

SEPTEMBER 2026

MONDAY

NATIONAL SENIOR CENTER MONTH

TUESDAY

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

WEDNESDAY

2
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

THURSDAY

3
Ask-An-Atty
10am Chair Yoga
12pm **LGBTQ+ Luncheon**
12:30pm Art for All
12:00pm Cribbage

FRIDAY

4
Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
9:30am Crafters

7
CENTER CLOSED



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 Bistro
12:30pm Watercolor Wednesday
12:30pm 1:1 Tech Support with Haresh

10
8:30am Men's Breakfast
10am Caregiver Support
10am Chair Yoga
11:30am Lunch
12:00pm Cribbage

11
Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
9:30am Crafters

14 SPIRIT WEEK

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
10:30am Sports Trivia with Scott
11:30am Lunch
12:30pm Writing Group

15 SPIRIT WEEK

9am CANCELLED
Zumba with Heather
9:30am Tie-Dye
10am United Senior Advisors
10am Stretch and Strengthen
11:30am 1:1 Tech with Leslie
12:30pm TRIAD
12:30pm Tai Chi

16 SPIRIT WEEK

Walmart Van Trip (RAYNHAM)
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

17 SPIRIT WEEK

10am Chair Yoga
10am At Home Hearing
11:30am Hidden History of Bridgewater
12:30pm Art for All
12:00pm Cribbage

18 SPIRIT WEEK

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 Trip to CN Smith Farms with Scott
10am Senior Painters
10am Hand, Knee, Foot
10am Stretch and Strengthen
11:30am Lunch
12:30pm Alices Cafe: Ember Holistics

22
9am CANCELLED
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
11:30am Bistro
12:30pm Watercolor Wednesday
12:30pm 1:1 Tech Support with Haresh

24

10am Caregiver Support
10am Chair Yoga
11:30am Lunch
12:00pm Cribbage

25

Market Basket Van Trip
9am Mah Jongg
9am Line Dancing
10am Crafters

28
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

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
11:30am Birthday Bistro
12:30pm Watercolor Wednesday
12:30pm 1:1 Tech Support with Haresh



Save the Date

October 7th, 10am - Coffee with a Cop

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

November 4th, 11:30am - Veterans Day Luncheon

Join us for our annual veterans appreciation luncheon. Sign-ups begin October 5th. Bridgewater residents priority.