



# Dudley Senior Center October 2016

**CLOSED OCT 10 Columbus Day!**

- Oct 14 12:30-1:30pm Conversations About Dementia. Tips to Help with Family Conversations. Presented FREE by Julie McMurray, MA, LMHC Alzheimer's Assoc. Please call 1-800-272-3800 to register.
- Oct 18 Tuesday @10:30-11:30 am FLU Clinic . Hosted by Harrington Health.
- Oct 20 4pm-6pm Common Ground Memory Café at the Dudley Senior Center with Guitar/Banjo Music by Dan Belanger and Bruce Joy. **Free** program for **anyone** affected with memory issues **and their caregiver/** friends/ loved ones, or **any individual** who may have a problem with memory. We will have Fun, food and refreshments .Thanks to a Memory Café grant from the MCOA. Walk ins invited; come check us out, you'll be glad you did! Please RSVP to Margaret.
- Oct 24th @ 12 noon. Let's Talk About Sodium, presented by Tri Valley Dietitian, Mary Brunelle. FREE
- Oct 28th @ Noon. Oktoberfest at the Dudley Senior Center Tickets are \$5.00 for an authentic German inspired catered meal. Live Music by Ed Cormier!

	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7 BP Clinic 10:30-11:30a Oct 14	8
9	10 Columbus Day Closed	11	12	13	14	15
16	17	18 FLU Clinic 10:30-11:30am	19	20	21	22
23	24 Talk about sodium 12n Dietitian	25	26	27		29
30	31					



MCOA

Dudley Senior Center, Margaret Bussiere, Coordinator, M&F 10am-3:30pm

71 W. Main St  
Dudley Municipal Bldg.  
Dudley, MA 01571

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

**Don't forget Panera Bread Donation is here @ 10:15 am until it's gone! FREE ...Thanks Panera!**