

Dudley Senior Center February 2018

Contact: Margaret Bussiere Dir. **508-949-8015 x3** (Hours: M & F 10am-3:30pm) .

71 W. Main St

Dudley, Ma 01571

coa@dudleyma.gov

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

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

Please note: If the Dudley schools are cancelled, then we are too! Don't venture out in bad weather!

Please be a good friend, and check on elderly, or disabled neighbors, especially when it's really cold out. Pipes can freeze and break especially with the extreme temperatures we've been seeing lately, potentially leaving our friends without heat!

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.

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Feb 1, 11-1145 AM Zumba Gold with Instructor Steph. Bolduc. Zumba Gold is a dance fitness class for the active older adult. The class focuses on strength, balance, and coordination through a fun, upbeat, low intensity workout! \$2.00 per class, Please call to register@ 11AM Zumba Gold .

Feb. 2, 10-11:30am, BP Clinic and Ask the Nurse, with Joan Grindle, LPN, Overlook VNA.

Feb. 5th @ 12:15 PM Salvation Army Rep. Emily Mews, will be here to present the Dudley COA a certificate of appreciation for our Christmas donations of Handmade knitted items and fleece blankets, etc.! Come join us!

Feb. 12[@] Noon, Valentine's Day Luncheon at Christopher Heights in Webster. RSVP to Margaret by 2/5/18. (No Tri Valley Lunch served today).

Feb. 15 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, Music sing along with Ed Cormier. 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.

Feb 19 Closed for President's Day.

Feb 23rd @ 11:30 AM Tri Valley Potato Bar! \$3.00 Donation. Yummy Baked potatoes with all of the fixings you can imagine! Please call Inge Gassner to RSVP 508-949-9081.

Feb 26, at Noon. Roger Tincknell presents, Island Vacation Music! Upbeat songs from the Caribbean to Hawaii, performed on ukulele, guitar, and African percussion instruments. Dress festively for your vacation; relax and enjoy a complementary mock-tail on the house! This FREE program is supported in part by a grant from the Dudley Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Come Join our Virtual Vacation!

JIMMY D's will return, March 30, A Meatless option will be available due to Holy Day Observance of Good Friday. (Meatballs will still be available too)!

Winter Schedule:

MONDAY: Chair Yoga @ 10:30-11:30am, with Joanne LaLiberte HHP. (\$2.00/class). 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, on **Monday, Our Movie Matinee is at 12:30 pm.**

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

WEDNESDAY, @1 pm: Dudley Senior Women Needleworkers.

THURSDAY, One to One Computer @ 10 AM on Thursdays by Appointment, please call the senior center if you would like to learn how to use your computer, laptop, tablet, or smart phone. Instructor, Joyce Cordero has a background in computers.

11AM to 11:45AM Thursdays, ZUMBA GOLD with Instructor Steph Bolduc. (\$2.00 donation per class). Call Margaret to sign up for this **FUN, upbeat energizing dance Class!**

@ 1pm: Cribbage Players, (new players always welcome).

FRIDAY: Chair Yoga @ 10:30-11:30 am, with Joanne LaLiberte HHP. (\$2.00/class). 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!