



OCTOBER 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Save the Date

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.



1

10am Chair Yoga
12pm **LGBTQ+** Luncheon
12:00pm Cribbage
12:30pm Art for All

2

Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
9:30am Crafters

5

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

6

Ask-An-Atty
9am Zumba with Heather
9:30am **Coffee & Convo w/ Courtney**
10am Stretch and Strengthen
11:30am **1:1 Tech with Leslie**
12:30pm Tai Chi
12:30pm Writing Group

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



8

8:30am **Men's Breakfast**
9:30am **Card Games with Joe**
10am **Caregiver Support**
10am Chair Yoga
11:30am Lunch
12:00pm Cribbage
12:30pm Art for All

9

Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
9:30am Crafters

12

CENTER CLOSED

**INDIGENOUS
PEOPLES
DAY**

13

9am Zumba with Heather
10am Stretch and Strengthen
10am **United Senior Advisors**
10:30am **Lunch trip with Scott**
11:30am **1:1 Tech with Leslie**
12:30pm Tai Chi

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

15

9am **Breakfast and Shopping with Scott**
10am Chair Yoga *(Conant Center)*
11:30am Lunch
12:00pm Cribbage
12:30pm Art for All

16

Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
9:30am Crafters

19

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:**
Therapy Gardens

20

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

21

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



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10am Chair Yoga *(Conant Center)*
11:30am Lunch
12:00pm Cribbage
12:30pm Art for All

23

Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
9:30am Crafters

26

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

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

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



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10am **Caregiver Support**
10am Chair Yoga *(Conant Center)*
11:30am Lunch
12:00pm Cribbage
12:30pm Art for All

30

Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
9:30am Crafters