

Dudley Senior Center March 2017

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. 508-949-8010 X3.

March 3, 10:30-11:30am BP Clinic and Ask the Nurse, with Joanne Grindle, LPN, Overlook VNA.

March 9 and 23, Thursday bi weekly @ 10am-12n Watercolor Painting with Marguerite Gaddis. Class is \$10.00, and includes all supplies. All skill levels are welcome! (Also scheduled 4/6 4/20). Please call 508-949-8010 X3 to register.

March 12 Daylight Savings Time Begins!

March 13, after lunch, Ice Cream Social, hosted by Webster Manor/Lanessa. Thank You Ladies!

March 16, 4pm-6pm, Common Ground Memory Café at the Dudley Senior Center, FREE to Caregivers/family/friends, loved ones, and 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, gentle sports, 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 for the Memory Café, Call 508-949-8010 X3. Please leave your name and number and we'll get back to you. *Please note, "Walk-In" friends are always welcome too! The Common Ground Memory Café is scheduled to take place every Third Thursday 4pm to 6pm. The March 16 Café will feature the fantastic trio "WKBS". Come join us for a FUN time!

March 20 SPRING BEGINS!!

March 27, after lunch, Happy Birthday Cake, sponsored by Brookside Rehab. Thank You!!

March 31 at Noon, Jimmy D's Italian Lunch! Fresh, delicious Homemade Meatballs and yummy tomato sauce, with pasta, salad, bread, desserts, coffee, tea, and a small glass of house vino! We will also have a ravioli option for those observing Lent. This month our lunch is sponsored by Webster First Federal Credit Union, (Thank You!) Tickets are limited to first come first serve, and are available now, through Margaret in the COA office, or through Alice Langlois! We hope you will join us for great food and Fun!

Ongoing Schedule:

MONDAY: Chair Yoga @ 10:30-11:30am. Lunch is served at 11:30am. Please call senior center 48 hours in advance to reserve your meal. A \$3.00 donation is suggested. **NEW starting March 6 @ 11:30 AM, A Juice Bar!** (scheduled on the first Monday of the month). The Juice Bar is made with fresh veggies and fruits, by Joanne (in her Krups juicing machine). We will strive to make this healthy fresh-made juice, available to as many as we possibly can, and if there is a vegetable or fruit which is contraindicated by your medication, please let us know, (we can add to or eliminate accordingly). This program is

sponsored by the Dudley Senior Center, we ask for a donation of \$1.00 per cup for what we are calling: Your Live Food Vitamin Drink.

TUESDAY: @ 1pm, 13 Card Pitch, and Dudley Senior Women Needleworker's .

WEDNESDAY: @1pm Dudley Senior Women Needleworker's.

THURSDAY: Watercolor painting class bi-weekly at 10AM to 12N, see schedule. **@1pm Cribbage** Players, (new players always welcome).

FRIDAY: Aging Backwards @ 9AM-9:30AM, Come join us for the "latest and greatest " program, of being mindful of your own body posture, and achieving better health by utilizing proper body mechanics, and range of motion. It is possible to look and feel great at the same time!

Chair Yoga @ 10:30-11:30 am. TRI Valley Lunch is at 11:30am, followed by BINGO, a friendly, small group, slower paced BINGO. (Please note, no BINGO on the last Friday of the month).

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 10:15 am, until it's gone! Thank you Panera!