

August  
2026

# Top of the Hill

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



Cole-Yeaton Senior Center 10  
Wally Krueger Way  
Bridgewater, MA 02324  
508-697-0929  
[www.bridgewaterma.org](http://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.

# Directors Letter

Summer is still in full swing, and there is plenty happening here at the Bridgewater Senior Center! We hope everyone had a wonderful time celebrating America's 250th birthday and enjoyed making special memories with family, friends, and loved ones. We loved hearing everyone's stories about how they celebrated — whether it was gathering with family, enjoying community events, watching fireworks, or simply taking time to appreciate this special milestone. A big thank you to everyone who joined us for our own celebration; it was a wonderful day filled with familiar faces, new friends and shared laughs!

August is packed with opportunities to stay active, connected, and engaged. We have some wonderful programs planned, including TRIAD joining us to talk about scams and ways to help protect yourself from fraud. Tara from Massachusetts Councils on Aging (MCOA) will also be back with another great cooking presentation focused on healthy meals for one. And, of course, don't forget about our End of Summer Bash — a fun way to celebrate the season, enjoy good company, and make a few more summer memories before fall arrives! Along with our special events and programs, we invite you to join us for our Bistro Lunches. When you don't feel like cooking, let us take care of lunch! Come enjoy a delicious meal, friendly conversation, and great company with your friends and neighbors at the Bridgewater Senior Center. Whether you are joining us for lunch, attending a program, or simply stopping by to say hello, we always enjoy having you here.

With social gatherings, creative activities, educational programs, and so much more, there is always something happening at the Center. Be sure to check out our monthly calendar and find something that interests you. If you look through the calendar and don't see something that catches your eye, please let us know what you would like to see here! We are always looking for new ideas and ways to make the Bridgewater Senior Center a place where everyone feels welcome, connected, and excited to participate.

We look forward to spending August with you!

**Courtney Riley**  
Director

## Welcome to "Courtney's Corner"

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

Our Center would not be the same without our incredible volunteers! From July 1, 2025, to June 30, 2026, they donated over 4,000 hours helping make our programs and services possible. Thank you for all you do!

August is rare because it features three birthstones: peridot, sardonyx, and spinel

### AUGUST BIRTHSTONES



# Outreach Notes

We have heard a lot about GLP-1 drugs the past few years. These are the drugs that help people manage their weight and improve their health. Some people have insurance coverage for these types of medications, and some do not. Either way, copays can be quite expensive or the full cost (if not covered) may be prohibitive.

On July 1, 2026, Medicare began covering Foundayo (tablet), Wegovy (injection or tablet), And Zepbound (KwikPen) through a temporary program called the Bridge program. The Bridge Program is available to people that have a stand alone drug plan, a Medicare Advantage Plan, a Special Needs Plan, an Employer/Union group waiver plan or the LI NET program.

You must be 18 or older to be eligible and meet one of these requirements when you start GLP-1 therapy:

- You have a body mass index (BMI) of 35 or more
  - You have a BMI between 30-34.99 AND have at least one of these conditions:
  - Diastolic heart failure
  - Uncontrollable high blood pressure
  - Chronic kidney disease (stage 3 or higher)
  - Prediabetes
  - A previous heart attack or stroke
  - Blocked arteries in your legs or arms (PAD) with symptoms
- You have a BMI between 27-29.99 and have at least 1 of these conditions:
  - Prediabetes
  - A previous heart attack or stroke
  - Blocked arteries in your legs or arms (PAD) with symptoms
- YOU ARE NOT ELIGIBLE FOR BRIDGE IF:
  - Already get GLP-1 drugs through your Medicare Part D plan (Is it on the formulary?)
  - Have type 2 diabetes, moderate to severe sleep apnea, or fatty liver disease (Part D Plan might cover your GLP-1).
  -

If you qualify for this program, a month's worth of your drug will cost \$50. Because this program is NOT connected to your drug coverage, the cost would not count towards a deductible or show up on your Medicare explanation of Benefits. It would not be lowered due to extra Help and you cannot take advantage of the Medicare Prescription Payment Plan. If the Bridge Program can benefit you, talk to your health care provider.

**Kathy Hayes**  
Outreach Coordinator

## Medicare 101: Zoom Presentation

**2<sup>nd</sup> Wednesday of EVERY month - 2pm**

Join Holli Van Nest, SHINE Counselor for a free presentation designed to explain the basics of Medicare in clear, easy-to-understand language. Sign-ups are required due to limited capacity... Max 10 people per class! Call: 800-231-1155 to sign-up and learn more!





# Wellness



## Managing Chronic Conditions in Summer



Warm weather can be enjoyable, but it can also make it more challenging to manage chronic health conditions. Heat, humidity, and dehydration may affect how your body functions and how certain medications work. Taking a few simple precautions can help you stay healthy all summer long

- Keep medications stored properly. Many medications lose effectiveness if exposed to excessive heat or direct sunlight. Follow the storage instructions on the label, and don't leave medications in a hot car. (Source: U.S. Food and Drug Administration)
- Watch for signs that something isn't right. Dizziness, unusual fatigue, confusion, rapid heartbeat, nausea, or increased shortness of breath may be signs of dehydration or heat-related illness. Seek medical attention promptly if symptoms are severe or don't improve. (Source: Centers for Disease Control and Prevention)
- Talk with your healthcare provider before summer travel or outdoor events. They can help you make a plan for staying safe in the heat while managing your health conditions. (Source: National Institute on Aging)



United Senior Advisors, Inc.

### Attorney Thomas Clougherty: United Senior Advisors Tuesday, August 18th, 10am – 11am

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.



### TRIAD Program: Ice Cream Social Tuesday, August 18th, 12:30pm

Come enjoy an afternoon of ice cream, conversation, and valuable information at TRIAD's Ice Cream Social featuring District Attorney Tim Cruz. While you enjoy a sweet treat, you'll learn about the latest scam trends targeting our communities and receive practical tips on how to recognize fraud, protect your personal information, and avoid becoming a victim. Registration is required. To reserve your spot, please call 508-697-0929

### Make a Difference—Volunteer With Us!

Looking for a rewarding way to give back and connect with your community? We have exciting volunteer opportunities that make a real impact in the lives of local seniors!

🌿 Love being outdoors? Help keep our grounds safe, welcoming, and beautiful by assisting with seasonal yardwork.

🚗 Enjoy meeting new people? Join our Meals on Wheels team and deliver more than just a meal—you'll bring a friendly visit, a warm smile, and meaningful connection to homebound seniors. Whether you can lend a few hours or become a regular volunteer, your time and kindness can brighten someone's day and strengthen our community. We'd love to have you on our team!

Interested? Reach out to Maddy Jankowski at 508-697-0929 or [mjankowski@bridgewaterma.org](mailto:mjankowski@bridgewaterma.org).



# Special Programs

## Alice's Cafe Announcement

We have **adjusted our day & time** for our Memory cafe! 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](mailto:criley@bridgewaterma.org)

### Bingo with Nick & Sass!

**WE ARE TAKING THE SUMMER OFF!**  
**WE WILL SEE YOU IN SEPTEMBER!**

### Lunch Trip with Scott

**Tuesday, August 11th, 11am**

Join Scott as he takes you to Emma's Pub! All participants must call to sign-up by August 6th. \$3 transportation fee.

### Charter Review Committee - Community Forum

**Wednesday, August 12th, 10:30am**

Join the Charter Review Committee as they host a community forum! Over the course of approximately one year, the Subcommittee reviews the Town Charter and may recommend updates for consideration. Interested in learning more about them? Call and sign-up to reserve your spot!

### Breakfast & Shopping Trip with Scott

**Thursday, August 13th, 9am**

Join Scott as he takes you to Abington Old Town Cafe for breakfast, then shopping! All participants must call to sign-up by August 10th. \$3 transportation fee.

### Beat the Heat: Lunch & Movie

**Thursday, August 20th, 11:30am**

Join us while we beat the summer heat with a movie and lunch! Movie: Remarkably Bright Creatures. Closed Captioning available. Sign-ups required by August 13th.

### Cooking for One with Tara Hammes

**Tuesday, August 25th, 11am**

Mark your calendars for "Cooking for One" Presented by Tara Hammes, RD and Healthy Aging Manager for the Massachusetts Councils on Aging. We'll focus on a five of topics to improve your health span. Cooking for One will address a common struggle and provide actionable tips to overcome barriers.

### End of Summer Celebration

**Wednesday, August 26th, 11:30am**

Join us as we celebrate the end of summer! Help us kick-off our Spirit Week celebrating National Senior Center Month! Entertainment, food, prizes, and so much more! Sign-ups begin July 22nd and end by August 19th. BRIDGEWATER RESIDENTS PRIORITY

### SAVE THE DATE: Spirit Week

**September 14th - September 18th**

Help us kick-off our Spirit Week celebrating National Senior Center Month! Each day will be it's own theme. Keep an eye on the calendar for fun activities each day!

Monday - Sports Day

Tuesday - Tie Dye and Bright Colors

Wednesday - Wacky Wednesday

Thursday - Town of Bridgewater Day

Friday - Rock Your Roots



## Alice's Memory Café

**RSVPs are mandatory. Spaces are limited.**

12:30PM Coffee/Tea, 1:00PM Program

### Jumpin' Juba

**Monday, August 3rd**

Jumpin' Juba plays blues-based rock, pop and folk for your listening and dancing pleasure. They are requested favorites at many MA libraries and senior centers. The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with Dave Lockeretz on upright bass.

### Therapy Gardens

**Monday, August 17th**

Experience fresh herbs like lavender, rosemary, and mint. Learn their stories and soothing benefits through scent and guided interaction.

### 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](mailto:khayes@bridgewaterma.org)

**If you sign-up for an event and you are not able to attend, please call to cancel your reservation. Thank you!**



# AUGUST 2026

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                   |                                                                                                                                                       |                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>3</b><br>8am Walking Group (contact for info)<br>8:45am Arthritis Exercise<br>10am Senior Painters<br>10am Hand, Knee, Foot<br>10am CANCELLED<br>Stretch and Strengthen<br>11:30am Lunch<br>12:30pm Writing Group<br>12:30pm Alice's Café:<br>Jumpin Juba | <b>4</b><br>Ask-An-Atty<br>9am Zumba with Heather<br>10am Stretch and Strengthen<br>11:30am 1:1 Tech with Leslie<br>12:30pm Tai Chi                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>5</b><br>Market Basket Van Trip<br>8:45am Arthritis Exercise<br>9am Line Dancing<br>10am Crafters<br>11:30am Bistro<br>12:30pm Watercolor Wednesday<br>12:30pm 1:1 Tech Support with Haresh                                                                                    | <b>6</b><br>10am Chair Yoga<br>12:30pm Art for All                                                                                                    | <b>7</b><br>CANCELLED: Market Basket Van Trip<br>9am Mah Jong<br>9am Line Dancing<br>9:30am Crafters |
| <b>10</b><br>8am Walking Group (contact for info)<br>8:45am Arthritis Exercise<br>10am Senior Painters<br>10am Hand, Knee, Foot<br>10am Stretch and Strengthen<br>11:30am Lunch                                                                              | <b>11</b><br>9am CANCELLED<br>Zumba with Heather<br>10am Stretch and Strengthen<br>10:30am Lunch Trip with Scott<br>11:30am 1:1 Tech with Leslie<br>12:30pm Tai Chi                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>12</b><br>Market Basket Van Trip<br>8:45am Arthritis Exercise<br>9am Line Dancing<br>10am Crafters<br>10:30am Charter Review Committee<br>11:30am Bistro<br>12:30pm Watercolor Wednesday<br>12:30pm 1:1 Tech Support with Haresh                                               | <b>13</b><br>8:30am CANCELLED<br>Men's Breakfast<br>9am Breakfast & Shopping with Scott<br>10am Caregiver Support<br>10am Chair Yoga<br>11:30am Lunch | <b>14</b><br>Market Basket Van Trip<br>9am Mah Jong<br>9am Line Dancing<br>9:30am Crafters           |
| <b>17</b><br>8am Walking Group (contact for info)<br>8:45am Arthritis Exercise<br>10am Senior Painters<br>10am Hand, Knee, Foot<br>10am Stretch and Strengthen<br>11:30am Lunch<br>12:30pm Alice's Café:<br>Therapy Gardens                                  | <b>18</b><br>9am CANCELLED<br>Zumba with Heather<br>10am United Senior Advisors<br>10am Stretch and Strengthen<br>11:30am 1:1 Tech with Leslie<br>12:30pm TRIAD<br>12:30pm Tai Chi                                                                                                                                                                                                                                                                                                                                                                                                             | <b>19</b><br>Walmart Van Trip (HALIFAX)<br>8:45am Arthritis Exercise<br>9am Line Dancing<br>10am Crafters<br>11:30am Birthday Bistro<br>12:30pm Watercolor Wednesday<br>12:30pm 1:1 Tech Support with Haresh                                                                      | <b>20</b><br>10am Chair Yoga<br>11:30am Lunch & Movie<br>12:30pm Art for All                                                                          | <b>21</b><br>Market Basket Van Trip<br>9am Mah Jong<br>9am Line Dancing<br>9:30am Crafters           |
| <b>24</b><br>8am Walking Group (contact for info)<br>8:45am Arthritis Exercise<br>10am Senior Painters<br>10am Hand, Knee, Foot<br>10am Stretch and Strengthen<br>11:30am Lunch                                                                              | <b>25</b><br>9am Zumba with Heather<br>10am Stretch and Strengthen<br>11:00am Cooking for One with Tara Hammes<br>11:30am 1:1 Tech with Leslie<br>12:30pm Tai Chi                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>26</b><br>Market Basket Van Trip<br><div>End of Summer CELEBRATION</div> <div>Doors Open - 11AM</div> <div>*all other programs cancelled* limited spots available- call to sign up!</div>  | <b>27</b><br>10am Caregiver Support<br>10am Chair Yoga<br>11:30am Lunch                                                                               | <b>28</b><br>Market Basket Van Trip<br>9am Mah Jong<br>9am Line Dancing<br>10am Crafters             |
| <b>31</b><br>8am Walking Group (contact for info)<br>8:45am Arthritis Exercise<br>10am Senior Painters<br>10am Hand, Knee, Foot<br>10am Stretch and Strengthen<br>11:30am Lunch                                                                              | <div>Did you know September is National Senior Center Month?</div> <div>Help us celebrate National Senior Center Month with Spirit Week!</div> <div>Each day features a fun theme, and everyone is invited to dress up or join the activities.</div> <div>Participation is optional—come share smiles and celebrate our senior center community!</div> <div>September 14th – 18th</div> <div>Monday – Sports Day</div> <div>Tuesday – Tie Dye and Bright Colors</div> <div>Wednesday – Wacky Wednesday</div> <div>Thursday – Town of Bridgewater Day</div> <div>Friday – Rock Your Roots</div> |                                                                                                                                                                                                                                                                                   |                                                                                                                                                       |                                                                                                      |

# AUGUST 2026

## CAFE MENU

### Monday

Dine-In  
Only

**3**  
BBQ Chicken  
Mashed Spiced Yams  
Riviera Vegetable  
Chocolate Chip  
Cookie

**10**  
Chicken Tikka  
Masala  
Rice  
Green Beans  
Mandarin Orange

**17**  
Chicken Fajitas w/  
Salsa  
Brown Rice & Beans  
Chuckwagon  
Vegetables  
Clementine

**24**  
Cheese Omlet  
Home Fries  
Peppers & Onions  
Yogurt

**31**  
Hot Dog  
Baked Beans  
Corn  
Nectarine

### Tuesday

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

**4**  
Roast Beef & Swiss  
on a Kaiser Roll  
Potato Sald  
Carrot Sticks with  
Ranch

**11** Turkey and Cheese  
on a Kaiser Roll  
Pasta Salad  
Gold Fish  
Chocolate Chip  
Cookie

**18**  
Roast Beef & Swiss  
on a Kaiser Roll  
Potato Salad  
Chips  
Fruit Cup

**25**  
Roast Beef & Swiss  
on a Kaiser Roll  
Potato Salad  
Carrot Sticks with  
Ranch

### Wednesday

Bistro Meal  
(also available for  
pickup Thursday)

**5**  
American Chop Suey  
Vegetable  
Garlic Bread  
Dessert

**12**  
Italian Cold Cut  
Sub  
Pasta Salad  
Dessert

**19** **Birthday Bistro**  
Teriyaki Chicken  
Over Rice  
Vegetable  
Dessert

**26** *End of Summer*  
**CELEBRATION**  
Sausage Pepper And  
Onion Sandwich  
Pasta Salad  
Dessert

### Thursday

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

**6**  
Ham and Cheese  
wrap  
Carrot sticks with  
Ranch  
Fruit Cup

**13**  
Egg Salad on  
Crossant  
Potato Salad  
Chips  
Brownie

**20**  
Chicken Salad on a  
Hamburger Roll  
Potato Salad  
Chips  
Lorna Doones

**27**  
Italian Chicken Salad  
on a Foccacia Bread  
Broccoli Salad  
Fruit Cup

*All lunches require sign up one week in advance.*

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



# Arts and Education



## Writing Workshops

**Monday, August 3<sup>rd</sup>, 12:30pm**

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 12:30PM**

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 12:30pm - 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

## Tech Support Education

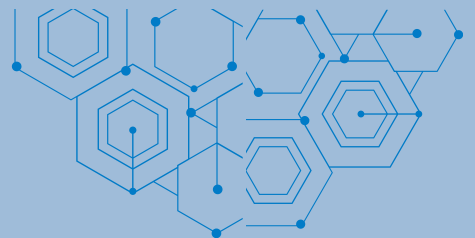
Looking for personalized support with your Smart phone or laptop device? Feel free to drop-in and learn from the experts:

Leslie on Tuesdays 11:30AM

Haresh on Wednesdays at 12:30PM

*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, 12:30pm

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

**NEW**

## 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 \$2,993 for singles and \$4,058 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 contact the Senior Center.

## 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 at 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 to Bridgewater Seniors during their birthday month. RSVP required the Friday before.

## Men's Breakfast

CANCELLED – AUGUST  
Sept. 10th at 8:30 a.m.

Doors Open at 8am

RSVP by Friday before. \$5PP

Bring a NEW friend & be entered into a gift card drawing!

## 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.**

## AUGUST BISTRO MENU \$5/MEAL

- August 5<sup>th</sup>: American Chop Suey, Vegetable, Garlic Bread & Dessert
- August 12<sup>th</sup>: Italian Cold Cut Sub, Pasta Salad & Dessert
- August 19<sup>th</sup>: Teriyaki Chicken Over Rice, Vegetable & Dessert – BIRTHDAY LUNCH!

August 26<sup>th</sup> – End of Summer Celebration!  
Sausage, Pepper and Onion Sandwiches, Pasta Salad & Dessert!  
Entertainment by Aidan Keene!

## 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

The LGBTQ+ Seniors & Friends Monthly Lunch is Taking a Summer Break! Thank you to everyone who joined us this season. We look forward to welcoming you back on **Thursday, September 3rd at 12:00 PM** for a fun-filled afternoon of Mighty Music Bingo! 🎵🎉

This program is proudly sponsored by Old Colony Elder Services (OCES) and the Bridgewater Council on Aging.

**See you in September!**





# Did You Know?



## **Lunch Sign-Ups**

Whether you're joining us for lunch on Monday (OCES hot meal), Tuesday or Thursday (OCES boxed lunch), or Wednesday (Senior Center Bistro Meal), you must sign up at least one week in advance. Signing up ahead of time helps ensure that everyone who wants a meal is able to receive one.

## **Transportation Options**

Did You Know? The Senior Center offers a variety of transportation options to help you stay active and independent! Our COA Van provides free in-town rides and \$3 round-trip rides outside of Bridgewater with advance reservations. We also offer scheduled trips to medical appointments, the Senior Center, errands, Market Basket, and Walmart. Need additional transportation? We can also help you sign up for BAT Dial-A-BAT services. Call the Senior Center to learn more or to reserve your ride!

## **Fraud Prevention**

Did You Know? Scammers are always finding new ways to target older adults, but staying informed can help protect you! Remember: never give out personal information, passwords, or financial details to unexpected callers, emails, or messages. Be cautious of anyone asking for immediate payment, gift cards, or access to your accounts. If something feels suspicious, take time to verify the information before responding. When in doubt, reach out to a trusted family member, friend, or the Senior Center for guidance.

## **National Senior Center Month**

Did you know? September is National Senior Center Month! Help us celebrate by sharing your thoughts and ideas through our Senior Center survey. Your feedback helps us continue to provide programs and services that meet the needs of our community. Interested in participating? Stop by the Senior Center to complete a survey and be entered into a drawing for a gift card!



10 Wally Krueger Way  
Bridgewater, MA 02324

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## Stay Connected

Hours  
Monday - Thursday 9AM-2PM  
Friday

Website 9AM-11PM  
[www.bridgewaterma.org](http://www.bridgewaterma.org)

Phone  
508-697-0929

Email  
[seniorcenter@bridgewaterma.org](mailto:seniorcenter@bridgewaterma.org)

Social Media



@BridgewaterCOA



@bridgewatercouncilonaging



@Bridgewater, MA  
Senior Center



## Elder Affairs Commission

Meetings are open to the public at  
the Senior Center every 2nd Monday  
at 12:30 PM.

### Chair

David Frim

### Vice Chair

Diane Roza

### Treasurer

Gloria Lemieux

### Members

Nick Bagas, Doug Dorr,  
Marylou Harding, Deb Heckbert,  
Robin Sherrick, Shari Sprong

