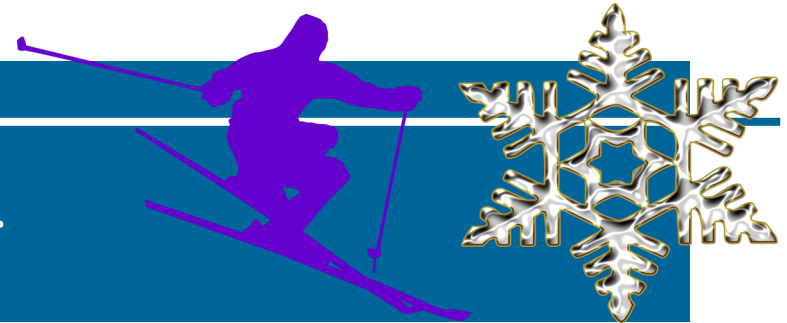




January 2018, Dudley Senior Center



Schedule of Events

- **Jan 8**, after lunch, **Ice Cream Social**, hosted by Webster Manor Lanessa, followed by Movie Monday: **BIG FISH**
- **Jan 11**, New Program **Zumba Gold** starting **Thursday, 1/11 @ 11-11:45 AM**, with Instructor Steph. Bolduc. 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 donation per class to help defray cost. Call Margaret to sign up for this fun class!
- **Jan 18, 3-5PM Memory Café FREE!** Live Entertainment with Bruce Joy and His Cousin David! Food, Refreshments, and FUN! **A Memory Café is a welcoming place for people who have thinking limitations, due to Dementia, Parkinson's, Alzheimer's, PTSD, or other Brain difficulties, coming together with a friend, caregiver, partner, loved one, in a group setting, having a good time in a non-judgmental atmosphere! FREE, sponsored by the MCOA through the Office of Elder Affairs.**
- **Jan 26**, at noon, **Eastern European Catered Lunch**, Tickets are \$7.00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed Happy New Year!	2	3	4	5 BP Clinic 10AM	6
7	8 Ice Cream Social after lunch. Movie Big Fish	9	10	11 11-11:45 AM Zumba Gold Begins. \$2.00 class	12	13
14	15 Closed MLK Day	16	17	18 Zumba Gold 11AM Memory Café 3-5PM	19 Christopher Heights Presentation at 12N	20
21 (on 1/22 Monday Movie will follow speaker. @ 1PM)	22 @12n Gayle Suzanne author It's in the Little Things	23	24	25 Zumba Gold 11AM	26 Eastern European Lunch 12n \$7.00 tickets	27
28	29 Movie @ 12:30	30	31			



MCOA

Dudley Senior Center, Margaret Bussiere, Dir, Coord. Hrs. M&F 10 AM-4PM

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Don't Forget, Panera Bread Donation is here Friday mornings at 10 AM until it's gone! Thank You Panera!