

April 2019 Dudley Senior Center Happenings!

April 5 @ 10-11AM BP Clinic/Ask the Nurse, with Nurse Joan Grindle.

April 8 @ 9 AM, A Tina Bemis Workshop, Spring Forward Porch Pot. We're planting fabulous cold-tolerant plants and leaving the winter behind! \$15.00 RSVP to Margaret, by 3/5 to plan for supplies. Also on **April 8, @ Noon, Ice Cream Social hosted by Lanessa, Come join us!**

April 18, 3-5 PM, Common Ground Memory Café, at the Dudley Senior Center. Live Entertainment Oldies, by Frannie Mik, This is a **Free Program** for 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. **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.** 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 grant from MCOA, through the Office of Elder Affairs.

April 22 @ Noon, Roger Tincknell presents, Songs of the Seas, Rivers and Waterways. This live program is sponsored in part

by the Dudley Cultural Council, a local agency which is supported by the Mass. Cultural Council, a state agency. FREE Program, Come join us!

April 29 @ 9AM, Bemis Farms Workshop with Tina Bemis. Create your own Miniature Fairy Garden with Tina's tiny plants, moss, pebbles, and miniature figurines! A very FUN Workshop! \$15.00 RSVP to Margaret in order to plan for supplies! 508-949-8015 X3. Also on April 29, @ Noon, Happy Birthday Cake, and Horse Racing! Sponsored by Brookside Rehab. FREE!

Save these Dates in MAY:

May 10 @ 10AM to 2PM Mother's Day Tea, and a special program 12:30 PM to 2PM, The Pied Potter, Rick Hamelin will be here to present "Throwing Back", A History of pottery-making in Mass. Everyone will be able to make a pinch pot of their own! This program is sponsored in part by a grant from the Dudley Cultural Council, a local agency which is sponsored by the Mass. Cultural Council, a state agency. FREE Programs, come and join us!

May 23, 8AM to 5PM/ Leaving from the Dudley Senior Center, We're going on a A Field Trip to Heritage Gardens in E.

Sandwich, Ma. Cost is \$51.00 includes round trip School Bus transportation /gratuities for driver/ and Admission fee. Lunch is available for purchase, at the Magnolia Café at Heritage

Gardens/ or simply bring your own lunch and have a picnic!
Come join us for a beautiful day! **RSVP** to Margaret @ 508-949-8015 X3, **before May 13**. While here, be sure you also check out the World Class Automobile Museum, American Folk Art Gallery, and A Working Vintage Carousel, and other featured exhibitions! Heritagemuseumsandgardens.org

Our Regular Weekly Schedule:

Monday: Chair Yoga 10:30-11:30 AM, With Joanne LaLiberte HHP. \$3.00/class. Tri Valley Lunch is served at 11:30AM. Please call Inge Gassner to reserve a lunch at 508-949-9081. (\$3.00 Donation is requested for lunch).

Tuesday: @ 1PM **13 Card Pitch**, and also at 1PM Dudley Senior Women's Needle-worker Group.

Wednesday: 1PM Needle-worker Group. Always welcome to come join us if you are interested.

Thursday: New tablet or Smart Phone? Need help figuring it out? Try **One to One Computer** with Joyce Cordero; she may be able to help! Please call COA to schedule an appt. Also on Thursdays, Cribbage Players meet at 1PM.

Friday: Panera Bread Donation is here at 10AM until it's gone. Thank You Panera! **Chair Yoga @ 10:30-11:30 AM**, with Joanne, \$3.00. **Tri Valley Lunch is served at 11:30 AM**. Please contact

Inge at the number listed above to reserve your meal. **Board Game Day**, 12:30 PM for anyone interested in playing Scrabble/UpWords/Boggle/Scattergories.

Seniors did you know, 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 and join us! We like making new friends!



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