



NOVEMBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|--|--|--|---|
| 3 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am CANCELLED Stretch and Strengthen 11:30am Lunch 12pm Art with River 1pm Ousamequin | 4 9am Ask-An-Atty 9am Zumba with Heather 10am Stretch and Strengthen 11:30am Lunch 11:30am Digital Literacy with OCES 11:30am 1:1 Tech with Leslie 2pm BSU Health & Wellness | 5 Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters 11:30am Bistro 1pm Municipal Aggregation Information Session 1pm Watercolor Wednesday 1pm 1:1 Tech Support with Haresh | 6 9:30am Alice's Café Fall Painting with Sylvia 10am Chair Yoga 11:30am Digital Literacy with OCES 12pm LGBTQ+ Luncheon 1pm Art for All 12:30pm Cribbage | 7 Market Basket Van Trip 9am Mah Jong 9am Line Dancing 10am Crafters |
| 10 Veterans Appreciation Event  Event begins at 11:30am *All other programs cancelled | 11 CENTER CLOSED  | 12 Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Winter Fire Safety with the Bridgewater Fire Department 10am Crafters 11:30am Bistro 1pm Watercolor Wednesday 1pm 1:1 Tech Support with Haresh 2pm BSU Health & Wellness | 13 Honoring our Caregivers 8:30am Men's Breakfast 10am Caregiver Support 10am Chair Yoga 11:30am Lunch 11:30am Digital Literacy with OCES 1pm Art for All 12:30pm Cribbage | 14 Market Basket Van Trip 9am Mah Jong 9am Line Dancing 10am Crafters |
| 17 8am Walking Group 8:45am CANCELLED Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 12pm Art with River 1pm Writing Group | 18 9am Zumba with Heather 10am Stretch and Strengthen 11am Alzheimer's Awareness Program 11am Lunch Trip: Olive Garden 11:30am 1:1 Tech with Leslie 11:30am Digital Literacy with OCES 1pm TRIAD: Plymouth County Sheriffs Office 2pm BSU Health & Wellness | 19 Walmart Van Trip 8:45am CANCELLED Arthritis Exercise 9am Line Dancing 10am Crafters 10:30am BINGO! with Nick and Sass 11:30am Bistro 1pm CANCELLED Watercolor Wednesday 1pm 1:1 CANCELLED Tech Support with Haresh 5pm BPD Thanksgiving Dinner | 20 9am Shopping Trip 10am Alices Cafe: Friendsgiving Tea with Mary B 10am At Home Hearing 10am Chair Yoga 11:30am Lunch 11:30am Digital Literacy with OCES 1pm Art for All 12:30pm Cribbage 2pm United Senior Advisors | 21 Market Basket Van Trip 9am Mah Jong 9am Line Dancing 10am Crafters |
| 24 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 12pm Art with River | 25 9am Zumba with Heather 10am Stretch and Strengthen 11am Lunch Trip: Olive Garden 11:30am Digital Literacy with OCES | 26 Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters CENTER CLOSES AT 12PM *NO LUNCH OR AFTERNOON PROGRAMMING* | 27 CENTER CLOSED  | 28 CENTER CLOSED  |



DECEMBER 2025









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|--|---|---|
| 1 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 12pm Art with River 1pm Ousamequin | 2 9am Ask-An-Atty 9am Zumba with Heather 10am Stretch and Strengthen 10:30am Dental Program 11:30am Lunch 11:30am 1:1 Tech with Leslie | 3 Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters 11:30am Bistro 1pm Watercolor Wednesday | 4 9:30am Alice's Café Reiki - Ember Holistic 10am Chair Yoga 12pm LGBTQ+ Luncheon 1pm Art for All 12:30pm Cribbage | 5 Market Basket Van Trip 9am Mah Jong 9am Line Dancing 10am Crafters |
| 8 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 12pm Art with River | 9 9am Zumba with Heather 10am Stretch and Strengthen 11:30am Lunch 1pm Writing Group | 10 Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters 10:30am BINGO 11:30am Bistro 1pm Watercolor Wednesday | 11 8:30am Men's Breakfast 10am Caregiver Support 10am Chair Yoga 11:30am Lunch 1pm Art for All 12:30pm Cribbage | 12 Market Basket Van Trip 9am Mah Jong 9am Line Dancing 10am Crafters  |
| 15 8am Walking Group 8:45am Arthritis Exercise Trip to Enchanted Village 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch  | 16 9am Zumba with Heather 10am Stretch and Strengthen 11:30am Lunch 11:30am 1:1 Tech with Leslie 12pm Lions Club Social | 17 Walmart Van Trip  Event begins at 11:30am *All other programs cancelled | 18 9:30am Alice's Café Winter Sing-A-Longs 10am At Home Hearing: Clinic 10am Chair Yoga 1pm Art for All 12:30pm Cribbage 2pm United Senior Advisors | 19 Market Basket Van Trip 9am Mah Jong 9am Line Dancing 10am Crafters |
| 22 <i>Comfy & Cozy Week</i> 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 1pm Lights of Remembrance | 23 <i>Comfy & Cozy Week</i> 9am Zumba with Heather 10am Stretch and Strengthen 11am Lunch Trip: Olive Garden 12:30pm Cribbage | 24 <i>Comfy & Cozy Week</i> Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters CENTER CLOSES AT 12PM *NO LUNCH OR AFTERNOON PROGRAMMING* | 25 CENTER CLOSED  | 26 <i>Comfy & Cozy Week</i> 9am Mah Jong 9am Line Dancing 10am Crafters  |
| 29 <i>Comfy & Cozy Week</i> 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch | 30 <i>Comfy & Cozy Week</i> 9am Zumba with Heather 10am Stretch and Strengthen 11:30am Lunch | 31 Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters CENTER CLOSES AT 12PM *NO LUNCH OR AFTERNOON PROGRAMMING* | <i>Comfy & Cozy Week</i>  <i>We hope to see you next year!</i> | |