

Top of the Hill

April
2026

==== Bridgewater Council on Aging ====



Cole-Yeaton Senior Center
10 Wally Krueger Way
Bridgewater, MA 02324
508-697-0929
www.bridgewaterma.org

OUR MISSION

The mission of the Bridgewater Council on Aging is to promote the emotional, physical and economic well being of older adults and to encourage their participation in all aspects of community life.

Director Letter

This month marks my one-year anniversary at the Bridgewater Center, and to say I love my job and the people here would be a huge understatement. Every day, I am inspired by the energy, dedication, and kindness of our staff, participants, and families. Thank you all for making this past year so rewarding –and for keeping me smiling through it all!

As we all know, life is full of changes—after all, the only constant is change. Here at the Center, we are preparing for a big change in May. Our amazing **Executive Assistant, Ann Holmberg**, will be relocating to South Carolina. While we are thrilled for Ann and the exciting adventures that await her, it's hard to imagine the Center without her. Her warmth, humor, and unwavering dedication have touched all of us, and she will be deeply missed.

We will have an official farewell for Ann in May, but we didn't want anyone to miss the chance to enjoy "Ann time" while we still can—so soak it up, folks, before she trades us for sunshine and sweet tea!

And as always, thank you for being part of our Bridgewater family—we continue to grow, adapt, and support one another through every change, big or small.

Courtney Riley



Thanks for stopping by!

Courtney's Check-Ins!

Want to check-in and catch up with Courtney? Find her at the coffee bar on April 16h & 30th from 12pm to 1pm!



Welcome to "Courtney's Corner"

Here I'll share tidbits and fun facts every month.

Lets get moving!

You don't need a long workout to feel the benefits. Studies show that as little as 10 minutes of movement can help older adults stay stronger, steadier, and more energized throughout the day.

Come join one of many exercisel groups at the Center. 1st class is always free!

Live Your Life Well

Tuesday, April 14th, 10am

Join us for a 2-hour interactive workshop where guests can rotate between tables to hear from expert speakers on topics ranging from mental health to digital literacy. Each speaker will share insights on their areas of expertise, making this a dynamic learning experience! Limited spots - must call to sign up!

Outreach Letter

Did you know..... April 16th is National Health Care Decisions Day! This is the day that we are encouraged to discuss and document our health care preferences when it comes to our future medical situations right through the end of life.

In Massachusetts, your spouse, family member, or friend is not automatically able to make health care decisions for you when you are unable to. As a parent or grandparent, you do not have the right to make health care decisions for a child that is 18 years of age or older. Choosing a trusted person (Health Care Agent) and completing a Health Care Proxy Form allows you to pick the person who can legally advocate for your health care needs while honoring your goals and values. This can be a short term or long term assignment. Your Agent has the legal right to speak to your doctors about conditions, treatments, and to view medical records.

Once your form is completed, share it with your agent(s) and your health care providers. For more information on how to choose a Health Care Agent and to download a Health Care Proxy Form, visit www.honoringchoicesmass.com or speak with your elder law attorney.

Medicare 101 – Live Zoom Presentation

Curious about Medicare but not sure where to start? Join us for a free, friendly, and easy-to-follow session that breaks down the basics in plain language—no jargon, no stress!

When: 2nd Wednesday of every month

Time: 2:00 PM

Where: Zoom (join from home!)

Presenter: Holli Van Nest, SHINE Counselor

Holli will walk you through everything you need to know and answer your questions along the way.

Reserve your spot: 800-231-1155

Space is limited to 10 participants—pre-registration required!

Come learn, ask questions, and feel confident about your Medicare choices!

We would like to extend our heartfelt thanks and warmest wishes to our BSU Master's Intern, Madison Corkery, as she concludes her time with us at the Bridgewater Council on Aging.

During her internship, Madison brought enthusiasm, creativity, and genuine kindness to our community. She spent meaningful time connecting with our seniors, building relationships that truly made a difference. Her involvement with the knitting group was especially cherished—she quickly became a favorite among the “knitting ladies,” who will certainly miss her cheerful presence. Madison also organized and led engaging presentations that were both informative and enjoyable. Her positive energy brightened the office and made it a more welcoming and fun place for both staff and participants.

We are truly appreciative of all her contributions and wish her every success in her future endeavors. We will miss her!

Wellness



Wellness Through Volunteering



Did you know that April is Volunteer Appreciation Month?

Volunteering plays a vital role in building strong, connected communities while also supporting individual well-being. When people give their time to help others, they create meaningful relationships, strengthen social ties, and contribute to a sense of purpose that benefits both volunteers and those they serve.

- **Strengthens Communities:** Volunteers help build stronger, safer, and more connected communities (National Council on Aging).
- **Promotes Physical Health:** Research shows volunteering can support better physical health outcomes, including lower blood pressure among older adults (Mayo Clinic).
- **Encourages Social Connection:** Volunteering helps reduce isolation and fosters meaningful relationships (Harvard Health Publishing).
- **Increases Longevity:** Research suggests that people who volunteer regularly may live longer due to increased physical activity and social engagement (National Institute on Aging).
- **Encourages Healthy Habits:** Staying involved in volunteer activities can promote routine, movement, and a more active lifestyle (Centers for Disease Control and Prevention).

Volunteer Appreciation Month is a time to recognize and celebrate the dedicated individuals who give their time and energy to support others in our community. It's an opportunity to express gratitude for the meaningful impact volunteers make every day through their kindness, compassion, and service.

This month especially, we would like to celebrate and thank the incredible volunteers who help make our senior center such a welcoming and supportive community. Whether you are delivering Meals on Wheels, setting up events, assisting in the kitchen, or helping around the building, your time, energy, and kindness make a real difference every day. Because of you, our center is more than just a place for services—it's a place of connection, warmth, and care. We are truly grateful for all that you do and for the positive impact you have on everyone we serve.

Thank you



Monday Morning Blood Pressure Checks

Take charge of your heart health! Beginning Mondays from 10:00 AM-12:00 PM, Daniel Yost, a BSU Public Health major and Licensed Practical Nurse at the VA in Brockton, will be offering weekly blood pressure screenings. No appointment is needed



Volunteer Opportunities

We're currently looking for dedicated volunteers to help support our senior community. If you enjoy working outdoors, we welcome assistance with seasonal yardwork to help keep our grounds safe and beautiful. We are also seeking dependable Meals on Wheels drivers to deliver meals and a friendly smile to homebound seniors in our area. *Interested? Reach out to Maddy Jankowski at 508-697-0929 or mjankowski@bridgewaterma.org.*

Special Programs

Alice's Cafe Announcement

We're **adjusting our day & time** for our Memory cafe **starting in May!** To make it easier for more people to join us, our cafe will now be held on **Monday's**. Our **social hour will now begin at 12:30pm**. The **program will now begin at 1pm**. We hope this shift helps you take part, and we look forward to seeing you there! Please stay tuned for new and upcoming programs for all!

If you have any questions or concerns regarding our Memory Cafe, please contact Courtney Riley at 508-697-0929 or criley@bridgewaterma.org

Red Sox Spirit Day

Friday, April 3rd

Wear your favorite gear!



Ousamequin: Mary O'Connell, Live in the Present, Learn from the Past
Monday, April 6th, 1pm

Are you Prepared for an Emergency?

Monday, April 13th, 11:30am

Join Daniel, a BSU Intern as he talks about preparing for emergencies. Emergencies can feel overwhelming—but having a road map makes all the difference! In this session, Daniel will guide you through the step-by-step process of how to be prepared for emergencies in your home. From what to do before an emergency happens to how to safely navigate it through to the end, you'll learn practical tips to help you stay calm, prepared, and as comfortable as possible. Please call to sign up!



Live Your Life Well

Tuesday, April 14th, 10am

Join us for a 2-hour interactive workshop where guests can rotate between tables to hear from expert speakers on topics ranging from mental health to digital literacy. Each speaker will share insights on their areas of expertise, making this a dynamic learning experience!



Lunch Trip with Scott

Tuesday, April 14th, 10:45am

Join Scott as he takes you to Doyle's Pub & Grill in Easton! All participants must call to sign-up by April 9th. \$3 transportation fee.

Bingo with Nick & Sass!

Wednesday, April 15th, 10:30AM

Bingo is free to play and requires registration. Bistro lunch is \$5PP and requires registration by April 10th.



TRIAD: Money Management with OCES

Tuesday, April 21st, 1pm

Attorney Thomas Clougherty: United Senior Advisors

Thursday, April 16th, 2pm - 3pm

Please join attorney Tom Clougherty for a 30-minute consultation to better understand the impact of long-term care costs, Medicaid, Veteran's Benefits, and how to protect assets. It's never too late to start planning or to update your plan to protect yourself and your family! Please call to schedule an appointment. **NO DROP-INS ALLOWED.**

SAVE THE DATE: Mother's Day Breakfast

Tuesday, May 5th, 9am

Join us in celebrating all of the amazing Moms with a lovely breakfast, raffles, and entertainment by Bill Reidy! Reservations are required and the cost is \$5pp at the door. Doors open at 9am!

SAVE THE DATE: Memorial Day

Wednesday, May 20th, 11:30am

Join us as we celebrate Memorial Day, with entertainment by Brian Fiorentino! Cost of event is \$5PP and sign-ups are required by May 15th. Bridgewater Residents Priority

Alice's Memory Café

RSVPs are mandatory. Spaces are limited.

10AM Coffee/Tea, 10:30AM Program

Painting with Sylvia

Thursday, April 2nd

Join Sylvia as she paints a cute bunny for the spring time! All are welcome - no skills needed.

Therapy Gardens - Sensory Gardens

Thursday, April 16th

Participants create and explore miniature gardens filled with textures, colors, and natural elements that invite touch and memory.

What is a memory café?

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends to gather. Memory cafés meet at a variety of places including coffeehouses, museums, or senior centers. Our program is filled with arts, music, crafts, pet therapy, and good old fashioned fun. It is for anyone who is interested in forgetting about limitations and instead focusing on strengths, enjoying the company of others, and to explore something new. **Caregivers and all area seniors are always welcome!**

We are proud that this program is grant funded through the Old Colony Planning Council Area Agency on Aging through Title III of the Older Americans Act and through private donations.



Caregiver Support Group

Every 2nd and last Thursday, 10AM

This drop-in group helps caregivers find information, advice, and emotional well-being. The group supports those providing care for a spouse, parent, or other older adult loved one.

If you have any questions or concerns, please contact Kathy Hayes at 508-697-0929 or khayes@bridgewaterma.org



APRIL 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6 8am Walking Group *(contact for info)*
 8:45am Arthritis Exercise
 10am Blood Pressure Checks
 10am Senior Painters
 10am Hand, Knee, Foot
 10am Stretch and Strengthen
 11:30am Lunch
 1pm Ousamequin

7 9am Zumba with Heather
9:30am Ask-An-Atty
 10am Stretch and Strengthen
11:30am 1:1 Tech with Leslie
 1pm Tai Chi

NEW

13 8am Walking Group *(contact for info)*
 8:45am Arthritis Exercise
 10am Blood Pressure Checks
 10am Senior Painters
 10am Hand, Knee, Foot
 10am Stretch and Strengthen
11:30am Emergency Prep Presentation
 11:30am Lunch
 1pm Writing Group

14 LIVE YOUR LIFE WELL PROGRAM
 Event Begins/Doors Open - 10AM
 all other programs cancelled
limited spots available- call to sign up!
 10am Lunch Trip with Scott

20 **CENTER CLOSED**



21 9am Zumba with Heather
 10am Stretch and Strengthen
11:30am 1:1 Tech with Leslie
 1pm TRIAD
 1pm Tai Chi

NEW

27 8am Walking Group *(contact for info)*
 8:45am Arthritis Exercise
 10am Blood Pressure Checks
 10am Senior Painters
 10am Hand, Knee, Foot
 10am Stretch and Strengthen
 11:30am Lunch

28 9am Zumba with Heather
 10am Stretch and Strengthen
11:30am 1:1 Tech with Leslie
 1pm CANCELLED Tai Chi

THANK YOU!


1 Market Basket Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Bistro
 1pm Watercolor Wednesday
 1pm CANCELLED - 1:1 Tech Support with Haresh

8 Market Basket Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh

15 Walmart Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 10:30am BINGO with Nick & Sass
 11:30am Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh

22 Market Basket Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh

29 Market Basket Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Birthday Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh




2 10am Alice's Café
 Painting with Sylvia
 10am Chair Yoga
 12pm LGBTQ+ Luncheon
 12:30pm Cribbage
 1pm Art for All

9 8:30am Men's Breakfast
10am Caregiver Support
 10am Chair Yoga
 11:30am Lunch
 1pm Art for All
 12:30pm Cribbage

16 10am Alice's Café:
 Sensory Gardens with Therapy Gardens
 10am Chair Yoga
12pm Courtney's Check-In!
 12:30pm Cribbage
 1pm Art for All
2pm United Senior Advisors

23 10am Chair Yoga
 12:30pm Cribbage
 1pm Art for All

30 10am Caregiver Support
 10am Chair Yoga
12pm Courtney's Check-In!
 12:30pm Cribbage
 1pm Art for All



3 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

B Red Sox *Spirit Day!*
 Happy home opener!

10 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

17 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

24 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

APRIL 2026

CAFE MENU

Monday

Dine-In
Only

Tuesday

Boxed
Lunch*
*Dine-In or
Pick-Up*

Wednesday

Bistro Meal
*(also available for
pickup Thursday)*

Thursday

Boxed
Lunch*
*Dine-In or
Pick-Up*

All lunches require sign up one week in advance.

**Boxed lunches subject to change based on product availability.*

1 Meatloaf
Potato
Vegetable
Dessert

2 Egg Salad on a Croissant
Celery Sticks w/Ranch
Broccoli Salad
Chips
Fruit Cup
Juice

6 Orange Chicken
White Rice
Green Beans
Roll
Strawberry Yogurt

7 Ham & Cheese Wrap
Potato Salad
Cheez-its
Fruit Cup
Juice

8 American Chop
Suey
Salad
Garlic Bread
Dessert

9 Tuna Roll
Carrot Sticks w/Ranch
Broccoli Salad
Fresh Apple
Chips
Juice

13 Chicken Fajitas
w/Salsa and Tortilla
Brown Rice & Beans
Vegetables
Clementines

14 Roast Beef & Swiss
on a Kaiser Roll
Pasta Salad
Carrot Sticks
w/Ranch
Fresh Apple
Juice

15 Pork w/Apples &
Stuffing
Green Beans
Dessert

16 Meatloaf on a
Kaiser Roll
Potato Salad
Pretzels
Lorna Doons
Juice



21 Greek Chicken Wrap
Chickpea & Cucumber
Salad
Broccoli Salad
Chips
Orange Juice

22 Chef Salad
w/Chicken
Dessert

23 Turkey & Cheese
on a Roll
Potato Salad
Gold Fish
Fresh Orange
Juice

27 Herbed Chicken
Brown Rice w/Orzo
Zucchini &
Red Bell Peppers
Bread
Clementines

28 Tuna Roll
Carot Sticks w/Ranch
Broccoli Salad
Chips
Fresh Apple
Juice

29 Hamsteak
Beans
Cornbread
Dessert

30 Italian Chicken Salad
on Foccacia Bread
Pasta Salad
Carrot Sticks w/Ranch
Chips
Fruit Cup
Juice

Arts and Education



Writing Workshops

April 13th at 1pm

Would you like to join a small group that enjoys writing about memories of past and present events and people that have had an impact on our lives?

Senior Painters

Mondays, 10am

Our longest running group is thriving! You will make a new friend or two by joining. Bring your own supplies.

Watercolor Wednesdays

Each Wednesday at 1PM

Our love of watercolor painting comes out in this relaxing and supportive social group.

Dress-a-Girl Around the World

A very special dressmaking program for the world's children. Call us here at the Bridgewater Senior Center for the schedule.

Art for All

Thursdays at 1pm - Check calendar or call for schedule

Local artist and instructor Laurie Halls teaches us how to draw portraits, still life, and animals. \$5/class

UPDATE:

Our Art for All Class is growing, so we're moving to a monthly sign-up system to help manage space and ensure fairness.

- Sign up once per month to reserve your spot for that month's session.
- Registration opens the last Monday of each month for the following month.
- Walk-ins only if space is available. Please call day of if interested.

We appreciate your cooperation in helping us keep the class enjoyable for all!

Questions? Call us or stop by the office!

Games

Hand, Knee, Foot - Mondays at 10AM

Mah Jong - Fridays at 9AM

Whist - every 2nd and 4th Saturday at 6PM

Tech Support Education

Looking for personalized support with your Smart phone or laptop device? Feel free to drop-in and learn from the experts:

Leslie on Tuesdays 11:30AM

Haresh on Wednesdays at 1PM

Make sure you check out our calendar to see their schedule!

Technology is important for older adults because it helps them stay connected with family and friends through video calls, social media, and messaging apps, reducing loneliness and isolation. It also improves their safety and independence with tools like medical alert systems, smart home devices, and online access to healthcare services.



Fitness Classes & Services



Tai Chi with Lenny
Tuesday, 1pm

Join us for a relaxing and rejuvenating Tai Chi program led by experienced instructor Lenny, owner and operator of South Shore Martial Arts. Tai Chi is a low-impact exercise that focuses on slow, controlled movements, balance, and breathing. It is especially beneficial for improving flexibility, reducing stress, enhancing balance, and promoting overall wellness—making it an ideal activity for older adults of all fitness levels. Come experience the calming benefits of Tai Chi in a supportive and welcoming environment. No prior experience is necessary! \$5/class

Walking & Hiking with Jean Guarino
Monday, 8AM

Start off your week with the walking and hiking group, led by Jean Guarino. This group program is a great form of exercise because it helps maintain your health, enjoy nature, see great scenery, and enjoy the sunshine. No fee. Interested? Call the Senior Center to find out the schedule.

Stretch & Strengthen

Monday, 10AM with Marybeth, Tuesday 10AM with Kelly

Want to improve your golf swing or work the general stiffness out of your shoulders, back, and hips? A more flexible body means you'll have a greater range of motion in your joints, which makes it easier to move. \$5/class

Arthritis Exercise Class with Wendy

Monday and Wednesday, 8:45AM

This class is a low-impact program that will improve your movement, mobility, muscle strength, and coordination. It is recommended for people with OR without arthritis who are looking to build strength and community. \$5/class

Zumba with Heather

Tuesday, 9AM

Zumba Gold is designed to get you moving to great music. It's like a dance party with your friends that's designed to go at your own pace. \$5/class

Line Dancing with Margaret or Shari

Wednesday & Friday, 9AM

Line dancing is a terrific exercise to have a fun time while supporting the brain, body, and balance. No partner required. \$5/class

Chair Yoga with Kelly

Thursday, 10AM

The benefits of chair yoga includes loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation. This class also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance all while smiling with a great instructor. \$5/class

TRANSPORTATION

COA Van - Free in-town travel and \$3 roundtrip outside of Bridgewater

Market Basket Shuttle
Wednesday & Friday

Walmart Shuttle
Every 3rd Wednesday

Daily rides to Medical Appointments, the Senior Center, and Errands:
Monday - Medical
Tuesday
Thursday - Medical

ADVANCE RESERVATIONS REQUIRED

Brockton Area Transit (BAT)
Dial-A-BAT services can be booked by calling (508) 584-5530. Free. Call the Senior Center to fill out your forms!



SHINE Counseling

We provide counseling on health insurance plans, covering topics like Medicare, MassHealth, and cost-saving strategies for prescriptions. Medicare Savings Programs can lower Medicare premiums and healthcare costs without asset limits, based solely on income. Individuals 65+ with earned income have only half counted, plus a \$65 disregard. Income limits are \$2,824 for singles and \$3,833 for couples.

Food Assistance Programs for Seniors

If you are a senior aged 60 or older and meet the income eligibility criteria, you can receive shelf-stable foods, fruits, and meats on the second Thursday of every month. For more information, please reach out to Ann Holmberg in the office.

Healthy Incentive Programs

The Healthy Incentives Program is a Massachusetts program that puts money back on your EBT card when you use your SNAP benefit to buy healthy local fruits and vegetables from participating vendors. Visit mass.gov OR call (800) 645-8333 to find participating vendors.

Ask-An-Attorney

We work with local Elder Law Attorney Alyssa Asack who provides consultations free of charge once per month. Call our office to schedule an appointment.

Veterans Services

Greg Martin, VSO, offers office hours the Senior Center. **Please call the Center to check for his schedule!** His office is situated at Town Hall, and he can be contacted at 508-697-0908. This service is available for veterans and family members from Bridgewater who require assistance, and no appointment is necessary.

Physician Disclosure Statement

Our fitness classes are a social, energizing, fun and safe way to keeping active. Classes are designed specifically for older adults to tone muscle, increase balance, strengthen your core, relax the mind, and stay social. We invite new Bridgewater Seniors to try their first class at no charge. Please consult your physician before taking a fitness class.

Café



Birthday Celebration!

If your birthday is this month, we want to celebrate with you and your friends! We offer a complimentary lunch every last Wednesday to Bridgewater Seniors during their birthday month. RSVP required the Friday before.

Men's Breakfast

APRIL 9TH at 8:30 a.m.
Doors Open at 8am
RSVP by Friday before.
\$5PP

Boxed Lunches

Tuesdays and Thursdays
\$2.50 Donation to OCES
Pick up a sandwich, chips, homemade salad, drink & dessert to enjoy with friends at home or in our cafe.

Advanced notice highly encouraged!

Our Cafe serves lunch Monday through Thursday at 11:30AM. Lunch Reservations are required the Friday before.

APRIL BISTRO MENU \$5/MEAL

- April 1st: Meatloaf, Potato, Vegetable, Dessert
- April 8th: American Chop Suey, Salad, Garlic Bread, Dessert
- April 15th: Pork w/Apples & Stuffing, Green Beans, Dessert
- April 22nd: Chef's Salad w/Chicken, Dessert
- April 29th: Ham Steak, Beans, Cornbread, Dessert

OCES Senior Lunch \$2.50 donation

Monday, Tuesday, and Thursday. See insert for the menu. Must Sign-up 1 week in advance



LGBTQ+ & Allies Luncheon

LGBTQ+ seniors and friends are invited to join us for our monthly lunch with entertainment, held every first Thursday at 12:00 PM. The next lunch will be **April 2, 2026**, when we welcome the Bridgewater-Raynham GSA students. This engaging program will be proudly sponsored by OCES and the COA.



Please call the Center to reserve your seat!

Did You Know?



Food for Events

Did you know? For our Saint Patricks Day event, our volunteers cooked over 112 LBS of corned beef. They also bought over 320 mini potatoes! This food (and much more) fed over 120 people who attended on the day of event. Thank you to our amazing volunteers who helped prep all of the food!

Dementia Friends

Dementia is caused by several diseases that affect the brain. The most common is Alzheimer's disease, but other types include Vascular Dementia, Lewy Body Dementia, and Frontotemporal Dementia. Interested in learning more about Dementia? Keep an eye out to see when Kathy Hayes is doing a "Dementia Friends" program.

Who We Serve

Did you know? The Bridgewater Senior Center isn't just for residents of Bridgewater! We welcome older adults from 30+ surrounding towns, making our center a vibrant, diverse community where everyone belongs.

Spirit Day

Did you know? The Bridgewater Senior Center hosts spirit days! A spirit day is when people dress up or wear something that matches a fun theme, like favorite colors, holidays, or decades. It's a simple way to show creativity, share smiles, and enjoy a sense of togetherness.

Donations

Did you know? We gratefully accept donations to support our programs and activities! Because space is sometimes limited, we kindly ask that you call us before dropping off any items to make sure we are able to accept them at that time. We truly appreciate the generosity of our community and thank you for thinking of us!

Bridgewater

COLE-YEATON
SENIOR CENTER

10 Wally Krueger Way
Bridgewater, MA 02324

The printing of this newsletter is made possible by a grant from the
Massachusetts Executive Office of Aging and Independence.

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Stay Connected

Hours

Monday - Thursday 9AM-3PM

Friday 9AM-12PM

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508-697-0929

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seniorcenter@bridgewaterma.org

Social Media



@BridgewaterCOA



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@Bridgewater, MA
Senior Center

Elder Affairs Commission

Meetings are open to the public at
the Senior Center every 2nd Monday
at 2PM.

Chair

David Frim

Vice Chair

Diane Roza

Treasurer

Gloria Lemieux

Members

Nick Bagas, Doug Dorr,

Marylou Harding, Deb Heckbert,

Robin Sherrick, Shari Sprong

