

# SUTTON SENIOR NEWS

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

SUTTONMA.ORG  @SUTTONSENIOR

**January 2024**



There will be no activities scheduled on Monday, January 22

## Volunteer Appreciation Day

**Monday, January 22**

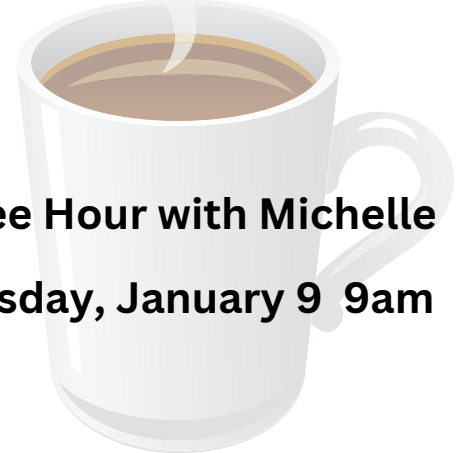
*Dedicated Hearts*

*Dedicated hearts like yours  
Are not so easy to find.  
It takes a special person to be  
So generous and kind.  
To care so much for your fellow man  
Is a quality all too rare.  
Yet you give of your time and talents,  
For all in need to share.*

*So thank you for being a volunteer,  
We're privileged to work with you.  
We want you to know how  
appreciated you are,  
Not just today, but the whole  
year through*

This is an event exclusively for our  
Treasured Volunteers.

**Coffee Hour with Michelle**  
**Tuesday, January 9 9am**



Join your Director Michelle Edelstein as she discusses the various support services available through the Sutton Senior Center:

TRANSPORTATION SERVICES  
MEALS ON WHEELS  
VETERANS AGENT / SHINE COUNSELOR  
NOTARY / MEDICAL EQUIPMENT LOAN  
TECHNOLOGY SUPPORT  
RMV RENEWAL ASSISTANCE  
SNAP APPLICATIONS  
FUEL ASSISTANCE APPLICATIONS  
NONPERISHABLE FOOD AND TOILETRIES  
FACE MASKS / COVID TEST KITS  
BLOOD PRESSURE CLINIC  
REFERRALS FOR MINOR HOME REPAIRS  
ASSISTANCE WITH ELDER ABUSE AND FRAUD  
YARD WORK / SNOW SHOVELING

Followed by some creative idea-sharing  
This is the perfect chance to get involved!

Learn about several volunteer &  
Tax Work Off opportunities available...

SINGERS  
CRIBBAGE LEADER  
DAY TRIP PLANNER  
PIANO INSTRUCTOR  
BRAIN GAMES HOST  
WALKING CLUB ORGANIZER

## Lunch Specials

Wednesday, January 10 11:45AM  
Roast Pork  
with Gravy  
Cornbread Stuffing  
Roasted Broccoli & Carrots  
RSVP by Noon 1/8

Wednesday, January 17 11:45AM  
Baked Potato  
with Chili & Cheese  
Brocc  
Sour Cream  
RSVP by Noon 1/15

Wednesday, January 24 11:45AM  
Roast Turkey with Gravy  
Mashed Sweet Potatoes  
Roasted Broccoli  
RSVP by Noon 1/22

Wednesday, January 31 11:45AM  
Beef Stew  
Rice  
Green Beans  
RSVP by Noon 1/29

## Popcorn & A Movie

Wednesday, January 10 1PM



### CHAMPIONS Rated PG-13

Woody Harrelson stars in the hilarious and heartwarming story of a former minor-league basketball coach who, after a series of missteps, is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

**During the month of January we are keeping things a bit more quiet than usual.**

**We have had many participants out with covid, sinus infections, and gastrointestinal issues.**

**We have been using our sanitizing machine daily.**

**We have been keeping frequently touched areas wiped down with sanitizing wipes**

**We ask that if you test positive for covid, in order to keep people safe**

**\*Isolate for 5 days**

**\*Retest... if you are negative please consider wearing a mask for 10 days**

# JANUARY 2024 PROGRAMS & ACTIVITIES

## MONDAYS

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

## TUESDAYS

- 10:30 AM - Darts
- 11 AM - Chorus **On break until Feb.**
- 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

**Closed Monday, January 15**  
**Martin Luther King Day**

**Monday, January 22**  
**No Chair Yoga and No Mat Yoga**

## SPECIAL PROGRAMS

**Wednesday, January 3 11:00AM**  
**Sutton Librarian Shannon Duffy**

**Friday, January 5 8:00AM**  
**Breakfast at Holy Spirit Church**

**Tuesday, January 9 9:00AM**  
**Coffee Hour with Michelle Edelstein**

**Wednesday, January 10 11:45AM**  
**Roast Pork Luncheon RSVP by Noon 1/8**

**Wednesday, January 10 1:00PM**  
**Popcorn & Movie: Champions**

**Monday, January 15**  
**CLOSED Martin Luther King Day**

**Wednesday, January 17 11:45AM**  
**Baked Potato Luncheon RSVP by Noon 1/12**

**Wednesday, January 17 2:00PM**  
**Book Club at Sutton Library**

**Thursday, January 18 9:30-11:30AM**  
**Veterans Agent Office Hours**

**Friday, January 19 10:00AM**  
**Haircuts by Rita by appointment**

**Monday, January 22**  
**Volunteer Appreciation Day**

**Wednesday, January 24 11:45AM**  
**Roast Turkey Luncheon RSVP by Noon 1/22**

**Thursday, January 25 11:45AM**  
**January Birthday Luncheon**  
**RSVP by Noon 1/23**

**Wednesday, January 31 11:45AM**  
**Beef Stew Luncheon RSVP by Noon 1/29**

## You're Invited to a Birthday Party!



Anyone with a December birthday  
will receive a FREE lunch  
with special pastries!

**Thursday, January 25 at 11:45AM**

Meatloaf and Gravy  
Garlic Mashed Potatoes  
Veggies

RSVP by Noon on 1/23  
All are welcome \$3/pp

**Wednesday, January 3 at 11:00AM**

**Sutton Librarian Shannon Duffy**

*First Wednesday of each month  
at the Sutton Senior Center  
with the latest books, media, etc.*



**Book Club at Sutton Library**

**We will discuss:**

**A Long Petal of the Sea by Isabel Allende**

**Wednesday, January 17 at 2 pm**

**Thursday, January 18 at 6 pm**

**Veterans Agent**  
**Lieutenant Colonel Carl Bradshaw Ret.**  
**Office Hours**

**Thursday, January 18**

**9:30 - 11:30AM**

**Haircuts by Rita**

**Friday, January 19**

**Cut: \$13.00**

**Call for an appointment**

**10:00AM**

**In the event of bad weather during  
business hours we will close the center in  
order to keep our patrons, volunteers  
and staff safe**

**When Sutton Schools are closed for bad  
weather the senior center will close**

**If the Sutton Schools have a delay, the  
senior center will open at its regular time,  
8AM**

**If you are not feeling well, please  
consider staying home and/or wearing  
a mask.**

**We just want to keep our friends safe.**

**Please use the hand sanitizing stations in  
the building and frequently wash your  
hands.**