

# Dudley Senior Center January 2018

## Happy New Year!

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

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.

**\*\*New Programs for You this Month: One to One Computer, Thursdays at 10 to 11AM by appt. and Zumba Gold, Thursdays starting Jan 11, @ 11 to 11:45AM. 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 \*\***

Jan. 1<sup>st</sup>, Closed.

Jan 5<sup>th</sup> @ 10-11:30am, BP Clinic and Ask the Nurse, with Joan Grindle, LPN, Overlook VNA.

Jan 8, Ice Cream Social after lunch, followed by the Monday Movie Matinee.

Jan 11, @ 11AM Zumba Gold Begins!

Jan 15, Closed for MLK Day.

Jan 18, 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 his Cousin Dave. 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.

Jan 19 @ Noon, Christopher Heights Presentation with Lora Cruscitti.

Jan 22 at Noon, Gayle Suzanne, Author, "It's in the Little Things" will be here to discuss her book. Monday Movie will follow at 1PM.

Jan 26, @ Noon. Please join us for our annual Eastern European Catered Lunch. Tickets are \$7.00 for Pierogis, Stuffed Cabbage, Kapusta, Bread, and Desserts, Beer and wine! See Margaret or Inge for tickets!

Jan 29 at 12:30 Monday Movie Matinee, We're into the latest and greatest movies, come join us!

## 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, on Mondays, Our 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 computer, laptop, tablet, or smart phone. Instructor, Joyce Cordero has a background in computers.

New Program Starting Jan 11, @ 11AM to 11:45AM Thursdays, ZUMBA GOLD with Instructor Steph Bolduc. (asking a \$2.00 donation per class to help defray cost). Call Margaret to sign up for this FUN Class!

@ 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!**