

Sterling SENIOR CENTER **Newsletter**

Connecting with Each Other & Our Community

May 2025

**Sterling Council on
Aging Board Members**

Chair: Gail Bergeron

Vice Chair: Julie Hehir

Treasurer: David Cosgrove

Secretary: Liz Pape

Members:

Debbie MacLennan

Everett Pierce

Sue Porciello

Deb Strate

Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd

978-422-3032

Mon-Thurs 8 - 4, Fri 8 - 2

Director: Sheila Beane

Outreach:

Linda Chignola

Bonnie Decker

**Operations/Volunteer
Coordinator:**

Kerry Jones-Pew

Kitchen Mgr: Ruby Hall

Van Dispatch/Drivers:

Pam Dell, FOSS Chair

Lenny Dattis

Van Drivers:

Karin Beausoleil

Gary Hill

Kevin Lowe

Rob Seidel

Diane Sousa



STARTS AT 2 PM
ADVANCE REGISTRATION REQUIRED

***** *Mothers Day Tea*

LET ALL LADIES FEEL SPECIAL

Friday, May 9

Bring your favorite tea cup &
saucer if you have them, and
enjoy a pot of tea and a fine
selection of sweet & savory treats!

*Optional: Wear your best
attire and special hat!*

Open to Sterling residents upon receipt of
newsletter, and Non-residents May 1

SUPPORTED BY FRIENDS OF STERLING SENIORS

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



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



Many thanks to Sifu George and Peggi Chase for their dedicated years of teaching the Tai Chi classes at the Sterling Senior Center. You will be greatly missed!!

MASSACHUSETTS BAR ASSOCIATION 2025 Elder Law Program Thursday, May 15 at 9:30 a.m.

Attorney George E. Pember may present on topics such as trusts, how to protect your home & assets, reverse mortgages, power of attorney, health care proxies, and more. Please call 978-422-3032 or register at reception desk

MAKE & TAKE: Mother's Day Hats



Thursday, May 1 at 2 pm

Limit 24 participants

*You bring the hat,
We have the decorations!*

Register at reception desk – \$5 due at sign-up

SOUND MEDITATION • MIKE & NINA VECCHI

Friday, May 30 at 6:00 pm

Register at reception desk \$5

Each session will introduce participants to the dynamics of sound & music as a form of relaxation, using the physiology of the impact of sound on organ systems, brain, and emotions. Attendees are encouraged to experiment with practices including, vocal exercises, percussion & listening skills. An assortment of indigenous folk instruments will be demonstrated including, harmonium, shruti box, rattles, sistras, drums, chimes, bells, and stringed instruments. Each session includes a brief sample of aforementioned material followed by a short guided meditation accompanied with crystal singing bowls, gongs, chimes, harp, and harmonium music. The music will continue to a deeper listening experience. Each class is 50-60 minutes. #2 in series of 4. Sponsored by The Sterling Cultural Council



Our kitchen staff & volunteers work hard to serve you!

Lunch is served at 11:30 am daily, and is first-come first-serve. We appreciate you being on time.

Sterling Fire Dept. has a SAFE Grant FREE for Sterling residents 65 and older!

The lock box holds a spare key to your home. Sterling Fire will install it & demonstrate how to use it. Should there be an emergency, police & fire can enter without damage. Box location & code are confidential with dispatch. Reserve yours by calling 978-422-3032



Student Art Reception and Exhibition

Tuesday, May 6th, 6:00-7:30 pm

Public Welcome!

Light refreshments will be served

Featuring artists from Houghton & Chocksett Schools, kindergarten through 8th grade.

Artwork will be on display at Sterling Senior Center throughout the months of May & June.

Please stop by during our open hours to view the student's artwork!



Interested in playing Canasta, Cribbage, or Dominos? You're not the only one! Call or stop by the reception desk and add your name to the list. If we get enough interest, we'll start them up again!

SPECIAL EVENTS

May 1	2:00 pm	Make & Take: Mother's Day Hats \$5 Registration Required
May 6	6:00-7:30 pm	Houghton & Chocksett Schools Student Art Reception Open to public
May 7	7:00 am	Bird Walk at Muddy Pond Registration required
May 9	11:30 am	Van Trip to Hot Dog Annie's Registration required
May 9	2:00-4:00 pm	Mother's Day Tea Registration Required
May 15	9:30 am	MASSBAR 2025 Elder Law Presentation Registration required
May 19	11:45 am	Birthday Cake for All May Birthdays!
May 23	10:30 am	Van Trip to Heritage Museum \$10 pp. Registration required
May 26	CLOSED	Closed in Observance of Memorial Day
May 29	5:30 pm	Summer Kick Off BBQ Registration/Tickets \$5 in Advance
May 30	7:30-9:00 am	Pancake Breakfast/Fat Daddy's/Coffee with a Cop \$4 donation
May 30	6:00 pm	Sound Alchemy Meditation \$5 (#2 in series of 4)

ONGOING

May 1	9:30 am	History Club Keeping the Faith by Brenda Wineapple
May 1	12:30 pm	Acrylic Painting \$5 (Weekly on Thursdays)
May 1	1:00 pm	Mahjong (Weekly on Thursdays)
May 1	12:15 & 1:00 pm	Very Beginner & Beginner Ukulele Lessons (Weekly on Thurs.)
May 1	2:00 pm	Ukulele Club (Weekly on Thursdays)
May 1	2:00 pm	Fiber Fun! (Weekly on Thursdays, Make & Take May 1st)
May 2	8:00 am-noon	Veterans Services Office (Weekly on Fridays, except May 2)
May 2	9:00 am-noon	Ladies' Pool (Weekly on Fridays)
May 5	1:00 pm	BINGO (Weekly on Mondays)
May 5, 7	4:00-7:00 pm	Pickleball Outside (Weekly on Mondays & Wednesdays)
May 6	9:00-11:00 am	Tech Help with Pete (Weekly on Tuesdays) Signup at Reception
May 6	1:00 pm	Game Day (Weekly on Tuesdays)
May 7, 9	1:00 pm	Wii Bowling (Weekly on Wednesday & Friday, not 2nd Wed.)
May 7	12:30 pm	Rummikub (Weekly on Wednesdays)
May 7	1:00 pm	Van Shopping Trip (Weekly Wednesdays, <i>Sign-up required</i>)
May 8	9:00 am	Dull Men's Club Sterling Municipal Ligh Dept. LAMB (Internet Svc)
May 12	2:00 & 3:00 pm	Men's Strumming followed by Open Strumming
May 13	11:30-12:30	State Office & Select Board Hours, & Growing Places (2nd Tuesday)
May 13	12:00-2:00 pm	COA Board Meeting in Classroom —Open to Public
May 16, 17	9:00-11:00 am	Wachusett Food Pantry
May 20	12:30 pm	Book Club <i>The Women by Kristin Hannah</i>

WELLNESS

May 1, 7	9:30 am	Chair Yoga \$5 (Weekly on Wednesdays plus 1st Thursday only)
May 2	10:00 am	Going Steady (Weekly on Fridays) <i>UMass Grant & All One CU Sponsor</i>
May 5	10:00 am	Guys & Gals Fitness with Marty (Weekly Mondays) <i>UMass Grant</i>
May 5	5:30 pm	Mindfulness Meditation \$5 Weekly on Mondays, except 5/26
May 6	8:15 am	Pilates \$5 (Weekly on Tuesdays)
May 6	9:00 am	Hiking Club Weekly on Tues. Registration required. Off-site.
May 6	9:30 am	Line Dancing (Weekly on Tuesdays)
May 7	2:00 pm	Be Steady (Weekly on Wednesdays) <i>MCOA & UMass Grant</i>
May 7, 21	By Appointment	Foot Clinic \$55 to FC Nurse
May 14, 28	3:30-5:00 pm	Parkinson's Support (2nd & 4th Wednesday)
May 14	9:00-11:00am	Keep Well Clinic with Nurse Lenny
May 14	2:00-3:00 pm	Caregiver Support Group (2nd Wednesday of the month)

Are you struggling to pay your bills or keep food on the table? Outreach has resources that may help! Please call the Senior Center or Email Linda (LChignola@sterling-ma.gov) or Bonnie (BDecker@sterling-ma.gov) to schedule a confidential appointment.

KEEP WELL WITH NURSE LENNY MAY 14, 2025 ★ 9-11 AM

*BP checks, Blood sugar tests
Discuss diet, exercise, supplements, new meds
Walk-ins welcome or call for an appointment*

OUTREACH LENDING LIBRARY
Are you looking for information about dementia or Alzheimer's? Do you struggle with caregiving or dealing with the death of a loved one? Outreach has a lending library of helpful books.

Topics include grief, loss, caregiving, and Alzheimer's. If you're in need of support, have any questions, or are interested in these books, please contact Linda or Bonnie for a confidential appointment. We're here to help.



Pete's Tech Help Tuesdays

Need help figuring out your cell phone, laptop, e-reader, or other device? Make an appointment with Pete to help you out! Call us at 978-422-3032

Caring for the Caregiver Peer-led support group



Wednesday
May 14 at 2:00 pm



Your loved one will enjoy supervised activities (join Be Steady, enjoy a quiet area to color or puzzle work, listen to music, or chat) while you attend this peer-directed support meeting led by Angelique Harvey & Patricia Thibeault. This group is sponsored by Oriol Foundation and Notre Dame Health Care.

Wachusett Food Pantry, 50 Worcester Rd

Seniors: Fri May 16, 9-11 am
All: Sat May 17, 9-11 am
Please call Linda or Bonnie



Veterans' Services

**Fridays 8:00 am - Noon
Here at the Senior Center!**
★ Except May 2 ★

If you need help outside these hours, please call 978-534-7538



Understanding Medicare Coverage is essential because it can have a significant impact on your access to healthcare services and the expenses related to those services.

Consider a SHINE appointment to ensure that you are making the most of your insurance benefits.



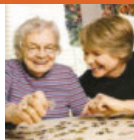
Do you know someone who can use some free things?

Call or see Outreach
978-422-3032 for:

- Hearing Aid Batteries (Size 312)
- Medication pill boxes
- Rubber cane & walker tips
- Blood pressure machines

Friendly Visitors

Visit and drink coffee, share stories, go for walks, do errands together or assist with small tasks. Please call Linda or Bonnie in Outreach.



IN THIS TOGETHER parkinson's


May 14, 28, 3:30 - 5:00pm
In person support with Zoom option
Please contact Joe at 508-335-0672 or
northworcparkies@yahoo.com



Join us and share your skills!

Can you help? We are looking for a.m. kitchen help, substitute meals-on-wheels drivers & receivers, bakers, and more!

MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
WENDESDAY SHOPPING TRIPS 7 Whitney Field, Leom 14 Walmart, Leom 21 Ocean State, Leom 28 Hannaford's, Clinton	Fees for Yoga, Pilates \$5 In Person \$2 Zoom Line Dancing \$2 Acrylic Painting \$5 Meditation \$5 Make & Take \$5 Pickleball \$5		1 9:30 Chair Yoga 9:30 History Club 11:30 Chicken Salad 12:15 Begin 1 Ukulele 12:30 Acrylic Painting 1:00 Begin 2 Ukulele 1:00 Mahjong 2:00 Ukulele Club 2:00 Make & Take Mother's Day Hats	2 8:00 VSO Hours 9:00 Ladies' Pool 10:00 Going Steady 11:30 Smorgasbord 1:00 Wii Bowling
5 8:00 Muffin Monday 10:00 Fitness 11:30 Greek Tortellini Salad 1:00 Bingo 4:00 Pickleball 5:30 Meditation	6 8:15 Pilates 9:00 Hiking Club offsite 9:00 Tech Help w/Pete 9:30 Line Dancing 11:30 Stuffed Pork 1:00 Game Day 6:00 Artist Reception	7 7:00 Bird Walk 9:30 Foot Clinic 9:30 Chair Yoga 11:30 Chicken & Salad 12:30 Rummikub 1:00 Van Shopping Trip 1:00 Wii Bowling 2:00 Be Steady 4:00 Pickleball	8 9:00 Dull Men's Club 11:30 Ravioli Soup 12:15 Begin 1 Ukulele 12:30 Acrylic Painting 1:00 Begin 2 Ukulele 1:00 Mahjong 2:00 Ukulele Club 2:00 Fiber Fun	9 8:00 VSO Hours 9:00 Ladies' Pool 10:00 Going Steady 11:30 Special Van Trip 11:30 Smorgasbord 1:00 Wii Bowling 2:00 Mother's Day Tea
12 8:00 Muffin Monday 10:00 Fitness 11:30 Chicken & Broccoli Alfredo 1:00 Bingo 2:00 Men's Strumming 3:00 Open Strumming 4:00 Pickleball 5:30 Meditation	13 8:15 Pilates 9:00 Hiking Club offsite 9:00 Tech Help w/Pete 9:30 Line Dancing 11:30 Spinach Beef Soup 11:30 Gov. Office Hrs 12:00 Mobile Market 12:00 COA Board Mtg 1:00 Game Day	14 7:00 Bird Walk (rain date) 9:00-11:00 Keep Well 9:30 Chair Yoga 11:30 Pulled Pork Sandwich 12:30 Rummikub 1:00 Van Shopping Trip 2:00 Caregiver Support 2:00 Be Steady 3:30 Parkinson Support 4:00 Pickleball	15 9:30 Elder Law Pres. 11:30 Tuna Salad 12:15 Begin 1 Ukulele 12:30 Acrylic Painting 1:00 Begin 2 Ukulele 1:00 Mahjong 2:00 Ukulele Club 2:00 Fiber Fun	16 8:00 VSO Hours 9 -11:00 Food Pantry 9:00 Ladies' Pool 10:00 Going Steady 11:30 Smorgasbord 1:00 Wii Bowling
19	20	21	22	23

<p>8:00 Muffin Monday 10:00 Fitness 11:30 Stuffed Pepper Soup & Birthday Cake 1:00 Bingo 4:00 Pickleball 5:30 Meditation</p>	<p>8:15 Pilates 9:00 Hiking Club offsite 9:00 Tech Help w/Pete 9:30 Line Dancing 11:30 Baked Chicken Thighs 12:30 Book Club 1:00 Game Day</p>	<p>9:30 Chair Yoga 9:30 Foot Clinic 11:30 Paula's Dogs 12:30 Rummikub 1:00 Van Shopping Trip 1:00 Wii Bowling 2:00 Be Steady 4:00 Pickleball</p>	<p>11:30 BBQ Ribs 12:15 Begin 1 Ukulele 12:30 Acrylic Painting 1:00 Begin 2 Ukulele 1:00 Mahjong 2:00 Ukulele Club 2:00 Fiber Fun</p>	<p>8:00 VSO Hours 9:00 Ladies' Pool 10:00 Going Steady 10:30 Special Van Trip 11:30 Smorgasbord 1:00 Wii Bowling</p>
<p>26</p> 	<p>27</p> <p>8:15 Pilates 9:00 Hiking Club offsite 9:00 Tech Help w/Pete 9:30 Line Dancing 11:30 Chili 1:00 Game Day</p>	<p>28</p> <p>9:30 Chair Yoga 11:30 Fish Dinner 12:30 Rummikub 1:00 Van Shopping Trip 1:00 Wii Bowling 2:00 Be Steady 3:30 Parkinson Support 4:00 Pickleball</p>	<p>29</p> <p>11:30 Smorgasbord 12:15 Begin 1 Ukulele 12:30 Acrylic Painting 1:00 Begin 2 Ukulele 1:00 Mahjong 2:00 Ukulele Club 2:00 Fiber Fun 5:30 Summer Kickoff BBQ</p>	<p>30</p> <p>7:30-9:00 Pancake Breakfast, Coffee with a Cop, Fat Daddy's 8:00 VSO Hours 9:00 Ladies' Pool 10:00 Going Steady 1:00 Wii Bowling 6:00 Sound Alchemy Meditation #2 of 4</p>

MAY PANCAKE BREAKFAST

May 30, 7:30-9:00 \$4 donation


Two types of pancakes, eggs, ham, fruit, tea breads, coffee, tea, juices.
Take-out available. Call 978-422-3032

Celebrity Servers: All One Credit Union

Fat Daddy's

Hydroponic greens, herbs, fresh vegs, & mushrooms
Cheese * Honey
Frozen Dinners

EBT, SNAP, credit, debit welcome!



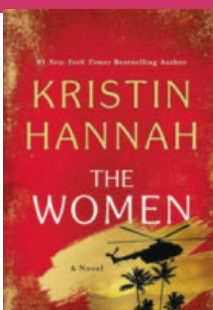
Join
Detective Chase, Sterling PD

SUPPORT OUR ADVERTISERS!

BOOK CLUB

Tuesday, May 20 - 12:30 pm
The Women by Kristin Hannah

A young woman becomes a nurse, joins the Army and goes to Vietnam. She struggles in Vietnam, and after she returns home. Available at the Front Desk.



Thursdays at 2:00 pm



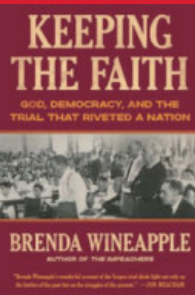
Welcoming new & experienced crafters. Bring your knit, macramé, crochet, paper or craft project. Want to try a new craft? We have limited supplies and tools to try!

HISTORY CLUB

Thursday, May 1 - 9:30 am

Keeping The Faith by Brenda Wineapple

A magnificent history of the 1925 Scopes trial and how the teaching of evolution in public schools exposed profound divisions in America about morals, freedom, censorship, religion, and the meaning of democracy that still resonates today.



Thursdays

MAHJONG

1:00 pm



Mondays 1pm
Cards \$1



Level 1 All-Stars (Be Steady)

Wednesdays at 2:00

Meant for anyone who has difficulty moving, an impairment, or wants to start a fitness routine.

Level 2 All-Stars (Going Steady)

Fridays at 10:00

A more active version of Level 1, but less action than Fitness.

Level 3 All-Stars (Fitness for All)

Mondays at 10:00

This is our most active & high-energy fitness class.

These classes are Free! Give them a try!

Classes sponsored in part by MCOA, UMass, and All One Credit Union

GAME DAY TUESDAYS



DOMINOES
CRIBBAGE
PITCH

12:30
12:30
1:00



FREE COMMUNITY LUNCH

Baked Ham, Potatoes, Veggie & Dessert

No reservations needed
 Walk-ins welcome

Saturday, May 3
at Noon

First Church in Sterling
978-422-6657

Van rides thru Senior Center call 978-422-3032

UKULELE LESSONS, STRUMMING, AND CLUB

Men's Strumming: Mon 5/12 at 2:00
Open Strumming: Mon 5/12 at 3:00

Very Beginner Lessons: Thursdays at 12:15
Beginner Lessons: Thursdays at 1:00
Ukulele Club: Thursdays at 2:00

For Free Lessons: Email Joan at jonesy1932@aol.com to sign up in advance to ensure supplies & ukuleles!



Acrylic Painting
Thursdays @ 12:30pm

\$5

New Members Welcome





Pilates ✓
Chair and Mat
combined class

Tuesdays 8:15 am \$5

**LINE
DANCE**

Tuesdays
9:30am
\$2

CHAIR YOGA
with Carleen

Wednesdays & First
Thursday 9:30 am

\$5

Evening Mindfulness Meditation

Join us as we take time to step off the grind of daily life, with its stressors and mental overload, and cruise in neutral for an hour.

Open to
all Ages

Mondays at 5:30pm \$5
with Carol McGuiggin

Wii Bowling Wed & Fri

1:00-3:00 (except 2nd Wed)



Pool Tables available all
day! Bring a friend...
Make a friend!



Mondays & Wednesdays
4:00 - 7:00 pm

WE'RE BACK OUTSIDE!
at the West Sterling
Tennis Courts

Open to members of the Sterling Senior Center
with a signed waiver on file before starting play.

Not a Sterling Senior Center member yet?
FREE! Stop by the Senior Center to join! **FREE!**



Foot Clinic
Footcare By Nurses

Wed's May 7 & 21
9:30-3:00

Our Foot Care clinic is very popular!

New signups are for Sterling residents only.

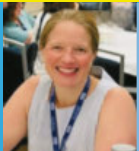
All others please call FBN 978-296-8449

Sterling Municipal Light Dept. LAMB (Internet)
Thursday, May 8 at 9:00 AM

Josh will guide everyone through the process of opening LAMB Internet for the first time. This includes directions to set up the device, and explain available applications. LAMB stands for 'Local Area Municipal Broadband,' an internet service that is less expensive than your current provider, easy to use, and offers a wide range of apps for cable TV. It provides local customer service that is easy to visit, ensuring users receive personalized support and assistance. *Everyone welcome—Dull or Not!*



MEET YOUR LOCAL GOVERNMENT HERE!
2nd Tuesday of month: May. 13, 11:30-12:30



SELECT BOARD HOURS
Meet with Kirsten Newman
Sterling Select Board Chair
KNewman@sterling-ma.gov



STATE OFFICE HOURS
Senator Peter Durant will be available
By appointment only.
Call 617-722-1540 or email
Peter.Durant@masenate.gov



STATE OFFICE HOURS
Meet a rep. from the office of State
Representative Meg Kilcoyne
Meghan.Kilcoyne@mahouse.gov

Mobile Market



Tuesday, May 13 from 12:00-1:00

cash, credit/debit, SNAP/HIP, farmers mkt coupons

BIRD WALK FOR BEGINNERS AT MUDDY POND WITH MARION LARSON & SCOTT HANDLER

May 7th 7:00-9:30 am (Rain date: May 14th)
Meet at Muddy Pond (Look for Traffic Cones)

May is a great time to watch birds as they look for mates, build nests, or migrate through our area to breeding grounds. Learn to spot, hear, identify, and enjoy land & water-based birds. Bring binoculars and bird guides if you have them! Please attend the Intro to Birding (before the walk) and bring a folding chair to 'bird' from the meeting point. Make reservations & get information sheet at reception.



Registration Limited to 20 people

Van Trips

"We Fly * You Buy!"

May 9: HOT DOG ANNIE'S, Leicester
Van leaves here at 11:30 am

May 23: HERITAGE MUSEUM, Hudson
Van leaves here at 10:30 am
\$10/pp due at registration

Make your reservation at Reception desk!



STERLING SENIOR CENTER HIKING CLUB * Weekly on Tuesdays at 9:00 am

Full Schedule & Related Information at Reception.

Register by calling 978-422-3032 No walk-ins on hike day please

May 6: Sholan Farm & Monoosnoc Trail. Park next to Sholan Farm Store, Leominster
May 13: Paradise Pond. Park off Route 31 at Rocky Pond Rd, Princeton.
May 20: Sterling Rail Trail & Side Trails. Park near the Cider Mill, Sterling
May 27: Allenwood Trail. Park off Heywood Rd, Sterling

AND AWAY WE GO TRAVEL (For age 50+ travelers)

Call Gladys to get on her e-mail list and you'll be notified as soon as trips become available!

Contact: Gladys Merrow 508-835-4312 or andawaywegotravel.gem@gmail.com

All trips include gratuity for driver & escort. Cancellation waiver included — you will receive a refund, minus \$5 fee. If the trip includes theater ticket, refund will be minus cost of ticket up to 10 days prior to trip. After that, refund only if your seat can be filled.

Please browse the trip binder in our lobby, and call with questions, request a flyer, or make a reservation!

FREE COMMUNITY EVENT! SAVE THE DATE!



Sterling Senior Center
8th Annual Classic Car Show
5:30-7:30 pm
Thursday, August 14, 2025
(Rain Date: August 21)

**BECOME A SPONSOR! Call Sheila at 978-422-3032
or email: sbeane@sterling-ma.gov**



This is a popular Senior Center
with limited parking!

For your safety, please follow the one-way
direction of our parking lot.

When exiting your car, walk
around it to ensure it's within
the lines on all sides.



PLEASE SUPPORT US!!



We need your Vote of YES for a Full-time Outreach Coordinator!

Would you like a ride to the Town Meeting on **May 5th**? We'll provide round-trip transportation! Call Dispatch, in advance 978-422-3032 to reserve your seat.



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**Your Advance Planning
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100 Worcester Road, Sterling
978-422-0100

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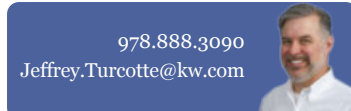
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Thursday, May 29th **Doors Open 5:30 pm**

SUMMER KICK-OFF CHICKEN BBQ

Enjoy a live performance by The Silver Moon Gypsies!

Fresh homemade sides!

Meet up for a night out with friends or make new ones!

Door prizes!

Tickets \$5 in advance at the reception desk.
Open to Sterling residents upon receipt of newsletter, and non-residents May 8.

This event is hosted by the Sterling Senior Center Events Committee
Entertainment sponsored by The Sterling Cultural Council

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