



Wednesday, January 25

12pm Movie

Glass Onion: A Knives Out Mystery

Daniel Craig leads an all star cast in this whodunit hailed as one of the most exciting, funny and down-right enjoyable movies of the year.

Movie snacks and soda provided

Sutton Senior Center is an excellent place to catch a flick

Did you know that reading keeps your brain in good working order?!?

Sutton Library does!

They offer an adult book club on Wednesday, January 18 at 2pm at the Sutton Library. Check it out! Call for more information 508-865-8752

Sutton Senior Citizen Resource & Community Center Newsletter

January 2023

19 Hough Rd, Sutton MA 01590
(508) 234-0703 Mon-Fri: 8am-3pm www.suttonma.org

Winter Weather Reminder:

The Senior Center is CLOSED when Sutton Schools are closed.

If the school is on a delay, we will open at our usual time of 8am.

This is for the safety of our seniors and the staff

Planning Out The New Year

Tuesday, January 17 9am

Coffee Hour with Michelle

Share different ideas on programs to try out in the new year.

Morning Glory Coffee and Muffins with Glory the therapy dog

All are welcome

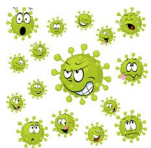
Tuesday, January 3 at 8:30am



Crafting with Andrea

Friday, January 27 at 10am

Sign up to make this beautiful display \$30 Sign up at the front desk



PLEASE DO NOT COME TO THE SENIOR CENTER IF YOU HAVE : TESTED POSITIVE for COVID

If someone in your home has COVID please wear a mask while at the Center

**SNIFFLING SNEEZING COUGHING
STUFFY HEAD CONGESTION FEVER
DIARRHEA UPSET STOMACH**

I think that just about covers it!

Welcome Sutton Librarian

Shannon Duffy

Wednesday, January 4 11am

The Sutton Library will be visiting and bringing a section of items that you can borrow! So make sure to bring your library card or if you do not have one, bring your ID and we can make you one .

Monday	Tuesday	Wednesday	Thursday	Friday
2 10am Chair Yoga 12:30pm Mat Yoga	3 8:30am Moring Glory Coffee and Muffins with “Glory” the therapy dog 10:30am Darts 1:30pm Cardio Barre	4 10am Muscular Strength 10am Blood Pressure 11-12:30 Sutton Librarian Shannon Duffy 12:30 Mat Yoga	5 9am Tai Chi 10am Pitch 10am Computer Club 1pm Chair Yoga	6 9:30am I’m Sorry 1pm Bingo
9 10am Chair Yoga 12:30pm Mat Yoga	10 10:30am Darts 1:30pm Cardio Barre	11 10am Muscular Strength 10am Blood Pressure	12 9am Tai Chi 10am Computer Club 10am Pitch 1pm Chair Yoga	13 9:30am I’m Sorry 1pm Bingo
16 CLOSED Martin Luther King Jr. Day	17 9am Coffee Hour with Michelle 10:30am Darts 1:30pm Cardio Barre	18 10am Muscular Strength 10am Blood Pressure	19 9am Tai Chi 10am Computer Club 10am Pitch 1pm Chair Yoga	20 9:30am I’m Sorry 1pm Bingo
23 10am Chair Yoga 12:30pm Mat Yoga	24 10:30am Darts 1:30pm Cardio Barre	25 10am Muscular Strength 10am Blood Pressure 12pm Movie Glass Onion A knives Out Mystery	26 9am Tai Chi 10am Computer Club 10am Pitch 1pm Chair Yoga	27 9:30am I’m Sorry 10am Crafting with Andrea
30 10am Chair Yoga 12:30pm Mat Yoga	31 10:30am Darts 1:30pm Cardio Barre			

January 2023

NEWS FROM SHINE: January 2023

What if I missed the Medicare Open Enrollment Period? Can I still make a change to my 2023 coverage?

The MA Open Enrollment Period occurs each year from January 1 through March 31, and it is only available to people who are enrolled in a Medicare Advantage plan as of January 1, 2023. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1.

Changes that can be made during this period include switching to:

- ☐ a different MA plan with drug coverage;
- ☐ a different MA plan without drug coverage;
- ☐ Original Medicare and a Part D plan; or
- ☐ Original Medicare without a Part D plan.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

Other news:

- ☐ For those with Prescription Advantage or “Extra Help”; these programs help with paying for your prescription drugs. They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed, outside of Open Enrollment.
 - o Those with Prescription Advantage can do this only once each year.
 - o Those with “Extra Help” can change once each quarter.
- ☐ The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2023 monthly Part B premium will be \$164.90. You will also be eligible for Extra Help from Social Security mentioned above to help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values. These figures may change in early 2023 visit our website. www.shinema.org to get the latest information
 - o Individual Gross Income: \$1,984/month Assets: \$16,800
 - o Couple Gross Income: \$2,518/month Assets: \$25,200

SHINE (Serving the Health Insurance Needs of Everyone) funded through the federal agency, Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs. Certified counselors are available to assist you with questions about Medicare. Our services are free and unbiased: we area available to discuss all options related to Medicare and additional coverage, and we do not sell any plans.