

March 2019 Dudley Senior Center Happenings!

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.

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

March 10 is Daylight Savings Time, Spring Ahead One Hour!

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

March 18, 9AM, Bemis Farms Workshop with Tina Bemis. Succie Pot, a creatively potted garden using many succulent plants, suitable for indoors now, but likes to live outside in when the weather gets warmer. \$15.00 Please RSVP to Margaret in order to plan for supplies! 508-949-8015 X3

Also March 18 Noon to 1PM SMP Senior Medicare Patrol will be here to discuss, How to Protect Yourself From Medicare Fraud! A FREE, informational Medicare workshop.

March 21, 3-5 PM, Common Ground Memory Café, at the Dudley Senior Center. Entertainment, Banjo Music and funny slide show with Bruce Joy! 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. **Today is the First Day of Spring!**

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

Also March 25th at Noon, Easter Egg Crafting/Painting with Dolores Cowden. We'll be making a variety of everlasting Easter Eggs to give or enjoy! \$15.00. Please RSVP to Margaret by 3/22 to plan for supplies. It's FUN Crafting together!

March 29 @ 11:30 AM, Tri Valley Pasta Bar, with all the fixings! \$3.00 donation. Please RSVP to Inge Gassner @ 508-939-9081

Our Regular 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!