

# SUTTON SENIOR NEWS

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



**March 2024**

## Food & Movement Be Thy Medicine



with John Helfrich



**Wednesday, March 6 1 PM**

**Join us as we learn how eating healthier and moving your body can change your life.**

There will be handouts including a Wellness Check list and short videos followed by discussion.

This is a truly inspirational and motivational presentation on John's lifelong journey and how his decisions changed the outcome!



## March for Meals Annual Fundraiser



**Corned Beef and Cabbage Luncheon**

**Tuesday, March 26 12 PM**

**\$12 per person**

**Limited Seating**

**Tickets for sale at the front desk**

**"no senior goes hungry"**

## Magician, Comedian & Mentalist

**Steve Charette**

**Wednesday, March 20 2 PM**

**RSVP by 3/18**

Steve Charette has been entertaining audiences for more than 30 years, yet his performances remain fresh, exciting and relevant. You'll enjoy his impressive illusions, sleight of hand, quick wit and endearing personality.

With regular weekly appearances at several establishments throughout Central Massachusetts and a featured guest at comedy shows around New England, Steve always "pulls a rabbit out of his hat!"



**Pin it up Fundraiser for March for Meals!**

**Buy a pin-up for \$1, sign your name and hang it up to show your support.**

**"No senior goes hungry"**

**Available at the front desk**

# MARCH 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 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

## SPECIAL PROGRAMS

**Friday, March 1 8:00 AM**  
**Breakfast at the Holy Spirit Church**

**Wednesday, March 6 11:45 AM**  
**Chicken Veggie Stir Fry RSVP by 3/4**

**Wednesday, March 6 1 PM**  
**Food & Movement Be Thy Medicine**  
**Presentation by John Helfrich**

**Wednesday, March 13 1:00 PM**  
**Popcorn & Movie: Belfast**

**Friday, March 15 10:00 AM**  
**Haircuts by Rita (by appointment)**

**Wednesday, March 20 11:45 AM**  
**Chicken Fajitas Luncheon RSVP by 3/18**

**Wednesday, March 20 2 PM**  
**Magician, Comedian & Mentalist**  
**Steve Charette**

**March 20 & 21 2 & 6 PM**  
**Book Club at Sutton Library**

**Thursday, March 21 9:30-11:30 AM**  
**Veterans Agent Office Hours**

**Friday, March 22 10 AM**  
**Cup of Joe Coffee Hour with State**  
**Representative Joe McKenna**

**Tuesday, March 26 12 PM**  
**Corned Beef and Cabbage March for**  
**Meals Fundraiser Luncheon Tickets**  
**available at the desk \$12/pp**

**Wednesday, March 27 11:45 AM**  
**Baked Potato Luncheon RSVP by 3/25**

**CLOSED FRIDAY, MARCH 29**  
**Good Friday**

**Happy Easter**





Wednesday, March 13 1 PM

## BELFAST



Belfast, 15 August 1969. Surrounded by sporadic violence and growing danger, nine-year-old Buddy finds himself confronted with the ugly reality of sectarian conflict. And, as the suffocating stranglehold of increasing turmoil tightens around his once-peaceful working-class neighborhood, Buddy tries his best to understand The Troubles--after all, someone must be responsible for forcing people to flee their homes. Now, Buddy's family must come face to face with a nearly impossible, life-altering decision: stay or start packing?

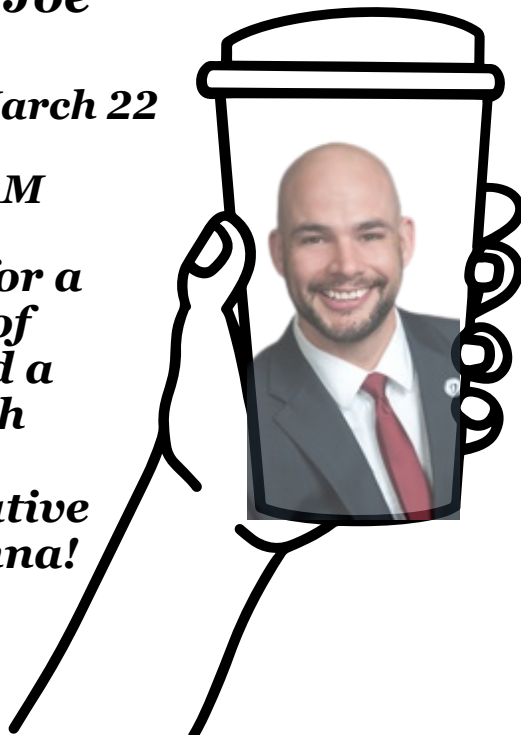


## Cup o' Joe

Friday, March 22

10 AM

*Swing by for a  
hot cup of  
coffee and a  
chat with  
State  
Representative  
Joe McKenna!*



## Lunch Specials \$3.00/pp

Wednesday, March 6 11:45 AM

Chicken Veggie Stir Fry  
Brown Rice  
Green Beans  
Fruit Ambrosia  
RSVP by Noon 3/4

Wednesday, March 20 11:45 AM

Chicken Fajitas  
Spanish Rice  
Black Beans & Corn  
Pineapple  
RSVP by Noon 3/18

Wednesday, March 27 11:45 AM

Baked Potato  
Chili & Cheese  
Broccoli  
Chocolate Mousse  
RSVP by Noon 3/25



If you think of the biggest health threats facing many older adults in America, your list may likely include cognitive decline, vision and hearing impairments, heart disease, strokes and other ailments.

While each of these health issues is a threat to many American seniors, it turns out that hunger is the public health issue that is quickly becoming dire for many older adults.

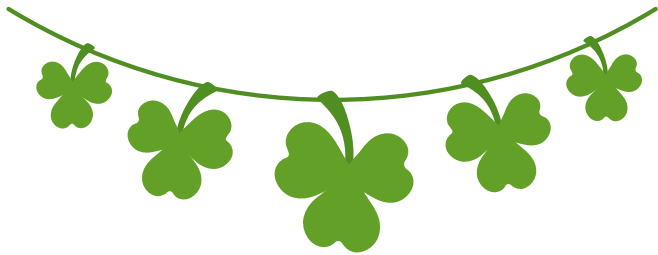
Here we take a closer look at what senior hunger means, why the threat is getting worse and what can be done about it.

### Key Facts About Senior Hunger

- Nearly one in six seniors in America faces the threat of hunger or malnourishment (around 8 million total).
- The rate of hunger among older adults increased 65 percent from 2015 to 2020.
- One-third of all seniors report trimming the size of their meals, skipping meals completely or buying less nutritious foods because they didn't have enough money for a proper meal.
- Senior hunger costs the U.S. healthcare system \$130 billion per year.

One of the most expansive government tools to help combat senior hunger is SNAP, or the Supplemental Nutrition Assistance Program. SNAP helps millions of low-income Americans afford food through subsidies from the federal government. However, only 42 percent of all seniors who are eligible for SNAP are enrolled in the program. Many seniors may simply not be aware of the program, how it works or that they might be eligible for it. Other seniors may face challenges with technology or mobility that hinders their participation, or they may simply be too proud to admit they need help. Building awareness is key to encouraging eligible food insecure seniors to enroll in SNAP and begin benefiting from the program.

Our Director is available to assist you  
applying for SNAP benefits  
Call us at 508-234-0703




**March 2024**  
The Extraordinary Life of Sam Hell by Robert Dugoni  
Wednesday, March 20 at 2:00 pm and Thursday,  
March 21 at 6:00 pm.

**April 2024**  
The Beekeeper of Aleppo by Christy Lefteri  
Wednesday, April 17 at 2:00 pm and Thursday, April 18  
at 6:00 pm.

**May 2024**  
The Boys in the Boat by Daniel James Brown  
Wednesday, May 15 at 2:00 pm and Thursday, May 16  
at 6:00 pm.

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

**Veterans Agent**  
**Lieutenant Colonel Carl Bradshaw Ret.**  
**Office Hours**  
**Thursday, March 21**  
**9:30 - 11:30 AM**



**Haircuts by Rita**  
**Friday, March 15**  
**Cut: \$13.00**  
**Call for an appointment**  
**10:00 AM**



**Fuel Assistance**  
**There is still time to see if you qualify for fuel assistance which is available from our friends from bankHometown.**  
**The amount is for \$350 made payable to your fuel company if you qualify.**  
**You will need to show**  
**\*Proof of income**  
**\*Current fuel bill**  
**\*Valid ID**  
**Please contact our Director**