Massage Therapy with Certified Massage Therapist
Tobey Brinkmann
30 minute massage for $25 (paid directly to Tobey)

Reasons for a Massage
1. Relieve stress
2. Relieve postoperative pain
3. Reduce anxiety
4. Manage low-back pain
5. Help fibromyalgia pain
6. Reduce muscle tension
7. Enhance exercise performance
8. Relieve tension headaches
9. Sleep better
10. Ease symptoms of depression
11. Improve cardiovascular health
12. Reduce pain of osteoarthritis
13. Decrease stress in cancer patients
14. Improve balance in older adults
15. Decrease rheumatoid arthritis pain
16. Temper effects of dementia
17. Promote relaxation
18. Lower blood pressure
19. Decrease symptoms of CTS
20. Help chronic neck pain
21. Lower joint replacement pain
22. Increase range of motion
23. Decrease migraine frequency
24. Improve quality of life in hospice care
25. Reduce chemotherapy-related nausea

Call for an appointment! 508-234-0703

Office Hour with Veterans Agent
Carl J. Bradshaw, Lieutenant Colonel, U.S. Army (Retired) Director, Veterans' Services
Thursday, August 10:30am until 11:30am

Sutton Senior Center
19 Hough Road
Sutton, MA 01590

Summer Star Wildlife Sanctuary Hike Thursday, August 8 at 1pm
Please sign up at the Front Desk
Shalin Liu has invited David Brown (http://www.dbwildlife.com) an author and outdoor wildlife tracker to come along with us and point out some of the interesting facts along the trail. Shalin usually has a brief reception (with goodies) after the hike, so we should plan on a later departure (most likely around 3 or 3:30pm). The new boardwalk along the beaver pond will be completed in July, so we will have a terrific, full trail experience this year. The trail is around 1.5 miles long. Check out their website at https://summerstarwildlife.wordpress.com/

August Lunch Specials
Wednesday, August 7
Roast Beef Sandwiches
Pasta Salad
Coleslaw
Apple Crisp
Monday, August 12
Chinese Luncheon
Beef Teriyaki
Steamed Rice
Broccoli
Wednesday, August 21
Mexican Luncheon
Chicken Fajitas
Spanish Rice
Black Beans & Corn
Wednesday, August 28
Baked Potato Bar
Chili and Cheese
Broccoli

SUTTON SENIOR RESOURCE AND COMMUNITY CENTER
19 HOUGH ROAD, SUTTON MA 01590
508-234-0703 MON-FRI : 8AM-3PM
WWW.SUTTONMA.ORG

Pizza Party with Unibank
Friday, August 23 at 11:45
Our friends from Sutton Unibank are once again spoiling us with PIZZA!
Sign up at Front Desk by Monday, August 19

It is the mission of the COA to: identify the needs of elderly residents, aged 60 and over, inform and educate the community, public officials and enlist support and participation of residents to serve those needs. We design, promote and implement services. We identify, coordinate and offer additional elder services available within and beyond Sutton.
Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available.

Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services.

Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season – Feb 1st to Apr 15th. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to https://aarp.org/taxaide

NEWS FROM SHINE FOR JULY/AUGUST 2019

Staying Healthy with No Cost Medicare Preventative Benefits

An important goal of Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:
- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

Upcoming for the Book Club

No Book Club for August

We Were The Lucky Ones by Georgia Hunter Wednesday, September 18th at 11am

The Woman In The Window by A.J Finn Wednesday, October 18 at 11am

The Senior Center is a cooling station during the Summer. We also offer box fans and bottled water and wellness checks! Please contact us!

Programs are subject to change. Classes may be cancelled last minute or/and late to start. If you sign up leave your legible name and number and we will do our best to reach you!

We ask that during presentations, participants are respectful and limit talking and turn off cell phones.

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HIKING/BIKING

Hey Everyone

August will bring us back to the beautiful Summer Star for a hike with Tracker-naturalist David Brown.

Cycle along the scenic ocean of Narragansett Bay thru Colt State Park to Bristol RI.

Hike Meadow Brook Woods & Cormier Woods with Linda & Lou.

Hike August 8, @ 1:00pm
Summer Star Wildlife Sanctuary
690 Linden St, Boylston Ma.

Cycle August 15, @ 1:00pm
East Bay Bike Path
Park near Shaw’s, 186 County Rd. (Rte. 103), Barrington RI

Hike August 22, @ 1:00pm
Cormier Woods, 248 Chapin St, Uxbridge Ma

Bring water, sturdy shoes, sun screen, bug spray, helmet (cycling) etc....