

## **Dudley Senior Center August 2019**

**If you find yourself in need of a cooling shelter, or just need a cool change of scenery, come by our senior center! We have cold water in our bubbler, books and DVDs on our shelves, puzzles, cards, Cable TV, wireless internet, a computer to share. Come Chill Out and be refreshed!**

**Don't forget to keep hydrated, take shelter in cool environments when necessary, and avoid strenuous activities in the heat.**

**August 12 @ Noon, Ice Cream Social,** Just the thing for a hot summer day! Sponsored by, Lanessa. FREE! Anyone is welcome to stop by for a frosty treat!

**August 15, 3-5 PM, Common Ground Memory Café.** Entertainment by Dana Lewis, guitar and vocals 60s-70s music! Free Program! The Memory Café is scheduled every third Thursday of the month. The café is for memory impaired individuals, friends, family, caregivers. It is meant to be a pleasant, happy, non-judgmental time with understanding, & caring friends. At the Memory Café, we're listening to music, singing along to favorite songs, socializing, and enjoying a light meal and refreshments together. Come as you are; walk-in friends are always welcome to attend; whether you stay a few minutes, or a couple of hours, we welcome you! Call Margaret for more info. 508-949-8015 X3.

**August 16, @ Noon, Ask the Pharmacist: Managing Your Blood Pressure.** Do you take medications to manage your blood pressure? Are you concerned about the cost of your medications, or have questions about taking your medications safely? Come with your medications/list and questions and we will have answers! Program Sponsored by MCPHS University Pharmacy Outreach Program. Can't make it to our program? Call 866-633-1617 and talk with a pharmacist. It's a FREE service!

**August 26, at noon. Happy Birthday Cake,** Sponsored by Brookside Rehab. FREE!

**August 30 at Noon, Jimmy D's Little Italian Lunch! Our own Chef Jimmy's Home-made Tomato Sauce, Meatballs, Ziti, Salad, Desserts, Coffee/Tea, and a small glass of Vino. Tickets still only \$5.00 & available now in the COA office 508-949-8015 X3, through Inge 508-949-9081, Jim at 508-508-461-9424, just give us a call, leave your name and phone number, and we'll reserve your seat for lunch! Hope to see you, CIAO!**