>
<p>17</p>  <p>LET FREEDOM RING MARTIN LUTHER KING JR. DAY</p>	<p>18</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing 11:30 Pork Dinner 1:00 Game Day</p>	<p>19</p> <p>9:30 Chair Yoga 11:30 Albondigas Soup 12:30 Rummikub 12:30 Book Club 1:00 Van shopping trip 1:00 Wii Bowling 4:00 Pickleball</p>	<p>20</p> <p>11:30 Barbecue Chicken 1:00 Acrylic Painting 1:00 Entry Level Uke 1:00 Mahjong** 2:00 Ukulele Club</p>	<p>21</p> <p>8:00 VSO Hours 9:30 Knit Happens 10:00 Going Steady 11:30 Smorgasbord 12:30 Launch & Learn</p>
<p>24</p> <p>8:00 Muffin Monday 8:30 Tai Chi * 11:30 Chicken with Creamy Corn Pudding</p>	<p>25</p> <p>8 - 4 Bread Pickup 8:15 Pilates 9:00 Open Coloring 9:30 Line Dancing</p>	<p>26</p> <p>9:30 Chair Yoga 11:30 Baked Chicken with Rice 12:30 Rummikub</p>	<p>27</p> <p>8:30-2:30 Foot Clinic 11:30 Smorgasbord 1:00 Acrylic Painting 1:00 Entry Level Uke</p>	<p>28</p> <p>7:30-9:00 Pancake Breakfast 8:00 VSO Hours 9:30 Knit Happens</p>

<p>1:00 Bingo 3:00 Open Strumming 5:30 Meditation</p>	<p>11:30 Tomato Tortellini Soup 1:00 Game Day</p>	<p>1:00 Van shopping trip 1:00 Wii Bowling 3:30 Parkinson Support 4:00 Pickleball</p>	<p>1:00 Mahjong** 2:00 Ukulele Club</p>	<p>10:00 Going Steady</p>
<p>31 8:00 Muffin Monday 8:30 Tai Chi * 11:30 Minestrone Soup 1:00 Bingo 3:00 Open Strumming 5:30 Meditation</p>		<p>Wednesday Shopping Trips: 1/5 Walmart, Leom 1/12 Ocean State 1/19 Walmart, WB 1/26 Lincoln Plaza</p>	<p>* At 1835 Building ** At Princeton SC Fees for Tai Chi ,Yoga & Pilates classes: \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Pickleball \$3</p>	<p>COFFEE SERVED ALL DAY</p> 



Food is Love

January 8th at Noon
First Church in Sterling

Meatloaf and sides,
Dessert and beverages

1st Saturday Community Lunch

- x Cost
- x Reservations
- ✓ Mask

All are welcome!

At the Sterling Senior Center, unvaccinated individuals are to wear a mask and observe social distancing guidelines. Effective 7/30/21 (and effective at time of print), the Massachusetts Department of Public Health now advises that a fully vaccinated person should wear a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is an unvaccinated adult. (This guidance is subject to change pending Mass.gov and CDC recommendations.)

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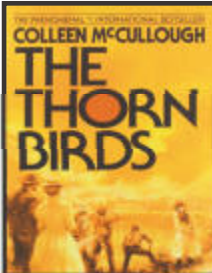




Mary had a little Local Area Municipal Broadband

Thursday, January 13th 9:30am
Bill Underwood, SMLD

Join Bill, the Network Coordinator from Sterling Municipal Light Department, to learn about the Local Area Municipal Broadband (LAMB) program.



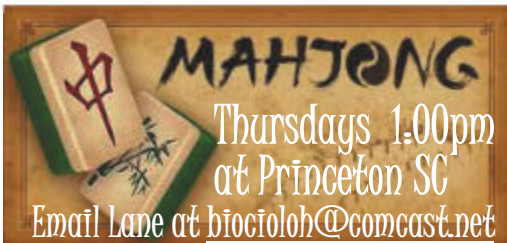
Book Club
January 19th 12:30pm

The Thorn Birds
by Colleen McCullough

OPEN COLORING

TUESDAYS 9-10AM

BRING YOUR OWN,
OR SUPPLIES AVAILABLE



MAHJONG

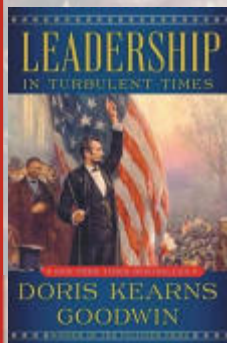
Thursdays 1:00pm
at Princeton SC

Email Lane at bioc10h@comcast.net

HISTORY CLUB

Leadership in Turbulent Times
by Doris Kearns Goodwin

January 6th 9:30am
Registration encouraged



Are leaders born or made? Where does ambition come from? How does adversity affect the growth of leadership? Does the man make the times, or do the times make the man?



Mondays at 1:00pm
Cards \$1 each



knit happens

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



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



Peter Cummings offers
technical help through
in-person meetings.
Call for appointment
978-422-3032

GAME DAY



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



TUESDAYS





PICKLEBALL
SERVING UP FUN TIMES!


Wednesdays, 4-7pm
Inside at First Church
Mask mandate, per Church
Registration Required

\$3 per session



Wii Bowling


Wednesdays @ 1:00pm



Pilates

Tuesdays
8:15am
\$5

Join Mary from The Core Connection
Chair and Mat combined class
Come In and Give it a Try!!
Registration Required



Meditation with Cindy

Mondays
5:30pm

Connecting
with our
Body

Sponsored by Conant Library

Tai Chi

Mondays at 8:30am

In person at 1835 building plus Zoom
(inside shoes required)
<https://us02web.zoom.us/j/89346204723>
ID: 893 4620 4723 Password: 839376
Newcomers welcome.
Call 978-422-3032 to join!



Chair Yoga

Additional Class
offered by
Recreation Dept


Fridays at 7am
Drop-in Fee \$3

Upstairs at
1835 Building

Our Chair Yoga class with Katie & Carleen
is over capacity. Weekly we ask a few
members (on a rotating basis) to
participate by Zoom vs in-person.
Zoom Meeting ID: 895 3852 7554
If you are new to yoga, consider taking the
class offered by Sterling Rec Dept.
Visit www.sterlingrec.com
for information and to register for a class

Going Steady

Fridays at 10:00am
Learn the tricks of fall prevention.
For all levels.



Sponsored by Leominster Credit Union



PITCH PARTY!

January 15th at 6:30pm
Limited to 40 players.
Mask mandate.
No food or drink service.

Registration Required
- call 978-422-3032

Be courteous, and
call to cancel if
unable to participate

In partnership with Sterling Grange

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



With enormous thanks to all the very generous sponsors of the FOSS Holiday Basket Fundraiser.

Individuals and families:

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Winners will be announced in our February newsletter!

Wachusett Area Rotary Club's complimentary
**SENIOR VALENTINE
GRAB & GO
LASAGNE DINNER**



Sunday February 13th 1-2pm
Pick-up at Sterling Senior Center

All meal reservations are required through Holden Senior Center at 508-210-5570 by Friday, January 28th.

CALL EARLY – meals are limited

Dinners prepared by The Manor Restaurant.



Friday, January 28th 7:30 - 9:00 am
Celebrity Server:
Ryan Mouradian, DPW Superintendent

Open to all
\$3 suggested donation

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

Sponsored by Friends of Sterling Seniors

MUFFIN

M MUFFIN NDAY

8am till they're gone!
Sit awhile, sip coffee,
enjoy a morning muffin,
and meet
old and new friends.

AND AWAY WE GO TRAVEL

2022 Trip List For age 50+ travelers

Sun, Feb 13	Cabin Fever. Springfield. Begin with Sunday Brunch at the Student Prince, then visit The Amazing World of Dr. Seuss, The George Smith Art Museum, Springfield Science Museum, The D'Amour Museum of Fine Arts and the Wood Museum of Springfield History.	\$99.00/pp
Sun, Mar 13	Incident at Our Lady of Perpetual Hope. A comedy about a good Irish Catholic family in the 1970s, delivering shenanigans, sins and sage advice. At the Stoneham Theater. Pre-show lunch at Chateau Restaurant, Burlington.	\$149.00/pp
Sat, Apr 9	Peabody Essex Museum, Salem. Many new exhibits in the recent 40,000sf extension! Includes lunch at Finz Restaurant.	\$119.00/pp
May 12-15	Ottawa Tulip Festival 3 nights at Sheraton Hotel, breakfasts, dinners, all admissions, Ottawa River cruise, guide and driver gratuities. Itinerary is subject to change or cancellation based on border crossings.	\$939 single \$799 double \$759 triple
Sun, June 26	On Gold 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.	\$115.00/pp
October 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	

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

ARTIST RECEPTION

TUESDAY, JANUARY 11TH 6-8PM

“NATURESCAPES”

BY STERLING ARTIST, BARBARA J. KIMBALL

“As an artist coming from an advertising background, I enjoy experimenting with different mediums. These nature inspired pieces are created with alcohol inks and traditional watercolor but on untraditional surfaces of ceramic tile and synthetic paper. As such, the colors take on a life of their own making each piece a vibrant interpretation of the Naturescapes theme.”

