



March 2018, Dudley Senior Center



Schedule of Events

- New class, **My Life MY Health**, a FREE 6 week Workshop! Sponsored by Tri Valley Inc. at the Dudley Senior Center, Tuesdays starting **March 20th 9:30 AM to 12 N**. Workshop is Limited to 12 people, please sign up soon! Learn ways to live your best life while managing chronic disease. Call Margaret at 508-949-8015 X3 or Lou @ 1-800-286-6640. **On March 5th at Noon Lou Pileczak will be here to give an overview of the workshop. Please join us.**
- Bemis Farms' Tina will be here for a **Succulent Birdcage workshop 3/26 at 9AM** \$15.00. RSVP to Margaret by 3/23!
- **March 30 @ Noon Jimmy D's Little Italian Lunch returns! Tickets \$5.00** and available now! Homemade ziti, sauce, cheese ravioli (for those observing Lent), Bread, Salad, Desert Coffee Tea, Wine. Come join us for some excellent food! Ciao!!
- **Zumba Gold** with Steph Bolduc is ongoing on Thursdays @ 11-11:45 AM This is a fun dance exercise, easy to follow, and just makes you feel good! Join us anytime! \$2.00 class.
- **Chair Yoga** with Joanne LaLiberte HHP., is Mon and Fri at 10:30-11:30 AM \$2.00 class. Join Us anytime! **Namaste.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Zumba Gold 11-11:45 AM \$2.00 Cribbage @ 1PM	2 BP Clinic @ 10 AM-11AM BINGO	3
4	5 Monday Movie Matinee 12:30 PM Nights in Rodanthe	6 13 Card Pitch/ Dudley Needleworkers @ 1PM	7 @1PM Dudley Needleworkers'	8 Zumba Gold 11-11:45 AM \$2.00 Cribbage @ 1PM	9 BINGO	10
11	12 Monday Movie Matinee @ 12:30	13 13 Card Pitch every Tuesday @1PM/ Needlework-	14 @ 1PM Dudley Needleworkers'	15 Zumba Gold 11AM \$2.00 Memory Café' 3-5PM	16 BINGO	17
18	19 Monday Movie Matinee @ 12:30	20 My Life My Health Workshop#1 9:30-AM to 12 N	21 @ 1PM Dudley Needleworkers'	22 Zumba Gold 11-11:45 AM \$2.00 Cribbage @ 1PM	23 RSVP end for Monday's Bemis Farms BINGO @ 12:30 PM	24
25 ** Monday Movie Matinee Mon at 12:30 PM **	26 Bemis Farms Tina 9AM Succulent Birdcage 15.00RSVP**	27 My Life My Health Workshop #2 9:30AM to 12 N	28 @ 1PM Dudley Needleworkers'	29 Zumba Gold 11-11:45 AM \$2. & @ 1PM Cribbage	30 Jimmy D's Italian Lunch @ Noon \$5.00 Good Friday	31



Dudley Senior Center,
Margaret Bussiere Dir.
Coord. M & F
10AM-4PM

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MCOA



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