

January 2019, Happy New Year!

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.

Thank you to everyone who helped us with our Senior Center indoor Tag and Bake Sale! We were able to raise \$600.00 for the Common Ground Memory Café! Also, thank you to everyone who gave a donation for the **Salvation Army** at our Christmas Party! Thank you to Donna, and Norma for making some fantastic fabric shopping bags which were given out to everyone at our party, and memory cafe! Thank you to Maryann for the great raffle gifts! Thank you to all of the talented needle-workers for their beautifully crafted hats, scarves, mittens, blankets, lab robes. Thank you to all of our talented bakers, for all the delicious goodies you made for the bake sale, memory café and Christmas party! A Big Shout Out Thank you, to Brookside, Lanessa, and Christopher Heights for helping us out in the yummy department, for the Memory Café and Christmas Party!

January 2019, Activities at the Dudley Senior Center.

Jan 1, Closed for New Year Day!

Jan 4, @ 10-11AM BP Clinic, with Nurse Joan Grindle.

Jan 11, at noon, Choosing MY Plate, USDA's Guideline to healthy eating, a presentation by Tri Valley Dietician Mary Brunelle, Come and join us for this free program!

Jan 14@ Noon, Ice Cream Social hosted by Lanessa, Come join us!

Jan 17, 3-5 PM, Common Ground Memory Café, at the Dudley Senior Center. 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. Come and 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 3-5 PM. The Jan.17 Memory Café, featuring a Neal Diamond Tribute with Singer/Entertainer Michael Cormier. FREE Program!** 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.

Jan 21, Closed in honor of MLK Jr.

Jan 25th at Noon, European-Cuisine Lunch! A Delicious Catered meal featuring authentic culinary favorites: **Stuffed Cabbage, aka (Golombki), Pierogis, Kielbasa & Kapusta, Bread.** Also includes: Desserts, Coffee/Tea/wine/Beer. Tickets, \$8.00 p/p. available Jan. 4th call Margaret for more info, or to reserve your tickets. 508-949-8015 x3.

Jan 28 @ Noon, Happy Birthday Cake, Sponsored by Brookside Rehab.

Our Weekly Schedule:

Monday: Chair Yoga 10:30-11:30 AM, With Joanne LaLiberte HHP. 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.

Thursday: 1PM, Cribbage. (Please note, Chair Dance with Forty Arroyo has been postponed until spring).

Friday: Panera Bread Donation is here at 10AM until it's gone. Thank You Panera! **Chair Yoga @ 10:30-11:30 AM**, with Joanne. 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.

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!