

SUTTON SENIOR NEWS

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

SUTTONMA.ORG  @SUTTONSENIOR **FEBRUARY 2023**



Fuel Assistance

bankHometown will provide \$350 towards home heating for Sutton residents who meet the income criteria.

The income limit per household is derived from the Fiscal Year 2023 Low Income Home Energy Assistance Program.

- 1 person household = \$20,385 limit
- 2 person household = \$27,465 limit
- 3 person household = \$34,545 limit
- 4 person household = \$41,625 limit

Anyone who needs a helping hand with home heating can call the Senior Center to schedule an appointment. We provide the application and help you fill it out.

Additional Assistance

The Sutton Food Pantry is located within the Senior Center, however, it's available to ALL residents in need. Call at (508) 234-0703.

We also have SNAP benefit applications and can help you complete them

With Gratitude

Thank you to all of the individuals, groups & organizations that continue to donate food and funds to keep these services available.

Telephone Scam Awareness

Never divulge personal information over the phone if you didn't initiate the call. That was a major message from last month's Sutton Police Department presentation (pictured below). Current scams are calling people asking you to wire money to help a family member who is in trouble. Utility companies, Medicare, Social Security, etc. will never call you to ask for personal info over the phone. You can always hang up, dial the number on your bill or statement directly to confirm it was a fraudulent call.



Massachusetts Department of Wildlife and Fisheries

**Wednesday, February 8
12:00 PM**

Rebecca Colby from MassWildlife will present about the conservation of fresh water fish & wildlife in the Commonwealth including plants and animals.

Library Hours at Sutton Senior Center



February 1
(1st Wednesday of each month)
11:00 AM - 12:30 PM

Librarian Shannon Duffy will bring a selection of items including books, audio books & DVDs you can borrow. Bring your library card or you can get one if you bring your ID.

Lunch & Learn with Attorney Jennifer Gavaletz



Tuesday, February 21 12:00 PM

Learn about wills and the various types of powers of attorney, real estate and mortgage transactions and simple estate planning.

A light lunch will be served

New Program: ZUMBA!



Certified Zumba instructor Gloria Beaupre will teach this new FREE class Fridays at 10:00 AM. Wear sneakers, comfortable clothing and bring a water bottle.

Glory the Therapy Dog



Tuesday, February 28
12:00 PM

Glory will return for more snuggles & snacks. Therapy dogs are trained to provide affection, comfort, support and overall wellbeing.

FEBRUARY 2023 PROGRAMS & ACTIVITIES

MONDAYS

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

TUESDAYS

- 10:30 AM - Darts
- 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



**We will be closed on
Monday, February 20**



SPECIAL PROGRAMS

Wednesday, February 1 at 11:00 AM

Sutton Librarian Shannon Duffy

Wednesday, February 8 at Noon

Mass Wildlife & Fisheries

Wednesday, February 15 at 2:00 PM

Adult Book Club (at the Sutton Library)

Tuesday, February 21 at Noon

Lunch & Learn with
Attorney Jennifer Gavaletz

Wednesday, February 22

Sutton Fire Dept. Presentation at 11 AM
MOVIE: Dog Gone at 1 PM

Tuesday, February 28 at Noon

Glory the Therapy Dog

Join Us For a Movie



**Wednesday, February 22
1:00 PM**

Rob Lowe stars as a supportive Dad in this true story of a young man's race against time to find his beloved lost dog Gonker.

Are You Interested In...

Playing Cribbage?

Knitting, Crocheting
or Quilting?

Walking with Others?

If so...let us know and we
with organize days & times

Blackstone Valley Tech Family Style Breakfast Friday, March 3

BVT culinary students will prepare a full breakfast at the school for \$7.50 plus gratuity. Sign up by February 17th by calling (508) 234-0703 or let us know in person at the Senior Center.