

Top of the Hill

February
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

Ah, February — the shortest month of the year, yet somehow it manages to feel the longest for many of us! But here at the Bridgewater Senior Center, no matter what month, we're always here with a warm smile, a fun program, or a hot meal to brighten your day.

This month, we're thrilled to welcome Daniel from Bridgewater State University for the semester! While he's with us, Daniel will be offering blood pressure checks and engaging lectures on a variety of topics. His first talk will be on Wednesday, February 25, all about Happy Hearts — a perfect way to celebrate February in style. We can't wait to see you there!

We're also excited to introduce Dennis Gauthier, our new van driver! Dennis will be behind the wheel on Fridays and will fill in for Scott on his days off. Please give him a warm Bridgewater Senior Center welcome when you see him.

Many of the new programs we've added are thanks to your wonderful suggestions, so please keep the ideas coming — we love hearing from you!

Here's to a February full of smiles, connection, and maybe a little warmer temperature.

Courtney Riley



BOSTON POST CANE

Thursday, January 15th, the Town of Bridgewater had the honor of presenting Emily Stone with the Boston Post Cane, recognizing her as the oldest resident (103) in Bridgewater, MA. The note below is from David Moore, Emily's nephew.

"Among her eleven siblings, Emily was known for her loving dedication to keeping the family close. Living just a quarter mile from her parents, she was always there to help organize birthdays, holidays, and backyard cookouts, and as the years passed, she continued these cherished gatherings in her own home until she entered the All-American facility. She was truly the "Energizer Bunny" of our family, always bringing people together. After retiring from the Maxwell Library, she remained active through volunteer work at Morton Hospital and the Bridgewater Building Inspectors' Office, only slowing down in her early 90s when she stopped driving."



Did you know? Pioneering mathematician Gladys West who helped build the precise Earth-modeling math behind modern GPS, has died at 95 (January 17, 2026). Her work at the U.S. Navy lab in the 1970s and '80s laid the foundation for the satellite navigation technology billions rely on every day.

Want to learn more about unknown pioneering figures? Join us for the movie "Hidden Figures" and the presentation Voices of Impact: Celebrating African American Contributions by Raymond Ajemian.

Please see the "Special Programs" page for program info

Outreach Letter

February is Black History Month. It is a month where we recognize and honor the contributions and achievements of African Americans that impacted and enriched our history and the way that we live today. Black History Month was recognized by President Gerald Ford at the federal level in 1976. This recognition was an expansion on the original Black (Negro) History Week that started by Carter G. Woodson in 1926. In 1986, the month-long observation was designated officially.

DID YOU KNOW: Marie Van Brittan Brown was an African American nurse who created a device that acted as a security system for her home in Queens, NY. In 1966, when her husband would have to travel, she felt unsafe being home alone. Her home was in a high crime area and she found the police to be unreliable or unresponsive at the time. She took it upon herself to develop a small camera that she could slide into 4 peepholes in her front door. The camera's view would appear on a monitor in her home so she could detect unwanted guests. She secured a microphone, a button to unlock the front door, and a button to summon the police. She was awarded a patent for her system in 1969 and home security systems today have used elements of her design in modern systems!!!!

Garrett Morgan was another inventor worth noting. He had many significant inventions but he is credited with something that we see every day on the roads! The 3 light traffic light was invented by him in the 1920s. He had witness a terrible accident in his home town of Cleveland, Ohio. As a result, he added the "yield" component to the traffic signal warning drivers of an impending stop. He took out a patent for it in 1923 and the patent was granted the following year.

Another impressive inventor was Fredrick McKinley Jones. He took out more than 60 patents in his lifetime and is credited with inventing the roof mounted cooling system in the mid 1930s. This was used on trucks to refrigerate goods being carried. He received a patent for this invention in 1940 and co-founded the U.S. Thermo Control Company, later known as Thermo King. The company was extremely important during WWII helping preserve blood, food, and supplies.

By learning about the people in history who have an impact on our lives today, we bring together generations and the community.

Kathy Hayes

Life is full of stories, and yours matters. As a Master of Social Work intern, I'm here to listen and offer one-on-one conversations. Whether you want to talk about daily life, share memories, or just have someone to listen, I'm happy to be that person. -

Madison C.: BSU Intern

Wellness



Kathy Hayes, Outreach Coordinator: 30 Years with the Town of Bridgewater, MA!

Caring for Your Heart

February is American Heart Month, a yearly reminder to focus on heart health and prevention. Heart disease remains the leading cause of death in the United States for men and women of most racial and ethnic groups, making awareness especially important for older adults. (CDC)

- Choose meals rich in fruits, vegetables, whole grains, lean proteins, and healthy fats, and limit sodium, added sugars, and processed foods. Diets like Mediterranean or DASH can help manage blood pressure and cholesterol. (ssihi.uci.edu)
- Schedule routine medical visits to monitor heart health and catch risk factors early. Early actions can make a major difference. (CDC)
- Chronic stress can elevate heart risk. Activities such as deep breathing, meditation, hobbies, or gentle yoga can help keep stress in check. (HEART.ORG)
- Aim for at least 150 minutes of moderate activity per week—activities like walking, swimming, or chair exercises help strengthen your heart, improve circulation, and boost mood. (HEART.ORG)



Attorney Thomas Clougherty: United Senior Advisors

Thursday, February 19th, 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.



Happy Hearts: Simple Steps to a Healthier You

Wednesday, February 25th, 10:30am

Join Daniel, or BSU Intern, for an easy-to-follow heart health program covering everyday habits that support a strong heart. We'll talk nutrition, movement, and small lifestyle changes that can make a big difference. Please call to sign-up!



SAVE THE DATE: Live Your Life Well

Tuesday, March 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!



Volunteer Opportunities

We are seeking seasonal volunteers to assist seniors in Bridgewater with yardwork and snow removal. A few hours of your time can brighten someone's day, prevent winter hazards, and help seniors maintain safe, comfortable homes. Interested? Reach out to Maddy Jankowski at 508-697-0929 or mjankowski@bridgewaterma.org.

Special Programs

Black History Month Programs

February 10th & 24th, 11:30am

Join us as we honor Black History Month with a special lunch and movie and information session celebrating the achievements, culture, and contributions of African Americans.

February 10th: "Hidden Figures"

"Three female African-American mathematicians play a pivotal role in astronaut John Glenn's launch into orbit while dealing with racial and gender discrimination."

February 24th: Voices of Impact: Celebrating African American Contributions

Join us at the Center on Tuesday, February 24, at 11:30 AM for an engaging presentation by Raymond Ajemian. He will explore the vital contributions of the African American community and their lasting impact on our history and culture. This insightful talk offers an opportunity to learn, reflect, and celebrate the achievements that have helped shape our society.

Ousamequin:

Monday, February 2nd, 1pm

Valentine's Day Celebration

Wednesday February 4th, 11:30am

Doors Open 11am

Join us for a cheerful Valentine's Day celebration at the Senior Center on February 4th. We'll enjoy lunch, light refreshments, music, and good company—a fun and festive afternoon for all.

Sign-ups begin January 12th. Sign-up by January 30th.

Super Bowl Lunch

Wednesday February 11th, 11:30am

Join us for a cheerful Superbowl celebration at the Senior Center. We'll enjoy lunch and a fun and festive afternoon for all.

Sign-up by February 6th.

Bingo with Nick & Sass!

Wednesday February 18th, 10:30AM

Bingo is free to play, Bistro lunch is \$5PP and requires registration by February 13th.

Save the Date! St. Patrick's Day Celebration

Tuesday, March 17th, 11:30am

Doors Open 11am

Join us for a festive St. Patrick's Day celebration filled with lunch, music, and plenty of fun! Wear your green and come enjoy a lively afternoon with friends.

\$5pp. Bridgewater residents priority.

Sign-ups begin February 23rd. Sign-up by March 13th



Alice's Cafe Announcement

We're adjusting our start time! To make it easier for more people to join us, our social hour will now begin at 10 AM instead of 9:30AM. The program will now begin at 10:30am. We hope this small shift helps you take part, and we look forward to seeing you there!

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

Alice's Memory Café

RSVPs are mandatory. Spaces are limited.

10AM Coffee/Tea, 10:30AM Program

PopUp Art School

Thursday, February 5th

Custom Pointillism Heart Painting is a relaxing, beginner-friendly art session where participants create a heart design using the pointillism technique of small, intentional dots. Each piece is fully customizable, encouraging creativity, self-expression, and a unique finished artwork.

Drumming Circle

Thursday, February 19th

Introduction to rhythm and drumming, you bring the energy and Ed will bring the drums!

Advance sign up required.

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

FEBRUARY 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 1pm Ousamequin 	3 9am Zumba with Heather 9:30am Ask- An - Atty 10am Stretch and Strengthen 11:30am 1:1 Tech with Leslie	4  Market Basket Van Trip VALENTINE'S PARTY Doors Open - 11:00AM Event Begins - 11:30AM *all other programs cancelled*	5 10am Alice's Café PopUp Art School 10am Chair Yoga 12pm LGBTQ+ Luncheon 12:30pm Cribbage 1PM CANCELLED Art for All	6 9am Mah Jong 9am Line Dancing 10am Crafters
9 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 1pm Writing Group	10 9am Zumba with Heather 10am Stretch and Strengthen 11:30am Lunch & Movie 11:30am 1:1 Tech with Leslie	11 Joe Benson - Taxes Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters 11:30am Super Bowl Bistro 1pm Watercolor Wednesday 1pm 1:1 Tech Support with Haresh	12 8:30am CANCELLED Men's Breakfast 10am Caregiver Support 10am Chair Yoga 11:30am Lunch 1pm Art for All 12:30pm Cribbage	13 CENTER CLOSED 
16 CENTER CLOSED 	17 9am CANCELLED Zumba with Heather 10am CANCELLED Stretch and Strengthen 11:30am 1:1 Tech with Leslie	18 Joe Benson - Taxes 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	19 10am Alice's Café Drumming Circle 10am Chair Yoga 12:30pm Cribbage 1pm Art for All 2pm United Senior Advisors	20 9am Mah Jong 9am Line Dancing 10am Crafters
23 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch	24 9am Zumba with Heather 10am Stretch and Strengthen 11:30am Voices of Impact: Celebrating African American Contributions 11:30am 1:1 Tech with Leslie	25 Joe Benson - Taxes Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters 10:30am Happy Hearts: Simple Steps to a Healthier You 11:30am Birthday Bistro 1pm Watercolor Wednesday 1pm 1:1 Tech Support with Haresh	26 10am Caregiver Support 10am Chair Yoga 12:30pm Cribbage 1pm Art for All	27 9am Mah Jong 9am Line Dancing 10am Crafters

SAVE the DATE

Live Your Life Well
 Tuesday, April 14th, 10am

St. Patrick's Day Celebration
 Tuesday, March 17th, 11:30am

Sign-ups begin February 23rd. Sign-up by March 13th

FEBRUARY 2026

CAFE MENU

All lunches require sign up one week in advance.

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

Monday

Dine-In
Only

2
Herbed Chicken
Brown Rice w/Orzo
Zucchini & Red Bell
Pepper
Bread
Celmentines

9
Hot Dog w/a Hot Dog
Bun
Vegetarian Baked
Beans
Zucchini Squash
Apple Oatmeal Bar

16 Closed Today

PRESIDENTS
DAY

23
Chicken Tikka Masala
Brown Rice
Green Beans
Roll
Strawberry Yogurt

Tuesday

Boxed
Lunch*
Dine-In or
Pick-Up

3
Ham & Cheese Wrap
Potato Salad
Cheez-its
Fruit Cup
Juice

10
Roast Beef & Swiss
on a Kaiser Roll
Pasta Salad
Carrot Sticks w/Ranch
Fresh Apple
Juice

17 Italian Chicken Salad
on Foccacia Bread
Italian Pasta Salad
Carrot sticks w/Ranch
Chips
Fruit Cup
Juice

24
Tuna Roll
Carrot Sticks
w/Ranch
Broccoli Salad
Fresh Apple
Chips
Juice

Wednesday

Bistro Meal
(also available for
pickup Thursday)

4
Valentine's Day
Celebration!
Chicken Parmesan
Bread
Dessert

11
Ham & Beans
Cornbread
Dessert

18
Tuna Casserole
Bread
Dessert

25 Birthday Lunch!
Hamburger Stew
Rolls
Dessert

Thursday

Boxed
Lunch*
Dine-In or
Pick-Up

5 Greek Chicken Wrap
Chickpea and Cucumber
Salad
Broccoli Salad
Chips
Fresh Orange
Juice

12 Egg Salad on A
Croissant
Celery w/Ranch
Broccoli Salad
Chips
Fruit Cup

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

26 Meatloaf on a
Kaiser Roll
Pasta Salad
Cheez-its
Lorna Doones
Juice

Arts and Education



Madison – BSU Social Work Intern

Writing Workshops

February 9th 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

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. If you're worried about being "too old" to hike, don't. Many people enjoy hiking well into their 60s, 70s, and even 80s. 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 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

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.

Services



Boston Post Cane Ceremony: Emily Stone

TRANSPORTATION

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

Market Basket Shuttle
Wednesday

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!

bat

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.

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

CANCELLED FOR
FEBRUARY

NEXT DATE: 3/12/26
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.

FEBRUARY BISTRO MENU \$5/MEAL

VALANTINES DAY CELEBRATION

February 4th: Chicken Parmesan, Bread, Dessert

Sign up by January 30th

11th: Ham & Beans, Cornbread, Dessert

18th Tuna Casserole, Bread, Dessert

25th: Hamburger Stew, Rolls, 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 **February
5th, 2026**, when we welcome Margie Arnold, Ph.D.,
presenting "Amelia Earhart: Beyond the Skies." This
engaging program will be proudly sponsored by OCES
and the COA.



Please call the Center to reserve your seat!



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
Website
www.bridgewaterma.org
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508-697-0929
Email
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 2PM.

Chair
David Frim
Vice Chair
Diane Roza
Treasurer
Gloria Lemieux

Members

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



INCLEMENT WEATHER POLICY

In the event that the Senior Center is closed, information will be posted on the Town website
(www.bridgewaterma.org) and we will update the outgoing messages on our main telephone lines. We will also
notify program instructors regarding cancellations and closures.