



JUNE 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
 8am Walking Group *(contact for info)*
 8:45am CANCELLED
 Arthritis Exercise
 10am Blood Pressure Checks
 10am Senior Painters
 10am Hand, Knee, Foot
 10am Stretch and Strengthen
 11:30am Lunch
 12:30pm Alice's Café
 DRUMMING CIRCLES

2
 Ask-An-Atty
 9am Zumba with Heather
 10am Stretch and Strengthen
 11:30am 1:1 Tech with Leslie
 1pm Abigail Takes You from Revolution to Declaration
 1pm Tai Chi

3
 Market Basket Van Trip
 8:45am CANCELLED
 Arthritis Exercise
 9am Line Dancing
 10am Crafters
 11:30am Bistro
 1pm Coffee and Convo - Planning Ahead
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh

4
 10am Chair Yoga
 12pm LGBTQ+ Luncheon
 12:30pm Cribbage
 1pm Art for All

5
 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

8
 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
 1pm Writing Group

9
 9am Zumba with Heather
 10am Stretch and Strengthen
 11:30am 1:1 Tech with Leslie
 11am Lunch with Scott
 1pm Tai Chi

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

11
 8:30am Men's Breakfast
 10am Caregiver Support
 10am Chair Yoga
 11:30am Lunch
 12:30pm Juneteenth Celebration
 12:30pm Cribbage
 1pm Art for All

12
 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters

15
 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:
 Brain Builders

16
 9am Zumba with Heather
 10am Stretch and Strengthen
 11:30am 1:1 Tech with Leslie
 1pm TRIAD
 1pm Tai Chi

17
 Walmart Van Trip (HALIFAX)

 Doors Open - 11AM
 all other programs cancelled
 limited spots available- call to sign up!

18
 10am Chair Yoga
 12:30pm Cribbage
 1pm Art for All
 2pm United Senior Advisors

19
 CENTER CLOSED


22
 8am Walking Group
 8:45am CANCELLED
 Arthritis Exercise
 10am Senior Painters
 10am Hand, Knee, Foot
 10am Stretch and Strengthen
 11:30am Lunch

23
 9am Zumba with Heather
 10am Stretch and Strengthen
 11:30am 1:1 Tech with Leslie
 1pm Tai Chi

24
 Market Basket Van Trip
 8:45am Arthritis Exercise
 9am Line Dancing
 10am Crafters
 10:30am Dementia Friends
 11:30am Birthday Bistro
 1pm Watercolor Wednesday
 1pm 1:1 Tech Support with Haresh

25
 10am Caregiver Support
 10am Chair Yoga
 11:30am Lunch
 12:30pm Cribbage
 1pm Art for All

26
 Market Basket Van Trip
 9am Mah Jong
 9am Line Dancing
 10am Crafters
 10am Writing Group

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

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

Independence Day
Wednesday, July 1st, 11:30am

Join us as we celebrate Independence Day and 250th 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!

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.

