It’s that time of year to mention:
The Sutton Senior Center will be CLOSED when SUTTON SCHOOLS are CLOSED.
The Sutton Senior Center will be open at REGULAR HOURS if SUTTON SCHOOLS are on a DELAY. If there is inclement weather during business hours, we may consider closing in order to keep staff/volunteers and patrons safe.
We do our best to keep the parking lot and sidewalks free of ice. Please be mindful of your footing. Please make staff aware of any hazards that you see. Please please please do not come in if you are not feeling well, such as sniffling, sneezing, coughing, aching, stuffy head, fever or intestinal issues (upset stomach/diarrhea). Many of our visitors have underlying health issues that can be exacerbated by germs.

What we can offer our SENIORS:
Nutritious Lunches in our cafeteria/Meals on Wheels
Blood Pressure/Blood Sugar Clinic/Fuel Assistance Support
SNAP/MASSHEALTH Support
Registry of Motor Vehicles Support/Notary
Transportation Support/Home Visits
Access to Legal Support/Electricians/Plumbers/Builders
Community Care Kids for lawn/snow support
Veterans Agent Hours/Medication Assistance
Grief/Loss Counseling/Elder Abuse and Fraud Support
Tax Assistance/Podiatrist
Hair Dresser/Massage Therapist
FREE Senior Fitness classes/Health/Wellness Seminars
Hiking & Biking Groups/Tool Shed aka. Men’s Club
Mass College of Pharmacy

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.
Identify, coordinate and offer additional elder services available within and beyond Sutton.

MARK YOUR CALENDAR
Monday, March 2 at 1pm
Honorable Janet Kenton Walker
Unique opportunity to learn about the work of the third branch of government directly from judges who address a variety of challenging matters presented to the courts on a daily basis.

Writing Your Autobiography
Your words express the emotions of your life. Putting them ‘on paper’ helps paint a picture of you that no camera can ever duplicate!
Wednesday, February 5 at 11am
Taught by Seema Kenney
Certified Guided Autobiography Consultant
Certified Legacy Planner

Happy Valentine’s Day Furry Friend!
Join us Friday, February 14 at 1pm
to make Homemade Valentine’s Treats for your Cats and Dogs.
Treats will be made of wholesome ingredients that are simple and healthy!

Welcome Southwick’s Mobile Zoo Program
Wednesday, February 26
10:30am
Zoo educators and an animal ambassador from Southwick’s Zoo will be bringing in a few of their mobile animals to show off!

AARP Tax Assistance
Thursday, February 6, 13, 20, and 27
Thursday, March 5, 12, 19, 26
Thursday, April 2
Call for an appointment 508-234-0703

The Clubhouse Café
February Specials
Friday, February 14 11:45am
Turkey
Herbed Stuffing
Roasted California Blend Veggies
Strawberry Shortcake
Tuesday, February 25 11:45am
Mardi Gras Jambalaya
Rice Pilaf
Mixed Veggies
Pineapple Corn Muffin
Wednesday, February 26 11:45am
Cheese Ravioli with Vegetable Alfredo Sauce
O’Brian Potatoes
Roasted Brussel Sprouts
Baked Apples
French Bread

$3/pp RSVP
48 hours in advance to
Michelle Saucier
508-234-0703

Sutton Senior Resource and Community Center
19 Hough Road, Sutton MA 01590
508-234-0703 MON-FRI: 8AM-3PM
WWW.SUTTONMA.ORG

February 2020
News from SHINE February 2020

GREAT NEWS FOR MEDICARE BENEFICIARIES!!!

Starting on January 1, 2020 the income and asset limits for the Massachusetts Medicare Savings Program increased significantly. These changes will make thousands of Massachusetts Medicare Beneficiaries eligible for this very valuable benefit. The income for a single person will go up to $1,738 and for a married couple to $2,346 this is an increase of more than $300 a month in both cases. Asset limits are going to more than double as well, going up to $15,780 for a single person and $23,600 for a married couple. This program pays your monthly Part B Premium, $144.60 for 2020, you may be eligible for significant assistance in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. Contact your local Senior Center for more information on these valuable programs.

CAN I STILL CHANGE MY MEDICARE COVERAGE?

Medicare Advantage Plan Open Enrollment Period

This period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.

For Plan year 2020 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans at any time between December 8, 2019 and November 30, 2020. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change once each quarter.

FRIDAYS

9am Chair Zumba
12:30 Mat Yoga
12:30 Darts
10:45 Yoga
11 Tool Shed
10:45 Blood Sugar Test
10 Muscular Strength
10:45 Book Club
11:30 Ukulele
1 Bingo

TUESDAYS

9am Chair Zumba
12:30 Mat Yoga
12:30 Darts
10 The Hookers
10:45 Yoga
11 Tool Shed
12:45 Chorus
10-12 Fraud Squad

THURSDAYS

9am Tai Chi
1pm Zumba

MONDAYS

9am Chair Zumba
12:30pm Mat Yoga

WEDNESDAYS

10am Muscular Strength

SATURDAYS

Reserved for staff

SUNDAYS

Closed

2020 Senior Fitness Programs

MONDAY

9am Chair Zumba
12:30pm Mat Yoga

TUESDAY

10:45am Yoga

WEDNESDAY

10am Muscular Strength

THURSDAY

9am Tai Chi
1pm Zumba

FRIDAY

10am Yoga

2020 Senior Fitness Programs

MONDAY

9am Chair Zumba
12:30pm Mat Yoga

TUESDAY

10:45am Yoga

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THURSDAY

9am Tai Chi
12:45pm Blood Sugar Test
10:45 Book Club
11:30 Ukulele
1 Bingo

FRIDAY

9am Chair Zumba
12:30pm Mat Yoga
12:30 Darts

2020 Senior Fitness Programs

MONDAY

4th of July Closed

TUESDAY

10 The Hookers
10:45 Yoga
11 Tool Shed
12:45 Chorus
10-12 Fraud Squad

Wednesday

9am Tai Chi
9:30am Tai Chi
9-12 Computer Class
10 Pitch
1 Zumba
AARP TAXES

Thursday

9am Tai Chi
9-12 Computer Class
10 Pitch
1 Zumba
AARP TAXES

Friday

9am Tai Chi
9-12 Computer Class
10 Pitch
1 Zumba
AARP TAXES