

February 2019

Emergency Fuel assistance application, from Good Neighbor Energy Fund, for those in need, is available.

Applications will be filed here; available by appointment only. (You must bring supporting documents, income statements, and energy bills, to apply for this assistance). All grants are paid directly to the utility company.

Feb 1st @ 10-11AM BP Clinic, with Nurse Joan Grindle.

Feb 11 @ Noon, Ice Cream Social hosted by Lanessa, Come join us!

Feb. 15 @ 11:30 AM, Tri Valley Baked Potato Bar with all of the fixings! Please RSVP with Inge @ 508-949-9081 if you'd like to attend. (\$3.00 suggested donation).

Feb 18 Closed for President's Day.

Feb 21, 3-5 PM, Common Ground Memory Café, at the Dudley Senior Center. Entertainment is Mr. Dana Lewis, 60s Era guitar music begins promptly at 3PM. 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.

Feb 22 @ Noon Jimmy D's Little Italian Lunch is back! Yummy, Home-made Spaghetti Sauce, Meatballs, ziti, salad, bread, desserts, beer /a small glass of wine, coffee/tea. Tickets still only \$5.00, and available now in the COA office/or call 508-949-8015 X3 to reserve your tickets. Hope to see you here, Ciao!

Feb 25 @ Noon, Happy Birthday Cake, Sponsored by Brookside Rehab.

Our 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. You are 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!