

Dudley Senior Center Dec. 2016

Medicare Open Enrollment Deadline is here! SHINE Can Help Seniors Make Sense of it All! Don't ignore your Medicare Mail; it may contain *changes in your plan* for 2017. During the Medicare Open Enrollment, October 15 to December 7, you will have a chance to change your plan for next year. If you need to make an appointment with a SHINE Counselor, call Tri Valley Inc. at 1-508-949-6640, or call 1-800 AGE-Info (1-800-243-4636), then press or say 3, please leave your contact information and they will get back to you.

Dec 2, 10:30-11:30am BP Clinic and Ask the Nurse, with Joanne Grindle, LPN, Overlook VNA.

Dec 12, after lunch, Ice Cream Social, hosted by Webster Manor/Lanessa. Thank You Ladies!

Dec 12, 12:30-1:30, Enjoy The Holidays and Enjoy Your Health! Join Healthy Living Coordinator, Dawn Berthelette, from Tri Valley Inc., for an hour of tips and tricks designed to help you balance healthy and tasty this holiday season. Please RSVP to Margaret

Dec. 15, 4pm-6pm, Common Ground Memory Café at the Dudley Senior Center, featuring, Bruce Joy and Dan Belanger on Banjo and Guitar! Come sing along to some old time favorites and Christmas Carols! FREE to caregivers/family/friends, their 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 music programs with **live music, 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, or for more information. Please leave your name and number and we'll get back to you. *Please note, "Walk-In" friends are welcome too! The Common Ground Memory Café is scheduled to take place every Third Thursday 4pm to 6pm. Our next café Jan. 19, 4-6pm, will feature a drum circle with Tim Kane once again!

Dec. 16, @ Noon, Dudley Senior Center Christmas Party. Come join us for a festive catered Lunch, with entertainment by Mik's Magic Moments. Tickets are \$10.00 pp. and available now. Please bring a gift card for \$5.00 or up, (if you are able), which we will donate to Salvation Army this year! They are also in need of "Teenager Specific Items" such as: Basketballs, gloves/hats/scarves, Items for young ladies, including hair care items. If you can donate *any of these*, please bring them to the Christmas party too, and they will be picked up by a Salvation Army Representative right after the party. These items will assure someone in need will have a brighter holiday! Thank You!

Dec. 21 WINTER BEGINS!!

Dec. 24th Christmas Eve and First Day of Hanukkah

Dec. 25, Merry Christmas! We give thanks for our loved ones, and count the many blessings in our lives!

Monday Dec.26, and Monday, Jan.2, Senior Center Closed.

Note of special Thanks!

I just wanted to mention a few people, and organizations who have contributed, in any way, to our senior center this year. Thank you to: Jim D'Auria (Better known as Jimmy D), Alice Langlois, Inge Gassner, Josephine Bottieri, David Gould, Patty Daggett, Terri and Adam Ozaniak, Stanley Wilk, Dan Dawson, Donna Mendalakis, Linda Brink, Sharon Nelson, Joanne Laliberte , Krystyna (for the beautifully decorated Christmastree, and anyone else I've forgotten to mention). Thank You to All of the excellent people who lead our daily programs, Paul and Evie Kullis, Rhoda Taylor, Paul, the Bingo Master, Elaine Nowodasko, Carolyn Earp! Thank You Webster Manor/ Lanessa for the Yummy Ice Cream Socials, Thank You Panera Bread for your weekly bread donation, Thank You Brookside Rehab. for the great birthday cakes! Thank You Tri Valley for our lunch programs and special presentations, Thank you Police Chief Wojner, for checking in on us seniors to make sure we're staying out of trouble, Thank you, Fire Chief Kochinowski and EMT Chet Moroz for giving a presentations on how EMTs help us in emergency situations. Thank You Michelle Jervis for always being so helpful to us COA people! Thank you to MCOA for giving us grants, for various needed community programs. Thank you, Harrington Hospital, for the opportunity to learn Hands on CPR, Thank You Dudley Cultural Council for programs at our senior center. Thank you COA Board Members for serving on the council. I also want to express special thanks to PNA of Dudley for their support in bringing many activities to our senior center with their generous donations. Merry Christmas and Happy New Year wishes to you all!

Ongoing Schedule:

Chair Yoga with Joanne Laliberte, HHP, continues on **Mondays and Fridays, 10:30am-11:30am. Also on Fridays @ 9am-9:30am in the senior center, "Aging Backwards"**. Come and 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!

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.

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

WEDNESDAY: @1pm Dudley Senior Women Needleworker's, and Scrabble Players. Welcome back Scrabble players! We have space for more players, come join us and have some fun!

THURSDAY: @1pm Cribbage Players.

FRIDAY: Aging Backwards @ 9AM-9:30AM, Chair Yoga @ 10:30-11:30 am. TRI Valley Lunch is at 11:30am, followed by BINGO, (a friendly, small group, slower paced BINGO).

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 and 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!

