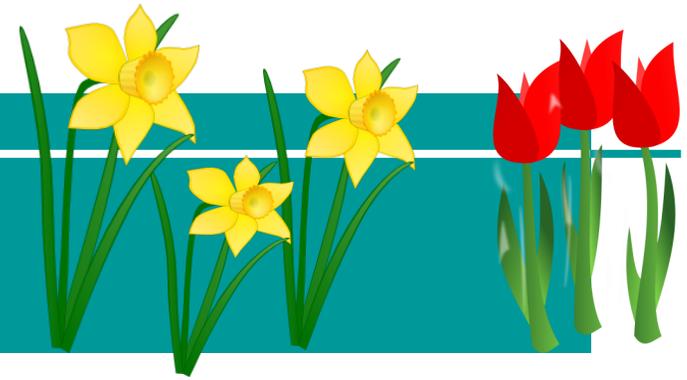




May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go.

Irish Blessing

## March 2017, Dudley Senior Center



A Huge Thank You to Webster First Fed. Credit Union for your generous donation to our Italian Lunch! March's Jimmy D's will be free, thanks to you! We truly appreciate your kindness! (Please stop by the COA Office for your free ticket, limited number of tickets available), first come first serve! **Monday and Friday lunch Clubs by Tri Valley Inc., @ 11:30AM.** Lunch is \$3.00 Donation. Please call 48 Hrs in advance to reserve your meal.

**Monday and Fridays 10:30-11:30** Chair Yoga with Joanne LaLiberte HHP. Join us anytime, easy to learn!

**Starting Monday, 3/6 after Chair Yoga: Come Juice with US!** You can change your state of well-being by consuming high powered nutrition! We will begin with once a month (on the first Monday of the month), offering Freshly made Juice by Joanne. (in her **Krups** juicing machine). \$1.00 per cup. Sponsored by the Dudley Senior Center.

Tuesday 1PM-3PM 13 Card Pitch, and Dudley Senior Woman Needleworkers.

Wednesday 1PM-3PM Dudley Senior Woman Needleworkers.

**Thursday**, Watercolor Painting Class, with Marguerite Gaddis, every other week 3/9 and 3/23, 4/6 and 4/20 (Snow day make up class will be the very next Thursday). Cribbage 1-3PM. **Fridays at 12:30PM BINGO .**

**Sun Mon Tue Wed Thu Fri Sat**

			1 ASH Wed.	2	3 BP Clinic 10:30- 11:30AM	4
5	6 New Pro- gram Come Juice with US! 11:30am	7	8	9 WaterColor Painting Class \$10.00 10am-12n	10 Book re- view with Gail	11
12 <b>Daylight</b> Savings Time Begins	13 Ice Cream Social/ web- ster Manor/ Lanessa	14	15	16 Memory Café 4PM-6PM FREE WKBS Trio Entert.	17 <i>Happy St. Patrick's Day!</i>	18
19	20 <b>Spring Begins</b>	21	22	23 Watercol- or Painting Class 10am- 12n \$10.00	24	25
26	27 Happy Birth- day Cake! Brookside Rehab.	28	29	30 Cribbage 1- 3PM every Thursday	31 Jimmy D's Italian Lunch 12n Webster First Cred.	

**Dudley Senior  
Center**  
**Margaret Bussiere**  
**COA Coordinator**  
**71 W. Main St.**  
**Dudley Municipal**  
**Bldg.**  
**Dudley, MA 01571**

*MCOA* Phone # **508-949-  
8010 Opt. #3**  
**coa@dudleyma.gov**

Don't forget Panera  
Bread is here every  
Friday at 10am until  
it's gone! Thank You  
Panera Bread!

Jimmy D's Little Italian Lunch, Homemade Ziti and Meatballs/ Ravioli available for those observing Lent.

