

Dudley Senior Center April 2017

Tri Valley Lunches are served here on Mondays and Fridays @ 11:30 AM. A \$3.00 donation per lunch is requested. Please call 48 hours ahead to reserve your lunch. 508-949-8010 X3.

April 3rd at 11:30AM, Come join us for our monthly freshly squeezed Healthy Juice Bar in the senior center dining room, with Chair Yoga Instructor, Holistic Health Practitioner, Joanne! A \$1.00 donation per cup is suggested. This program is sponsored in part by the Dudley COA, and will continue on the first Monday of every month! Here's to your continued healthy and vitality!

April 6 and 20, Thursday bi-weekly @ 10am-12n Watercolor Painting with Marguerite Gaddis. Class is \$10.00, and includes all supplies. All skill levels are welcome! Please call 508-949-8010 X3 to register.

April 7, 10:30-11:30am, BP Clinic and Ask the Nurse, with Joan Grindle, LPN, Overlook VNA.

April 10, @ 12 noon, Ice Cream Social, hosted by Webster Manor/Lanessa. Thank You Ladies!

April 16 Happy Easter!

April 17, Patriot's Day, we are closed.

April 18, 6-8 PM a Pastel Arts Workshop with Greg Maichack, FREE! All professional grade supplies included to create your own masterpiece version of Monet's Regatta in pastel medium. Please call the COA office at 508-949-8010 X3 to pre-register, workshop is limited to 30 participants. This very popular artist workshop is sponsored in part by a grant from the Dudley Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

April 20, 4pm-6pm, Common Ground Memory Café at the Dudley Senior Center, FREE to Caregivers/family/friends, loved ones, and individuals who are suffering with memory issues due to Alzheimer's, Dementia, Parkinson's, or other brain difficulties. Come and enjoy a fun date together, complete with a light meal and refreshments. We offer live music programs, art programs, games, ping pong, gentle sports, etc. The monthly Memory Café is meant to be a great time out together, sharing laughter, and non-judgmental, fun times! Please RSVP to Margaret for the Memory Café, Call 508-949-8010 X3. Last minute "Walk-In" friends are always welcome to attend! The Common Ground Memory Café is scheduled to take place every Third Thursday 4pm to 6pm. The April 20th Memory Café will feature the Music of Elvis Presley, by "Mik's Magic Moments". Come join us for some FUN!

****An Important message from the Dudley COA, Our MCOA Memory Café grant is due to end June 30, 2017. We are looking for corporate sponsors/benefactors to help us continue the Common Ground Memory Café at the Dudley Senior Center for July 2017 through June 2018, operating on a month to month basis. We would also be interested in monthly in-kind donations, such as refreshments, sandwiches, desserts, coffee, paper goods, or music/entertainment volunteers. If you would like to become a sponsor, learn about the memory café, or help in any way possible, please contact Margaret Bussiere in the COA Office, 508-949-8010 X3; I look forward to hearing from you!**

April 24 after lunch, a Happy Birthday Cake, sponsored by Brookside Rehab. Thank You Ladies!

April 28 at Noon, Jimmy D's Italian Lunch! Fresh, delicious Homemade Meatballs and yummy tomato sauce, with pasta, salad, bread, desserts, coffee, tea, and a small glass of house vino! Tickets are \$5.00 each, and are available now, through Margaret in the COA office, or through Alice Langlois! We hope you will join us for some great food and Fun!

**** Thank You again to Webster First Federal Credit Union for sponsoring our March 31st Jimmy D's Italian Lunch; we sincerely appreciate your generosity!**

Ongoing Schedule:

MONDAY: Chair Yoga @ 10:30-11:30am. **Lunch is served at 11:30am.** Please call senior center 48 hours in advance to reserve your meal. A \$3.00 donation is suggested. **NEW April 3rd @ 11:30 AM, A Juice Bar!** (scheduled on the first Monday of the month). The Juice Bar is made with fresh veggies and fruits, by Joanne (in her Krups juicing machine). We will strive to make this healthy fresh-made juice, available to as many as we possibly can, and if there is a vegetable or fruit which is contraindicated by your medication, please let us know, (we can add to or eliminate accordingly). This program is sponsored by the Dudley Senior Center, we ask for a donation of \$1.00 per cup for what we are calling: Your Live Food Vitamin Drink.

TUESDAY: @ 1pm, 13 Card Pitch, and Dudley Senior Women Needleworker's .

WEDNESDAY: @1pm Dudley Senior Women Needleworker's.

THURSDAY: Watercolor painting class bi-weekly at 10AM to 12N, see schedule. **@1pm Cribbage** Players, (new players always welcome).

FRIDAY: Aging Backwards @ 9AM-9:30AM, Come join us for the "latest and greatest " program, of being mindful of your own body posture, and achieving better health by utilizing proper body mechanics, and range of motion. It is possible to look and feel great at the same time!

Chair Yoga @ 10:30-11:30 am. TRI Valley Lunch is at 11:30am, followed by BINGO, a friendly, small group, slower paced BINGO. (Please note, no BINGO on the last Friday of the month).

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

Don't forget, Panera Bread Donation is here on Friday mornings at 10:15 am, until it's gone! Thank you Panera!