November & December 2026

Top of the Hill

Bridgewater Council on Aging

Warm wishes from our team to you...



- Courtney, Katie, Kathy, Maddy, Judy, Scott, Dennis, and Donna

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.

Bridgewater Senior Center 508-697-0929

Directors Letter

If you've lived in New England for any length of time, you know the joke about four seasons in a week. Lately it's hardly a joke at all. The days are getting shorter, the mornings have a bite to them, and the Center has that cozy, busy feel we love this time of year. There's always something going on, whether it's a program, a game, or a long chat over coffee. However, you spend your time with us, we're glad you're here. We also want to talk about something a little less cozy, and that's winter. Around here it rarely sends a warning. One day it's sunny, the next we're digging out and wondering where we put the shovel. The good news is that a little planning now can save a lot of worry later, and the skies are still clear, so now is the time.

Below this letter you'll find our **Emergency Preparedness Form**. It only takes a few minutes. Please fill it out and drop it off at the Senior Center or mail it back to us. We'll share it with emergency personnel, so they know who might need an extra hand during a big storm or any other emergency. That's the whole idea. We want to make sure no one gets overlooked when it matters most. And if you'd like a hand filling it out, just ask. Any of us would be happy to sit down with you. If you have a neighbor who doesn't make it to the Center, a friend down the street or someone you check in on, please pass the word along. Looking out for each other is what this community does best, and it's easier to get ready before a storm than to scramble once it arrives.

This is also the season of gratitude, and I feel it every time I walk through the door. To our seniors, thank you for your kindness, your friendships, your stories, and your laughter. You are the heart of this community, and the Center wouldn't be the same without you. To the veterans among us, thank you for your service and your sacrifice. We're proud to know you, and we're glad you've found a home here too.

Here's to a season full of good health, good company, and plenty of reasons to smile.

– **Courtney Riley**, Director

SAFETY CONCERN IN AN EMERGENCY

Severe Weather & Emergency Assistance Information

Please complete if you may need extra assistance during severe weather or another emergency.

YOUR INFORMATION

Name: _____ Phone: _____

Address: _____ Date: _____

PLEASE CHECK ALL THAT APPLY

- ☐ I live alone.
- ☐ I use oxygen.
- ☐ I need electricity for medical equipment.
- ☐ I have mobility or walking difficulties.
- ☐ I do not have transportation to leave in an emergency.
- ☐ I may need help with medications or medical needs.
- ☐ I have a pet I cannot leave behind.
- ☐ Other safety concern: _____

EMERGENCY CONTACT

Name: _____

Phone: _____

May we contact this person? ☐ YES ☐ NO

Thank you!

This information can help us better prepare to support you during an emergency. This will be shared with other emergency departments to help serve you.

Join me, the **first Tuesday** of every month, **9:30am to 10:30am** for ***Convos & Coffee with Courtney***, a casual and welcoming opportunity to connect, chat, and enjoy a cup of coffee with me, Courtney!



Outreach Notes

GOOD NEIGHBOR ENERGY FUND

You May Qualify

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Income eligibility guidelines for 2025-2026 are as follows:

Household Size	Total Gross Yearly Income
1	$53,586 - $71,447
2	$70,074 - $93,431
3	$86,562 - $115,415
4	$103,050 - $137,399
5	$119,537 - $159,382
6	$136,025 - $181,366

The grant for a household is $400.00 per season regardless of amount owed. The grant for a household must be paid directly to vendors.

FUEL ASSISTANCE

The Self Help, Inc. Home Energy Assistance Program (HEAP) guidelines for the 2026–2027 heating season require a total household income at or below 60% of the Massachusetts State Median Income. It covers winter heating costs from November 1, 2026, through April 30, 2027

Household Size	Maximum Gross Annual Income
1 Person	$53,585
2 People	$70,073
3 People	$86,561
4 People	$103,049
5 People	$119,536
6 People	$136,024

MEDICARE SAVINGS PROGRAM – YOU MAY QUALIFY!

Are you enrolled in Medicare and living on a limited income? Massachusetts offers a Medicare Savings Program that may help pay your Medicare Part B premium and other out-of-pocket medical costs. There is no asset limit, so savings will not prevent you from qualifying.

2026 Monthly Income Guidelines:

- Single: $2,993 or less
- Married couple: $4,058 or less

Need help? Call MassHealth at 1-800-841-2900 or visit Mass.gov/MedicareSavings.

For free Medicare counseling, contact SHINE at 1-800-243-4636.

SAVE MONEY ON FRESH PRODUCE WITH HIP!

Do you receive SNAP benefits in Massachusetts?

The Healthy Incentives Program (HIP) gives you money back on your EBT card when you purchase eligible fruits and vegetables from participating local farms, farm stands, and farmers' markets.

- Monthly HIP Benefits:
  - 1–2 people: Up to $40
  - 3–5 people: Up to $60
  - 6 or more people: Up to $80

You are automatically enrolled if you receive SNAP benefits—no separate application is needed!

You must have a SNAP balance remaining on your EBT card to use HIP. Your monthly HIP amount resets on the first of each month, and unused HIP benefits do not roll over.

Healthy Incentives Program
Fresh. Canned. Dried. Frozen.
It's HIP to be healthy!

Kathy Hayes
Outreach Coordinator

Wellness

Inspire Bridgewater Volunteers 2026



Winter Wellness: Stay Warm, Stay Safe, Stay Thriving!

- Stay Warm: Dress in layers, wear a hat and gloves outdoors, and keep your home comfortably warm. Older adults are more vulnerable to cold-related illnesses. Source: National Institute on Aging
- Keep Moving: Stay active with indoor walking, chair exercises, gentle stretching, or balance activities to help maintain strength and mobility. Source: National Institute on Aging
- Eat Well and Stay Hydrated: Enjoy balanced meals, warm soups, fruits, and vegetables. Remember to drink fluids throughout the day, even when you may not feel as thirsty.
- Prevent Slips and Falls: Wear sturdy, nonslip footwear, use handrails, and avoid icy sidewalks whenever possible. Ask for assistance if conditions are unsafe. Source: CDC
- Stay Socially Connected: Keep in touch with family and friends, attend senior center activities, and participate in group events to support emotional well-being and reduce feelings of loneliness. Source: CDC
- Protect Your Health: Keep up with recommended vaccinations and routine medical appointments. Ask your healthcare provider which vaccines are appropriate for you.

Attorney Thomas Clougherty: United Senior Advisors

Tuesday, November 17th & December 15th, 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.

Taxes with Joe Benson

Wednesday's, 9am to 12pm

Joe Benson will be available to prepare your taxes(sliding scale fees apply)on Wednesdays, starting January through April.

Please call to schedule an appointment. NO DROP-INS ALLOWED.

TRIAD: Winter Safety

Tuesday, November 17th, 12:30pm

Join us for our TRIAD program on winter safety, presented by Bridgewater Fire Department FF Michael Farias. Learn helpful tips to stay safe during the winter months, including how to prevent slips and falls, prepare for winter weather, and keep yourself and your home safe throughout the season. We look forward to seeing you there!

Want to Make a Difference? Volunteer With Us!

Looking for a meaningful way to give back? Join our volunteer team and make a real difference for local seniors!

🥧 Our annual Pie Drive helps provide more than 100 pies to individuals and families in need during the holiday season. We're looking for volunteers to help us make this special tradition possible. Volunteers will assist with delivering pies to community members throughout the Thanksgiving week. Monday, November 23rd to Wednesday, November 25th.

Whether you volunteer once in a while or on a regular basis, your time can brighten someone's day. We'd love to have you join our team!

Interested? Reach out to Maddy Jankowski at 508-697-0929 or mjankowski@bridgewaterma.org.

Special Programs

Alice's Memory Café

RSVPs are mandatory. Spaces are limited.
12:30PM Coffee/Tea, 1:00PM Program

Mary B's Teas
Monday, November 2nd
Join us for a special Memory Café Tea Party! Enjoy a lovely afternoon of tea, conversation, and good company in a warm and welcoming atmosphere. Guests are encouraged to dress up in their favorite tea party attire, so put on your best hat, dress, or fancy outfit and join us for a delightful afternoon!

Farm Animals
Monday, November 16th
Join us for a special animal cuddle experience featuring friendly farm animals! Enjoy a relaxing and heartwarming time petting, cuddling, and connecting with these gentle animals. We look forward to sharing this fun and relaxing experience with you!

Therapy Gardens: Tea Crafting's and Tastings
Monday, December 7th
Warm, comforting teas served with gentle discussion, inviting participants to share associations, flavors, and traditions. Available as make-your-own-blend activity or as a tasting.

Winter Painting with Sylvia
Monday, December 21st
Celebrate the holiday season at our December Memory Café with a festive glass-painting activity, where you'll decorate four wine or martini glasses with your own creative designs. Enjoy a cozy cup of hot chocolate with your favorite toppings as we share an afternoon

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.

All area Caregivers and their loved ones 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

Bridgewater Senior Center 508-697-0929

November Events

Veterans Day Luncheon
November 4th , 11:30am
Join us for our annual veterans appreciation luncheon. A special performance by the Singing State Trooper. Sign-ups begin October 5th. Bridgewater residents priority. Event is $5pp.



American Flag Dedication
November 6th , 11am
Join Shaw's and Fisher House Boston on Friday, November 6, at 11:00 AM at Shaw's Headquarters, 750 West Center Street, West Bridgewater, for the dedication of 2,000 American flags honoring our Tri-Town veterans and their service and sacrifice. A free BBQ will follow the ceremony, and all local veterans and community members are welcome to attend. For more information, visit FisherHouseBoston.org or contact Jennifer DeLuca at 508-728-8781.

Lunch Trip with Scott
Tuesday, November 10th, 10:30am
Join Scott as he takes you to the Towne Tavern in East Bridgewater! All participants must call to sign-up by November 5th. $3 transportation fee. Participants must pay for their own meal.



Breakfast and Shopping with Scott
Thursday, November 12th, 8:30am
BACK BY POPULAR DEMAND! Join Scott as he takes you to the Cracker Barrell! All participants must call to sign-up by November 6th. $3 transportation fee. Participants must pay for their own meal. If you attended in October, we kindly ask that you give those who weren't able to attend last month the opportunity to participate this time.

Bingo with Nick & Sass!
Wednesday, November 18 10:30AM
Bingo is free to play and requires registration. Bistro lunch is $5PP and requires registration by November 13.

Bridgewater Police Department - Thanksgiving Dinner
Wednesday, November 18th
Free to Bridgewater Seniors. RSVP Required. Transportation is available! Sign -Ups begin October 28th.

A Time to be Thankful Craft with Courtney
Monday, November 30th, 12:30pm
Join Courtney, our Director, for a cozy fall-inspired craft as we create beautiful stained-glass artwork inspired by the colors of autumn. Enjoy a relaxing time of creativity, conversation, and connection as we celebrate the beauty of the season and make something special to take home. We look forward to sharing this fun and festive fall activity with you! Sign-Ups required.



SAVE THE DATES:
Lions Club Winter Social
Wednesday, January 6th, 11:30am
SIGN-UPS REQUIRED! Sign-ups begin December 21st.

New Years Magic Show
Wednesday, January 20th, 10:30am
Join us by celebrating New Years! Magician Steve Charette will join us!
SIGN-UPS REQUIRED! Sign-ups begin December 28th.

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

Bridgewater Senior Center 508-697-0929

December Events

MWL: Mindfulness – Wisdom Loving - Kindness
Tuesday, December 1st, 12pm
Learn mindfulness and loving-kindness practices to better understand yourself, connect with others, and cultivate greater happiness. Session includes meditation, music, and walking practices and are open to people of all religions, beliefs, and backgrounds, with seated meditation available.

Healthy Aging and Depression
Wednesday, December 2nd , 10am
OCES is excited to bring an engaging program to our community - This interactive session blends education with fun as we explore the signs, challenges, and supports related to depression. Participants will play a lively Jeopardy-style game with small prizes to test their knowledge and learn practical strategies for staying emotionally well. We hope you'll join us for this uplifting opportunity to learn, connect, and support one another! RSVP to the Bridgewater COA.

Lunch Trip with Scott
Tuesday, December 8th, 10:30am
Join Scott as he takes you to the Harrys in Middleboro! All participants must call to sign-up by December 3rd. $3 transportation fee. Participants must pay for their own meal.



The Importance of Genealogy: with Kathryn Lockwood
Wednesday, December 9th, 12:30pm & Tuesday, January 12th, 12pm
- December 9 – Genealogy Lecture: She will share her experience as a genealogist, introduce the basics of genealogy, and discuss what genealogy involves.
- January 12 – Hands-On Genealogy Program: This session will provide participants with a more interactive, hands-on opportunity to explore genealogy

Boston Pops Trip
December 11th
Bridgewater Seniors are invited to enter the drawing for this years annual trip to the Boston Symphony Orchestra Holiday Pops! After the performance, enjoy dinner at the Fireside restaurant.
Sign-ups begin November 16th and end December 3rd.
Bridgewater Residents Priority.
$25pp which includes dinner!



Lunch and Movie: Holiday Addition
Monday, December 14th at 11am
Join us for a festive afternoon of lunch and holiday fun as we watch the Christmas classic Elf! Enjoy a delicious meal, sip on warm hot cocoa, and get into the holiday spirit with good food, laughter, and holiday cheer. Sign-Ups Required by December 9th.

Winter Holiday Celebration
December 16th, 11:30am
Join us for a fabulous lunch and an unforgettable show with DJ Jordan Paiva! We will be celebrating the winter holidays AND New Years! Don't forget to enter the Ugly Sweater Contest! $5 Per Person. Bridgewater Residents Priority. Sign-ups begin November 16 . Reservations are required by December 11.

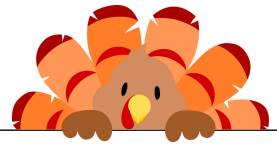


Comfy and Cozy Week
December 21st to December 23rd
From December 21st to December 23rd, we're celebrating comfort and community. Wear your coziest clothes — flannel pants, sweatshirts, slippers — and join us for a week of cocoa and cozy fun. Let's relax, unwind, and enjoy time together!

Bingo with Nick & Sass!
CANCELLED FOR DECEMBER/ JANUARY
Taking a break! See you in February!

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

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8am Walking Group *(contact for info)* 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am CANCELLED Stretch and Strengthen 11:30am Lunch 12:30pm Alice's Cafe: Mary B's Teas	**3** Ask-An-Atty 9am Zumba with Heather 9:30am Coffee & Convo w/ Courtney 10am Stretch and Strengthen 11:30am CANCELLED 1:1 Tech with Leslie 12:30pm Tai Chi	**4** VETERANS APPRECIATION LUNCHEON  Doors Open - 11AM *all other programs cancelled* *limited spots available- call to sign up!*	**5** 9:30am Card Games with Joe 10am Chair Yoga 12pm LGBTQ+ Luncheon 12:00pm Cribbage 12:30pm Art for All	**6** Market Basket Van Trip 9am Mah Jongg 9am Line Dancing 9:30am Crafters
9 8am Walking Group 8:45am CANCELLED Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 10:30am Crochet with Sandy 11:30am Lunch 12:30pm Writing Group	**10** 9am Zumba with Heather 10am Stretch and Strengthen 10:30am Lunch trip with Scott 11:30am 1:1 Tech with Leslie 12:30pm Tai Chi	**11** CENTER CLOSED  	**12** 8:30am Men's Breakfast 9am Breakfast & Shopping with Scott 10am Caregiver Support 10am CANCELLED Chair Yoga 11:30am Lunch 12:00pm Cribbage 12:30pm Art for All	**13** Market Basket Van Trip 9am Mah Jongg 9am Line Dancing 9:30am Crafters
16 8am Walking Group *(contact for info)* 8:45am CANCELLED Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 12:30pm Alice's Cafe: Farm Animals	**17** 9am Zumba with Heather 10am Stretch and Strengthen 11:30am 1:1 Tech with Leslie 10am United Senior Advisors 12:30pm TRIAD 12:30pm Tai Chi	**18** WALMART VAN TRIP (RAYNHAM) 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters 10:30am BINGO 11:30am Birthday Bistro 12:30pm CANCELLED Watercolor Wednesday 12:30pm CANCELLED 1:1 Tech Support with Haresh BPD Thanksgiving Dinner	**19** 9:30am Card Games with Joe 10am Chair Yoga 11:30am Lunch 12:00pm Cribbage 12:30pm Art for All	**20** Market Basket Van Trip 9am Mah Jongg 9am Line Dancing 9:30am Crafters
23 8am Walking Group *(contact for info)* 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 12:30pm Writing Group	**24** 9am Zumba with Heather 10am Stretch and Strengthen 11:30am 1:1 Tech with Leslie 12:30pm Tai Chi	**25** Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters CENTER CLOSED 11AM	**26** CENTER CLOSED  	**27** CENTER CLOSED 
30 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 10:30am Crochet with Sandy 11:30am Lunch 12:30 A Time to be Thankful Craft with Courtney				

November 4th , 11:30am - Veterans Day Luncheon
Join us for our annual veterans appreciation luncheon. Sign-ups begin October 5th. Bridgewater residents priority.

November 18th , Bridgewater Police Department - Thanksgiving Dinner
Free to Bridgewater Seniors. RSVP Required. Transportation is available! Sign - Ups begin October 28th.

DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ask-An-Atty 9am Zumba with Heather 9:30am Coffee & Convo w/ Courtney 10am Stretch and Strengthen 11:30am 1:1 Tech with Leslie 12pm Mindfullness Program 12:30pm Tai Chi	**2** Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters 10am OCES - Healthy Aging 11:30am Bistro 12:30pm Watercolor Wednesday 12:30pm 1:1 Tech with Haresh	**3** 10am Chair Yoga 12pm LGBTQ+ Luncheon 12:00pm Cribbage 12:30pm Art for All	**4** Market Basket Van Trip 9am Mah Jongg 9am Line Dancing 9:30am Crafters
7 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 12:30pm Alice's Cafe: Therapy Gardens	**8** 9am Zumba with Heather 10am Stretch and Strengthen 10:30am Lunch trip with Scott 11:30am 1:1 Tech with Leslie 12:30pm Tai Chi	**9** Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters 11:30am Birthday Bistro 12:30pm Importance of Genealogy 12:30pm Watercolor Wednesday 12:30pm 1:1 Tech with Haresh	**10** 8:30am Men's Breakfast 9:30am Card Games with Joe 10am Caregiver Support 10am CANCELLED Chair Yoga 11:30am Lunch 12:00pm Cribbage 12:30pm Art for All	**11** Market Basket Van Trip 9am Mah Jongg 9am Line Dancing 9:30am Crafters Boston Pops Trip
14 8am Walking Group *(contact for info)* 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11am Lunch and Movie	**15** 9am Zumba with Heather 10am Stretch and Strengthen 11:30am 1:1 Tech with Leslie 10am United Senior Advisors 12:30pm Tai Chi	**16** WALMART VAN TRIP (HALIFAX) WINTER HOLIDAY PARTY HAPPY Holidays! Doors Open - 11AM *all other programs cancelled* *limited spots available- call to sign up!*	**17** 10am Chair Yoga 11:30am Lunch 12:00pm Cribbage 12:30pm Art for All	**18** Market Basket Van Trip 9am Mah Jongg 9am Line Dancing 9:30am Crafters
21 8am Walking Group *(contact for info)* 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 11:30am Lunch 12:30pm Alice's Cafe: Painting with Sylvia	**22** 9am Zumba with Heather 10am Stretch and Strengthen 11:30am 1:1 Tech with Leslie 12:30pm Tai Chi	**23** Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters CENTER CLOSED 11AM	**24** CENTER CLOSED CHRISTMAS EVE  	**25** CENTER CLOSED MERRY CHRISTMAS
28 8am Walking Group 8:45am Arthritis Exercise 10am Senior Painters 10am Hand, Knee, Foot 10am Stretch and Strengthen 10:30am Crochet with Sandy 11:30am Lunch 12pm Writing Group	**29** 9am Zumba with Heather 10am Stretch and Strengthen 11:30am 1:1 Tech with Leslie 12:30pm Tai Chi	**30** Market Basket Van Trip 8:45am Arthritis Exercise 9am Line Dancing 10am Crafters CENTER CLOSED 11AM	**31** CENTER CLOSED New Year's Eve	See You next year!

NOVEMBER 2026

CAFE MENU

Monday	Tuesday	Wednesday	Thursday
Dine-In Only	Boxed Lunch* *Dine-In or Pick-Up*	Bistro Meal (also available for pickup Thursday)	Boxed Lunch* *Dine-In or Pick-Up*
2 Chicken Tikka Masala White Rice Mandarin Oranges	**3** Sloppy Joe Tater Tots Scandavavian Vegetable Fruit Cocktail	**4** **Veteran's Appreciation Event** Spaghetti and Meatballs Dessert	**5** Beef Stroganoff Pasta Broccoli Fresh Banana
9 Chicken Fajitas Brown Rice and Beans Clementines	**10** Honey Garlic Tilapia Brown Rice LAsian Vegetables Lemon Blueberry Bites	**11 CENTER CLOSED VETERANS DAY**  	**12** HMD Meatloaf Baked Potato Gren Beans Lorna Doone Cookies
16 Swiss Cheese Omlet Home Fries Yogurt	**17** Deli Ham & Cheese Macaroni Salad Kidney Bean Salad Fresh Orange	**18 Birthday Bistro** Meatloaf Vegtables Bread Dessert	**19** Chicken Marsala Parslied Rotini Roman Vegetables Clementines
23 Hot Dog Baked Beans Corn Nectarine	**24** Ham and Cheese wrap Mustard packet Mayo packet Potato salad Cheezits Fruit cup	**25** **Center Closes at 11am** **NO LUNCH**	**26** **Center Closed Thansgiving Day**
30 LS Herbed Chicken Brown Rice Zucchini & Red Pepper Fresh Peach			

All lunches require sign up one week in advance.

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

December Bistro Menu

December 2	MAC AND CHEESE W/ HAM BREAD DESSERT
December 9	BIRTHDAY BISTRO LUNCH CHICKEN NOODLE SOUP BREAD DESSERT
December 16	WINTER HOLIDAY PARTY! POT ROAST DESSERT
December 23	CENTER CLOSES AT 11AM NO LUNCH
December 30	CENTER CLOSES AT 11AM NO LUNCH



All lunches require sign up one week in advance.

**Boxed lunches subject to change based on product availability.*
*Please contact OCES for December Boxed Lunches Menu**

Arts and Education



Crochet Lessons with Sandy
Second & Last Monday Each Month, 10:30am
Whether you're picking up a crochet hook for the first time or looking to refresh your skills, everyone is welcome! Join us for a fun and relaxed lessons where you'll learn the basics, practice techniques, and create alongside others in a supportive environment. Sign-Ups required

Writing Workshops
November 9th, 23rd and December 28th
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.

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
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 you are 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 Jongg - Fridays at 9AM

- Interested in learning Mah Jongg? Come join us! Whether you're brand new, just need a refresher, or know how to play, everyone is welcome!

Card Games with Joe - check calendar for schedule

- Come join Joe for a morning of cards, conversation, and good company! We'll play a variety of fun and familiar card games, with opportunities to learn new games and enjoy some friendly competition.

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

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 UPDATE **PLEASE CHECK CALENDAR FOR SCHEDULE!**
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!

bat

SHINE Counseling - NO AVAILABLE APPOINTMENTS
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 Heathy 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.

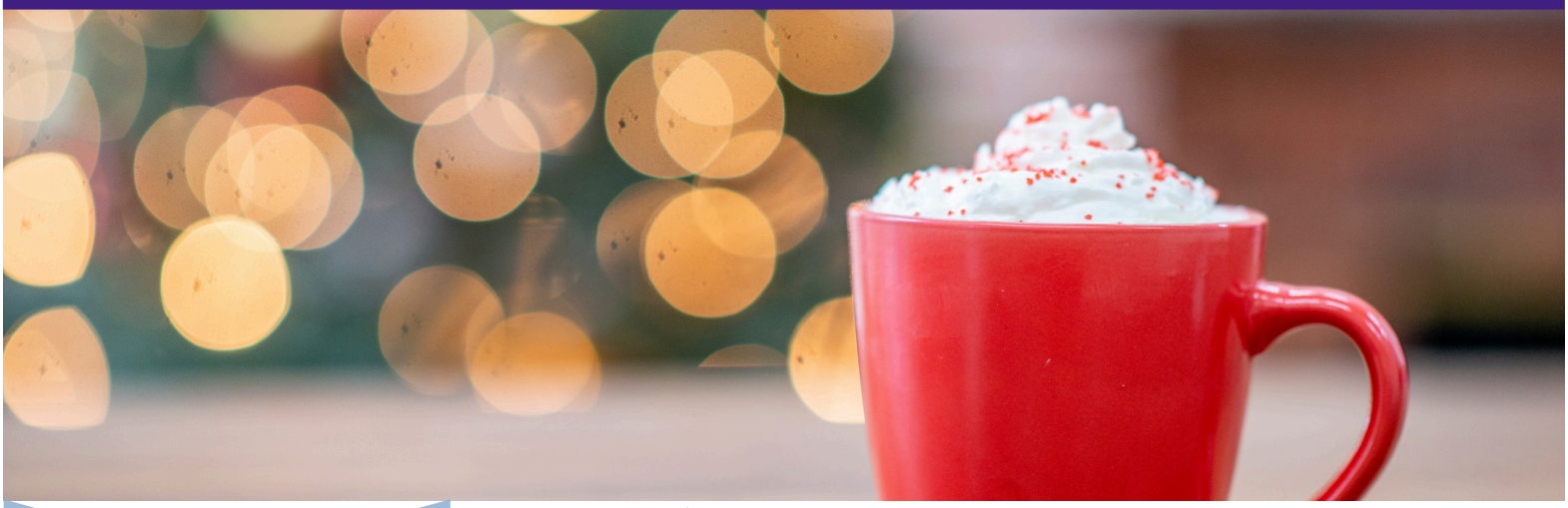
Ask-An-Attorney
We work with local Elder Law Attorney Alyssa Asack who provides consultations free of charge once per month. Call our office to schedule an appointment.

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 in November or December, 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

November 12th &
December 10th at
8:30 a.m.
Doors Open at 8am
RSVP by Friday before. $5PP

NEW MEAL:
FRENCH TOAST CASSEROLE

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.

NOVEMBER/ DECEMBER BISTRO MENU - $5/MEAL

- **November 4th** : *Veterans Appreciation Event!* Pasta and Meatball Dinner! SIGN-UPS REQUIRED.
- **November 11th** : *NO LUNCH!* Center Closed in observance of Veteran's Day
- **November 18th** : *Birthday Bistro!* Meatloaf, Vegetables, Bread, and Dessert
- **November 25th** : NO LUNCH! Center Closing early in observance of Thanksgiving
- **December 2nd** : Mac and Cheese with Ham, Bread, and Dessert
- **December 9th**: *Birthday Bistro!* Chicken Noodle Soup, Bread, and Dessert
- **December 16th** : *Winter Holiday Party!* Pot Roast! SIGN-UPS REQUIRED!
- **December 23rd** : NO LUNCH! Center Closing early in observance of Christmas
- **December 30th:** NO LUNCH! Center Closing early in observance New Years Eve

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

Join us at the Center for LGBTQ+ Lunch!

- Thursday, November 5: Meet members of the Bridgewater-Raynham High School GSA.
- Thursday, December 3: Special guest Allison Bauer from the LGBTQ+ Commission.

Come mingle at 11:30 a.m. Lunch and program begin at noon. Proudly sponsored by Old Colony Elder Services (OCES) and the Bridgewater Council on Aging.

Did You Know?



Kiosk Check-In

Did you know? It is important to have you scan in every time you come to the COA!
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!

Open Enrollment

Did You Know? Open enrollment season can bring an increase in scam phone calls! Protect yourself by never sharing personal information with unsolicited callers, and remember that caller ID can be faked. Don't feel pressured to make quick decisions over the phone. If something doesn't seem right, stop and verify the caller's identity before taking action.

Keep Your Passwords Strong!

Did you know? Strong passwords help protect your identity.
Using unique passwords for different accounts can reduce the risk of multiple accounts being compromised if one password is exposed. Consider using a reputable password manager to keep track of them.

Inclement Weather Policy

Did you know? 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.

Bridgewater
COLE-YEATON
SENIOR CENTER

10 Wally Krueger Way
Bridgewater, MA 02324

See you in the New Year!

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

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SHINE Counselor
Maddy Jankowski
Community Wellness & Volunteer Coordinator
Judy Leary
Transportation Coordinator
Scott Kirkland
Dennis Gauthier
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/ Contact Info

@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
VACANT
Treasurer
Gloria Lemieux
Members
Nick Bagas, Doug Dorr, Deb Heckbert, Jane Marochino, Robin Sherrick, Shari Sprong



