East Bridgewater Council on Aging

AUGUST 2024

East Bridgewater Council on Aging
355 Plymouth Street
E. Bridgewater, MA 02333
Phone: 508-378-1610
Fax: 508-378-1611

Hours:
Monday
8 am—6 pm
Tuesday-Thursday
8 am—4 pm
Friday
8 am—12 pm

Council on Aging Staff:

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Patricia Fay
Van Drivers

Council on Aging Members:

Dee Dee Rogers
Chair
Mary Haines
Treasurer
Katie Cavanagh
Secretary
Susan Muir
Helen Bomar
Anne Marek
Lois Sullivan
Michele Bernard

~ THE BIG E ~
~ SPECIAL DISCOUNTED TRIP ~
Thursday, September 19th

**** Sign ups for EB residents begin Monday, August 12th ****

Depart *Commercial Club: 8:00am / Return Approximately 8:30pm
$25.00 per person

The Eastern Massachusetts Trustees Group is funding the entire cost of transportation to The Big E. The amount being charged by the EBCOA will cover admission and driver gratuity. "The Big E" is one of largest fairs in the nation, hosting more than 1 million people each September. Enjoy free entertainment, the Avenue of the States, animals, shopping, rides, a huge array of New England food favorites, a colorful parade and so much more. If you are chosen for this trip and find that you cannot make it, please call the EBCOA office ASAP as there is usually a long waiting list. ***Upon request of the Commercial Club, please park in the gravel parking lot, to the far right (along the trees, opposite end of the gazebo).**

Lottery sign-up for East Bridgewater senior residents (age 60+) will begin on Monday, August 12th and can be done in person or by phone. Non-resident seniors (age 60+) may sign-up beginning Monday, August 26th. Sign-ups will close on Friday, August 30th @ 12:00pm—no exceptions. The lottery will be drawn by Council on Aging Board members on Tuesday, September 3rd. Chosen travelers will be contacted by phone.

The Council on Aging is excited to participate in MCOA's ActiveAgers program! The program highlights physical activity programs at Massachusetts municipal councils on aging (COA's), centers for active living and senior centers. ActiveAgers is a collective of local COA physical activity programs.

ActiveAgers recognizes participation, is open to all abilities, and rewards COA's and individuals.

On September 13th, we will submit fitness data from all of our exercise programs. This data will consist of the number of participants from each program from January 2024—August 2024. MCOA will then hold a drawing on Wednesday, September 25th, ActiveAger Day and will randomly choose ten (10) COA's to win $250 grants to use towards fitness programming. MCOA will also randomly choose from the programs submitted and will notify the COA of the winning program. If one of our programs is chosen, we will then randomly choose a winner from that program. The second drawing will cover September—December programs.

We will be celebrating ActiveAgers Day on Friday, September 27th at 11am after the ABLE Bodies Balance Class. More info to follow in the September newsletter.

What do you need to do? Participate in our exercise programs and make sure you swipe in!! Everyone that participates in our exercise programs is eligible to win a prize!

For a list of our exercise programs, see page 7.

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East Bridgewater Council on Aging
Mission Statement:

The East Bridgewater Council on Aging serves older persons, disabled persons of all ages and their caregivers, and others in need of services and referrals. Programs that enhance dignity, support independence and encourage general wellness are developed, coordinated and promoted to meet the needs of these individuals.

Tyson's Run (PG-13) 2022
Monday, August 5th @ 3:00pm

When fifteen-year-old Tyson attends public school for the first time, his life is changed forever. While helping his father clean up after the football team, Tyson befriends champion marathon runner Aklilu. Never letting his autism hold him back, Tyson becomes determined to run his first marathon in hopes of winning his father's approval. With the help of an unlikely friend and his parents, Tyson learns that with faith in yourself and the courage to take the first step, anything is possible. *Rated PG-13 by the Motion Picture Association of America for some alcohol use. 1hr. 41 min.*

Thelma (PG-13) 2024
Tuesday, August 13th @ 1:00pm

Now In Theaters. Thelma isn't your average 93-year-old grandmother - she's tenacious, determined, and on a mission. After getting conned by a scammer, she teams up with a friend and his motorized scooter on a wild adventure to take back what's hers. *Rated PG-13 by the Motion Picture Association of America for some strong language. 1hr. 37min.*

The Long Game (PG) 2024
Wednesday, August 19th @ 1pm

In 1956, JB Peña and his wife moved to the small town of Del Rio, TX, partly for a job as a school superintendent, but mostly to fulfill JB's dream of joining the prestigious, all-white Del Rio Country Club. So when JB is rejected on the basis of his skin color, he is devastated. But his world soon collides with a group of young Latino golf caddies who work at the country club, and JB is inspired by the handmade course the boys built in the country to teach themselves golf. With little experience and even fewer resources, JB convinces the boys to start their own high school golf team, starting them all on a journey where they learn that it takes more than just golf skills to make history. Based on Mustang Miracle by Humberto G. Garcia. *Rated PG by the Motion Picture Association of America for partial nudity, some strong language, sexual content). 1hr. 51min.*

The Bee Keeper (R) 2024
Wednesday, August 28th @ 1pm

A retired military operative, who now serves as a Beekeeper in a secret organization that protects the world like bees in a hive, is forced into a campaign of revenge when his neighbor's finances are wiped out after a phishing scam. *Rated R by the Motion Picture Association of America for pervasive language, drug use, some sexual references, strong violence). 1hr. 45min.*

Please call the COA to sign up for all movies



Roberta Wilbur	*Aug 12*
Hank Russo	*Aug 14*
Patricia Herbert	*Aug 19*
Dan Ervin	*Aug 28*
Jon Tripp	*Aug 31*
Patricia Tripp	*Aug 31*

If you would like to be included in our monthly birthday listing, please contact the COA office with your name and birthday.



Office Hours
Wednesday Van Trips

The EBCOA office will be open regular business hours for the month of August. Please remember to schedule all Dial-a-Bat rides by 10:00 a.m. on the preceding business day.



Walmart/Raynham Rt. 138 ~ 8/7 ($3)
Castle Island ~ 8/14

~Call the COA to sign up~

A minimum of 4 passengers required on all trips

Castle Island—Join us for a walk around the beautiful grounds of the island. Or, sit and enjoy the view! You can bring a picnic lunch or purchase food (seafood, grilled food, ice cream etc.) from Sullivan's. The van will depart The Center at 9:00am The cost for the van is $5. A minimum of 4 people is required in order for this trip to run.

As of the end of July, Pat Fay has retired as our Wednesday van driver. We will miss seeing Pat's smiling face every Wednesday. Many thanks to Pat!! Until we can find another driver, we are limiting our Wednesday van trips. We appreciate your understanding.



General Quarters!
Monthly Roundtable Discussion
Wednesday, August 14th @ 1:00am

This month the topic will be How Radar Saved England/The Bruneval Raid.

Please call the COA to sign up

~ ANNUAL ~

STANDISH SPORTSMANS
SENIOR ROAST BEEF DINNER

Saturday, August 17th

Traditional Sit Down Dinner @ 12pm
or
Grab & Go Option @ 12:30pm

The Standish Sportsman's Association will once again host its annual roast beef dinner for the seniors of East Bridgewater. They are offering a traditional sit down dinner OR as a Grab & Go ***(one option per household, option cannot be changed).*** This event is for East Bridgewater residents over the age of 60. Reservations are required.

Sign-ups began on Monday, July 15th and end on Friday, August 2nd at 12pm

The COA will provide transportation to this event.
This event is for East Bridgewater residents only

Monday, August 12th
12:00pm

Grilled Panini Day!

Chicken Panini
Fresh Focaccia Bread
Marinated Chicken Breast
Provolone Cheese
Roasted Petters
Fresh Basil Pesto
Served with Salad

Vegetarian Panini
Fresh Focaccia Bread
Roasted Vegetables
Cheddar Cheese
Pesto Spread
Served with Salad

Ice cream sundaes for dessert!

After lunch we welcome Robin Putnam from the Office of Consumer Affairs to talk about the importance of Online Safety.

Scammers are everywhere, especially online. Do you know how to keep your smart device protected, how to navigate social media? Does online shopping or banking make you nervous?

Robin will answer your questions, give you tips for safely navigating the web, and suggestions to keep you protected from online scams.

Scammers change their tactics all the time, always stary alert!

Please call the COA by Tuesday, August 6th to sign up
When signing up please specify which panini you would like.



Visiting Dental Hygienist
at the COA!
Thursday, September 12th
9:00am—2:00pm

A dental hygienist with Visiting Dental Hygiene, Inc. is offering private 45-minute confidential appointments (cleaning and exam), bi-monthly at the COA.

If you are on MassHealth the visit is FREE or private pay $50.00 (cash or check made payable to Visiting Dental Hygiene).

A **Dental Consent/Medical History** form must be completed (new clients only) and faxed to Visiting Dental Hygiene, Inc. one week prior to your appointment. Forms are available at the COA and will be faxed while you wait.

A healthy mouth can actually help prevent many life-threatening diseases. Scientific studies show the relationship between heart disease, stroke, diabetes, respiratory diseases and periodontal (gum) disease.

Call the COA to schedule an appointment



LEGAL HELP

Free Legal Consultations
with The Law Office of Stephanie Konarski
Thursday, August 15th ~ 1:00pm—3:00pm

Please call the COA to schedule an appointment.
Appointments will be scheduled in
15 minute increments.

State Representative Alyson Sullivan-Almeida
Office Hours
State Representative Alyson Sullivan-Almeida will be here on, Wednesday, August 7th @ 11:30am—12:30pm. You may also contact Rep. Sullivan-Almeida @ 617-722-2488. Rep. Sullivan-Almeida represents Precincts 1, 2 & 3 of East Bridgewater.

Come by with your questions or concerns
or to simply say hello.

Hair by Luann

TUESDAYS
At the COA
by appointment only
10:00am—2:30pm

Wash, Cut & Dry—**starting at $20**
Wash, Set & Dry—**$20.00**
Wash Only—**$8.00**
(Tipping not necessary)

Luann has been a hairdresser for 40+ years and is looking forward to meeting new clients!

Call the COA to schedule an appointment
Cash or check only

GRAB & GO LUNCH

Thursday, August 22nd
12:00pm—12:30pm

This month's Grab & Go is, once again, being donated By **Crocetti's** and will include:

Ziti with meatballs and sauce

Sign-ups will begin on Monday-, August 5th and will end on Monday, August 12th.

East Bridgewater residents only. Limited to 75

We look forward to seeing you!

Please continue to support your local businesses!

Gun Safety Presentation
Tuesday, August 27th @ 1pm

The East Bridgewater Police Department is committed to keeping our neighborhoods safe. Part of this is educating the public about gun safety and keeping your guns secure when not in use. Your guns should be stored when not in use by a gun safe, lock box or safety lock like a trigger lock or cable lock.

Please join Chief of Police, Michael Jenkins and Deputy Chief Michael McLaughlin for this informational presentation.

Gun cable lock will be available at no cost provided by **Project Childsafe** for anyone who needs them.

Please call the COA to sign up

Many thanks to **Crocetti's** for donating 75 pasta & meatball dinners for our Grab & Go this month!

Crocetti's has also been donating food for various functions (Men's Breakfast, Home Cooked Lunch, Memory Lane Café).

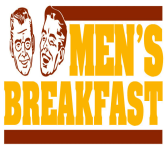
We appreciate your generosity!!



Clinic Hours
Wednesdays ~ 9:00am—12:00pm

Blood pressure and blood sugar screenings are available, as well as any other general health questions that you may have. Come on in for a blood pressure check and say hello to Heather!

Nurse Heather will also be available to use our new CardioChek Plus analyzer. This analyzer is a portable, handheld device designed to do on-the-spot testing of important blood values. Taking only seconds to deliver results, it will provide consistent and accurate information. Each test will provide overall cholesterol, LDL, HDL, triglycerides, and glucose readings.



Men's Breakfast
Monday, August 26th
9:00am

Chef Donny is back! We hope to see you again this month!

Scrambled Eggs, Bacon,
Pancakes, Cinnamon Stick
Juice & Coffee

Please call the COA to sign up by Monday, August 19th

Seating is limited

Donations to defer the cost of this breakfast are gratefully accepted and appreciated



Home Cooked Lunch & SINGO
Wednesday, August 21st
12:00pm



Meatball Sub
Chips & Dessert!

After lunch, stay for SINGO! Test your musical knowledge and luck! Have some fun & win prizes

Please call the COA to sign up by Wednesday, August 14th

Seating is limited

Donations to defer the cost of this lunch are gratefully accepted and appreciated

AUGUST COMMUNITY DINING

Community Dining meals on MONDAYS and TUESDAYS at 11:30 am. (unless otherwise noted)

We invite you to come in and have a sit-down lunch!

You must sign-up in advance by calling the COA at (508) 378-1610. Suggested donation is $2.50 per meal.

	PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: ***Tuesday, July 30th***	**MONDAY 8/5** Chicken Parmesan with Pasta and Italian Sauce Italian Vegetables Dinner Roll Graham Crackers	**TUESDAY 8/6** Dilled Egg Sandwiches on Lettuce Bed Pasta Vinaigrette Salad Coleslaw Cracked Wheat Bread Fresh Orange	
	PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: ***Tuesday, August 6th***	**MONDAY 8/12** Macaroni & Cheese Spinach Whole Wheat Roll Hot Caramelized Peaches	**TUESDAY 8/13** Chicken Cacciatore Parslied Rotini Green Beans Dinner Roll Jello	
	PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: ***Tuesday, August 12th***	**MONDAY 8/19** Chicken with Gravy Roasted Sweet Potatoes Fiesta Vegetable Blend Oatmeal Bread Lorna Dunes	**TUESDAY 8/20** **COLD MEAL** Turkey & Swiss German Potato Salad Bulky Roll Vanilla Wafers	
	PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: ***Tuesday, August 19th***	**MONDAY 8/26** BBQ Pulled Pork with Bun Tater Tots Scandinavian Vegetables Fresh Peach	**TUESDAY 8/27** **COLD MEAL** Chicken Salad on Lettuce Bed Pasta Vegetable Salad Spinach Salad with Mandarin Oranes Whole Wheat Bread Fresh Apple	

Monday	Tuesday	Wednesday	Thursday	Friday
Podiatry Clinic **Sept 23, 2024** 8am-1pm Call Dr. Derosier for an appt. 508-946-1444	**United Methodist Church** **Thrift Shop** Wednesday * 2pm-5pm Thursday * 10am-12pm Saturday * 10am-12pm	**United Methodist Church** ***Community Meals*** Every Wednesday in August @ 5:00pm *The dinners are free but donations are graciously accepted.* **All are welcome!**	**Shopper's Van** ***1*** *Pick-ups begin@ 8:15am* **Walking Club** 8am **Yoga** 10am **Line Dancing w/Kelly** 1pm	**Cribbage** 9am ***2*** **ABLE Bodies Balance Class** *with Virtual Bob* 10am
5 **Community Dining** 11:30 **Hand and Foot** 1pm **Movie: Tyson's Run** 3pm **Food Pantry @ St. John's** 3pm-5:30	**Walking Club** 8am ***6*** **Errand Van** 9am **Chair Yoga w/Karen** 9am **Game Day** 10am **Hair by Luann** 10am-2:30 *(by appt. only)* **Community Dining** 11:30 **Busy Hands** 1pm	**Walmart/Raynham** 9am ***7*** **Clinic** 9am-12pm **Crocheting** 10am **Zumba Gold** 10:30-11:30 **Advanced Whist** 11am **State Representative Alyson Sullivan-Almeida** *Office Hours* 11:30—12:30 **Mah Jongg** 12:30 **Memory Training** 1pm-3pm	**Shopper's Van** ***8*** *Pick-ups begin@ 8:15am* **Walking Club** 8am **Yoga** 10am **Line Dancing w/Kelly** 1pm	**Cribbage** 9am ***9*** **ABLE Bodies Balance Class** *with Virtual Bob* 10am 
12 **Lunch & Learn: Grilled Panini Day** 12pm **Hand and Foot** 1pm	**Walking Club** 8am ***13*** **Errand Van** 9am **Chair Yoga w/Karen** 9am **Game Day** 10am **Hair by Luann** 10am-2:30 *(by appt. only)* **Community Dining** 11:30 **Busy Hands** 1pm **Movie: Thelma** 1pm	**Castle Island** 9am ***14*** **Clinic** 9am-12pm **Crocheting** 10am **Book Club** 10am **Zumba Gold** 10:30-11:30 **Advanced Whist** 11am **Mah Jongg** 12:30 **Food Pantry @ Union Cong.** 12:30-2pm **General Quarters!** 1pm **Memory Training** 1pm-3pm	**Shopper's Van** ***15*** *Pick-ups begin@ 8:15am* **Walking Club** 8am **Yoga** 10am **Line Dancing w/Kelly** 1pm **Legal Consultations** 1pm	**Cribbage** 9am ***16*** **ABLE Bodies Balance Class** *with Virtual Bob* 10am
19 **Community Dining** 11:30 **Hand and Foot** 1pm **Food Pantry @ St. John's** 3pm-4:30 **Movie: The Long Game** 3pm	**Walking Club** 8am ***20*** **Errand Van** 9am **Chair Yoga w/Karen** 9am **Game Day** 10am **Grandparenting with Autisim** 10am **Hair by Luann** 10am-2:30 *(by appt. only)* **Community Dining** 11:30 **Busy Hands** 1pm	***21*** **Clinic** 9am-12pm **Crocheting** 10am **Zumba Gold** 10:30-11:30 **Advanced Whist** 11am **Home Cooked Lunch & SINGO** 12pm **Mah Jongg** 12:30 **Memory Training** 1pm-3pm 	**Shopper's Van** ***22*** *Pick-ups begin@ 8:15am* **Walking Club** 8am **Yoga** 10am **Grab & Go** 12pm-12:30 **Line Dancing w/Kelly** 1pm **Alzheimer's Caregiver Support Group** 2pm **Hearing Clinic** 1pm-3pm	**Cribbage** 9am ***23*** **ABLE Bodies Balance Class** *with Virtual Bob* 10am
26 **Men's Breakfast** 9am **Community Dining** 11:30 **Hand and Foot** 1pm **Memory Lane Café** 1pm 	**Walking Club** 8am ***27*** **Errand Van** 9am **Chair Yoga w/Karen** 9am **Game Day** 10am **Hair by Luann** 10am-2:30 *(by appt. only)* **Community Dining** 11:30 **Busy Hands** 1pm **Gun Safety Presentation** 1pm	***28*** **Clinic** 9am-12pm **Crocheting** 10am **Guided Nature Walk** 10am **Zumba Gold** 10:30-11:30 **Advanced Whist** 11am **Mah Jongg** 12:30 **Memory Training** 1pm-3pm **Movie: The Bee Keeper** 1pm	**Shopper's Van** ***29*** *Pick-ups begin@ 8:15am* **Walking Club** 8am **Yoga** 10am **Line Dancing w/Kelly** 1pm	**Cribbage** 9am ***30*** **ABLE Bodies Balance Class** *with Virtual Bob* 10am **Food Pantry @ Union Cong.** ***31*** 9:30-11am

Kelley's Korner….

Kelley Long, Client Services Coordinator,
S.H.I.N.E. Counselor, and
Certified SMP Counselor

WWW.SHINEMA.ORG
Check out the website for information and forms

S.N.A.P. Applications

S.N.A.P. (Supplemental Nutrition Assistance Program) applications can be filed at any time. Please contact Kelley Long at the EBCOA for an appointment or with any questions you may have.



MEDICARE CARD SCAM ALERT!!

Have you received any calls from Medicare asking you to verify your Medicare number for the new card being sent your way? If you do, hang up! **Medicare will NOT call you**, does not need you to verify your number or birthdate (they already have it), and is NOT sending out new cards to beneficiaries.

If you have already been subjected to this or would like more information, please call the Kelley at the Council on Aging or 1-800-Medicare (1-800-633-4227).

Here are some red flags to be aware of:

- Unsolicited calls from someone claiming to be from Medicare.
- Anyone needing your information so that they can send you an updated Medicare card.
- Anyone claiming that your card is expiring and that you will be charged a fine if you do not get a new one.

Anyone stating that Medicare is issuing new cards and you need to verify your number

Memory Lane Café

OPEN

East Bridgewater Council on Aging
355 Plymouth Street
East Bridgewater, MA
(508) 378-1610

What is the Memory Lane Café?
The Memory Lane Café provides a place ***for those experiencing memory loss, along with their care partners and families***, to relax and enjoy socialization, refreshments, discussion and entertainment.

Monday
August 26, 2024
1:00 pm
RSVP's are appreciated at 508-378-1610 by August 19th but walk-ins are always welcome

A care partner must accompany anyone who requires supervision or assistance. Visit our Facebook page at East Bridgewater Council on Aging for updates.



August Events

- Chair Yoga w/Karen
- Music by John Poirier
- Fun and games
- Socialization
- Refreshments







Funding is provided by Old Colony Planning Council Area Agency on Aging through Title III of the Older Americans Act
This Memory Lane Café is sponsored by the Residence at Five Corners

Alzheimer's Caregiver Support Group
Thursday, August 22nd ~ 2:00pm—3:00pm

Jillian Spinale from Stafford Hill Assisted Living in Plymouth, will lead this group to help caregivers, family and others dealing with Alzheimer's and dementia-related illnesses. This group will be held on the 4th Thursday for this month only.

Any questions please contact Kelley at the COA.

Please call the COA to sign up

Grief Support for Partner Loss
Tuesdays, September 17th—October 22nd
1:30pm—3:00pm

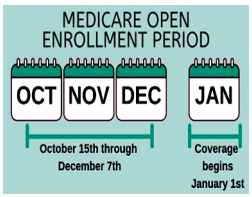
We will be offering a free six week grief support group facilitated by Sarah Franklin, Social Work Intern at Old Colony Hospice and Palliative Care. Sarah was previously an intern at the East Bridgewater Council on Aging.

The group will run six weeks beginning Tuesday, September 17th through October 22nd; 1:30pm-3:00pm at the East Bridgewater Council on Aging.

This grief support group is for those who have experienced the death of a partner. The group will offer an opportunity to talk about this experience with others who have gone through a similar loss and share their unique story.

Sarah Franklin will help foster open discussion, provide education to understand the grieving process and offer coping skills to promote a healthy healing process. The outcome will be to gain self-awareness, embrace healing, meet new friends, and gain a sense of community.

For this session, please call Kimberly Martin at Old Colony Hospice to register or for more information at 781-341-4145.



It is almost that time of year again to make changes to your Medicare Insurance

Medicare Open Enrollment is October 15 – December 7, 2024

Are you prepared for your appointment?

This year a **Secure Medicare Account** will be required for your S.H.I.N.E. appointment. It will help streamline your appointment and show correct insurance and prescription information needed to complete an accurate plan comparison.

This is a short YouTube video https://youtu.be/o4i0Z5fFAbg that explains how to set up an account. If you need help with setting up a Secure Medicare Account, please contact Kelley Long @ 508-378-1610.



Supplemental Food Program

We teamed up with the Greater Boston Food Bank to bring a NEW grocery distribution site to East Bridgewater! If you are age 60+ and your single household income is less than $1,632/month ($2,215 household of two), you qualify to receive nutritious, senior-focused shelf-stable foods, fresh produce, and meats at the Senior Center!

If your income falls within these guidelines, please call Kelley Long to complete an application for the program.



PASSPORT SCAMS!!

Be Aware of On-line Passport Renewal Websites and Scams!

- The only trusted website is www.travel.state.gov
- The Cost is $130.00
- Please contact Veteran Services at 508-378-1603 with any questions.



Queen Elizabeth II "Her Majesty"
Performed by Sheryl Faye
Monday, September 9th @ 3:00pm
$5 per person—*pay at the door*

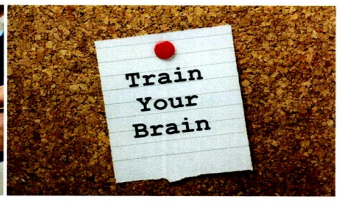
She was a true icon, inspiring people around the world with her strength, courage, resilience, and dedication to a life of service. For 70 years, she remained a constant presence as sovereign, shepherding the people of the UK through both joyful times and darker periods of challenge and uncertainty. An enduring admiration for Queen Elizabeth II united people across the Commonwealth.

She was Queen of the United Kingdom and other Commonwealth realms from February 6, 1952 until her death in September 8, 2022. Her reign of 70 years and 214 days was the longest of any British monarch and the longest verified reign of any female head of state in history. In a world of constant change, she was a steadying presence and a source of comfort and pride for generations of Britons, including many who have never known their country without her.

The Queen supported over 600 charities over the course of her reign. She will be remembered for her calm and dignity and as someone everyone in the world could look up to, and she could be a unifying figure. She was more than a monarch. She defined an era.

Don't miss this performance—Call the COA to sign up





MEMORY TRAINING!

DO YOU WALK INTO A ROOM AND FORGET WHY YOU ENTERED THE ROOM?

HAVE YOU EVER MISPLACED YOUR KEYS?

- LEARN TECHNIQUES TO HELP YOU REMEMBER
- CREATE A MEMORY PLACE
- LEARN THE GROUPING METHOD
- REDUCE YOUR MEMORY BURDEN
- REMEMBERING WHAT YOU DID IN THE PAST
- START A NEW ROUTINE

East Bridgewater Council on Aging
355 Plymouth St East Bridgewater
4 Weeks: Wednesdays
Time:1:00pm- 3:00pm
Beginning August 7th

OCES 50 1974-2024 Celebrating 50 Years of Care and Collaboration

Sign up at the East Bridgewater Council on Aging or call 508-378-1610

www.ocesma.org

Guided Nature Walk at the
Center at Sachem Rock Senior Community Center
Wednesday, August 28th @ 10:00am—11:00am

Join Blake Dinius from Plymouth County Extension for a guided, slow-paced tour of the insect life in the gardens and grounds at the Center at Sachem Rock Senior Community Center.

No sign up required

Any questions, please contact Jessica N Henderson, Director of Library Services at 508-378-1616 or jhenderson@sailsinc.org

This program is sponsored by the East Bridgewater Public Library

Everyone that participates in our exercise programs is eligible to win a prize! Be sure to swipe in!! See the cover page for details

SMOOTH R&B and HIP HOP LINE DANCING!
Monday, September 30th @ 1pm
$5 per person

After popular demand, it's back!! Move and groove to smooth R&B and Hip Hop music in a line dancing class that is specifically designed for seniors. Learn some new line dances while having fun!

About the instructor: Rondae Drafts is the former Director of a hip hop dance company in Massachusetts. Professor Drafts has also instructed hip hop dance at MIT where one of the students was in a wheelchair. This was one of the inspirations for this class. The current Executive Director of MUSIC Dance.edu., Rondae is a Ph.D.abd researching hip-hop's cultural impact. She is a Pittsburgh, PA native, that graduated from Penn State University with a Bachelor of Arts degree in Speech Communication, she later moved to MA and received a Master's Degree in Education from Cambridge College.

Call the COA to sign up

Stay Active all Summer at the COA!



Chair Yoga
Tuesdays @ 9:00am
Karen Lyons is a certified Yoga instructor and is currently an instructor at the Whitman Wellness Center, as well as other area COA's.

Zumba Gold®
Wednesdays @ 10:30-11:30am
Heather Zukowsky has lived in East Bridgewater for 18 years and has been a licensed Zumba and Zumba Gold instructor for 7 years. She teaches Zumba Gold every week at 3 senior centers and at the YMCA in EB. She also teaches Zumba at multiple gyms..

Yoga
Thursdays @ 10:00am
Patricia Murphy and Susan Andrea are both certified Yoga instructors and alternate teaching throughout the year. This class can be done on a mat or while sitting in a chair. Health benefits of Yoga include: Flexibility, Strength, Muscle Tone, Pain Prevention and so many more!!

Line Dancing
Thursdays @ 1:00pm
Kelly Wybieracki teaches ballroom, country and other popular line dances. Line dancing is a fun and easy way to get up and dance without needing a partner.





ABLE Bodies Balance Class
Fridays @ 10:00am
Bob Cobbett is off for July and August BUT, he has pre-recorded classes so that we can show them in his absence! It's important to stay active so we hope that you continue to join us on Friday mornings! *FREE!!*

All fitness classes are $5 each ~ Instructors are paid directly



LET'S KEEP MOVING!!

EAST BRIDGEWATER COA WALKING CLUB!

Tuesdays & Thursdays @ 8:00am

The Walking Club meets in the parking lot behind St. John's Church.

Walk as much as you want at a pace you are comfortable with.

Join us and walk with new friends!!

At Home Hearing Healthcare

Thursday, August 22nd
Thursday, September 26th
1pm—3pm

Lauren Warburton, Hearing Instrument Specialist from At Home Hearing Healthcare, will be here to provide:

- FREE hearing screening
- FREE Hearing aid cleaning
- FREE video ear exam

no obligation to purchase

Don't miss out on life...improve your hearing today!

Contact the COA to schedule an appointment.
Each appointment will run approximately 20 minutes.

BOCCE!!

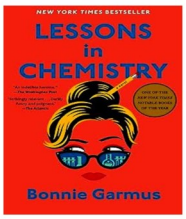
Get your teams together and give us a call. We will let you know what days/times are available! Whether you are a beginner or an experienced player, ALL ARE WELCOME!!

Not quite sure how Bocce is played? No worries! Come on by and watch a game or two!

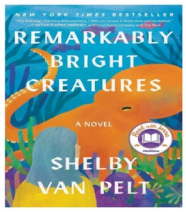
CALL THE COA TO SIGN UP

Psssssst……..The Queen is coming! See page 7

Book Club



Book for August
Lessons in Chemistry
By Bonnie Garmus
Wednesday, August 7th
10am



Book for September
Remarkably Bright Creatures
By Shelby Van Pelt
Wednesday, September 4th
10am

All Are Welcome!

Copies will be available at the COA the month prior to in regular hardcover, large print and book on CD formats. The title is also available as an eBook and eAudio through the Library's Libby App.

Please call the COA to sign up

Disclaimer: References to any person, product, service or information does not constitute an endorsement or recommendation by the East Bridgewater Council on Aging or any of its employees. The East Bridgewater Council on Aging neither assumes any liability nor endorses ANY specific products or services provided by public or private organizations.

The cost of printing and mailing of this newsletter is funded by the Mass. Executive Office of Elder Affairs .

MEDICARE WILL NEVER CALL YOU!!
If you receive a call from someone claiming to be from Medicare, HANG –UP!! IT IS A SCAM!!!
REMINDER

RETURN SERVICE REQUESTED

To the home of:

East Bridgewater Council on Aging
355 Plymouth Street
East Bridgewater, MA 02333
Phone: 508-378-1610
Fax: 508-378-1611

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