

Dudley Senior Center June 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, Call Inge @ 508-949-9081, or 508-949-8010 X3.

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

June 5 @ 11:30AM, Come join us for our monthly freshly squeezed Healthy Juice Bar in the senior center dining room, with Chair Yoga Instructor, Holistic Health Practitioner, Joanne! A \$1.00 donation per cup is suggested. This program is sponsored in part by the Dudley COA. Here's to your continued healthy and vitality!

June 8 and 22 Thursday bi-weekly, 10 am-12n, Watercolor Painting with Marguerite Gaddis. Class is \$10.00, and includes all supplies. All skill levels are welcome! Please call 508-949-8010 X3 to register. Please note, June 22 will be the last class until fall.

Friday, June 9, and Monday June 12, the Senior Center will be closed due to voting prep and Town Elections.

June 15 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. Last minute "Walk-In" friends are always welcome! The Memory Café is scheduled to take place every Third Thursday 4pm to 6pm. The June 15 Memory Café, will feature, the Music of WKBS Trio. Come and join us for some FUN! (June may be our last Memory Café, please stay tuned).

June 16 @ 11 am, By RSVP only, Volunteer Recognition, Turkey Dinner. Also, after volunteer lunch, at 12n, presenting, Tim Loftus, The Crickets March Under the Saltbox Tour, with Special Guest Norah Garvey, Irish Step Dancer. Please note, this show is FREE and sponsored by the DCC, a local agency who is supported by the Massachusetts Cultural Arts Council, a state agency, all are welcome to attend this FREE event.

June 26, after lunch, Happy Birthday Cake sponsored by Brookside Rehab. Thank You Ladies!

June 30 @ noon, Jimmy D's Italian Lunch! A Fresh, delicious Homemade Meatballs served with "delicioso" tomato ragu, pasta, salad, bread, desserts, coffee, tea, and a small glass of house vino! Tickets are \$5.00 each, and are available now, through Margaret in the COA office, or through Alice Langlois at 508-461-9424! We hope you will join us for some great food and Fun!

Summer 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 at 11:30am**. Please call senior center **48 hours in advance to reserve your meal, 508 949-9081**. A \$3.00 donation is suggested.

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

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

THURSDAY: June 8 and 22, Watercolor Painting with Marguerite Gaddis, bi-weekly at 10AM to 12N, each class is \$10.00 and includes all supplies. Also, **Weekly, @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, with Joanne LaLiberte HHP. 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).

Please note: Seniors, we are a cooling center, a place to come and escape the Summer time heat! We are open **8:30am-4pm M-F**, (except major holidays). Come in and get a drink of cold water, stay and watch TV, read a book, play a game with friends, or just hang out! **Don't forget, with the heat comes the risk of Dehydration, Heat Exhaustion and Heat Stroke, protect yourself, and know the signs:** Dizziness, Lightheaded, Confusion, Fatigue, Headache, Muscle or Abdominal Cramps, Nausea , Vomiting, Diarrhea, Profuse sweating, Rapid heartbeat, Clammy, Pallor, Not sweating , Dark urine (a sign of Dehydration), seek shelter / medical help fast. **To help remedy the heat:** Drink plenty of liquids, (but not caffeine or alcohol), remove tight/excess clothing, Take a cool shower/bath, apply other cooling measures, AC, Fans, Ice towels. Pay attention to the daily heat index, and plan your outdoor activities accordingly when the sun is not at its strongest, such as early morning and evening. Leave chores for another day, relax, take shelter, and "Chill Out".

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!