

## **Dudley Senior Center September 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! (Yes, there's still a possibility of warm days in September; enjoy them while they last.)**

**The SHINE Program encourages Medicare beneficiaries to sign up on [www.MyMedicare.gov](http://www.MyMedicare.gov) to take charge of their own health insurance information. They will be able to see doctor's visits, the list of preventive benefits, their drug list to use during Open Enrollment, and they can chat with customer service at Medicare. For an easy to follow explanation, go to SHINE's video on You Tube: <https://www.youtube.com/watch?v=ubkMZBNr8-1> The video including sound should play automatically if someone clicks on the link or finds the video through YouTube search. Thank You Metrowest SHINE for creating the video!**

**If you'd like to make an appointment with a SHINE Counselor, call Tri Valley Inc. @ 508-946-6640. ) Please note, this senior center does not have an onsite SHINE counselor.**

**Do You Need Computer, Smart phone/Tablet help?** Call COA and make an appointment with One to One Computer Technology Helper, Joyce Cordero.

**Sept. 2, CLOSED for Labor Day**

**Sept. 6, 10-11 AM, BP Clinic/Ask a Nurse with Joann Grindle LPN**

**Sept. 9 @ 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!

**Sept. 10 @ 9:30 AM to 3PM, Trip to Tower Hill Botanical Gardens for our "GO4Life Family Walk."** Twenty of our Lunch Club seniors are signed up to walk the garden paths at Tower Hill reminding us to stay active, stay fit and to exercise safely. Mini Grant received from MCOA /BCBS of Massachusetts for our GO4Life Walk.

**Sept. 16 @ 9 AM, A Tina Bemis Workshop! Autumn Art; Nothing says fall like chrysanthemums! Combine them with fall foliage for texture, and a grass or two, and you get a masterpiece of color for your doorstep! \$15.00 Please RSVP to Margaret, 508-949-8015 X3 by 9/13 in order to plan for supplies.**

**Sept 16, New Program: Creative Crafter Workshop, Mondays after lunch, FREE! This is a program for arts and crafts enthusiasts.** We'll be supplying everything you'll need to complete your craft project. Also, if you have any ideas for interesting future projects, let's talk! Would you like to give a craft demonstration to our group? Our first project is Buttons, Buttons, Buttons what can you make? You'd be surprised, we found lots of ideas! Come join us on 9/16, 9/23, 9/30 at noon for some creative fun! We would also be happy to accept donations of new/usable craft items for future projects/ideas for our Creative Crafter Workshop. (Please call beforehand though, thank you! 508-949-8015 X3.)

**Sept. 18, Senior Center is closed all day for Treasurer/Collector's Meeting.**

**Sept.19, 3-5 PM, Common Ground Memory Café.** Entertainment by Mik's Magic Moments/OLDIES 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 out, with caring friends. At the Memory Café, we're listening to music, singing along to favorite songs, (dancing sometimes too), 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 invite you! Call Margaret for more info. 508-949-8015 X3.

**Sept 20** is the last day to buy tickets for our Oktoberfest, (the Caterer needs the numbers). Give us a call and we'll save your tickets for pickup at the door.

**Sept. 23, 10-11AM, FREE Seminar: Protect Yourself from Fraud and Identity Theft. Sponsored by: The Webster Dudley Business Alliance, AARP, and The Webster First Federal Credit Union. Light Refreshments will be provided by**

**B. Kind Café of Webster, MA. RSVP to Deb Horan @ 508-949-6232 or email [contact@thewdba.org](mailto:contact@thewdba.org)/ Also on 9/23, @ noon, A Happy Birthday Cake,**

Sponsored by Brookside Rehab. FREE! **AND, @ 12:30PM Our new Creative Crafter Workshop, FREE!**

**Sept. 27 Our 5<sup>th</sup> Annual Oktoberfest @ 12Noon.** Come join us for an Authentic German Inspired, Catered Lunch, featuring: Knockwurst, Bratwurst, Bread, German Potato Salad, Veggies, Desserts, Coffee/Tea, Small glass of Beer/Wine. You will be serenaded with “Bier Garten Music,” and enjoying a Bavarian Landscape on DVD. Our own German Hostess, Inge Gassner will be wearing her native “Dirndl Kleid”! Tickets are \$7.00 & available now in the COA office 508-949-8015 X3, through Inge 508-949-9081, OR give us a call, leave your name and phone number, and we’ll reserve your seat for lunch!

**September 30, @ 11 AM, A Dementia Friends Massachusetts Awareness Presentation. Dementia Friends is a global movement** that was developed by the Alzheimer’s Society in the United Kingdom, with origins in Japan’s Dementia Supporter program. It is now underway in the United States.

**The goal is** to help everyone in a community understand five key messages about dementia, how it affects people, and how we each can make a difference in the lives of people living with the disease.

**People with dementia** need to be understood and supported in their communities. Dementia also has a huge impact on family members and friends, and they need support and understanding too. You can help by becoming a **Dementia Friend**, come join us on Sept 30 at 11AM for this free session! All are Welcome to attend! This is a community awareness program, given by Margaret, Jan, and Donna, **Dementia Champions**, program facilitators.

**Save These Dates: Tina Bemis Workshop Dates:** 10/21 “Pumpkullent” Pumpkin and succulents! 11/18 Lantern Centerpiece, 12/16 Tabletop Grinch Tree. All workshops are on Mondays @ 9am/ \$15.00. Please RSVP to Margaret.

**On-Going Weekly Schedule:**

**Mondays 10:30-11:30 AM, Chair Yoga** with Joanne LaLiberte, HHP / **Tri Valley Lunch Club** meal served at 11:30 AM, please call Inge Gassner at number listed

below to reserve or cancel your meal./And, @ 12:30 PM, **Creative Crafter Workshop**, starts 9/16, 9/23, /9/30 FREE!

**Tuesdays @ 1PM, 13 Card Pitch/ and Dudley Senior Women Needle-workers Group.** New members welcome!

**Wednesdays @1PM Dudley Senior Women Needle-workers Group**

**Thursdays @ 1PM, Cribbage** players meet. Come join us!

**Fridays @ 10:30-11:30 AM Chair Yoga** with Joanne. **Tri Valley Lunch Club Meal served 11:30 AM** Please call Inge Gassner at least 48 hours in advance to reserve or cancel your meal 508-949-9081. \$3.00 donation is requested for meals. **Game Day**, after Lunch about 12:15 PM, we're into playing Scrabble/Scattergories/Upwords/Super Boggle/Apples to Apples, Come play!

**Seniors did you know, you are welcome to attend any of our events, programs, and 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!**