

November &
December
2025

Top of the Hill

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

With warm wishes from our entire team to each of you...

Happy
Holidays

-Courtney, Ann, Judy, Kathy, Ken, Maddy, and Scott

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

Happy Holidays and Happy New Year

As we enter the final months of the year, I find myself reflecting on the many moments of connection and community we've shared here at the Bridgewater COA. Since I began here in April, I've seen so much warmth and engagement — from our summer picnics to our fall gatherings, it's been wonderful to see so many faces joining us for programs, meals, and activities that bring joy and companionship to our center.

The holiday season is a time for gratitude, and I want to extend a heartfelt thank-you to our volunteers, staff, and community partners who give their time and energy to make everything we do possible. Your kindness truly embodies the spirit of this season.

As the weather turns colder, please remember that the COA is here for you. Whether you need help with heating assistance, transportation, wellness resources, or just a warm place to share a cup of coffee and good conversation, we are always happy to help.

Please also make sure you have a plan in place in case of severe weather and you need to leave your home — your safety and well-being are our top priorities. We have a wonderful lineup of events planned for November and December, including holiday celebrations, craft workshops, and opportunities to give back to our community. Be sure to check the calendar and join us for some festive fun!

On behalf of all of us at the Bridgewater COA, I wish you a safe, healthy, and joyful holiday season. We look forward to welcoming 2026 together with continued friendship and support

With Gratitude,
Courtney Riley

Be on the Lookout for Medicare Scams!

Scammers are getting clever about pretending to be from Medicare. Remember: Medicare will never call or email you to ask for personal information or payment. If someone asks for your Medicare number, hang up or delete the message. When in doubt, call 1-800-MEDICARE to check. Protect your information and stay safe!

Ken's Final Route — with Gratitude and Good Wishes

For over 20 years, Fridays at the Center have been brighter thanks to one special person — Ken Pimental. As one of the drivers of our Senior Van, Ken has been more than just a reliable set of wheels; he has been a steady presence, a friendly face, and a caring companion to countless riders over the years. Whether rain or shine, Ken has greeted everyone with kindness, patience, and a smile that made every trip feel like a visit with an old friend.

Ken will be retiring on December 19th, and while we are so happy for him as he begins this next chapter, we know we will all miss him dearly. His warmth, humor, and steadfast commitment have left a lasting mark on everyone he's met.

Thank you, Ken, for your two decades of care, community, and countless miles of friendship. The Center simply won't be the same without you.

Love,
Your Friends at the Bridgewater Senior Center



Outreach Letter

Need Help Paying Your Energy Bill?

The Massachusetts Good Neighbor Energy Fund is now open for the 2025–2026 season. This program provides up to \$400 in assistance to Massachusetts residents who are facing temporary financial hardship and cannot pay a month's energy bill.

To qualify, you must:

- Live in Massachusetts
- Have a temporary financial need
- Not be eligible for state or federal energy assistance programs
- Have a total household income between 60% and 80% of the state's median income (see chart below)
-

Household Size Total Gross Yearly Income

1. \$51,778 – \$69,036
2. \$67,710 – \$90,279
3. \$83,642 – \$111,522



For more information or to apply, contact the *Bridgewater Senior Center*.

Did you know the Bridgewater Senior Center has an authorized institution account at the Perkins Library?

"The Perkins Library circulates more than half a million copies of accessible books, newspapers, and publications in braille, large print, and digital audio formats annually to thousands of registered patrons with print disabilities in Massachusetts, New England, and beyond."

If you or someone you know could benefit from these resources, please reach out to our staff. We'll take the time to learn about your needs, help you explore what the Perkins Library offers, and guide you through the process of getting connected. Whether you're looking for audiobooks, braille materials, or other assistive resources, we're here to make sure you have access to the tools and support that can make reading and learning easier and more enjoyable.



No matter what holidays you celebrate, this time of year often brings feelings of warmth, connection, and joy as we share in traditions and celebrations. However, for some, the holiday season can also be a difficult time. Feelings of anxiety, sadness, or depression may surface – and if you already experience mental health challenges, the added stress of the season can sometimes make those feelings stronger.

If you notice feelings of loneliness, sadness, fatigue, tension, or a sense of loss, please remember – you are not alone, and help is available. Reaching out is a sign of strength.

Resources and Support:

- MA Behavioral Health Help Line: 833-773-2445
- Old Colony Elder Services Behavioral Health Outreach: 508-584-1561
- Your Primary Care Physician

Remember: the holiday blues are usually temporary. Be gentle with yourself, take it one day at a time, and reach out if you need support.

Wellness



Winter Well-Being



- Dress in layers and wear proper footwear to prevent cold-related injury and slips. Older adults are more vulnerable to hypothermia and falls — layering with insulating fabrics and wearing non-slip shoes helps mitigate those risks.

welbehealth.com

- Maintain gentle physical and social activity indoors, and support immune health through nutrition. Low-impact exercises (e.g. chair yoga, light walking) help preserve balance and muscle tone, while nutrient-rich, warming meals strengthen immunity during cold months. masonicare.org

BRIDGEWATER STATE UNIVERSITY

A group of Bridgewater State University students is coming to the center to lead fun, hands-on programs focused on health and wellness, accompanied by their professor. Expect games, activities, and great conversations.

Nov 4, Nov 12 & Nov 18
2pm – 3pm



At Home Hearing Healthcare: Hearing Clinic

Thursday, November 20th & December 18th, 10am to 12pm

At Home Hearing Healthcare offers free hearing screenings, hearing aid cleanings, and video ear exams.

Interested in signing up? Call us!

Limited appointments available.



Attorney Thomas Clougherty: United Senior Advisors

Thursday, November 20th & December 18th, 2pm to 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.*



Volunteer Opportunities

Meals on Wheels is looking for drivers and Literacy place is looking for assistance! Interested in delivering meals to older adults in the community? Interested in being a familiar face to local community members? Interested in teaching others English?

Interested? Reach out to Maddy Jankowski

Special Programs



Alice's Memory Café

RSVPs are mandatory. Spaces are limited.

9:30AM – Coffee/Tea

10AM – Program

Painting with Sylvia

Thursday, November 6th

Join us for a relaxing and creative Fall Painting Class, where you'll be guided in creating your own autumn-inspired artwork—no experience needed. All materials are provided, so just bring your imagination and enjoy the beauty of the season through art!

Mary B's Tea

Thursday, November 20th

You're invited to our cozy and elegant Friendsgiving High Tea, a special time to share gratitude, laughter, and seasonal treats with friends old and new. Enjoy a warm cup of tea, delicious bites, and the joy of community as we celebrate together.

Reiki: Ember Holistic

Thursday, December 4th

Reiki, aromatherapy, meditation, and music are known to be uplifting, calming, and beneficial for everyone – so too for those with dementia. We've experienced that when people with dementia are in a calmer state, it opens the door to connect with them in a new and meaningful way. Join us as we host Ember Holistic in educating and performing Reiki with our group. Sign-ups are required.

Winter Sing-A-Long

Thursday, December 18th

Join us for a joyful Winter Sing-Along, filled with classic seasonal songs and festive spirit. All voices are welcome! Come sing, smile, and celebrate the season together!

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. Questions about this support group? Please call the Bridgewater Senior Center.

Everyday Angels

Honoring our Caregivers

Join us for National Caregiver Month!

Mini massages, light refreshments and essential oils!

We give thanks to caregivers because they offer compassion, strength, and support during some of life's most vulnerable moments. Whether they are family members, professionals, or volunteers, caregivers dedicate their time and energy to ensuring the well-being of others—often putting their own needs aside.

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.

November Events

Ousamequin: Celebrating our Veterans**Monday, November 3rd, 1:00pm**

Guest Speaker: Sharon L. Barker, Ph.D., Staff Psychologist at the Brockton VA Medical Center

Digital Literacy with OCES**Tuesday's & Thursday's, 11:30am**

Whether you're a beginner or just looking to brush up on your tech knowledge, this program is for you! Stay connected with family and friends. Access important online services and resources. Enhance your everyday life with technology. No prior experience needed – we will guide you every step of the way!

Municipal Aggregation Public Education**November 5th, 1:00pm**

The Town of Bridgewater is pleased to announce that it's launching its Community Choice Power Supply Program this winter to provide an energy program that is stable, affordable and incorporates additional renewable energy. Bridgewater signed a thirty-five month contract with Dynegy Energy Services. Join us as we learn what this means for us, and the town.

Bridgewater Veterans Appreciation Event**Monday, November 10th, 11:30AM**

Celebrate at our Annual Veteran Appreciation Luncheon, co-sponsored by the Howard Foundation Grant and Veterans Service Officer Greg Martin. Enjoy entertainment by the Singing Trooper and a tasty ziti and meatballs lunch served by our amazing Bistro volunteers. Bridgewater residents priority. Sign up by November 5th.

Winter Safety with Bridgewater FD**Wednesday, November 12th, 10am**

Join us as Firefighter Jason Anacki as he prepares us for winter safety measures! Learn practical tips on preventing fires at home, what to do in an emergency, and how to stay safe year-round. There will also be time for questions, and helpful resources will be provided.

Pie Drive

Attention pie makers! We're collecting 100 homemade cooked, homemade uncooked but assembled, and store bought pies for Bridgewater Seniors this year. They will be delivered just in time for Thanksgiving. If you would like to contribute, please bring a pie to the Center between **November 17th – 21st & November 24th**

Volunteers are always needed to deliver pies.

Lunch Trip: Olive Garden**November 18th, 11:00am**

Want to join a lively group of seniors for lunch with one of the best COA van drivers ever? Give us a call to sign up! You cover your lunch cost, and enjoy a van ride!

Sign -Ups end November 11th. Limited spots available, names will be drawn for a spot on the van November 13th.

Learning about Alzheimer's and Dementia**Tuesday, November 18th at 11:00am**

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Join us as Kathy Hayes educates us on the importance of learning about Alzheimer's and Dementia!

TRIAD**Tuesday, November 18th, 1:00pm**

Please join us on November 18th at 1pm for a presentation on Identity Theft and Scams by the Plymouth County Sheriff's Office. Learn about the latest tactics scammers are using to steal your identity, money or both.

BINGO! with Nick & Sass**Wednesday, November 19th, 10:30am**

Bingo is free! Followed by a Bistro meal, \$5pp and registration required by November 14th.

Police Thanksgiving Dinner**Wednesday, November 19th, 5PM**

Free to Bridgewater Seniors. RSVP Required. Transportation is available!

Sign -Ups begin November 3rd.

Shopping Trip: Wareham Crossing**November 20th, 9:00am**

Join Scott, our van driver as he takes a group to Wareham Crossing! Enjoy stores like HomeGoods, the Loft and L.L. Bean. Lunch at Longhorn Steakhouse. Sign -Ups end November 11th. Limited spots available, names will be drawn for a spot on the van November 13th.

December Events



Ousamequin: Tom Madden

Monday, December 1st, 1:00pm

Holiday Music Program by Tom Madden

Dental Program

Tuesday, December 2nd, 10:30am

Please join the Bridgewater Senior Center for Oral Health Screenings with Dr. Joseph Calabrese and Dr. Michelle Henshaw from Boston University. Limited spots available!

Sign up until November 28th.



BINGO! with Nick & Sass

Wednesday, December 10th, 10:30am

Bingo is free! Followed by a Bistro meal, \$5pp and registration required by December 5th.

Boston Pops

Friday, December 12th

Bridgewater Seniors are invited to enter the drawing for this year's annual trip to the Boston Symphony Orchestra Holiday Pops! After the performance, enjoy dinner at the Fireside restaurant.

Sign-ups begin November 12th and end December 3rd.

Bridgewater Residents Priority. \$25pp which includes dinner!

Winter Holiday Trip

December 15th

Take a trip with Scott to the Jordan's Furniture: Enchanted Village! Lunch at Olive Garden. Sign -Ups end December 8th. Limited spots available, names will be drawn for a spot on the van December 10th.

Lion's Club Senior Social

Tuesday, December 16th, 12:00pm

The Bridgewater Lion's Club will be having their annual Senior Social! Call us to sign-up, enjoy a fun time!

Frosty Fun & New Beginnings -

Winter Holiday Party

December 17th, 11:30am

Bridgewater Seniors, join us for a fabulous lunch and an unforgettable show by the amazing Laura James! We will be celebrating the winter holidays AND New Years! Don't forget to enter the Ugly Sweater Contest!

\$5 Per Person.

Sign-ups begin November 24th. Reservations are required by December 10th.



Comfy & Cozy Week

December 22nd - December 30th

From December 22nd to December 23rd, we're celebrating comfort and community. Wear your coziest clothes — flannel pants, sweatshirts, slippers — and join us for a week of cocoa, crafts, and cozy fun. Let's relax, unwind, and enjoy time together! 🍪🧣💙

Lights of Remembrance

December 22nd, 1:00pm

Join us for a peaceful, non-denominational gathering to honor the lives and memories of those who have gone before us. Together, we'll share quiet reflection, gratitude, and love that endures beyond time.

Kiosk Check-In

Please remember to scan your card every time you come to the Center, even if you're just stopping by for a quick visit! This includes all activities like outreach programs, fitness and art classes, meals, or social gatherings. Scanning your card each time helps us keep accurate records of participation and better understand how our services are being used. These scans are more than just a check-in, they help us improve our programs and secure important funding that directly benefits you and our community. Thank you for helping us make the Center thrive!



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

HAPPY KANUK!

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
Winter Holiday Party
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
Comfy & Cozy Week
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
Comfy & Cozy Week
9am Zumba with Heather
10am Stretch and Strengthen
11am Lunch Trip: Olive Garden
12:30pm Cribbage

24
Comfy & Cozy Week
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
MERRY CHRISTMAS
HAPPY HOLIDAYS

26
Comfy & Cozy Week
9am Mah Jong
9am Line Dancing
10am Crafters



29
Comfy & Cozy Week
8am Walking Group
8:45am Arthritis Exercise
10am Senior Painters
10am Hand, Knee, Foot
10am Stretch and Strengthen
11:30am Lunch

30
Comfy & Cozy Week
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

Comfy & Cozy Week

New Year's Eve

We hope to see you next year!

NOVEMBER

CAFE

MENU



Monday

Dine-In
Only

3 Swiss Cheese Omelet
w/Pepper & Onions
Home Fries
Snack Loaf
Yogurt
Orange Juice

Tuesday

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

4 Chicken Marsala
w/Rotini
Vegetables
Bread
Clementines

Wednesday

Bistro Meal
(also available for
pickup Thursday)

5 Beef Vegetable Soup
Cornbread
Dessert

Thursday

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

6 Roast Pork w/Apple
Cider Gravy
Mashed Potatoes
Vegetables
Roll
Fruit Cocktail

10

Veteran's Day Celebration
with The Singing State
Trooper!
Spaghetti & Meatballs
Dinner

11

★ ★ ★ ★ ★
VETERANS DAY
HONORING ALL WHO SERVED

Closed Today

12

NO
BISTRO
THIS
WEEK
HOLIDAY

13

American Chop Suey
Vegetables
Oatmeal Bread
Hot Cinnamon Peaches

17

BBQ Chicken w/Bread
Mashed, Spiced Yams
Vegetables
Chocolate Cookie

18

Chicken Scampi
w/Rotini
Green Beans
Roll
Canned Pineapple

19

Lasagna
Salad
Garlic Bread
Dessert

November
Birthdays
Celebration

20

Honey Ginger Chicken
Lo Mein Noodles
Vegetables
Roll
Lemon Cookies

24

Chicken, Broccoli, Ziti
Casserole
Vegetables
Bread
Hot Caramel Apples

25

Jerk Chicken
Corn Muffin
Collard Greens
Red Beans & Rice
Fried Plantains

26

NO
BISTRO
THIS
WEEK
HOLIDAY

27

HAPPY
THANKSGIVING
DAY
Closed Today

All lunches require sign up one week in advance.

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

December Bistro \$5PP

Enjoy in-person on Wednesdays
or
Pickup on Thursdays

Reservations Required by the Previous Friday

December 3rd

- Baked Stuffed Chicken w/Gravy
- Cranberry Sauce
- Vegetable
- Dessert

December 10th

- Meatloaf
- Mashed Potatoes
- Vegetable
- Bread
- Dessert

December 17th

Holiday Party!

Special Spoon Roast Meal

Entertainment by Laura James

Sign Up by
December
10th

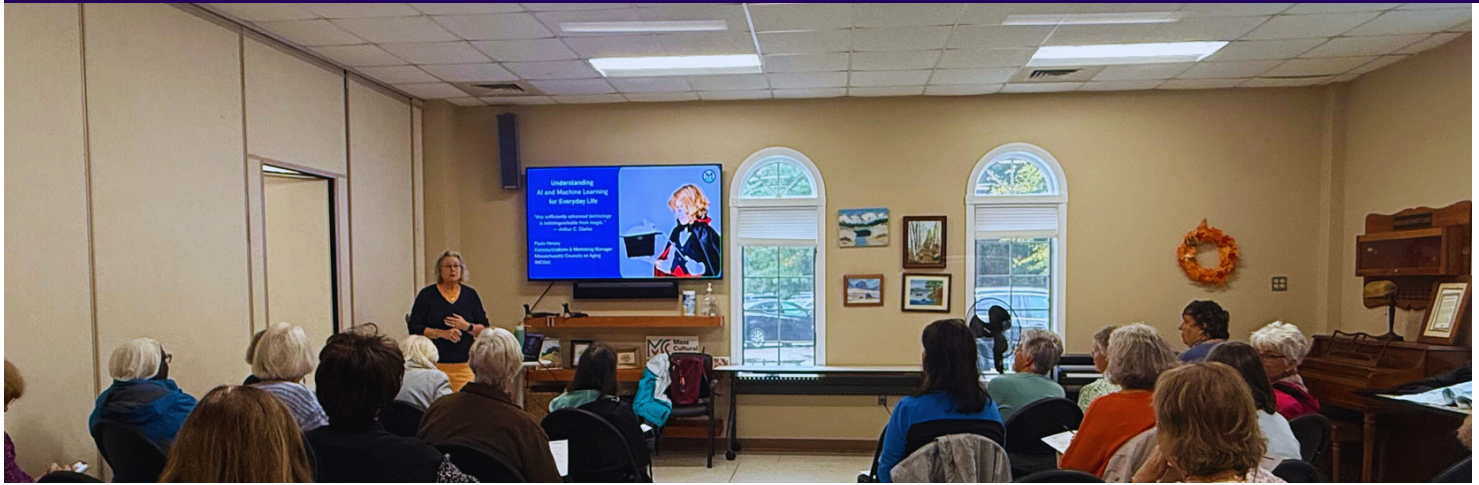
December 24th

No Bistro This Week - Christmas Holiday

December 31st

No Bistro This Week - New Years Day Holiday

Arts and Education



Writing Workshops

November 17th and December 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.

Art with River

Mondays, 12pm

Join River, a BSU Student as they help us create artwork! All are welcome. Sign-ups required!

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! November & December will be combined...

NOVEMBER AND DECEMBER SESSION IS FULL! Stay tuned for January!

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 every other Tuesday 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.

Games

Hand, Knee, Foot - Mondays at 10AM

Mah Jong - Fridays at 9AM

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

**November 8th
November 22nd**

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



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!

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

NOVEMBER BISTRO MENU

5th: Beef Vegetable Soup, Cornbread, Dessert

12th: NO BISTRO THIS WEEK - VETERAN'S

19th: Lasagna, Salad, Garlic Bread, Dessert

26th: NO BISTRO THIS WEEK - THANKSGIVING

DECEMBER BISTRO MENU

3rd: Baked Stuffed Chicken, Vegetable, Cranberry Sauce, Gravy, Dessert

10th: Meatloaf, Mashed Potatoes, Vegetable, Bread, Dessert

17th: Holiday Party!! Special Spoon Roast Meal & Laura James Entertainment

24th: NO BISTRO THIS WEEK - CHRISTMAS HOLIDAY

31st: NO BISTRO THIS WEEK - NEW YEAR'S HOLIDAY

Our Cafe serves lunch
Monday through Thursday
at 11:30AM.

Lunch Reservations are
required the Friday before.

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.

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!***

MEN'S BREAKFAST! DID YOU KNOW?

- You're Invited! Bring this notice and a NEW friend and breakfast is on us!
- Men's Breakfast is hosted the 2nd Thursday of every month at 8:30 a.m.
- A hot, delicious breakfast is made in-house and served by our dedicated volunteers
- Must sign up by the Friday prior (508-697-0929)

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 a monthly lunch with entertainment every first Thursday at 12PM. The next program will be FriendsGiving with music! December we will be hosting FENWAY HEALTH. The program is proudly sponsored by OCES and the COA. Please call for reservations.





10 Wally Krueger Way
Bridgewater, MA 02324



Staff

Courtney Riley
Director
Ann Holmberg
Executive Assistant
Kathy Hayes
Outreach Coordinator
SHINE Counselor
Maddy Jankowski
Community Wellness &
Volunteer Coordinator
Judy Leary
Transportation
Coordinator
Ken Pimental
Scott Kirkland
Van Drivers
Donna Heney
OCES Meal Site Manager

Stay Connected

Hours
Monday - Thursday 9AM-3PM
Friday 9AM-12PM

Website
www.bridgewaterma.org

Phone
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



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