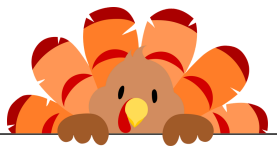
NOVEMBER 2026

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!