



# January 2019, Dudley Senior Center HAPPY NEW YEAR!



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## Schedule of Events

- Jan 11 @ 12N Choosing My Plate, a presentation by Mary Brunelle, Tri Valley Inc. Nutritionist. Come join us and learn ways to make healthy food choices to positively impact your health for the New Year!
- Jan 17, 3-5PM Common Ground Memory Café Featuring a Neil Diamond Tribute by Mike Cormier, FREE! Light meal and refreshments provided. This Café is Sponsored by the MCOA.
- Jan 25 @ 12N, European Cuisine Lunch. Catered by Sully's! Delicious home made Pierogi's, Golumbkis (Stuffed Cabbage), Kapusta, Bread!! Desserts, Wine/Beer/Coffee/Tea. Tickets are \$8.00 and available now in the COA Office, or call to reserve your ticket.
- Save the Date: **Jimmy D is back** Feb 22 at Noon! Stay tuned!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy New Year! Closed	2	3	4 BP Clinic 10-11AM	5
6	7	8	9	10	11 Tri Valley Nutrition Presentation 12N	12
13	14 Ice cream Social 12N	15	16	17 Memory Café 3-5 PM FREE Neil Diamond Trib.	18	19
20	21 Martin Luther King Jr. Day Closed	22	23	24	25 Annual Euro Lunch 12N Tickets \$8.00	26
27	28 B day Cake 12 N	29	30	31		

MCOA

**Dudley Senior Center,**  
**Margaret Bussiere COA**  
**Dir./Coord.**  
**M&F 10A-4PM**

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