

OCTOBER Happenings at The Dudley Senior Center!

Medicare Open Enrollment is Oct. 15 to 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 508-949-6640 to make an appointment with a Shine Counselor today.

Oct 1st at noon, The Fraud Squad Players are back! FREE program, they'll be performing realistic scenarios demonstrating the deceptive ways crooks are trying to make us part with our money! Come join us!

Oct 5, and Oct 8 (Columbus Day Observed), the senior center will be closed, however Chair Yoga will still take place Friday the 5th.

On Tuesdays: Oct 16, 23 and 30, 10am-12n, we are hosting a FREE Wellbeing Workshop by Delores Cowden who has been studying the topic of Creating More Joy in Our Lives. As our Group Facilitator, She poses this question: Do you ever feel like you are never accomplishing anything you set out to do? Are you feeling like you never have enough time, energy or motivation? We will discuss the meaning of joy, mindfulness, forgiveness, and gratitude. We'll learn about starting a Gratitude Journal, and ways to recognize the gifts we already

have within ourselves. We will be identifying our “Time Thieves” (Social Media, TV, Procrastination), more importantly, we will discuss strategies and ways to replace those activities with positive ones that will bring about **more joy**. We will discuss what drains our energy, and how to stop that drain, or leak from draining you.

With a background in art, Delores will help us create our own personal vision boards identifying who we are, and where we would like to see ourselves in the near future. These boards can serve as a reminder of what it is you want **more** of in your life. We’d like you to recognize the positive aspects of your life, give helpful ideas on eliminating negative thoughts, constant complaints, judgments, and actions we sometimes don’t realize we do to ourselves and others. Please call the COA office to sign up for this interesting and helpful group workshop. (Please sign up soon, as we are limited to 10 participants). **Remember, where your attention goes, your energy flows!**

Oct. 18, 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 Body, 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 Oct 18th Memory Café is featuring music by **Tony Funches**, of Platters fame, (please arrive **promptly at 3PM**)! 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! This Memory Café is sponsored by a SIG grant from MCOA, through the Office of Elder Affairs.

Tina Bemis from Bemis Farms will be here, Oct 22, for a “Pumpkullent,” Succulent/Pumpkin Craft; and **Dec 17**, for a Christmas Boxwood Tree! All are scheduled on Mondays at 9AM, and are \$15.00 per workshop. RSVP Please to Margaret at least one week before workshop in order to plan for craft supplies.

Oktoberfest! October 26, at Noon. A Catered Authentic German Menu: Bratwurst, Knockwurst, Roasted Potato, Acorn Squash, Sauer Kraut with bacon, Salad, Bread, Dessert: Cheesecake with toppings! Coffee, Tea, Beer/Wine. Entertainment, by **Ed Cormier** with his beautiful accordion music! Beer Barrel Polka Anyone? Tickets are \$7.00 and available now through Inge Gassner, or Margaret in the COA Office.

Fall 2018 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.

Monday Movie Matinee is at 12:30 PM, come join us! **FREE!** We feature the latest movies streamed from Amazon right to our TV, or utilize our own vast library of DVDs.

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 @ 10 AM by appointment. **Cribbage Players**, Thursdays @ 1PM. **About 4 or 5 people regularly play cribbage. New players always welcome!**

Friday, after lunch, Board Game Day, Scrabble 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! Please note, our Dudley Senior Center phone number is 508-949-8015 X3.