



SUTTON SIXTY PLUS NEWS

Sutton Senior Center

19 Hough Road

Sutton, MA 01590

Monday to Friday 8am to 3pm May 2012

**Helping
Caring
Teaching
Sharing
Guiding
Training
Growing
Feeding
Assisting
Serving
Sutton
Council**

on

**Aging
Advocacy,
action and
assistance to our
community for
40 years!**

Call

508-234-0703

Or log on-to

www.suttonma.org

Become a fan on

Facebook just type in

Sutton Senior Center

Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is the state prescription drug assistance program for seniors and people with disabilities in Massachusetts.

Who can join?

Prescription Advantage is available to Massachusetts residents who are:

- 65 years of age or older and eligible for Medicare or;
- 65 years of age or older and not eligible for Medicare or;
Under age 65 and meet disability guidelines.

Note: Income limits may apply. Call Prescription Advantage or SHINE for more details.

How can Prescription Advantage help you?

If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).

If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan **now**, instead of waiting for Open Enrollment in October.

If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan **now**, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Also, help is available from the SHINE program. Call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Protecting Your Nest Egg

On Wednesday, May 16 at 5:30pm a presentation will be held discussing "Protecting Your Nest Egg" in which topics such as Estate and Medicare Planning, Proper Investments, Wills, and Trusts will be discussed. Financial Advisors Paul Quebec and Paul Machunski work with Senior Centers across MA. They highly recommend that anyone that has concerns with protecting and maximizing financial accounts, protecting their homes, estate planning documents, long term care, and passing assets down to heirs be in attendance. Light dinner will be served.

Mission of the COA : identify the needs of elderly residents, inform and educate the community, public officials and enlist support and participation of residents to serve those needs. We design, promote and implement services to assist our senior population

Activity Descriptions

Tai Chi –24 Step Version

Start the week with the gentle exercise of Tai Chi. Lew Atherton, who studied with a Chinese master while living in Beijing, will introduce to us the basic 24 step version of Tai Chi. Beginners welcome!

Chatterbox

First Monday every month come and discuss current events both local and national. Great conversation.

Poker Club

Small group of guys meet every Monday afternoon and have a great time as they play poker. Beginners are always welcome. New players ..please feel free to join in. Good afternoon of fun!

Muscular Strength and Range of Motion

Gentle exercise to help increase your overall strength and movement.

The Hookers

Get your crafts and needles together and join this great group of gals. Beginners welcome...did you ever wish you learned to knit or crochet...well no excuses...come on over!

Yoga

Having trouble with your balance and breathing? Have you lost your strength in everyday activities like simply standing up? Yoga has been proven to bring you back to life. If you don't use it, you lose it! Beginners welcome.

Chorus

Fellowship at its finest! Experience is NOT required. We would love more singers...especially men! We travel to local nursing homes, senior centers and assisted living homes. Come raise your spirit and sing from your heart.

Boost

Great exercise for our more active seniors. We walk fast, hop and jump. Sometimes we even use light weights while we boost!

Cribbage

Here's another opportunity to get out and meet some new friends, play a game, enjoy a snack...good fun. Beginners are always welcome.

Blood Pressure Clinic

Every Wednesday you can have your blood pressure, pulse and weight checked by our wonderful nursing volunteers.

Beginner Computers

Don't be shy...come and learn how to use the computer and see what the world wide web has to offer. Very easy class, don't be afraid...just give it a try.

Computer class with Paul

A bit more advanced however beginners are welcome.

Pitch

Another chance to get together for some fun and play some cards. Great fun. Beginners welcome!

I'm Sorry

There are no words to describe this loud and crazy bunch. If you are looking for a REALLY FUN bunch...look no further.

All activities are **FREE** of charge! There is no reason to sit around...get out, get active and live!!!!!! We would love to have you join us!!!!!!!!!!!!!!

Plus...we have great meals....\$2.00 meal, call Laurie and reserve your spot 508-234-0703

Jeannine the Travel Queen has great trips. Check them out here at the Senior Center. They are posted or you can call and ask for Jeannine.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Exercise 10 The Hookers 10:45 Yoga 12:45 Chorus 1 Cribbage 2 Boost 11:45-12:45 LUNCH Liver and Onions	2 9 Blood Pressure 10 Beginner Computers 10 Muscular Strength 1 Bingo 11:45-12:45 LUNCH Potato Crunch Fish	3 9 Computer Class 9 Boost 10 Pitch 11:30 National Day of Prayer 11:45-12:45 LUNCH Hot Dog and Beans	4 9 I'm Sorry 10 Yoga 11:45 Sutton Firefighters Luncheon 1 Bingo 11:45-12:45 LUNCH Swedish Meatballs
7 9:30 Tai Chi 10 Chatterbox 12:45 Poker Club 1 Muscular Strength 11:45-12:45 LUNCH Veal Bourguignon	8 9:30 Exercise 10 The Hookers 10-Noon Willy's Kitty Angels 10:45 Yoga 11:30 Red Cross Luncheon 12:45 Chorus 1 Cribbage 2 Boost 11:45-12:45 LUNCH Yankee Chicken Pie	9 9 Blood Pressure 10 Beginner Computers 10 Muscular Strength 1 Bingo 11:45-12:45 LUNCH Meatloaf	10 9 Computer Class 9 Boost 10 Pitch 1pm Movie "Hugo" 11:45-12:45 LUNCH Chicken Murphy	11 9 I'm Sorry 10 Yoga 1 Bingo 11:45-12:45 LUNCH Salmon Boat
14 9:30 Tai Chi 12:45 Poker Club 1 Muscular Strength 11:45-12:45 LUNCH Mother's day Luncheon Pork in Plum Sauce 1pm Mother's Pampering with Avon and Mary Kay	15 10 The Hookers 10:45 Yoga 12:45 Chorus 1 Cribbage 2 Boost 11:45-12:45 LUNCH Mac and Cheese	16 9 Blood Pressure 10 Beginner Computers 10 Muscular Strength 1 Bingo 11:45-12:45 LUNCH Chicken Chow Mein 5:30pm Presentation "Protecting Your Nest Egg and Assets"	17 9 Boost 9 Computer Class 10 Pitch 11:45-12:45 LUNCH Fish with crumb topping	18 9 I'm Sorry 10 Yoga 11:45 Sutton Police Luncheon 1 Bingo 11:45-12:45 LUNCH Beef Stew
21 9:30 Tai Chi 12:45 Poker club 1 Muscular Strength 11:45- 12:45 Lunch Fish Sticks	22 10 The Hookers 10:45 Yoga 12:45 Chorus 1 Cribbage 2 Boost 11:45-12:45 LUNCH Meatballs with Onion Gravy	23 9 Blood Pressure 10 Beginner Computers 10 Muscular Strength 1 Bingo 11:45-12:45 LUNCH Rosemary Pork	24 9 Boost 9 Computer Class 10 Pitch 1 Ross and Donna Whittier Travelogue to Disney 11:45-12:45 LUNCH Beef and Broccoli	25 9 I'm Sorry 10 Yoga 1 Bingo 11:45-12:45 LUNCH BBQ Chicken
28 CLOSED	29 10 The Hookers 10:45 Yoga 12:45 Chorus 1 Cribbage 2 Boost 11:45-12:45 LUNCH Cheese Omelet	30 9 Blood Pressure 10 Beginner Computers 10 Muscular Strength 11 Sheriff Lew Evangilitis 1 Bingo 11:45-12:45 LUNCH Apricot Chicken	31 9 Boost 9 Computer Class 10 Pitch 11:45-12:45 LUNCH Italian Braised Beef	

May Happenings

Thursday, May 3 at 11:30am for Our National Day of Prayer Luncheon....come and give thanks and be glad....

Friday, May 4 at 11:45am Come to lunch as we show our appreciation to our Sutton Firefighters

Tuesday, May 8 at 10am to noon our furry friends from Willy's Kitty Angels will be here. Cat food and cat supplies are greatly appreciated as well as donations to help spay and neuter and vaccinate our little friends...hey maybe you may adopt one!

Thursday, May 10 at 1pm We will be showing the movie "Hugo"

Monday, May 14 at 11:45am Mother's Day Luncheon followed by Mother's Pampering with Avon and Mary Kay

Wednesday, May 16 at 11:45am Join us for lunch and wear Purple for Peace. Anyone wearing purple for peace will get a free gift.

Friday, May 18 at 11:45am Join us for lunch as we show our appreciation for our Sutton Police Officers

Thursday, May 24 at 1pm Impressions of Disney World And a couple of other spots in central Florida.

In 1971, Disney World was one theme park - the Magic Kingdom - two hotels and a campground. Now it has grown to include four theme parks, 25 hotels and an entertainment district oriented toward adults. Join us as we explore some of the original areas as well as many of the newer features such as the Animal Kingdom, Wilderness Lodge and the Grand Floridian. Ride the monorail with us as we return to the Magic Kingdom and EPCOT where we can visit countries from Canada to China. In 1936, the Pope family opened Cypress Gardens and, over time, they added water ski shows and other amusements to the beautiful gardens. In 1985, the Pope family sold Cypress Gardens and it passed through a number of owners until it was re-opened again in 2011 as Legoland Florida. Come explore with us down memory lane as with visit the beautiful Cypress Gardens. And we will also glimpse Leu Gardens, a wonderful urban garden in Orlando.

Wednesday, May 30 at 11am Worcester County Sheriff Lew Evangelitis is having a safety presentation

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