

## Dudley Senior Center December 2017

Contact: Margaret Bussiere Dir. **508-949-8015 x3** (Hours: M & F 10am-3:30pm) Please note, COA Phone Number has changed!

71 W. Main St

Dudley, Ma 01571

[coa@dudleyma.gov](mailto:coa@dudleyma.gov)

[For Tri Valley Senior Lunch Program Reservations please call Inge Gassner, at 508-949-9081](#)

Important, Please note, the new Elder Abuse Hotline for Mass. is 1-800-922-2275

Medicare Open Enrollment ends Dec. 7, you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as any other options you may have. There will be group presentations, and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call 1-800-AGE-INFO (1-800-243-4636)... then press or "say 3". If you get the SHINE answering machine, leave your name and number. A counselor will call you back as soon as possible. Tri Valley Inc. also has a SHINE counselor available by appointment, call 1-800-286-6640 or 508-949-6640.

Call early to receive a pre-enrollment form, make that appointment, bring Medicare and insurance cards and a complete list of your medications.

Do not wait until it's too late to make changes!

Tri Valley Lunches are served here on Mondays and Fridays @ 11:30 AM. A \$3.00 donation per lunch is requested. Please call 48 hours ahead to reserve your lunch, Call Inge @ 508-949-9081, or 508-949-8015 X3.

**\*\*Watercolor Painting workshop with Marguerite Gaddis has been postponed until further notice.**

Dec . 1 @ 10-11:30am, BP Clinic and Ask the Nurse, with Joan Grindle, LPN, Overlook VNA.

December 4, after lunch **COOKIE SWAP!** Bring some Cookies, get some Cookies, YUM! Monday Movie matinee will follow @ 12:30PM. Movies this month will have a Christmas Holiday theme.

Dec. 6 @ 6PM Town of Dudley Annual Christmas tree Lighting at the town hall. FREE refreshments, All are welcome to attend! Pssst, Santa will be here too!

Dec. 11 @ 11:30 AM, Tuna sandwich lunch/soup, followed by Ice Cream Social, Monday Movie Matinee, 12:30 PM. Christmas /Holiday themed movie, Snacks will be provided!

Dec. 15. @ Noon, Annual Senior Christmas Party. Delicious Catered Chicken Cordon Bleu, red potatoes, roasted veggie, salad, roll, cheesecake, chocolate cake, small house wine, coffee, tea. Tickets are \$10.00 per person and available now see Margaret, Alice, or Inge to purchase. Music entertainment/MC, will be Frannie Mik! If possible, please bring a holiday gift card, or a small gift which will be given to the local Salvation Army Representative after the Christmas party today. Some gift ideas: New items, Clothing, hats, scarves, mittens, socks, HBA items, Gift Cards, Knitted/Handcrafted goods, all will be donated to local families in the community who may need a little something special to help make their holidays a bit brighter. We will be donating all the Fleece Tie Blankets made during our workshop! Thank you everyone for your generosity and thoughtfulness!

Dec. 18 @ 9 AM, Bemis Farm Fun Christmas Holiday Workshop. \$15.00, please RSVP to Margaret

Dec. 21, 3-5PM, Common Ground Memory Café at the Dudley Senior Center, FREE to Caregivers/family/friends/ loved ones, and especially individuals who are suffering with memory issues due to Alzheimer's, Dementia, Parkinson's, or other brain difficulties. Come and enjoy a fun date together, complete with a light meal and refreshments. We offer live music programs, art programs, games, ping pong, etc. The monthly Memory Café is meant to be a great time out together, sharing laughter, and non- judgmental, fun times! Please RSVP to Margaret, Call 508-949-8015 X3. Walk- In" friends are always welcome! The Memory Café is scheduled to take place every third Thursday 3pm-5pm. This Memory Café, will feature, a Music sing along with Bruce Joy and Dan Bellanger. Come and join us for some FUN and refreshments! This Memory Café is sponsored by Massachusetts Councils on Aging, through the Office of Elder Affairs.

Dec. 22 @ 11:30 AM, a Tri Valley Christmas Holiday Dinner, \$ 3.00 donation. Please sign up with Inge if you'd like to attend.

December 25 and Jan. 1, 2018, we'll be Closed. The Dudley COA wishes everyone a Happy Hanukkah/Merry Christmas/Happy New Year! We hope 2018 brings to you and yours, good health, wealth, and happiness!

## Winter Schedule:

**MONDAY: Chair Yoga @ 10:30-11:30am**, with Joanne LaLiberte HHP. Come join in anytime, it's great for your mind as well as your body! **Tri Valley Inc. Lunch is served here at 11:30 am.** Please call the

senior center, or Inge Gassner @ 508 949-9081. A \$3.00 donation per meal is suggested. Also **Monday Movie Matinee at 12:30 pm.**

**TUESDAY, @ 1pm:** Card Players, **13 Card Pitch**, and Dudley Senior Women Needleworkers .

**WEDNESDAY, @1 pm:** Dudley Senior Women Needleworkers.

**THURSDAY, New Year, New Program:** One to One Computer returns @ 10 AM on Thursdays by Appointment, please call the senior center if you would like to learn how to use your laptop, new tablet, or smart phone. Our Instructor will be Joyce Cordero who has an impressive background in computers.  
**@ 1pm: Cribbage Players,** (new players always welcome).

**FRIDAY: Chair Yoga @ 10:30-11:30 am, with Joanne LaLiberte HHP. TRI Valley Lunch is at 11:30am,** followed by **BINGO**, a friendly, small group, slower paced BINGO.

**Seniors did you know that you are welcome to attend any of our events or activities regardless of where you live? If you see something on our schedule you'd like to try, come join us! We like making new friends!**

**Don't forget, Panera Bread Donation is here on Friday mornings at 10:00 am, until it's gone! Thank you Panera!**