

BRIDGEWATER COA SEPTEMBER 2023

Mon

Tue

Wed

Thr

Fri

Happy National Senior Center Month!



1
8:45am Arthritis Foundation Exercise Class
9am Line Dancing
9am Mah Jong
9:30am Scrabble
10am Crafters

4 Closed for Labor Day



5
Market Basket Van Trip
9am Zumba Gold
9:30am Ask-An-Attorney
10am Stretch & Strengthen
11:30am Lunch

6
Market Basket Van Trip
8:45 Arthritis Foundation Exercise Class
9am Line Dancing
10am Tai Chi
10am Crafters
12pm Bistro Lunch
1pm Watercolor Wednesday
1:30pm Technology Class

7
8:45am Cardio Dance
10am Chair Yoga
10:30am Alice's Café-Eleanor Roosevelt
12pm LGBTQ+ and Ally Lunch
12pm Art for All
12:30pm Cribbage

8
8:45am Arthritis Foundation Exercise Class
9am Line Dancing
9am Mah Jong
9:30am Scrabble
10am Crafters
7PM Community Dance

11
HAPPY GRANDPARENTS DAY

8am Walking Group
9am Blood Pressure Program
9:30am Senior Painters
10am Stretch & Strengthen
10:30am Hand, Knee, Foot
11:30am Lunch
1pm Crafting with Angie and Jackie - Rock Painting
6:30pm Sassy Stitchers

12
Market Basket Van Trip
9am Zumba Gold
10am Stretch & Strengthen
11:30am Lunch
1pm Writing Group

13
ELVIS
Market Basket Van Trip
9am Line Dancing
10am Tai Chi
10am Crafters
12pm Bistro Lunch
1pm Elvis Tribute Show
1pm Watercolor Wednesday
1:30pm Technology Class
6pm Dementia Friends with Kathy at Library

14
8:45am Cardio Dance
8:30am Men's Breakfast
10am Chair Yoga
10am Caregiver Support
11:30am Lunch
12pm Art for All
12:30pm Cribbage

15
9am Line Dancing
9am Mah Jong
9:30am Scrabble
10am Crafters

18
8am Walking Group
9am Blood Pressure Program
9:30am Senior Painters
9:30am Stretch & Strengthen
10:30am Hand, Knee, Foot
11:30am Lunch
1pm PTU Falls Prevention Lecture
1pm Writing Group
6:30pm Sassy Stitchers

19
Market Basket Van Trip
9am Zumba Gold
10am Holmestead Harvest
10am Stretch & Strengthen
11:30am Lunch
1pm TRIAD Senior Safety

20
Walmart Van Trip
8:45am Arthritis Foundation Exercise Class
9am Line Dancing
10am Tai Chi
10am Crafters
12pm Bistro Lunch
1pm Watercolor Wednesday
1:30pm Technology Class

21
8:45am Cardio Dance
10am Chair Yoga
10:30am Alice's Café-Barn Babies!
11:30am Lunch
12:00pm Art for All
12:30pm Cribbage
2:30pm United Senior Advisors

22
8:45am Arthritis Foundation Exercise Class
9am Line Dancing
9am Mah Jong
9:30am Scrabble
10am Crafters
10:30am Music by pianist Bob R.
7PM Community Dance

25
8am Walking Group
9am Blood Pressure Program
9am Vaccine Clinic
9:30am Senior Painters
10am Stretch & Strengthen
10:30am Hand, Knee, Foot
11:30am Lunch
6:30pm Sassy Stitchers

26
Market Basket Van Trip
9am Zumba
10am Stretch & Strengthen
1pm Senior Dance with The Company Bees!



27
Market Basket Van Trip
8:45am Arthritis Foundation Exercise Class
9am Line Dancing
10am Tai Chi
10am Crafters
1pm Watercolor Wednesday
12pm Bistro Lunch
1:30pm Technology Class

28
8:45am Cardio Dance
10am Chair Yoga
10am Caregiver Support
11:30am Lunch
12pm Soup Master Class
12pm Art for All
12:30pm Cribbage

29
8:45am Arthritis Foundation Exercise Class
9am Line Dancing
9am Mah Jong
9:30am Scrabble
10am Crafters

