

## **November 2018 at the Dudley Senior Center!**

**Medicare Open Enrollment is going on Now through Dec. 7. If you or a loved one is on Medicare, you may be tempted to just continue on with your existing plan. Perhaps there are better more affordable options available. Call Tri Valley Inc. @ 508-949-6640 to make an appointment with a Shine Counselor today. Or call 1-800-ageinfo, leave your name and number and someone will get back to you. (Dudley Senior Center does not currently have an in house SHINE Counselor).**

### **HANDS (Helping Address the Needs of Dudley's Seniors).**

Financial assistance applications for heating/utility costs, are available now. Must be 60 years or older, resident of Dudley, and find yourself in need of heating or utility assistance. HANDS will provide aid to those who qualify, through grants paid directly to heating and utility companies. Please stop by or call the senior center for more info.

**Good Neighbor Energy Fund application is available now.** It is specifically for those having an income between 60-80% of the State Median Income Level. The purpose of the Fund is to assist households within Massachusetts faced with financial crisis who are unable to meet their energy needs. Needed documents for application: Photo ID, Gross Income Verification, (recent Pay Stubs, tax return, address) and Energy Bills

Gas/Oil/Elect. Please call Margaret 508-949-8015 x 3 for more info, or to schedule an appointment.

**Nov. 1<sup>st</sup> and Nov 29 @ 10:30-11:30 AM, NEW, Chair Dancing** with MS. Forty Arroyo. Come meet us in the dining area for some energizing music and chair dance exercise! \$3.00/Class. December and January classes will be every Thursday 10:30-11:30AM.

**Nov. 2, at 10-11AM. BP Clinic and Ask the Nurse.**

**Nov. 4th is Daylight Savings Time! Fall back (asleep for) one (more) hour. Zzzzzzzzzzzz----zzzzzzz---zzz**

**Nov 5 and 6, we will be closed due to voting prep and actual voting. Please get out and Vote on NOV 6!**

**Nov 7, 8, and 9, the senior center will remain closed for the rest of this week so we may have our carpet professionally shampooed and allow time to dry. (I can't wait to see the results)!**

**Nov 12, (Mon), we are closed in observance of Veteran's Day! Thank you to all who have sacrificed, served, and who are still serving our Great Country. Please know, you are loved, treasured, and respected by your grateful fellow Americans!**

**Nov. 15, 3-5 PM Common Ground Memory Café, at the Dudley Senior Center. FREE to Caregivers/Family/Friends/Loved Ones, and Especially Individuals affected by memory issues due to**

Alzheimer's, Lewy Bodies, Dementia, Parkinson's, Stroke, PTSD, Brain Injury, or other Brain challenges. Come and enjoy a fun date together with friends, complete with a light meal and refreshments. The Memory Café is scheduled every third Thursday of the month 3-5 PM. The Nov 15<sup>th</sup> Memory Café is featuring music by Bruce Joy, a wonderful banjo singalong! Our Memory Café is meant to be a great time out together, sharing laughter, and non-judgmental fun. For more information or to RSVP, please call Margaret, @ 508-949-8015 X3. Walk-In friends are always welcome to attend! This Memory Café is sponsored by a SIG grant from MCOA, through the Office of Elder Affairs.

**Nov 16, 10:30 AM, Come join us in Crafting Reusable shopping bags to give as Xmas gifts for our Xmas Party, and visiting seniors.** If you would like to donate any fabric or volunteer your sewing skills, we would be thrilled to have your assistance! A Fun and Useful "Green" inspired project for our seniors!

**Nov 19 @ Noon, Ice Cream Social,** hosted by our friends from Lanessa. Free, and delicious! Please come join us!

**Nov 20 @ 11:30 AM, (Yes, it's a Tuesday, not our usual day). Come celebrate Thanksgiving,** with a delicious Turkey Dinner from Tri Valley Inc. \$3.00 (Suggested Donation seniors). Please call Inge Gassner by 11/16, if you would like to reserve your dinner @ 508-949-9081.

**Nov. 22 and 23, we'll be Closed. We wish you and yours a Happy Thanksgiving!**

**Nov 26 at noon, Come and enjoy a Happy Birthday Cake from our friends at Brookside Rehab.**

**Nov. 29 10:30-11:30 AM, Reminder, don't forget Chair Dancing with Forty Arroyo/Class #2.**

### **Coming up in DECEMBER**

**On Dec 7 at 10:30 AM, we will be hosting a Bake Sale and Indoor Tag Sale! All proceeds will benefit the Common Ground Memory Café, which runs monthly at the Dudley Senior Center.** After three successful years hosting the Memory Café, our SIG grant will expire at the end of June. We knew our state funding wouldn't last forever. We are very grateful to have had this amazing opportunity! We consider this a valuable and well attended program benefitting the greater community, from Dudley and beyond! The Memory Café is meant to be a positive, enjoyable time out for anyone affected by, memory loss/ Dementia/or cognitive decline, caregiver burnout, in need of emotional recharging, and shaking off boredom and routine! The combination of live Music, Food and Friends make for a "feel good" time. If you would like to make a donation, become sponsor of one café, or make an in-kind donation,

(food or supplies), we would love to speak about the exciting possibilities! Please contact, Margaret Bussiere, COA Dir. or Donna Mandelenakis, COA Chairperson, at Dudley Senior Center. Thank You!

**Dec. 14 @ Noon, Our Annual, Catered, Senior Christmas Party.**

**Tickets are \$10.00. Available 11/16. (Holiday Menu TBD).**

**Music Entertainment, by our friend Frannie Mik.** We'll be collecting New/Clothing, Knitted/Crocheted goods/Winter items, New Health and Beauty Aids (soaps, shampoos, toothbrushes/toothpaste/hand towels/facecloths), also Gift cards for \$5.00 and up. A Salvation Army Rep. will be here after the party to pick up our donations. Thank you, (in advance), for your heartfelt, generous contributions which will go to those in our community who really need some Hope and Christmas Cheer.

**Dec 17<sup>th</sup> @ 9 AM, Tina Bemis from Bemis Farms will be here, Monday, for a Christmas Boxwood Tree Workshop, just in time for your holiday decorating.** Cost: \$15.00. Creativity and Fun for All! Please RSVP to Margaret at least one week before workshop in order to plan for craft supplies.

**Dec. 21, 3-5PM, Common Ground Memory Café.** We will be busy larger size "elves" crafting some great Christmas Ornaments as a group, (perfect for gift giving, or for yourself), with Local Artist, Delores Cowden. Refreshments and Festive

Christmas Music will be enjoyed by all! FREE, come and join us!  
Sponsored by MCOA, through a SIG grant from the EOEA  
Boston.

### **Weekly Ongoing Programs**

**Tri Valley Lunch Program is on Mondays and Fridays @ 11:30 AM. Please call Inge Gassner at 508-949-9081 to reserve a meal.** Meals must be reserved at least 48 hours in advance. A \$3.00 Donation for the meal is requested.

**Chair Yoga with Joanne LaLiberte, HHP, is on Mondays and Fridays 10:30-11:30 AM.** Class is \$2.00. This is a great way to improve your range of motion, while implementing relaxation techniques, to calm and balance, your mind and body.

**Monday Movie Matinee** is at 12:30 PM, come join us! FREE!  
We feature the latest movies streamed from Amazon right to our TV, as well as utilizing our own vast library of DVDs. (BYOB)  
Bring your own Blanket! (not what you thought, hah!)

**13 Card Pitch**, meets Tuesdays at 1PM.

**Dudley Senior Woman's Needleworkers' Group**, meets  
Tuesdays and Wednesdays @1PM.

**One to One Computer Class** with Joyce Cordero, Thursdays, @  
9-10 AM by appointment. **Chair Dancing with Forty Arroyo,**  
**Thursdays, 10:30-11:30 AM.** \$3.00/Class, Meet us in the Senior  
Center Dining room. First Class is Nov 1<sup>st</sup> and second class is

Nov. 29, (For the months Dec. and Jan., Chair Dancing will take place every Thursday 10:30-11:30 AM). **Cribbage Players**, meet Thursdays @ 1PM. **New players always welcome!**

**Friday, after the 11:30 AM lunch, Board Game Day,**  
Scrabble/Upwords/Scattergories/IDEAS anyone?

**Any senior 60+ is welcome to attend any/all of our scheduled events/activities! Stop by the senior center, we enjoy meeting new friends!**