

October
2026

Top of the Hill

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



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.

Directors Letter

What a wonderful September we had at the Senior Center! I want to thank everyone who joined us for our National Senior Center Month activities. Your enthusiasm and participation helped make the month a tremendous success. We were especially excited to see record numbers at some of our programs—it was wonderful to see so many people getting involved and enjoying themselves! As the colder weather approaches, I want to remind everyone that the Senior Center is a place for all. Whether you come in with friends or on your own, there is always someone to talk to, something to do, or a new activity to discover. You may walk through the doors not knowing anyone and leave having made a new friend! It's the people who come through our doors each day who make this such a welcoming and special place.

And now, on to October! We have a full calendar of presentations, educational opportunities, activities, and programs planned. There are plenty of ways to stay active, learn something new, meet others, or simply enjoy a little time out of the house. Be sure to take a look through the October newsletter and sign up for the programs that catch your eye. Maybe this is the month to try something you've never done before—or return to an old favorite. ~ Courtney Riley



Plymouth County Registry of Deeds is pleased to offer a Property Fraud Alert Program

In an effort to reduce the risk of real estate fraud, the Plymouth County Registry of Deeds has launched a free "Property Fraud Alert" for property owners to register to receive notification each time a document is registered in their name.

For more information or to signup, please visit www.plymouthdeeds.org

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! This is a chance to come together, share ideas, ask questions, talk about what's happening at the center, and simply enjoy some good conversation in a relaxed atmosphere.



Welcome to "Courtney's Corner"

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



October 1 is International Day of Older Persons - Make sure you celebrate you today!!



FUN FACT: 🎃 Pumpkins are actually fruits, not vegetables!

Outreach Notes

5 Things to know about FALL OPEN ENROLLMENT October 15th-December 7th

Fall Open Enrollment is the time to review and change your Medicare coverage.

You can:

- Join a new Medicare plan or stand alone prescription drug plan (Part D).
- Switch between original Medicare with or without a Part D plan and a Medicare Advantage plan.

1.) Fall Open Enrollment is October 15th through December 7th. Any changes that you make are effective on January 1st. In most cases, Fall Open Enrollment is the only time that you can change a Part D plan. If you have a Medicare Advantage plan, you can choose a different one or make the move to Original Medicare and pick up a Part D plan.

2.) Review your current Health and Drug coverage. If you are not happy with what you currently have, change it.

- Know your new Medicare costs and benefits for the upcoming year
- Check out your Annual Notice of Change and/or your Evidence of Coverage. You will receive this from your current plan
- Even if you're happy with your current plan, touch base with a SHINE Counselor to make sure there isn't a better option to lower costs.

3.) Where you can go to look at Plans-

- You can use Medicare's Plan Finder Tool if you need help finding plans. The Plan Finder compares plans based on your medications, the pharmacy you use, and cost of medication.
- Medicare Advantage Plans are offered regionally and are network plans. DON'T buy into a plan because you get a phone call or a flyer in the mail!
- If you research a plan online, call the plan to confirm your providers' participation, drug coverage and costs and preferred pharmacy network.
- Book an appointment with your SHINE Counselor. DON'T WAIT. Appointments fill up fast!

4.) The best way to enroll in a new plan-

- Through the Medicare Plan Finder found on Medicare.gov
- By calling 1 800 Medicare that's 1 800 633-4227
- With your SHINE Counselor

5.) If you don't like the Medicare Advantage Plan that you choose during Fall Open Enrollment, you can change your plan during the Medicare Open Enrollment Period.

- This occurs from January 1st through March 31st with changes effective on the first of the following month after enrollment.
- During this period, you can switch from one Medicare Advantage plan to another or from the Medicare Advantage Plan to Original Medicare and a Part D plan

Kathy Hayes

Outreach Coordinator

Over 130,000 are living with Alzheimer's in Massachusetts. Become a Dementia Friend by learning about dementia and the small ways that you can help. Every action counts!

Kathy Hayes will be running a Dementia Friends Program: October 14th at 10am.

Sign-Ups required.

Wellness



Fall Prevention this Fall!



Improve Your Balance & Strength

Activities that work on **strength and balance**, including exercises can help older adults reduce their risk of falling. (CDC)

Make Your Home Safer

Simple changes around the home can address potential fall hazards. The CDC recommends removing or securing **throw rugs**, improving lighting in rooms and hallways, and making light switches easily accessible. (CDC)

Choose Supportive Footwear

Wearing **sturdy, nonslip footwear that fits correctly** can support balance and mobility and may help reduce fall risk. (CDC)

Talk With Your Healthcare Provider

If you have fallen or are concerned about your risk of falling, talk with a healthcare professional about your individual risk factors. The USPSTF notes that fall-risk assessments may consider factors such as **previous falls, physical functioning, mobility, vision, medications, and the home environment.** (USPSTF)



Vaccine Clinic with Osco Pharmacy

Wednesday, October 14th, 9am

Join Shaws Pharmacy Manager Todd and Pharmacist Taylor! They will be offering the following vaccines: COVID-19, Flu, Hepatitis B, Meningococcal B, Pneumococcal, RSV, Shingles and Tdap (Tetanus/Diphtheria/Pertussis). All vaccines are by **APPOINTMENT ONLY**. Please call the senior center! Space is limited.



United Senior Advisors, Inc.

Attorney Thomas Clougherty: United Senior Advisors

Tuesday, October 20th, 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.**



TRIAD: Compulsive Gambling

Tuesday, October 20th, 12:30pm

Join us for an informative, judgment-free discussion about compulsive gambling and its impact on older adults, families, and loved ones. Learn about warning signs, potential emotional and financial effects, prevention strategies, and available resources. There will also be time for questions and conversation. Please call the Bridgewater Senior Center to sign up.

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

Coffee with a Cop

Wednesday, October 7th, 9:30am

Join Police Chief Chris Delmonte for a fresh cup of coffee and to learn more about the Bridgewater Police Department.

Card Games with Joe!

Thursday, October 8th, 9:30am

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. Bring your game face, bring a friend, and most importantly, come ready to have a great time!

NEW

Lunch Trip with Scott

Tuesday, October 13th, 10:30am

Join Scott as he takes you to the Goat City Pub in West Bridgewater! All participants must call to sign-up by October 8th. \$3 transportation fee. Participants must pay for their own meal.

Attorney Thomas Clougherty: United Senior Advisors

Tuesday, October 13th, 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.

Breakfast and Shopping with Scott

Thursday, October 15th, 9am

Join Scott as he takes you to the Cracker Barrel and the Wrentham Outlets! All participants must call to sign-up by October 8th. \$3 transportation fee. Participants must pay for their own meal and shopping.

Halloween Party!

Wednesday, October 28th, 11:30am

Join us for a Halloween costume contest and our weekly Bistro... spooky themed! Must call to sign up by October 23rd! Please see Cafe page for more details.

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.

SAVE THE DATES

Bridgewater Police Department - Thanksgiving Dinner

November 18th

Free to Bridgewater Seniors. RSVP Required. Transportation is available! Sign -Ups begin October 28th.

OCES: Healthy Aging & Depression in a Fun & Interactive Jeopardy Style Game

December 2nd, 10am

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.

Boston Pops Trip

December 11th

Bridgewater Seniors are invited to enter the drawing for this year's 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!

Winter Holiday Celebration

December 16th, 11:30am

Join us for a fabulous lunch and an unforgettable show! 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.

Alice's Memory Café

RSVPs are mandatory. Spaces are limited.

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

Fall Painting with Sylvia

Monday, October 5th

Get into the holiday spirit at our October Memory Café! Each participant will receive four wine or martini glasses to paint and decorate with their own creative holiday designs—perfect for entertaining, gifting, or adding a personal touch to their holiday table.

Therapy Gardens: Tea Crafting's and Tastings

Monday, October 19th

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.

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.

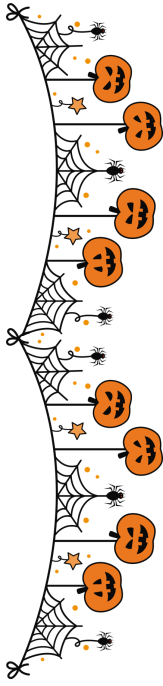


Caregiver Support Group
Every 2nd and last Thursday, 10AM

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

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



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

7

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



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

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

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

27

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

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

22

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

23

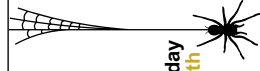
Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
9:30am Crafters

29

10am Caregiver Support
(Conant Center)
10am Chair Yoga
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



OCTOBER 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.*

1

Meatloaf with Gravy
Baked Potato
Green Beans
Cookie

5

Cheese Omelet
Home Fries
Peppers and Onions
Yogurt

6

Deli Ham
Macaroni Salad
Pullman Wheat
Orange

7

Broccoli & Cheddar
Soup
Bread
Dessert

8

Chicken Marsala
Parslied Rotini
Potato Salad
Vegetable
Clementines

12

CENTER CLOSED
INDIGENOUS
PEOPLES
DAY

13

Roast Beef Sandwich
Greek Orzo Salad
Carrotts
Apple

14

Spaghetti and
Meatballs
Bread
Dessert

15

America Chop Suey
Vegetables
Bread
Hot Cinnamon
Peaches

19

Hot Dog
Baked Beans
Nectarine

20

Chicken Scampi
Rotini with Parsley
Green Beans
Canned Pineapple

21 Birthday Bistro

Baked Stuffed
Chicken
Vegetable
Dessert



22

Honey Ginger
Chicken
Lo Mein Noodles
Asian Vegetables
Lemon Cookies

26

Chicken Broccoli
Casserole
Vegetables
Hot Caramel Apples

27

Jerk Chicken
Corn Muffin
Beans and Rice
Fried Plantains

28 Spooky Bistro
costume contest

Witches Brew Chilli
Corn Bread
Dessert



29

Ham And Cheese
Potato Salad
Carrot-Raisan
Pineapples
Plum

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

NEW

Writing Workshops

Tuesday, October 6th, 12:30pm

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 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!

Tech Support Education

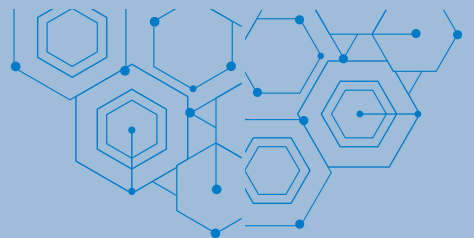
Looking for personalized support with your Smart phone or laptop device? Feel free to drop-in and learn from the experts:

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

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

UPDATE

**BEGINNING OCT. 15:
CHAIR YOGA BEING HELD
AT THE CONANT CENTER:
5 WALLY KRUEGER WAY**

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

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 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 to Bridgewater Seniors during their birthday month. RSVP required the Friday before.

Men's Breakfast

October 8th 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.

OCTOBER BISTRO MENU \$5/MEAL

- **October 7th** : Broccoli & Cheddar Soup, Bread & Dessert
- **October 14th** : Spaghetti and Meatballs, Bread & Dessert
- **October 21st** : *BIRTHDAY BISTRO!*
Baked Stuffed Chicken, Vegetable & Dessert
- **October 28th** : *SPOOKY BISTRO! Costume Contest!*
Witches Brew Chilli, Corn Bread & 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

Join us on Thursday, October 1st at 12:00 PM for our LGBTQ+ Seniors & Friends Monthly Lunch! This month, we're excited to welcome Adam Zeidman from Meta Comet Studio, who will be here to share a special presentation with us. Everyone is welcome!

This program is proudly sponsored by Old Colony Elder Services (OCES) and the Bridgewater Council on Aging.



Did You Know?



Volunteers

Did you know? We are lucky to have so many wonderful volunteers who help make our Senior Center a welcoming and active place! Our volunteers do a little bit of everything—from tending to our garden and preparing meals in the kitchen, to answering phones, helping with activities, setting up events, and assisting wherever they are needed. Their time, talents, and willingness to help make a big difference in our Senior Center community. We are incredibly thankful for each and every one of our volunteers. Thank you for all that you do!

Wednesday Bistro Meal

Did you know? Wednesday Bistro meals are prepared based on the number of people who sign up? You never have to worry about taking a meal away from someone else. Simply call ahead and sign up, and our wonderful volunteers will prepare enough meals for everyone who has registered! Call ahead, sign up, and let our volunteers take care of the rest!

Grant Funding

Did You Know? Ever wonder how we keep all the fun happening at the Bridgewater Senior Center? Well... grants are part of the secret! Many of the events and activities you enjoy are made possible thanks to generous grant funding. One of the grants we are lucky to receive is the Howard Grant! Grants such as these help us keep our Center active, our programs affordable, and your calendars full of fun! We're grateful for the support that helps keep the Bridgewater Senior Center a place where there's always something fun happening!



10 Wally Krueger Way
Bridgewater, MA 02324

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

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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-2PM
Friday 9AM-11PM

Website
www.bridgewaterma.org

Phone
508-697-0929

Email
seniorcenter@bridgewaterma.org

Social Media/ Contact Info



@bridgewatercouncilonaging



@Bridgewater, MA Senior Center



508-697-0929



senior center @bridgewaterma.org

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,
Marylou Harding, Deb Heckbert,
Jane Marochino, Robin Sherrick,
Shari Sprong

