



LIVABLE DEDHAM

MARCH

Featured Programs and Activities for Dedham Residents 55+

Welcome back to Livable Dedham’s monthly listing of activities—some exclusively for older adults, listed as Senior Center (SC) or COA. Many Dedham organizations work together to offer wellness activities and opportunities for socializing and fun. Livable Dedham wants to make sure you know about them. For more ideas, visit www.dedham.life, an online community calendar created by the Dedham Public Library.

To add events please contact us at livablededham@gmail.com or visit www.livablededham.org.

First Church of Dedham

670 High Street, 781-326-7463

Dedham Food Pantry

600 Washington Street
781-320-9442

www.dedhamfoodpantry.org

Dedham High School

140 Whiting Ave., 781-310-1100

Dedham Historical Society

612 High Street, 781-326-1385

Dedham Public Library

Main, 43 Church St.,

781-751-9284

Endicott, 257 Mt. Vernon St.

Dedham Square Coffeehouse

565 High Street, 781-325-5674

Senior Center (SC)

735 Washington Street

781-326-1650

Town Hall

26 Bryant Street, 781-751-9220

Friday, 3/1, 7pm Dedham Community House. Mardi Gras Masquerade Fundraiser. Tickets: \$45. dedhamcommunityhouse.org

Saturday, 3/2, 10am–12pm Main Library. Miniature Painting Class.

Saturday, 3/2, 7:30pm First Church of Dedham. Thoreau Piano Trio Benefit Concert, “For the Birds,” a program inspired by animals and exploring the connections between composers, their pets, and nature. Tickets \$15.

Monday, 3/4 Senior Center.

Walmart Trip with lunch \$2 for transportation.

Monday, 3/4, 12pm Senior Center.

Lecture: MA State Circuit Breaker Provision. Lunch served.

Tuesday, 3/5, 1–3pm Dedham

Town Hall. Blood Pressure Clinic.

Tuesday, 3/5, 1pm Senior Center.

Gary Lylander.

Tuesday, 3/5, 7pm Middle School

Auditorium. Don Heald Night of Jazz. Donations kindly accepted.

Wednesday, 3/6, 6:30–8pm Main

Library. Learn about beekeeping.

Wednesday, 3/6, 7–9pm Dedham

Square Coffeehouse. Stump Team Trivia. Free, all ages.

Friday, 3/8 Senior Center. Nails by

Lauren, 508-840-8667.

Saturday, 3/9, 1pm Main Library.

Learn the basics of growing lettuce, tomatoes, and cucumbers. Free.

Tuesday, 3/12, 6:30pm Endicott

Library. Adult Chess. Free.

Wednesday, 3/13, 7–9pm Dedham

Square Coffeehouse. Stump Team Trivia. Free, all ages

Thursday, 3/14, 12:30pm Endicott

Afternoon Book Group. *Little Fires Everywhere* by Celeste Ng. Free.

Thursday, 3/14, 12:30pm Senior

Center. APR Physical Therapy Workshop.

Wednesday, 3/13, 9:30–11:30am

Senior Center. Keep Well Clinic.

Wednesday, 3/13, 1:30–3pm

Dedham Food Pantry for Senior citizens.

Thursday, 3/14, 1–3pm Senior

Center. Technology 101.

Friday, 3/15, 9am Senior Center.

Boston Flower Show Trip, \$25.

Friday, 3/15–16, 7pm

Sunday, 3/17, 3pm Dedham High

Auditorium. *Guys and Dolls*. \$15 adults, \$12 students/seniors at the door or www.ticketstage.com.

Monday, 3/18, 7pm

Tuesday, 3/19, 10am Endicott

Library. Internet for Beginners. Free clinic to learn the basics of online computing.

Tuesday, 3/19, 1–3pm Dedham

Town Hall. Blood Pressure Clinic.

Tuesday, 3/19, 7pm Endicott

Library. Between the Lines book group discussion of *The Grapes of Wrath* by John Steinbeck. Free.

Wednesday, 3/20, 6:30–8:30pm

Main Library. Learn how to make your own salves using beeswax.

Wednesday, 3/20, 7pm Dedham

High School Auditorium. All Town Choral Concert. Donations kindly accepted at the door.

Wednesday, 3/20, 7–9pm Dedham

Square Coffeehouse. Stump Team Trivia. Free, all ages.

Thursday, 3/21 7pm Dedham

Historical Society and Museum.

Kimberly Alexander: The Fashion and History of Shoes. Members free. Non-members, \$5.

Friday, 3/22, 11am Senior Center.

Gardening with Sara \$5.

Saturday, 3/23, 7pm Mother

Brook Arts & Community Center.

Dedham School of Music Gala. Live

music, dancing, auctions. \$25 in advance at dedhamschoolofmusic.org/ \$30 at the door.

Monday, 3/25, 1pm Senior Center.

Discussion “When is forgetfulness something more?” Lunch served.

Tuesday, 3/26, 2pm Senior Center.

Book Club *The Alice Network* by Kate Quinn.

Tuesday, 3/26, 6:30pm Endicott

Library. Adult Chess. Free.

Wednesday, 3/27, 9:30–11:30am

Senior Center. Keep Well Clinic.

Wednesday, 3/27, 1:30–3pm

Dedham Food Pantry for Senior citizens.

Wednesday, 3/27, 7pm Middle

School Auditorium. All Town

String Concert. Donations kindly accepted at the door.

Wednesday, 3/27, 7–9pm Dedham

Square Coffeehouse. Stump Team Trivia. Free, all ages.

Thursday, 3/28, 1–3pm Senior

Center. Technology 101.

Senior Center (SC) Ongoing Programs

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am Chair Yoga 10:30am Zumba 1pm Bingo* 3pm Whist	9:30am Chair Yoga 10:40am Tai Chi	10am Knitting/Crocheting 12:30pm Quilting 1pm MahJong	9:30am Decorative Painters 10am Art Class**	9:30am Chair Yoga

**There is a fee for this program. Please contact Barbara McAuliffe for information, 508-543-2452. Please note all fitness programs at the Senior Center and Dolan Center are \$2 per class or \$15 for 10 classes.

Dolan Center (DC) and Dedham Pool Ongoing Programs

9am Bridge (DC) 12pm Water Aerobics.*	9:30am Strength, Posture and Balance (DC) 1:30pm (DC) Active Senior Yoga	10am Meditation (DC)* 11am Tai-Chi (DC) 12:30pm Water Aerobics**
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*Meditation. Free class. Only on the 2nd and 4th Thursday of the month. **Water aerobics tickets. Purchase at the Senior Center or Dedham Pool: 5 classes for \$20 or 11 classes for \$40. Tickets do not expire. First class is free. 781-461-5991

Dedham Community House • Open To All Adults

7-8pm Zumba*	6-7pm Pilates**
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*Zumba class. First Church Parish Hall Auditorium, 670 High St. Cost is \$80 for eight sessions or \$12 drop-in fee. Begins March 12.

**Pilates class. Cost is \$80 for eight sessions or \$15 drop-in fee. Begins March 13. Visit www.dedhamcommunityhouse.org for descriptions and registration.

Dedham Public Library • Ongoing Programs

10:30am Endicott Cards and Coffee	4:30-6:30pm Church St. Piano Play. Stop by to play on the baby grand.	10am Endicott Mahjong. Bring your own cards and game.
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