

# SUTTON SENIOR NEWS

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

SUTTONMA.ORG



@SUTTONSENIOR

**April 2024**

## Baseball Movie: The Hill



## Ball Park Refreshments: Hot dog, Popcorn & Peanuts

**Wednesday, April 10 11:45 AM**

RSVP by 4/8

The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.



## The Witches of Sutton Dance Group Thursday nights at 6 PM



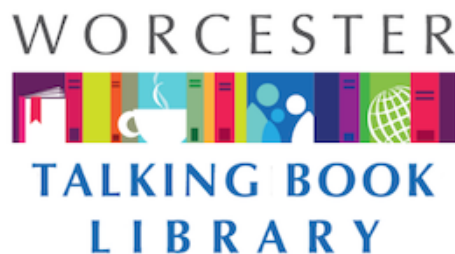
A dance group of women of all ages! They dance to popular music in witch costumes. These groups have become popular all over the country thanks to a group who started it in Germany. They began 2 Halloweens ago during the Sutton Oh My Gourd event on the town common. They don't just dance at Halloween! In northern European countries dancing witches are associated with a celebration of spring. This year they will be participating in the Sutton Fourth of July parade, and the Halloween event on the town common. Last year we participated in the breast cancer research fundraiser at the Brickstone Kitchen and through our Witches Ball they raised over \$3000 for the playground renovation project in Manchaug. They will be holding another charitable ball soon!

All are welcome to watch or join the group

## Roast Turkey Lunch & Learn

**Wednesday, April 3 11:45 AM**

RSVP by 4/1



Kathryn Pontes from Worcester Talking Book Library will discuss reading materials in accessible formats including large print, braille, and digital talking books. As part of the National Library Service for the Blind and Print-Disabled, provide materials via postage-free mail to any MA resident with a visual, physical, or reading disability.



**Thursday, April 18 2PM**

## Stephanie Franciose, PT, DPT

Do you ever wonder why movement is so important to overall health? Ever think to yourself: "why does everyone keep telling me to exercise?" Come learn about the benefit of resistance and cardiovascular exercise, the difference between the two and the importance of it as we age.

# APRIL 2024 PROGRAMS & ACTIVITIES

## SPECIAL PROGRAMS

### 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
- 6:00 PM - Witches of Sutton

### FRIDAYS

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

**Monday, April 15**  
**Closed**

**Wednesday, April 3 11:45 AM**  
**Lunch & Learn**  
**Roast Turkey Luncheon and Learn**  
**Kathryn Pontes from Worcester Talking Library**  
**RSVP by 4/1**

**Thursdays, April 4,11,18 & 25 6:00 PM**  
**Witches of Sutton**

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

**Wednesday, April 10 11:45 AM**  
**The Hill & A Hot Dog**  
**RSVP by 4/8**

**Monday, April 15 CLOSED**

**Wednesday, April 17 11:45 AM**  
**Diane's Grilled Cheese and Mater Soup**  
**RSVP by 4/16**

**Wednesday, April 17 2 PM**  
**Sutton Library Book Club**

**Thursday, April 18 9:30-11:30 AM**  
**Veterans Agent (by appointment)**

**Thursday, April 18 2 PM**  
**Stephanie Franciose from**  
**Concierge Physical Therapy**

**Friday, April 19 10:00 AM**  
**Haircuts by Rita (by appointment)**

**Monday, April 22**  
**Earth Day Celebration**

**Wednesday, April 24 11:45 AM**  
**Stuffed Pepper Casserole Luncheon**  
**RSVP by 4/22**

**Diane's \$2**

**Grilled Cheese and  
Tomato Soup Special**

**Wednesday, April 17 11:45 AM**



**RSVP by noon 4/16**

*Menu*

**Lunch Specials \$3.00/pp**

**Wednesday, April 3 11:45 AM**

Roast Turkey

Brussels Sprouts

Mashed Sweet Potato

RSVP by Noon 4/1

**Wednesday, April 24 11:45 AM**

Stuffed Pepper Casserole

Mashed Potatoes

Carrots

Chocolate Mousse

RSVP by Noon 4/22



**Monday, April 22 2 PM**

**Earth Day Celebration**

**With EARTH Limited from Southwicks Zoo**



**“Introduction to Animal Ecology” with  
6 ambassador animals from the zoo**



Haircuts by Rita

Friday, April 19

10:00 AM

Cut: \$13.00

Call for an appointment



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

Thursday, April 18

9:30 - 11:30 AM



**April Birthday Luncheon**  
Wednesday, April 24 11:45 AM

Stuffed Pepper Casserole  
Mashed Potatoes  
Carrots  
Chocolate Mousse

RSVP by Noon 4/22

ALL April birthdays eat for FREE



**April 2024**

*The Beekeeper of Aleppo*

by Christy Lefteri

Wednesday, April 17 at 2 PM

Thursday, April 18 at 6 PM

**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!

YOU MAY QUALIFY FOR CASH or CREDIT FROM THE STATE IF YOU PAY RENT OR PROPERTY TAXES

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