

# SUTTON SENIOR NEWS

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

SUTTONMA.ORG



@SUTTONSENIOR

**APRIL 2023**

Chorus led by Deb Reynolds  
Tuesdays at 11 AM  
*No singing experience necessary*

Singing is beneficial for the aging brain. It boosts brain activity and improves your mood. Now that's something to croon about! Singing enhances memory function and can decrease loneliness. It's aerobic and improves the cardiovascular system by increasing oxygen flow in the blood which also improves alertness. The act of singing releases stored muscle tension and reduces the stress hormone 'cortisol' in the bloodstream, leaving you relaxed after belting out a tune.



**Potato Bar &  
Strummers Performance  
Wednesday, April 12**

*RSVP by April 10*

**11:30 AM** Enjoy a baked potato with your choice of toppings including chili, cheese, broccoli & more. \$3/pp

Followed by The Strummers ukulele group.

## NAVIGATING THE HEALTHCARE HIGHWAY

### Roundtable of Senior Healthcare Professionals

- Accessible Home Health Care
- Shrewsbury Nursing & Rehab Center
- Notre Dame Hospice
- Orchard Grove Assisted Living
- Fallon Health Summit Eldercare

**Tuesday, April 11**

**Noon - 1:00 PM**

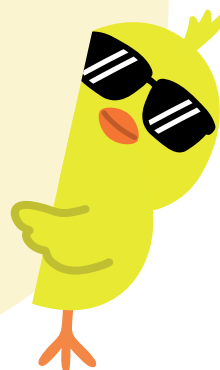
**Light lunch provided (RSVP)**

**Easter Luncheon  
with the Easter Bunny  
Thursday, April 6**

Baked Ham  
Sour Cream & Chive Potatoes  
Honey Glazed Carrots  
Cream Puffs  
Coffee & Tea

**Only \$3**

*RSVP by April 4*



## Library Hours at Sutton Senior Center

**April 5**  
**(1st Wednesday every month)**  
**11:00 AM - 12:30 PM**

Librarian Shannon Duffy brings a selection of books, audio books and DVDs that you can borrow. Bring your library card or you can get one if you bring ID.

Book Club will meet at the Sutton Library on Wednesday, April 19 at 2 PM.

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### **New Program: Brain Games**

**Monday, April 24 & Tuesday, April 25**  
**at 11:00 AM**

### **WordNerd Puzzles (Fun with Word Puzzles)**



### **Afternoon Movie:** ***Accidental Family***

**Wednesday, April 26 at 1 PM**

A shy & lonely genealogist finds herself trapped between the man she likes and his family who both mistake her as their long-lost relative. ***Refreshments provided.***



### **Dave O'Gara's Rock & Roll Road Show** **Friday, April 28**

The Massachusetts Broadcasting Hall of Famer will play fun Oldies tunes for dancing from 7:00-9:00 PM.

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### **Easter Craft with Andrea** **Friday, April 7 at 11:00AM**



Create this table top Easter egg tree.  
\$20 covers the cost of the supplies.  
Sign up by April 6.

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### **The Blue Foot Dog**

**Thursday, April 27**  
**at Noon**



Country & Bluegrass Music  
with Singer Tom Mansfield  
Light lunch

# APRIL 2023 PROGRAMS & ACTIVITIES

## MONDAYS

- 10:00 AM - Chair Yoga
- 12:30 PM - Mat Yoga

## TUESDAYS

- 10:30 AM - Darts
- 11:00 AM - Chorus
- 1:30 PM - Cardio Barre

## WEDNESDAYS

- 10:00 AM - Blood Pressure Clinic
- 10:00 AM - Muscular Strength

## 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



## SPECIAL PROGRAMS

### **Wednesday, April 5 at 11:00 AM**

Sutton Librarian Shannon Duffy

### **Thursday, April 6 at NOON**

Easter Luncheon with the Easter Bunny

### **Friday, April 7 at 11:00 AM**

Easter Egg Tree Craft with Andrea

### **Tuesday, April 11 at NOON**

Navigating the Healthcare Hwy

### **Wednesday, April 12 at 11:30 AM**

Baked Potato Bar followed by the Strummers Ukulele Concert

### **Monday, April 17 - CLOSED**

### **Wednesday, April 19 at 2:00 PM**

Book Club held at the Sutton Library

### **Monday, April 24 at 11:00 AM**

Brain Games - WordNerds - Word Puzzles

### **Wednesday, April 26 at 1:00 PM**

Movie: Accidental Family

### **Thursday, April 27 at NOON**

Blue Grass/ Country Music  
by Tom Mansfield The Blue Foot Dog

### **Friday, April 28 at 7:00 PM**

Dave O'Gara's Rock & Roll Dance





**Blackstone Valley Tech**

**Buffet Breakfast at the  
Three Seasons Restaurant**

**Wednesday, April 26 at 8:30 AM**

**RSVP by 4/19**

**Details to follow**

## **Services for our seniors**

*Transportation Assistance*

*Pharmacy Pick-ups*

*Meals on Wheels*

*Food Pantry*

*Food Stamp & Fuel Assistance*

*Housing Applications*

*RMV Renewal*

*Health Insurance Assistance*

*Elder Protective Services*

*Technology Support / Faxing and  
Printing*

*Medical Equipment Loan*

*Blood Pressure / Blood Sugar*

*Caregiver Support Services*

*Safe & Confidential Meeting Space*

*One on One Caregiver Support*

*Link to Town Services*

*Link to Legal Services*

*Link to Plumbers/Electricians/Home  
Repairs*

*Link to Adult Day Health/ Assisted  
Living*

*& Nursing Homes*

*Notary Services*