



# Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

February 2022

## Sterling Council on Aging Board Members

*Chair:* Kevin Beaupre

*Secretary:* Liz Pape

*Treasurer:* David Cosgrove

*Members:*

Gail Bergeron

Nancy Castagna

Meg Chase

Joe LaGrassa

Debra MacLennan

Sue Protano

## Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

*Hours:* Mon-Thur 8 - 4,

Fri 8 - 2

*Director:* Veronica Buckley

*Outreach:* Nickole Boardman

*Operations Coordinator:*

Clare Anderson-Felton

*Maintenance Tech:* Jim Ash

*Van Drivers:*

Pam Dell

Marlene Neitlich

Robert Protano

Rob Seidel

Diane Sousa

*Kitchen Manager:*

Ruby Hall



*Love Songs* *for*  
*Valentine's*  
*Day*  
*with*  
*Bill McCarthy*

Friday, February 11th at 1:00pm

Registration Required

978-422-3032

**This is a musical event only  
No Food or Drink will be served**

Wachusett Area Rotary Club's complimentary

**SENIOR VALENTINE**

**GRAB & GO**

**LASAGNE DINNER**



For those who have signed up, remember to Pick Up  
Sunday February 13th 1-2pm  
at Sterling Senior Center

Call HOLDEN Senior Center at 508-210-5570  
for information.

Dinners prepared by The Manor Restaurant.

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



### CHRISTOPHER HEIGHTS ASSISTED LIVING NEW Senior Lifestyle Plans = CHOICES!



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Contact **Susanne Carpenter** to place an ad today!  
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**At the Sterling Senior Center, all individuals are to wear a mask and observe social distancing guidelines.**

Effective at time of print, the Massachusetts Department of Public Health now advises that all people, regardless of vaccination status, should wear a mask or face covering when indoors (and not in your own home)

(This guidance is subject to change pending Mass.gov and CDC recommendations.)



## COVID-19 Digital Vaccine Card

According to the 01-10-22 press release from Baker-Polito Administration, a new tool, called My Vax Records, allows people who received their vaccination in Massachusetts to access their own vaccination history and generate a COVID-19 digital vaccine card.

Access the new tool at [MyVaxRecords.Mass.Gov](https://MyVaxRecords.Mass.Gov)

The electronic record shows the same information as a paper CDC vaccine card: name, date of birth, date of vaccinations, and vaccine manufacturer. It also includes a QR code that makes these same details readable by a QR scanner, including smartphone apps.



## How to get your At-Home Over-The-Counter COVID-19 Test for Free

Starting January 15, most people with a health plan can go online, or to a pharmacy or store to purchase an at-home over-the-counter COVID-19 diagnostic test authorized by the U.S. Food and Drug Administration (FDA) at no cost, either through reimbursement or free of charge through their insurance.

The test will either be free directly at the point of sale, if your health plan provides for direct coverage, or by reimbursement if you are charged for your test. Be sure to keep your receipt if you need to submit a claim to your insurance company for reimbursement.

Your plan is required to reimburse you at a rate of up to \$12 per individual test (or the cost of the test, if less than \$12).

Your plan is required to provide reimbursement for 8 tests per month for each individual on the plan, regardless of whether the tests are bought all at once or at separate times throughout the month.

For people covered by original fee-for-service Medicare, Medicare pays for COVID-19 diagnostic tests performed by a laboratory, such as PCR and antigen tests, with no beneficiary cost sharing when the test is ordered by a physician, non-physician practitioner, pharmacist, or other authorized health care professional.

Medicare Advantage plans may offer coverage and payment for at-home over-the-counter COVID-19 tests, so consumers covered by Medicare Advantage should check with their plan.

**The information on this page is correct at time of print.  
There may be questions and glitches as these programs roll out.  
Feel free to call the Senior Center for updated information and guidance.**

February

## SPECIAL EVENTS

|        |               |  |
|--------|---------------|--|
| Feb 11 | 1:00 pm       | Love Songs with Bill McCarthy <i>registration required</i> |
| Feb 21 | CLOSED        | Presidents Day   |
| Feb 23 | 11:00-1:00 pm | Growing Places Pop-Up Market                               |
| Feb 25 | 7:30-9:00 am  | Pancake Breakfast  |

## ONGOING

|           |                |   |
|-----------|----------------|---|
| Feb 1     |                | Pool daily  |
| Feb 1     | 8am-4pm        | Bread Pickup (weekly on Tuesdays)                                     |
| Feb 1     | 8:15 am        | Pilates (weekly on Tuesdays, <i>sign up required, \$5</i> )           |
| Feb 1     | 9:00 am        | Open Coloring (weekly on Tuesdays)                                    |
| Feb 1     | 9:30 am        | Line Dancing (weekly on Tuesdays, <i>sign up required, \$2</i> )      |
| Feb 1     | by appointment | SHINE Counseling  |
| Feb 1     | by appointment | Tech Help (weekly on Tuesdays)  |
| Feb 1     | 1:00 pm        | Game Day (weekly on Tuesdays)   |
| Feb 2     | 9:30 am        | Chair Yoga (weekly on Wednesdays, <i>sign up required, \$5</i> )      |
| Feb 2     | 12:30 pm       | Rummikub (weekly on Wednesdays)                                       |
| Feb 2     | 1:00 pm        | Van Shopping Trip (weekly on Wednesdays)                              |
| Feb 2     | 1:00 pm        | Wii Bowling (weekly on Wednesdays)                                    |
| Feb 2     | 4:00-7:00 pm   | Pickleball at First Church Hall (weekly on Wed, <i>sign-up, \$3</i> ) |
| Feb 3     | 9:30 am        | History Club (first Thursday of month)                                |
| Feb 3     | 1:00 pm        | Acrylic Painting \$5 (weekly on Thursdays)                            |
| Feb 3     | 1:00 pm        | Entry Level Ukulele (weekly on Thursdays)                             |
| Feb 3     | 2:00 pm        | Ukulele Club (weekly on Thursdays)                                    |
| Feb 4     | 8:00 am-noon   | Veterans Services Office (weekly on Fridays)                          |
| Feb 4     | 9:30 am        | Knitting Club (weekly on Fridays)                                     |
| Feb 5     | 6:30 pm        | Grange Pitch Party <i>registration required</i>                       |
| Feb 7     | 8:30 am        | Tai Chi (weekly on Mondays, <i>sign-up, \$5</i> )                     |
| Feb 7     | 1:00 pm        | BINGO (weekly on Mondays)   |
| Feb 7     | 3:00 pm        | Ukulele Open Strumming (weekly on Mondays)                            |
| Feb 7     | 5:30 pm        | Meditation (weekly on Mondays)  |
| Feb 10    | 9:30 am        | Dull Men's Club (second Thursday of month)                            |
| Feb 16    | 12:30 pm       | Book Club "The First Conspiracy"                                      |
| Feb 18,19 | 9-11:00 am     | Food Pantry   |

## WELLNESS

|             |                |  |
|-------------|----------------|--|
| Feb 2       | 6:00-8:00 pm   | Parkinson's Support  |
| Feb 4       | 10:00 am       | Going Steady (weekly on Fridays, <i>sign up required</i> ) |
| Feb 7       | 10:00 am       | Grandparents Raising Grandchildren                         |
| Feb 8       | 9:30-11:30 am  | Well Clinic sponsored by VNA Care                          |
| Feb 9 & 23  | 3:30-5:00 pm   | Parkinson's Support  |
| Feb 10 & 24 | by appointment | Foot Clinic \$45 to FC Nurse                               |
| Feb 24      | 3:00-4:30 pm   | Caregiver Support <i>registration requested</i>            |



## 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 February 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>

## Medicare Advantage Open Enrollment Period

If you're unhappy with your current Medicare Advantage plan, the Medicare Advantage Open Enrollment Period is a once-a-year window when you can make a change. This Period runs annually between January 1 and March 31.

During this window, a current Medicare Advantage enrollee can:

- Switch from one Medicare Advantage plan to another;
- Disenroll from a Medicare Advantage plan and return to Medicare, with or without a prescription drug plan.

You can only make one change to your healthcare coverage during this time, so choose wisely. Once you make that change, you cannot make another change until the [Medicare Annual Enrollment Period](#). This enrollment period is ONLY for beneficiaries currently enrolled in a Medicare Advantage plan.

*Our Shine counselor, Pamela, can assist you. Call for an appointment!*



February 7th  
10:00am

For grandparents in either a primary and secondary caregiver role for their grandchildren, we'll 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](mailto:pat.keay@gmail.com)



## CAREGIVER SUPPORT

Monthly, Last Thursday 3 - 4:30pm

February 24th

This will be 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 Requested

978-422-3032

IN THIS TOGETHER  
**parkinson's**

In person support (with Zoom option)

Added Meeting on 1st Wednesday

February 2nd at 6-8pm

2nd & 4th Wednesdays

February 9th and 23rd at 3:30-5:00 pm

Please contact Joe at 508-335-0672

or [northworcparkies@yahoo.com](mailto:northworcparkies@yahoo.com)



**Foot Clinic**  
Footcare By Nurses

Appointments at the Senior Center.

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



# FEBRUARY CALENDAR

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
|  | 1   | 2   | 3   | 4  |
|  | 8 - 4 Bread Pickup<br>8:15 Pilates<br>9:00 Open Coloring<br>9:30 SHINE<br>9:30 Line Dancing<br><b>11:30 Chicken Dinner</b><br>1:00 Game Day               | 9:30 Chair Yoga<br><b>11:30 Mushroom Swiss Burgers</b><br>12:30 Rummikub<br>1:00 Van shopping trip<br>1:00 Wii Bowling<br>4:00 Pickleball<br>6:00 Parkinson Support               | 9:30 History Club<br><b>11:30 BBQ Rib Dinner</b><br>1:00 Acrylic Painting *<br>1:00 Entry Level Uke<br>2:00 Ukulele Club                                | 8:00 VSO Hours<br>9:30 Knit Happens<br>10:00 Going Steady<br><b>11:30 Smorgasbord</b>                          |
| 7  | 8   | 9   | 10  | 11   |
| 8:30 Tai Chi<br><b>11:30 Fish Dinner</b><br>1:00 Bingo<br>3:00 Open Strumming<br>5:30 Meditation *                         | 8 - 4 Bread Pickup<br>8:15 Pilates<br>9:00 Open Coloring<br>9:30-11:30 Elder Keep Well Clinic<br>9:30 Line Dancing<br><b>11:30 Tacos</b><br>1:00 Game Day | 9:30 Chair Yoga<br>11:00 Growing Places<br><b>11:30 Chef's Salad</b><br>12:30 Rummikub<br>1:00 Van shopping trip<br>1:00 Wii Bowling<br>3:30 Parkinson Support<br>4:00 Pickleball | 8:30-2:30 Foot Clinic<br>9:30 Dull Men's Club<br><b>11:30 Tim's BBQ Chicken</b><br>1:00 Acrylic Painting *<br>1:00 Entry Level Uke<br>2:00 Ukulele Club | 8:00 VSO Hours<br>9:30 Knit Happens<br>10:00 Going Steady<br><b>11:30 Smorgasbord</b><br>1:00 Love Songs       |
| 14   | 15  | 16  | 17  | 18   |
| 8:30 Tai Chi<br><b>11:30 Pork Chops in Garlic Mushroom Sauce</b><br>1:00 Bingo<br>3:00 Open Strumming<br>5:30 Meditation * | 8 - 4 Bread Pickup<br>8:15 Pilates<br>9:00 Open Coloring<br>9:30 Line Dancing<br><b>11:30 Chicken Dinner</b><br>1:00 Game Day                             | 9:30 Chair Yoga<br><b>11:30 Breakfast Casserole for Lunch</b><br>12:30 Rummikub<br>12:30 Book Club<br>1:00 Van shopping trip<br>1:00 Wii Bowling<br>4:00 Pickleball               | <b>11:30 Curry Butternut Lentil Soup</b><br>1:00 Acrylic Painting *<br>1:00 Entry Level Uke<br>2:00 Ukulele Club  | 8:00 VSO Hours<br>9 - 11:00 Food Pantry<br>9:30 Knit Happens<br>10:00 Going Steady<br><b>11:30 Smorgasbord</b> |
| 21   | 22  | 23  | 24  | 25   |
|                                       | 8 - 4 Bread Pickup<br>8:15 Pilates<br>9:00 Open Coloring<br>9:30 Line Dancing   | 9:30 Chair Yoga<br>11:00 Pop-Up Market<br><b>11:30 Sloppy Joe</b><br>12:30 Rummikub   | 8:30-2:30 Foot Clinic<br><b>11:30 Smorgasbord</b><br>1:00 Acrylic Painting *<br>1:00 Entry Level Uke  | <b>7:30-9:00 Pancake Breakfast</b><br>8:00 VSO Hours<br>9:30 Knit Happens                                      |

|   |   |   |   |  |
|---|---|---|---|--|
|    | <p>11:30 Lyndon Johnson's BBQ Chicken<br/>1:00 Game Day</p>   | <p>1:00 Van shopping trip<br/>1:00 Wii Bowling<br/>3:30 Parkinson Support<br/>4:00 Pickleball</p>                 | <p>2:00 Ukulele Club</p>  | <p>10:00 Going Steady</p>  |
| <p>28</p> <p>8:30 Tai Chi<br/>11:30 Chicken Caesar Salad<br/>1:00 Bingo<br/>3:00 Open Strumming<br/>5:30 Meditation *</p> | <p>Clean indoor shoes required for exercise classes.</p>  <p>Please leave your outdoor boots and shoes at the door.</p>  <p><b>Thank You!</b></p> | <p>Wednesday Shopping Trips:<br/>2/2 Walmart, Leom<br/>2/9 Whitney Field<br/>2/16 Walmart, WB<br/>2/23 Target</p> | <p>Fees for Tai Chi, Yoga &amp; Pilates classes:<br/>\$5 In Person<br/>\$2 Zoom</p> <p>Line Dancing \$2<br/>Acrylic Painting \$5<br/>Pickleball \$3</p> | <p>* Meditation and Painting have been on hiatus. Please contact us for February updates on these programs.</p> <p><b>Thank you!</b></p> |

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

**Counter-clockwise through the lot please**


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



**VETERANS SERVICES**

Fridays 8am – Noon

Leominster Veterans Services  
978-534-7538

**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

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

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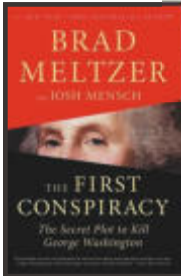


**Thursday,  
February 10th  
9:30am**

## A New Pavement Management Plan

**Blaine Bershad, DPW Board Member**

This is the first year for Sterling DPW using their new Pavement Management Plan! Join Blaine as he talks about extending road life and how the DPW intends to keep people informed. He'll share copies of the plan, talk about process, benefits, and costs.



**Book Club**  
February 16th 12:30pm  
**The First Conspiracy**  
*The Secret Plot to Kill George Washington*  
by Brad Meltzer & Josh Mensch

## OPEN COLORING

**TUESDAYS 9-10AM**

**BRING YOUR OWN,  
OR SUPPLIES AVAILABLE**



## Tai Chi

**Mondays at 8:30am**

In person plus Zoom  
(inside shoes required)

<https://us02web.zoom.us/j/89346204723>

ID: 893 4620 4723 Password: 839376

**Newcomers welcome**  
Call us at 978-422-3032 to join!



**Tuesdays  
8:15am  
\$5**

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

## Going Steady

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



Sponsored by Leominster Credit Union

## Chair Yoga

**Additional Class  
offered by  
Rec Dept  
Upstairs at  
1835 Building**



**Fridays at 7am  
Drop-in Fee \$3**

**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](http://www.sterlingrec.com) for info

**♣ PITCH PARTY! ♠**

February 5th at 6:30pm  
Limited to 40 players.  
Mask mandate.  
No food or drink.

Registration Required  
- call 978-422-3032

Be courteous, and  
call to cancel if  
unable to participate

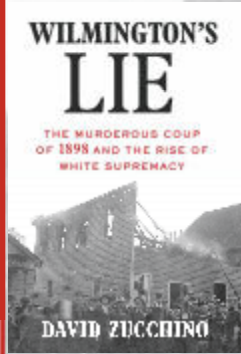
♥ In partnership with Sterling Grange ♦

**Wii Bowling**

**Wednesdays @ 1:00pm**



# HISTORY CLUB



Wilmington's Lie: *The Murderous Coup of 1898 and the Rise of White Supremacy*  
by David Zucchino

February 3rd 9:30am  
Registration encouraged

A gripping account of the overthrow of the elected government of a Black-majority North Carolina city after Reconstruction that untangles a complicated set of power dynamics cutting across race, class and gender.

March 3rd: The Great Bridge by David McCullough



Mondays at 1:00pm  
Cards \$1 each



**Entry Level**  
Thursdays 1:00 - 1:45 pm  
Contact Joan at [jonesy1932@aol.com](mailto: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](mailto:nancyhp246@gmail.com)

**Open Strumming**  
Mondays 3:00 - 4:00 pm

Wednesdays, 4-7pm  
Inside at First Church  
\$3  
Mask, Indoor Shoes & Registration Required

**GAME DAY** **TUESDAYS**

|                          |       |
|--------------------------|-------|
| <b>LEFT CENTER RIGHT</b> | 12:30 |
| <b>DOMINOES</b>          | 12:30 |
| <b>CRIBBAGE</b>          | 12:30 |
| <b>PITCH</b>             | 1:00  |

**NEW**

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

**KNIT HAPPENS**

Meditation, Painting and Mahjong have been on hiatus in January. Please contact the Senior Center for February updates on these programs. Thank you!

**Meditation with Cindy**

Mondays 5:30pm

Connecting with our Body

Sponsored by Conant Library

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**



Congratulations to all the Winners of the FOSS Holiday Basket Fundraiser.

Dick, Elaine, Lisa, Doty, Carleen, Charlie, Joe, Kristen, Laurel, Mary Ann, Joe, Mike, John, Jerry, Linda, Bob, Kevin, Richard and Nicole.



Friday, February 25th 7:30 - 9:00 am  
**Celebrity Server:**  
**Shari Gonsorcik - Recreation Director**

Open to all  
 \$3 suggested donation

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

Sponsored by Friends of Sterling Seniors



**Pop-Up Market**

Wed, Feb 23  
 11am-1pm

**ENJOY A POP-UP PRODUCE MARKET  
 LEARN ABOUT 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.



**Wachusett Food Pantry**

**Seniors:** Fri Feb 18, 9-11  
**All:** Sat Feb 19, 9-11  
 Call Nickole at the Senior Center for assistance.



February 5th at Noon  
 First Church in Sterling

All are welcome!

**1st Saturday Community Lunch**

Call ahead in case of cancellation

No Cost  
 No Reservations  
 Mask Required

Van rides available through Senior Center

**Free Bread Tuesdays**

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



**AND AWAY WE GO TRAVEL**

**2022 Trip List For age 50+ travelers**

|               |  |  |
|---------------|--|--|
| 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<br>\$799 double<br>\$759 triple |
| May 28        | Bronx Zoo or NY Botanical Gardens including narrated tram tour.  | \$109/pp                                     |
| 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                                  |
| Sat, July 23  | Cruise Portland, ME Lunch included at Muddy Rudder, Yarmouth, then 3:30 sail around iconic lighthouses, Portland Harbor, Diamond Pass, and forts.  | \$119/pp                                     |
| Sun, Oct 9    | Calvin Coolidge Museum including lunch at Quechee Inn.   | \$119/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](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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We are conveniently located within minutes of  
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