



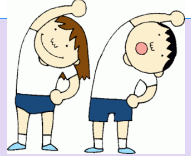




January 2020 Dudley Senior Center



Schedule of Events

Panera Bread donation Fridays 10am– 2PM

- ◆ Dudley Housing Rehabilitation Program information and preliminary applications available here. Stop by or call for more info.
- ◆ Tri Valley Lunches are served Mondays and Fridays at 11:30AM. Please call Inge at 508-949-9081 at least 48 hrs in advance to reserve. \$3.00 Donation for the meal.
- ◆ Jan. 13 @ Noon. Ice Cream Social by Lanessa. Frosty and FREE come join us!
- ◆ Creative Crafter Workshops with Donna M. Mondays after lunch. FREE!
- ◆ One to One Computer/tablet/Smart phone help is available by appointment. Please call to schedule/FREE!
- ◆ Jan. 16 3-5PM Common Ground Memory Café featuring Dana Lewis! Free program also includes a light meal and refreshments.
- ◆ Jan 31 @ 11:30 AM Tri Valley Potato Bar with all the fixings you can think to add to a delicious Baked potato! \$3.00 RSVP to Inge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stretching Reaching Bending Twisting	Daily Range of Motion exercises are key to health!	Move MORE is my N Y resolution, what's yours?	1 Closed HAPPY NEW YEAR!	2	3 BP Clinic and Ask A Nurse 10-11AM	4 
5	6 Chair Yoga 10:30-11:30	7 13 Card Pitch every Tues @ 1PM	8 Dudley Senior Wm. Needleworkers 1PM	9 Cribbage 1PM every Thurs.	10 Chair Yoga 10:30-11:30	11 Fresh air, sunshine exposure, healthy eating, exercise, and a restful sleep, can improve the winter blues. 
12	13 Creative Crafter Workshop Mon. 12:30	14	15	16 Memory Café 3-5PM FREE	17 Game Day every Friday @ 12:30	18 Trouble sleeping? Try eating a Banana, enjoy a cup of Herbal Tea/Warm Milk with honey or vanilla. Zzzzz 
19	20 Closed MLK Day	21	22	23	24	25 Thank You to SHRHS Student Council & Ray Kane for the excellent and thoughtful gift baskets. 
26	27 Creative Crafter workshop FREE Mon. 12N	28	29	30	31 Tri Valley Potato Bar 11:30 AM RSVP to Inge	Laurie & John Sullivan at Sully's Dog House; We will miss your delicious European foods! Best of Luck to you 

Dudley Senior Center
Margaret Bussiere
COA Dir./Coord.
Hours 10AM-4PM
Monday and Friday

71 W. Main St
Dudley Municipal Bldg.
Dudley Ma, 01571

508-949-8015 X3
508-949-8013 fax
coa@dudleyma.gov

Council on Aging 