

# Top of the Hill

July  
2026

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



Cole-Yeaton Senior Center  
10 Wally Krueger Way  
Bridgewater, MA 02324  
508-697-0929  
[www.bridgewaterma.org](http://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.

# Town Manager Letter

I want you to hear directly from me. First, I want you to hear how much I value you, our Senior Center team, the staff throughout our organization, the many volunteers, and the dedicated people who give so much to this wonderful center and our community.

Like many communities, our town is facing rising costs for essential services. At the same time, revenues have not kept pace with these rising expenses. As a result, we had to make difficult fiscal decisions for the upcoming fiscal year. Even with careful planning and cost-saving measures, the proposed budget for next year includes reductions in services and programs, and ultimately in staff hours for a majority of our non-public safety employees.

I recognize that these changes affect many residents, including our older population who depend on Town resources and community programs. Every effort has been made to minimize the impact on essential services. Courtney and her team have worked diligently and collaboratively to ensure we can keep the Senior Center open 5 days a week. I appreciate their leadership and commitment to those who rely on this center.

Service reductions are never easy; yet we remain committed to delivering the best service we can provide within the financial constraints we operate under. That is my commitment to you, and I know that is the commitment of the exceptional men and women who work within our organization. I ask for your patience and grace with our staff, who will be working on compressed schedules while facing the same level of demand next year.

While we face a challenging fiscal year, I remain optimistic about our future. I am very soon approaching my one-year anniversary as Town Manager, and I have learned a lot about this community during my time. It's a community that has demonstrated resilience, where a vast majority have compassion and a willingness to work together. That was demonstrated when we dealt with a historic snowstorm, and when I saw first-hand people working together both within the organization and in our community to take care of one another. That is demonstrated by the volunteers who give so much of their time to invest in our community and make wonderful things happen, such as our 4th of July parade. Bridgewater is a special place, and I believe together we will address the many challenges we face.

Thank you for your understanding, your involvement, your advocacy, and your continued support of our community. Together, we will navigate these challenges and continue building a strong future for our Town.

Sincerely,  
Justin Casanova-Davis  
Bridgewater Town Manager



Thanks for stopping by!

## Welcome to "Courtney's Corner"

Here I'll share tidbits and fun facts every month.

### Fun Fact

The Declaration of Independence was officially adopted on July 4, 1776, but most delegates didn't actually sign it that day—many signed weeks or even months later.

Also it wasn't written by one person—Thomas Jefferson drafted it, but it was edited by a committee including John Adams, Benjamin Franklin, Roger Sherman, and Robert Livingston.

### Trivia

What is the total number of airports on Cape Cod?



There are 6 total airports on Cape Cod

# Outreach Notes

Lately, I have run into several people who are struggling with grief. While most people are looking forward to summer fun, cookouts, and parades, others are trying to navigate through the dog days of summer feeling that they are carrying the weight of their grief.

Pathways for Grief and Loss located in Colorado suggests that Reinvesting in Life can be a way to move through your grief.

Reinvesting in life after the loss of a loved one is a step by step process. It can be a sharing experience as well as an individual one.

### **Some ways to reinvest in life:**

- \*Look for new ways of being in the world- sometimes sitting quietly and just observing nature can change your perspective and feelings.
- Physical exercise can increase your energy level and help you recover from depression
- Write about your feelings and experiences. This will help to externalize your feelings.
- Keeping a journal can be helpful.
- Educate yourself about the grief process. The more you know will help you to understand what you are going through.
- Find support groups for people with similar losses. Sharing experiences helps you feel less alone.
- Reach out to help others. By helping others, we are helping ourselves.
- Establish new relationships

These are some ways to begin to welcome life again after the death of a loved one. If you are experiencing overwhelming grief, please speak with your primary care physician or connect with the Massachusetts Behavioral Help Line. To reach the Help Line call or text 833-773-2445. The Help Line is available 24 hours a day and 365 days a year.

Kathy Hayes



As many of you may know, the town's new fiscal year budget has resulted in changes to our operating hours. While we understand that adjustments like these can be inconvenient, we ask for your patience and understanding as we work through this transition.

Our staff remains committed to providing the same welcoming environment, programs, and services that you rely on. During this period, there may be some scheduling adjustments as we adapt to the new hours and staffing levels.

We appreciate your flexibility and continued support. Your kindness and cooperation help us continue serving our senior community to the best of our ability. We will keep everyone informed of any updates and encourage you to reach out with questions or concerns.

Thank you for your understanding and for being an important part of our senior center family.

# Wellness



**Pen Pal Social - 2026**

## Stay Safe in the Heat



### Drink Plenty of Water

- Drink water regularly throughout the day, even if you do not feel thirsty.
- Carry a water bottle when you are out and about.
- If your doctor has you on fluid restrictions, ask how much water you should drink during hot weather.

### Stay Cool

- Spend time in air-conditioned buildings whenever possible.
- If you do not have air conditioning, visit a library, senior center, shopping mall, or cooling center.
- Take cool showers or baths to help lower your body temperature.

### Avoid the Hottest Part of the Day

- Plan outdoor activities for the early morning or evening.
- Take frequent breaks in the shade if you must be outside.
- Avoid strenuous activities during peak heat hours.

### Check on Friends and Neighbors

- Older adults who live alone are at greater risk during heat waves.
- Make a habit of calling or visiting friends, family members, or neighbors during very hot weather.



### At Home Hearing Healthcare: Hearing Clinic

**Thursday, July 16<sup>th</sup>, 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.*



United Senior Advisors, Inc.

### Attorney Thomas Clougherty: United Senior Advisors

**Tuesday, July 21<sup>st</sup>, 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.**



### Medicare 101: Zoom Presentation

**2<sup>nd</sup> Wednesday of EVERY month - 2pm**

Join Holli Van Nest, SHINE Counselor for a free presentation designed to explain the basics of Medicare in clear, easy-to-understand language. Sign-ups are required due to limited capacity... Max 10 people per class! **Call: 800-231-1155** to sign-up and learn more!

### Make a Difference—Volunteer With Us!

Looking for a rewarding way to give back and connect with your community? We have exciting volunteer opportunities that make a real impact in the lives of local seniors! 🌿 Love being outdoors? Help keep our grounds safe, welcoming, and beautiful by assisting with seasonal yardwork.

🚗 Enjoy meeting new people? Join our Meals on Wheels team and deliver more than just a meal—you'll bring a friendly visit, a warm smile, and meaningful connection to homebound seniors. Whether you can lend a few hours or become a regular volunteer, your time and kindness can brighten someone's day and strengthen our community. We'd love to have you on our team! Interested? Reach out to Maddy Jankowski at 508-697-0929 or [mjankowski@bridgewaterma.org](mailto:mjankowski@bridgewaterma.org).

# Special Programs

## Alice's Cafe Announcement

We have **adjusted our day & time** for our Memory cafe! To make it easier for more people to join us, our cafe will now be held on **Monday's**. Our **social hour will now begin at 12:30pm**. The **program will now begin at 1pm**. We hope this shift helps you take part, and we look forward to seeing you there! Please stay tuned for new and upcoming programs for all!

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

### Independence Day

**Wednesday, July 1st, 11:30am**

Join us as we celebrate Independence Day and 250<sup>th</sup> Anniversary of the United States. Enjoy friends, fun, food, and entertainment by Jimbo Wilson & the Creekside Band. Cost is \$5pp and RSVP's must be received by June 25th.

BRIDGEWATER RESIDENTS PRIORITY!

Doors open at 11am. Event will be held inside!

### Bingo with Nick & Sass!

**WE ARE TAKING THE SUMMER OFF!  
WE WILL SEE YOU IN SEPTEMBER!**

### Beat the Heat: Lunch & Movie

**Thursday, July 16<sup>th</sup>, 11:30am**

Join us while we beat the summer heat with a movie and lunch! Movie: Mamma Mia. Closed Captioning available. Sign-ups required by July 10th.

### Beyond the Stone - Quincy Memorials Group

**Tuesday, July 21st, 11:30am**

Join us for a workshop with Quincy Memorials Group on designing meaningful monuments that tell a life story. Learn the key details families often overlook during the funeral process and how proactive memorial planning can bring peace of mind for the future. Sign-Ups Required.

### "My Favorite Stories from 50 Years in Publishing"

**Thursday, July 23rd, 11am**

In this discussion, Henry Quinlan offers a unique glimpse into the world of publishing through entertaining stories about the famous personalities he met during his career. Sign-Ups Required.

### Discussion with the Town Manager

**Wednesday, July 22nd, 12pm - 1:30pm**

Join the Town Manager, Justin Cassanova-Davis as he speaks with residents regarding questions and concerns about the town. This is a great opportunity to stay informed, ask questions, and connect with the Town Manager in an open dialogue regarding the community. SIGN-UPS REQUIRED!

### SAVE THE DATE: Cooking for One with Tara Hammes

**Tuesday, August 25<sup>th</sup>, 11am**

Mark your calendars for "Cooking for One" Presented by Tara Hammes, RD and Healthy Aging Manager for the Massachusetts Councils on Aging. We'll focus on a five of topics to improve your health span. Cooking for One on DATE TIME will address a common struggle and provide actionable tips to overcome barriers.

### SAVE THE DATE: End of Summer Bash

**Wednesday, August 26<sup>th</sup>, 11:30am**

Join us during our spirit week as we celebrate the end of summer! Entertainment, food, prizes, and so much more! Sign-ups begin July 22nd and end by August 19th.



### Alice's Memory Café

**RSVPs are mandatory. Spaces are limited.**

12:30PM Coffee/Tea, 1:00PM Program

### Farm Visits

**Monday, July 6th**

Join us for a special visit from Farm Visits! Participants will have the opportunity to meet and interact with adorable baby animals in a fun, hands-on experience. Spending time with animals can spark memories, encourage conversation, reduce stress, and bring joy to people of all ages.

### Pebble Art

**Monday, July 20th**

Join us as we host Kerry, the owner of The Orange Jellyfish! Kerry will be teaching a pebble art class. This class is free for participants! Kerry finds ALL pebbles and sea glass herself!

### 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](mailto:khayes@bridgewaterma.org)



# JULY 2026



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**1** Market Basket Van Trip  
 ★★HAPPY★★  
**Independence Day Event**  
 ★★ DAY ★★  
 Doors Open - 11AM  
 \*all other programs cancelled\*  
 limited spots available- call to sign up!

**2**  
 10am Chair Yoga  
 12:30pm Art for All

**3**  
**CENTER CLOSED**  
**Independence Day**

**6**  
 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 Café:  
 Farm Visits

**7**  
**Ask-An-Atty**  
 9am Zumba with Heather  
 10am Stretch and Strengthen  
 11:30am 1:1 Tech with Leslie  
 12:30pm Tai Chi

**8**  
 Market Basket Van Trip  
 8:45am Arthritis Exercise  
 9am Line Dancing  
 10am Crafters  
 11:30am Bistro  
 12:30pm Watercolor Wednesday  
 12:30pm 1:1 Tech Support with Haresh

**9**  
 8:30am Men's Breakfast  
 10am Caregiver Support  
 10am Chair Yoga  
 11:30am Lunch

**10**  
 Market Basket Van Trip  
 9am Mah Jong  
 9am Line Dancing  
 9:30am Crafters

**13**  
 8am Walking Group (contact for info)  
 8:45am Arthritis Exercise  
 10am Senior Painters  
 10am Hand, Knee, Foot  
 10am Stretch and Strengthen  
 11:30am Lunch

**14**  
 9am Zumba with Heather  
 10am Stretch and Strengthen  
 11:30am 1:1 Tech with Leslie  
 12:30pm Tai Chi

**15**  
 Walmart Van Trip (RAYNHAM)  
 8:45am Arthritis Exercise  
 9am Line Dancing  
 10am Crafters  
 11:30am Bistro  
 12:30pm Watercolor Wednesday  
 12:30pm 1:1 Tech Support with Haresh

**16**  
 10am Chair Yoga  
 10am "At Home Hearing" Clinic  
 11:30am Lunch & Movie  
 12:30pm Art for All

**17**  
 Market Basket Van Trip  
 9am Mah Jong  
 9am Line Dancing  
 9:30am Crafters

**20**  
 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 Café:  
 Pebble Art with Kerry

**21**  
 9am Zumba with Heather  
 10am Stretch and Strengthen  
 10am United Senior Advisors  
 11:30am 1:1 Tech with Leslie  
 11:30am Beyond the Stone  
 12:30pm Tai Chi

**22**  
 Market Basket Van Trip  
 8:45am Arthritis Exercise  
 9am Line Dancing  
 10am Crafters  
 11:30am Bistro  
 12pm Discussion with the Town manager  
 12:30pm Watercolor Wednesday  
 12:30pm 1:1 Tech Support with Haresh

**23**  
 10am Chair Yoga  
 11am My Favorite Stories from 50 Years in Publishing  
 11:30am Lunch

**24**  
 Market Basket Van Trip  
 9am Mah Jong  
 9am Line Dancing  
 10am Crafters

**27**  
 8am Walking Group (contact for info)  
 8:45am Arthritis Exercise  
 10am Senior Painters  
 10am Hand, Knee, Foot  
 10am Stretch and Strengthen  
 11:30am Lunch

**28**  
 9am Zumba with Heather  
 10am Stretch and Strengthen  
 11:30am 1:1 Tech with Leslie  
 12:30pm Tai Chi

**29**  
 Market Basket Van Trip  
 8:45am Arthritis Exercise  
 9am Line Dancing  
 10am Crafters  
 11:30am Birthday Bistro  
 12:30pm Watercolor Wednesday  
 12:30pm 1:1 Tech Support with Haresh

**30**  
 10am Caregiver Support  
 10am Chair Yoga  
 11:30am Lunch

**31**  
 Market Basket Van Trip  
 9am Mah Jong  
 9am Line Dancing  
 9:30am Crafters

# JULY 2026

## CAFE MENU

### Monday

Dine-In  
Only

### Tuesday

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

### Wednesday

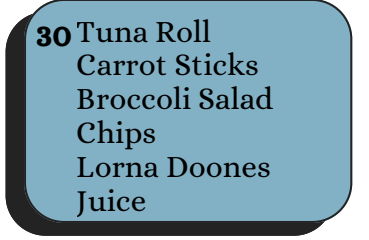
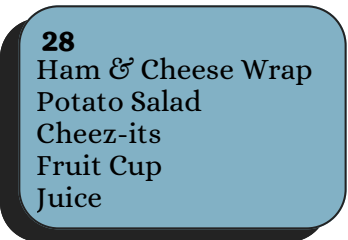
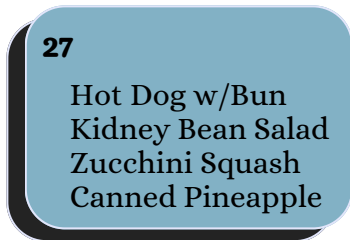
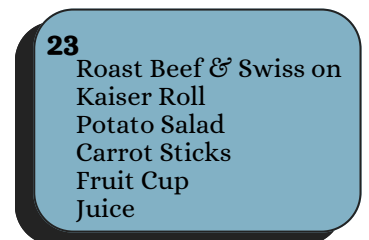
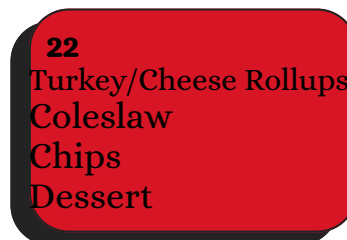
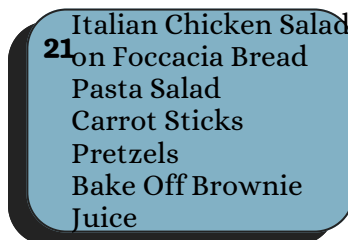
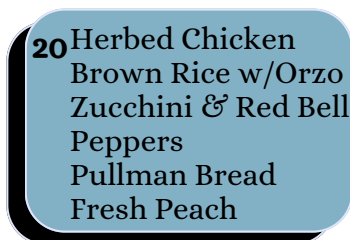
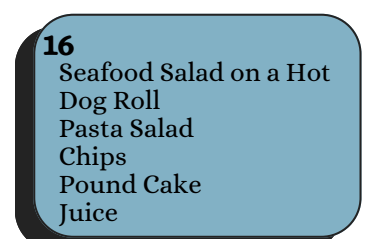
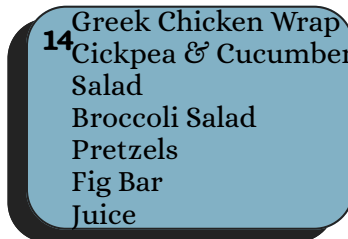
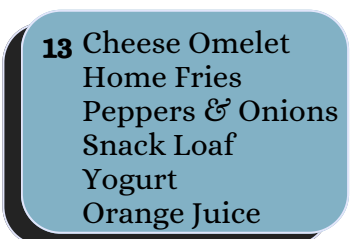
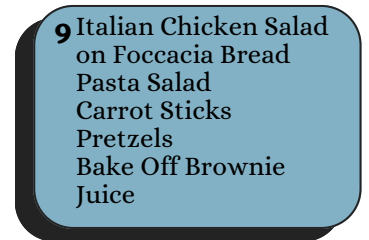
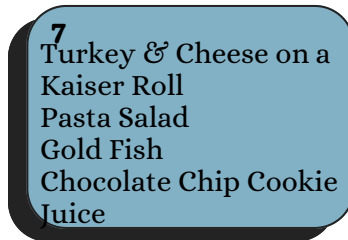
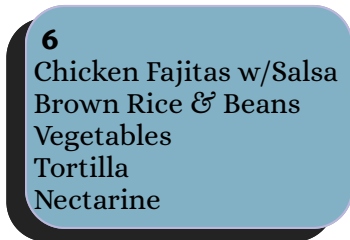
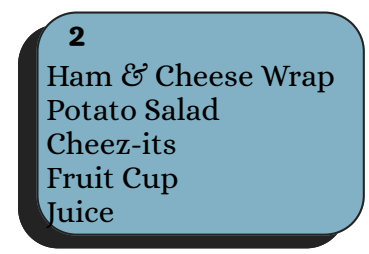
Bistro Meal  
(also available for  
pickup Thursday)

### Thursday

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

All lunches require sign up one week in advance.

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



# Arts and Education



## Writing Workshops

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 12:30PM**

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 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

### 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

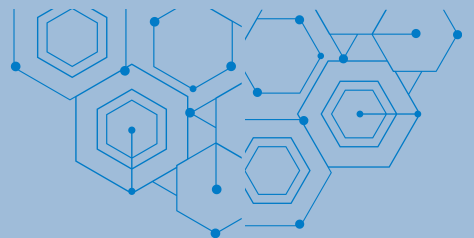
## Tech Support Education

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 & Services


**NEW**

## Tai Chi with Lenny

**Tuesday, 12:45pm** call to sign up!

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

**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!



## 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 \$2,993 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 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](http://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 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

July 9th at 8:30 a.m.  
Doors Open at 8am  
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.

## JULY BISTRO MENU \$5/MEAL

July 1st - Independence Day Event!  
BBQ Pulled Pork Sandwiches, Mac Salad, Cheese Cake  
Entertainment by Jimbo Wilson & The Creekside Band!

- July 8th: Chef Salad, Bread, Dessert
- July 15th: Ham Steak, Beans, Cornbread, Dessert
- July 22nd: Turkey & Cheese Rollups, Coleslaw, Chips, Dessert
- July 29th: **Happy BIRTHDAY** Bacon & Egg Casserole, Roasted Potatoes, Orange Slices, 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

The LGBTQ+ Seniors & Friends Monthly Lunch is Taking a Summer Break! Thank you to everyone who joined us this season. We look forward to welcoming you back on **Thursday, September 3rd at 12:00 PM** for a fun-filled afternoon of Mighty Music Bingo! 🎵🎉  
This program is proudly sponsored by Old Colony Elder Services (OCES) and the Bridgewater Council on Aging.

**See you in September!**



# Did You Know?



## Sign-Ups Required

Did you know? When you sign up for an event, you're helping us serve our community better. Knowing how many people plan to attend allows us to prepare appropriately, manage resources wisely, and create a comfortable experience for everyone. We appreciate your cooperation and look forward to seeing you at our programs!

## Program Ideas

Did you know? Many of our programs are suggested by members just like you. If there's an activity, class, or speaker you'd like to see, let us know! We welcome new ideas and are always looking for ways to offer programs that reflect the interests and needs of our community.

## Emergency Contact

Did you know? Having an emergency contact on file helps us reach someone quickly if an unexpected situation arises while you're at the center. We encourage all members to make sure their emergency contact information is current and up to date. If you do not have an emergency contact on file, please stop by the office and our staff will be happy to assist you.

## Town Budget Adjustments

Did you know? Due to town budget adjustments, the Center staff hours will be reduced by 5 hours per week. Beginning July 1st, the Center's hours will be updated to:

Monday–Thursday: 9:00 AM – 2:00 PM

Friday: 9:00 AM – 11:00 AM

If you have any questions or would like more information, please feel free to reach out to Courtney Riley, [criley@bridgewaterma.org](mailto:criley@bridgewaterma.org)



**Bridgewater**  
COLE-YEATON  
**SENIOR CENTER**

10 Wally Krueger Way  
Bridgewater, MA 02324

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## Staff

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SHINE Counselor

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Volunteer Coordinator

Judy Leary  
Transportation  
Coordinator

Scott Kirkland

Dennis Gauthier  
Van Drivers

Donna Heney  
OCES Meal Site Manager

## Stay Connected

Hours  
Monday - Thursday 9AM-2PM  
Friday

Website 9AM-11PM  
[www.bridgewaterma.org](http://www.bridgewaterma.org)

Phone  
508-697-0929

Email  
[seniorcenter@bridgewaterma.org](mailto: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 12:30 PM.

Chair

David Frim

Vice Chair

Diane Roza

Treasurer

Gloria Lemieux

Members

Nick Bagas, Doug Dorr,

Marylou Harding, Deb Heckbert,

Robin Sherrick, Shari Sprong

