

September
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

September is National Senior Center Month, what another great time to recognize the important role senior centers play in helping older adults stay active, connected, and supported.

This year marks 34 years since The Bridgewater Cole-Yeaton Senior Center first opened its doors. Over the years, countless staff members, volunteers, and community partners have helped shape the Center into the welcoming place it is today.

Their dedication created a strong foundation that continues to benefit our community. While some of our staff have changed over the years, our mission has not; to provide a welcoming place where older adults can connect, learn, stay active, and access the resources they need. Every member of our staff and volunteer team is proud to build on that legacy while continuing to find new ways to meet the changing needs of Bridgewater's older adults.

Throughout September, we'll be celebrating our amazing Center with events including Spirit Week and recognizing the International Day of Peace. These celebrations are wonderful opportunities to have fun, connect with friends, and celebrate everything that makes our Senior Center such a special place. As we celebrate National Senior Center Month, I encourage you to join a program, invite a friend to visit, or simply stop by for a laugh and good conversation. Whether you've been with us since the beginning or are visiting for the first time, you are an important part of what makes the Bridgewater Senior Center special.

The truth is, the Center would not be what it is without all of you. Your friendships, kindness, volunteerism, participation, and support are what bring this building to life every day. Thank you for making the Bridgewater Cole-Yeaton Senior Center such a wonderful place. Together, we look forward to continuing the tradition that began 34 years ago and ensuring the Center remains a trusted resource, gathering place, and source of connection for many years to come.

Courtney Riley
Director

Digital Goodness: Being a Good Neighbor Online

An intergenerational workshop in celebration of Massachusetts Good Neighbor Day

 **Monday, September 28, 2026, 5:00 PM – 7:30 PM**

 **Crimson Residence Hall, Dunn Conference Suite, Room 100, Bridgewater State University**

Join the Bridgewater Senior Center, BSU Senior College, the BSU Psychology Club, and BSU's College of Continuing Studies for an engaging evening exploring kindness, civility, and positive communication in our digital world. Featured speaker Dr. Meghan McCoy of the Massachusetts Aggression Reduction Center (MARC) will share practical strategies for fostering healthier online interactions.

More details and registration information coming soon.

To keep up to date please join the BSU Senior College email list via our website BSU Senior College to receive updates or email us at BSUseniorcollege@bridgew.edu.



Welcome to "Courtney's Corner"

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



The first licensed character lunch box was introduced in 1950 and featured the cowboy hero Hopalong Cassidy.



Before official municipal COAs existed, the private **Boston Golden Age Center** opened in 1949 as the state's earliest localized recreation group for older adults.

Outreach Notes

If you have a Long Term Care Insurance Policy, it is important to understand what is covered and how to collect when the time comes. The best person to explain your policy is the company representative who sold it to you. If that person is no longer with the company, you can ask to meet with the local or regional sales supervisor who represents that company.

You will want them to explain the following:

- 1. How do you qualify to begin receiving benefits?** Most modern policies consider 2 potential benefit triggers. The first is the policy holder must need assistance with 2 or more “activities of daily living” which include eating, bathing, dressing, transferring (from bed to chair), toileting, and continence. The second is that the policy holder has cognitive impairment in which memory, judgement, and reasoning are reduced to the point where supervision is required. Cognitive impairment usually “stands alone” and no other triggers are necessary to qualify for your benefits. Often, the policy holder’s physician must confirm physical/cognitive conditions and then the insurance company will send their nurse or case manager to complete an assessment.
- 2. How much and how does the LTC policy pay?** What is the daily amount that the policy will pay? Is there a maximum amount that the policy will pay? Does the policy pay differently depending on where the care is being provided (home, assisted living, day program, skilled nursing facility)? How is a “day” defined? Does having help a part of the day equate to a day OR only a partial day? Do daily and total benefits rise with inflation? What is the deductible or elimination period? This is the number of days that you will have to pay out of pocket for covered care before your policy begins to pay. Does that period begin to be calculated from the first day the policy holder qualifies for benefits and needs care, or does it begin when actual care is being received? If someone is only receiving care 1 or 2 days a week, the elimination period could stretch for months! Do you have to keep paying premiums on your policy once you are receiving benefits or can you stop paying when you are “on claim”.
- 3. Where can you receive covered care?** Modern policies typically cover care in many settings where older policies restrict care to nursing homes only. Are there rules about the size and licensing of an assisted living facility? Does it have to be licensed by the State and have a registered nurse on duty? Are there restrictions about the size of the assisted living facility? If you wanted to use your benefit while attending an adult day program, does that facility have to be licensed? Does it need a nurse on staff? Who can provide care in the home? Does the policy require caregivers to be licensed? Do they have to work for a licensed agency? Can a private caregiver (unlicensed) be paid through the policy?
- 4. What documentation has to be submitted to make a claim?** Should you be approved before paying out of pocket during the elimination period? Does the care provider submit their bill to the insurance company, or do you pay and submit for reimbursement?
- 5. The MOST IMPORTANT question is, What are the limitations and exclusions of your policy?** You may want to ask for a company-issued glossary of terms that clarifies how the company defines things.

We encourage you to review your health insurance and car insurance every year. Your Long Term Care policy should be no different. Your Long Term Care insurance is an investment for a comfortable future. Make sure you are going to get what you’re paying for!



Dementia Friends: October 14th at 10am

Kathy Hayes
Outreach Coordinator

Wellness



Q: Why do you enjoy coming to the Bridgewater Senior Center?

Sitting as a group in White Rocking Chairs Talking

Wellness at Every Age



September is National Senior Center Month! This annual celebration recognizes the important role senior centers play in helping older adults stay active, healthy, engaged, and connected to their communities. Whether you're joining a fitness class, sharing a meal with friends, learning something new, or volunteering, every visit is an opportunity to support your overall well-being.

- Keep Your Mind Engaged
 - Reading, puzzles, games, classes, and learning new skills help keep your brain active and support cognitive health. (CDC)
- Connect with Others
 - Spending time with friends, family, and fellow senior center members can improve mood and reduce feelings of loneliness. (NCOA)
- Choose Nutritious Foods
 - Enjoy a balanced diet with fruits, vegetables, whole grains, lean proteins, and plenty of water to support overall health. (CDC)
- Get Enough Sleep
 - Most older adults benefit from 7–9 hours of quality sleep each night to support memory, energy, and overall wellness. (CDC)
- Make Time for Joy
 - Hobbies, music, art, gardening, volunteering, and other enjoyable activities contribute to emotional well-being and healthy aging. (NCOA)



United Senior Advisors, Inc.

Attorney Thomas Clougherty: United Senior Advisors Tuesday, September 15th, 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.



At Home Hearing Healthcare: Hearing Clinic Thursday, September 17th, 10am – 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.

The Bridgewater Lions Club has generously offered to sponsor Bridgewater seniors in need of a hearing evaluation or hearing aids. Eligibility requirements apply. If you're interested or would like to learn more, please contact the Bridgewater Senior Center at (508) 697-0929.

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!

- 🌿 Help keep our grounds safe and beautiful with seasonal yardwork.
- 🚗 Deliver Meals on Wheels and bring a meal, a smile, and friendly connection to homebound seniors.

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

TRIAD: Plymouth County Registry of Deeds

Tuesday, September 15th, 12:30pm

Please join Register Buckley for information on issues that affect your property. The program is designed to update senior citizens on the Homestead Act, the Registry's Property Fraud Alert program, and recording issues that impact the elderly, as well as offer an on-site workstation where you can check the status of your mortgage discharge in real-time, print out your deed, or see a demonstration of how Registry technology works. The session will include a Q&A period, and pamphlets covering the discussed topics will be available. The fee for a Declaration of Homestead is \$36.00, and payment can be made by cash or check.

Bingo with Nick & Sass!

Wednesday, September 16th, 10:30am

Bingo is free to play and requires registration. Bistro lunch is \$5PP and requires registration by September 11th.

Spirit Week

September 14th – September 18th

Help us kick-off our Spirit Week celebrating National Senior Center Month! Each day will be it's own theme.

Monday – Sports Day

10:30 AM – Sports Trivia!

Think you know your sports? Join SCOTT for a fun game of Sports Trivia and test your knowledge of famous athletes, teams, records, and memorable moments!

Sign-up is required, so be sure to reserve your spot!

Tuesday – Tie Dye and Bright Colors

9:30 AM – Tie Dye with Us!

Bring in a white shirt and get creative with us! We'll provide the tie-dye supplies and show you how to make your own colorful design. Sign-up is required, so please register in advance to reserve your spot.

Wednesday – Wacky Wednesday

10:30 AM – Bingo!

Join us for a fun game of Bingo! Enjoy an exciting morning filled with friendly competition, laughs, and prizes. Sign-up is required.

Thursday – Town of Bridgewater Day

11:30 AM – Hidden History

Join us as we uncover the fascinating stories and secrets from our town's past! Discover local legends, learn about famous people who lived here or stopped by, and explore interesting buildings and what they were once used for. Come share your own memories and see what you might learn about the place we call home!

Friday – Rock Your Roots

All Day – Rock Your Roots!

Celebrate where you come from and what makes your story special! Join us in coming together to discuss our hometowns, family traditions, cultures, favorite memories, and the places we call home. Share your stories, bring a piece of your roots, and learn about the backgrounds and experiences that make our community so unique.

Van Trip to CN Smith Farm

Monday, September 21st, 10am

Join Scott as he takes a group to CN Smith Farm! Transportation is FREE! Must purchase your own produce. Sign-up by September 16th!

SAVE THE DATES

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.

Alice's Memory Café

RSVPs are mandatory. Spaces are limited.

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

Ember Holistic

Monday, September 21st

Reiki, aromatherapy, meditation, and music are known to be uplifting, calming, and beneficial for everyone – so too for those with dementia. We've experienced that when people with dementia are in a calmer state, it opens the door to connect with them in a new and meaningful way. Join us as we host Ember Holistic in educating and performing Reiki with our group. Sign-ups are required.

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.

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!

SEPTEMBER 2026

MONDAY

**NATIONAL
SENIOR CENTER
MONTH**

7
CENTER CLOSED


TUESDAY

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

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

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 Hareesh

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 Hareesh

THURSDAY

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

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

FRIDAY

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

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 Hareesh

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 SPIRIT WEEK

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 Hareesh

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 Hareesh



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.

September 2026

CAFE MENU

Monday

Dine-In
Only

*All lunches
require sign up
one week in
advance.*

7 CENTER CLOSED



14
Chicken Broccoli and
Ziti Casserole
California
Vegetables
Hot Caramel Apples

21
Chicken Tikka
Masala
White Rice
Green Beans
Mandarin Oranges

28
Chicken Fajitas with
Salsa
Brown Rice & Beans
Clementines

Tuesday

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

1
Ham and Cheese
Wrap
Potato Salad
Fruit Cup

8
Tuna Salad
Hamburger Bun
Beet Salad
Pasta Salad

15
Fajita Chicken
Salad
Brown Rice
WW roll
Fresh Pear

22
Tuna Salad
WG Hamburger Roll
Beet Salad
Pasta Salad

29
Fajita Chicken Salad
Salad
Brown Rice
Pear

Wednesday

Bistro Meal
*(also available for
pickup Thursday)*

2
Meatloaf
Potatoes
Vegetable
Dessert

9
Pork Tenderloin
Potatoes
Vegetable
Dessert

16
Macaroni and
Cheese with Ham
Vegetable
Dessert

23
Chicken Bacon
Ranch Casserole
Vegetable
Dessert

**30 BIRTHDAY
LUNCH**
Chicken Pot Pie
Potatoes
Dessert



Thursday

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

3
Roast Beef
Kaiser Roll
Broccoli Salad
Fresh Orange

10
Meatloaf on a Kaiser
Roll
Pasta Salad
Cheez-its
Lorna Doones

17
Egg Salad on
Crossant
Carrot Sticks
Cucumber Salad
Cookie

24
Meatloaf on a Kaiser Roll
Pasta Salad
Cheez-its
Lorna Dunes

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

Arts and Education



Crochet Lessons with Sandy **Second & Last Monday Each Month**

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

Monday, September 14th, 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!

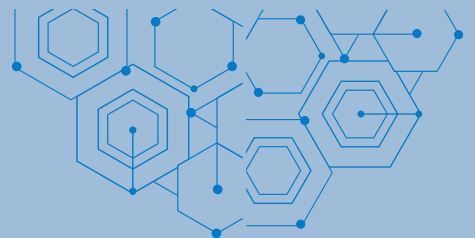
Tech Support Education

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

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 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

September 10th at
8:30 a.m.

Doors Open at 8am
RSVP by Friday before. \$5PP
Bring a NEW friend & be entered into a gift card drawing!

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.

SEPTEMBER BISTRO MENU

\$5/MEAL

- September 2nd: Meatloaf, Potatoes, Vegetable, Dessert
- September 9th: Pork Tenderloin, Potatoes, Vegetable, Dessert
- September 16th: Macaroni and Cheese with Ham, Vegetable, Dessert
- September 23rd: Chicken Bacon Ranch Casserole, Vegetable, Dessert
- September 30th: *BIRTHDAY BISTRO!* Chicken Pot Pie, Potatoes, 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 BACK! 🌈
Join us on Thursday, September 3rd at 12:00 PM for an afternoon of Mighty Music Bingo! Come reconnect with friends, meet new people, and enjoy a fun and welcoming afternoon.

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



Did You Know?



MEDICARE OPEN ENROLLMENT

Did you know? It's that time of year again!!! The SHINE program encourages everyone to review their Medicare coverage for the upcoming year and make sure that you are getting the best coverage, at the best price for YOU. Open Enrollment begins on October 15th and runs through December 7th. Appointments are available starting September 21st!

AARP TAXES

Did you know? AARP Foundation Tax-Aide is looking for friendly, service-oriented people to join our team of volunteers for the upcoming tax season. Tax-Aide is a free program that makes it easier for older taxpayers to file their tax returns. Neighbors like you help prepare tax returns or serve in other ways, like organizing client paperwork, managing computer equipment, acting as interpreters, or making sure everything runs smoothly. There's a role for everyone. Go to aarpfoundation.org/taxaidevolunteer or call 1-888-AARP-NOW (1-888-227-7669)

MY SENIOR CENTER

Did you know? Every time you sign into My Senior Center, you are helping tell the story of the Bridgewater Senior Center! Those sign-in numbers do much more than track attendance—they show how active, engaged, and valuable our Center is to the community. These numbers become important documentation when we apply for grants, request funding, and advocate for the programs, services, and resources our seniors need. Your visit matters, and your sign-in helps us prove the incredible impact our Center has every day. So the next time you stop by, don't forget to sign in!

BACK TO SCHOOL

Did you know? It is back to school season! As the school year begins, please remember to stay alert on the roads. Watch for school zones, crosswalks, and young students heading to and from school. Whether you're driving to the senior center or running errands, let's all do our part to keep our community safe!



10 Wally Krueger Way
Bridgewater, MA 02324

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Volunteer Coordinator

Judy Leary
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Coordinator

Scott Kirkland
Dennis Gauthier
Van Drivers

Donna Heney
OCES Meal Site Manager

Stay Connected

Hours
Monday - Thursday 9AM-2PM
Friday 9AM-11PM

Website
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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

