

SUTTON SENIOR NEWS

19 HOUGH ROAD SUTTON, MA 01590 (508) 234-0703

SUTTONMA.ORG



@SUTTONSENIOR

May 2024

One performance ONLY!

*The Famous
Sutton Serenaders
Present*

*Melodies of
Stage and Screen*

Tuesday, May 21

11 AM

Featuring songs from Oklahoma and The Sound of Music

Refreshments and fellowship to follow!



**AmeriCorps
Seniors**

Retired & Senior Volunteer Program
Volunteers Building Community



Fraud Squad Players

Friday, May 3 11 AM

A wonderful group of senior volunteers who perform skits to senior audiences to educate and inform them on how to protect themselves against fraud and scams



**Sutton Historical
Society Presentation**

Tuesday, May 7 1 PM

Sutton's Hidden Treasures

Hosted by

Ed Chrostowski – Metal Detectorist

There is more to just digging up old coins in metal detecting. Plotting discovery locations, researching the history of an artifact, and linking to genealogy of property owners brings artifacts back to life. Hear the stories of items found here in Sutton and get a first-hand look at some amazing artifacts.

Walmart
Vision Center

**Mike Jensen , Manager of the
Whitinsville Walmart Vision Center**

will be here to clean and adjust your eyeglasses. He will also be giving away eyeglass cleaner and handing out information on how to protect your eyes in the summer sun!

Tuesday, May 14 10 AM - 12 PM

MAY 2024 PROGRAMS & ACTIVITIES

MONDAYS

- 10:00 AM - Chair Yoga
- 12:15 PM - Mat Yoga

TUESDAYS

- 10:30 AM - Darts
- 11:00 AM - Chorus
- 12:15 PM - Cardio Barre

WEDNESDAYS

- 10:00 AM - Blood Pressure Clinic
- 10:00 AM - Muscular Strength
- 1:00 PM - Cribbage

THURSDAYS

- 9:00 AM - Tai Chi
- 10:00 AM - Pitch
- 10:00 AM - Computer Club
- 1:00 PM - Chair Yoga

FRIDAYS

- 9:30 AM - I'm Sorry
- 10:00 AM - Zumba
- 1:00 PM - Bingo

CLOSINGS & CANCELLATIONS

No Chair Yoga 5/6

No classes with Gloria 5/27 to 5/31

No Mat Yoga 5/20

No Cardio Barre 5/21

The Senior Center will be closed 5/27

SPECIAL PROGRAMS

Friday, May 3 8:00 AM
Breakfast at the Holy Spirit Church

Tuesday, May 7 1 PM
Sutton Historical Society Presentation

Wednesday, May 8 11:45 AM
Mothers Day Luncheon Open Face Turkey Sandwich
RSVP by 5/7

Tuesday, May 14 10 AM to 12 PM
Walmart Vision Center

Wednesday, May 15 2 PM
Sutton Library Book Club

Thursday, May 16 9:30 AM
Veterans Agent by appointment

Friday, May 17 10 AM
Haircuts by Rita by appointment

Monday, May 20 11:45 AM
Lentil Stew Luncheon
RSVP by 5/16

Tuesday, May 21 11 AM
Sutton Serenaders Concert Melodies of Stage and Screen

Monday, May 27 CLOSED
Memorial Day

Wednesday, May 29 12 PM
Movie : Mountain Top

Friday, May 31 11:45 AM
Cranberry Chicken Salad Luncheon
RSVP by 5/29

Popcorn & Movie

MOUNTAIN TOP

Wednesday, May 29 12 PM



An Appalachian small-town preacher who gave up his law practise years ago follows a calling back into the courtroom to solve a case that has roots deeply woven into his own life.



May 2024

The Boys in the Boat

by Daniel James Brown

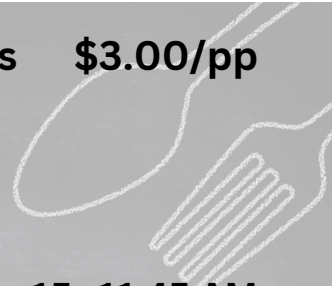
Wednesday, May 15 at 2 PM

Thursday, May 16 at 6 PM

Books will be available at the circulation desk prior to that month's meeting. Copies will include regular print, large print or audiobook. Books may also be available in ebook format on Libby. All are welcome!

Lunch Specials \$3.00/pp

Menu



Wednesday, May 15 11:45 AM

Teriyaki Beef

Steamed Rice

Broccoli

RSVP by 5/13

Monday, May 20 11:45 AM

Lentil Stew

Steamed White Rice

Green Beans

RSVP by 5/16

Friday, May 31 11:45 AM

Chicken Cranberry Salad

Pasta Salad

Three Bean Salad

RSVP by 5/29

Mother's Day Luncheon

**Wednesday, May 8
11:45 AM**

**Open Face Turkey
Sandwich**

RSVP by 5/7



Haircuts by Rita

Friday, May 17

10:00 AM

Cut: \$13.00

Call for an appointment

**Veterans' Services Director
Lt. Col. Carl Bradshaw Ret.
Office Hours**

Thursday, May 16

9:30 - 11:30 AM

May Birthday Luncheon

Thursday, May 23 11:45 AM

**BBQ Chicken
Mashed Potatoes
Country Blend Veggies**

RSVP by Noon 5/21

ALL May birthdays eat for FREE

Home Modification Loan Program

Learn more about this Massachusetts state-funded loan program that provides loans to homeowners and small landlords for necessary home adaptations or modifications.

Do you know who might be looking for financial assistance for a more accessible home? Is their bathroom difficult to navigate? Would they benefit from a stair-lift or ramp? Or perhaps they have considered converting or adding living space to be able to live all on one level? The Home Modification Loan Program can help.

Since 2000, the Home Modification Loan Program (HMLP) has made loans to over 3,000 Massachusetts households to finance home accessibility projects like: accessory dwelling units, home security features, fencing ramps, wheelchair and stair lifts, widened doorways, hand-rails and walkways, bathroom and kitchen modifications, and more.

You can also visit: www.cedac.org/find-out-if-you-qualify and answer a few questions to review eligibility requirements and see if they qualify and request program information. Or visit our homepage directly to download an application: www.cedac.org/hmlp.

To learn more contact, Susan Gillam, sgillam@cedac.org or toll free at 866-500-5599.