

LOOK WHAT'S INSIDE!

Lunch & SINGO
Crafting W/Lauren
Complimentary Men's
Breakfast
Lunch & TV Game Show
Ladies' Exercise Update
Early Bird Crafting Class W/
Lorna
Luau Luncheon
SINGO Van Rides
Caregiver Support
Dementia Presentation
Atty Paula Schlosser
Health Corner
At Home Hearing
A BIG Thank You to
Trucchis & Fran Deibel
June Lunch & A Movie
June Lunch Menu
J.O.Y. Mission Statement
J.O.Y. Strawberry Shortcake
Festival Fundraiser
J.O.Y. Bookshelf Quilt Raffle
Winner
J.O.Y. Yard Sale Thank
You
J.O.Y. Annual Dues Form
Word Search
Word Scramble
June Activity Calendar
Support, Partnership and
Encouragement
West Bridgewater Historical
Society
Pride Month LGBTQIA
Senior Luncheon
Physical Well Being Classes
Mah Jongg, Hand, Knee and
Foot and Bridge Groups
June Birthdays
Board of Directors
Staff & Volunteers
J.O.Y. Board
Food Pantry Info.
Community Caring Corner

SCAN QR CODE
WITH
CAMERA
PHONE TO
FOLLOW
US ON
FACEBOOK



Capen Caller Newsletter

West Bridgewater Council On Aging

97 West Center Street, West Bridgewater MA 02379 508-894-1262
Jim Henderson, Chairman of the Board * Marilyn Mather, Director

JUNE 2025

IMPORTANT NOTICE

The WB COA will be **CLOSED** the week of June 29th for maintenance and office carpet replacement.

Congregate meals, activities, exercise classes and programs are cancelled.

The Meals On Wheels program will continue and homemade soup will be available for Grab & Go clients (please call for reservations).

Weight Watchers classes (Tues. night and Sat. morning) will be held as usual.

The office staff will be available and can be reached by phone if you have any questions. 508-894-1262

All classes resume Monday July 7th.

We are very sorry for the inconvenience.

FRAUD DETECTION SEMINAR

June 11, 2025
11 AM - 12 PM

Join us for a special presentation on Fraud Detection. Learn about some of the common scams, how to protect yourself, and what to do if your information is compromised.

Refreshments will be served!



EMPLOYMENT OPPORTUNITY

TOWN OF WEST BRIDGEWATER-COUNCIL ON AGING OUTREACH COORDINATOR/SHINE COUNSELOR JOB DESCRIPTION

Position: Outreach Coordinator
Department: Council on Aging
Appointing Authority: Board of Selectmen
Reports to: Council on Aging Director
Salary: \$26.00 ~ \$28.60/HR DOQ
Hours a week: 35 hours per week.
Affiliation: Non-Union Position
Benefits: Competitive benefits package including paid vacation time, paid sick time, health insurance, and enrollment into retirement pension system.

Applications Due: Applications should be submitted to Linda Torres, Assistant Town Administrator/HR Director either by email to ltorres@westbridgewater.gov, or by mail to 65 North Main Street, West Bridgewater, MA 02379. Applications will be accepted until Position is filled, and preference give to those submitted by June 20, 2025.

PRIMARY FUNCTION: Responsibilities include performing professional social service and administrative work for the town's elderly with primary concentration on homebound elders.

Education and Experience:

- (A) Must be SHINE Certified or willing/able to become SHINE Certified.
- (B) Graduation from a two year or four-year college or university with a degree in social work, or a closely related field; or
- (C) Three years' experience in Human Service Program; or
- (D) An equivalent combination of education and experience

ACTIVITIES AND SPECIAL EVENTS



LUNCH AND SINGO W/DJ JIM



MONDAY, JUNE 9TH

&

WEDNESDAY, JUNE 25TH

11:30 AM

RESERVE YOUR SEAT TODAY!

508-894-1262

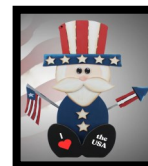
LUNCH SERVED AT NOON WITH GAME IMMEDIATELY FOLLOWING!

This program is supported by J.O.Y.

CRAFTING W/LAUREN

FRIDAY, JUNE 13TH
1 PM

UNCLE
SAM



\$9.00
Payment
Due At
Sign Up

PLEASE REGISTER BY
FRIDAY, JUNE 6TH
508-894-1262

This program is supported in part by a grant from the Trustees for the Home for Aged Men in the City of Brockton



COMPLIMENTARY 3RD ANNUAL MEN'S BREAKFAST

LET'S CELEBRATE THE MEN!

TUESDAY, JUNE 17TH
9 AM

PLEASE REGISTER BY
TUESDAY, JUNE 10TH

This program is supported in full by a grant from the Trustees for the Home for Aged Men in the City of Brockton

LUNCH AND TV GAME SHOWS W/KEVIN RICHMAN **\$6.00**



WEDNESDAY, JUNE 18TH
11:30 AM

RESERVE YOUR SEAT TODAY!
508-894-1262

LUNCH SERVED AT NOON WITH GAME IMMEDIATELY FOLLOWING!

This program is supported in part by a grant from the Trustees for the Home for Aged Men in the City of Brockton



Ladies Exercise with Rosemarie Paccia Update

Please be aware the Ladies Exercise with Rosemarie will conclude for the summer on Wednesday, June 25th. Sessions will resume in September. Stay tuned! Thank you for your participation, and we look forward to seeing you then!



EARLY BIRD CRAFT CLASS W/LORNA

Wednesday, June 25th
10 AM

Join us for a delightful morning of creativity! Bring your fun and let's get crafty with decoupage and vinyl. Seating is limited, so don't miss out! Reserve your spot today and let's make some beautiful projects together!

508-894-1262

\$5.00



LUAU LUNCHEON WITH ROGER TINKNELL



THURSDAY, JUNE 26TH @ 11:30 AM

\$8.00

RESERVE YOUR SPOT TODAY!
FILLS UP FAST!!

508-894-1262

This program is sponsored in part by a grant from the West Bridgewater Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

ATTENTION WEST BRIDGEWATER SENIORS!

Join the fun without the fuss! On SINGO days, hop on our COA Van and leave the parking hassle behind. Van seating is limited, so secure your spot soon to clear up those parking spaces and cruise to the game in style! Let's make SINGO day a blast without the parking stress!



Get on board and let
the GOOD TIMES ROLL!
508-894-1262

FAITH & FAMILY HOSPICE

THURSDAY, JUNE 12TH
12:45 pm

DIMENTIA PRESENTATION

Come learn the common signs of
Dementia with some practical tips
and tricks for caregivers and loved
ones.

ATTORNEY PAULA SCHLOSSER

THURSDAY, JUNE 12TH
10 AM—12:15 PM



BY APPOINTMENT ONLY
508-894-1262

Get your free hearing screening or have
your hearing aids looked at with Lauren

At Home Hearing
Wednesday, June 18th
10 AM-12 PM



Appointments are approximately
20 minutes long.
Call 508-894-1262 to schedule.



CAREGIVER SUPPORT

Alzheimer's Disease and Other Dementias

Facilitated by certified Alzheimer's
Association volunteers,
Leslee Barbosa & Jiku DePina

Friday, June 6th

1 ~ 2:30pm

Walk-ins are welcome!

HEALTH CORNER

**You can take steps to stay healthy and
active as you get older. It's important to:**

- Keep your body and mind active
- Choose healthy foods
- Talk to your doctor about any health concerns you have
- Take steps to prevent falls
- Stay safe while driving

**Remember, it's never too late to make
healthy changes in your life!**

For information on these or any other health
topic, drop in and say hello Thursdays from 9am
to 12pm at the COA.

Thank you,
Janeen

Public Health Nurse West Bridgewater

A BIG THANK YOU TO TRUCCHI'S SUPERMARKET AND FRAN DEIBEL!



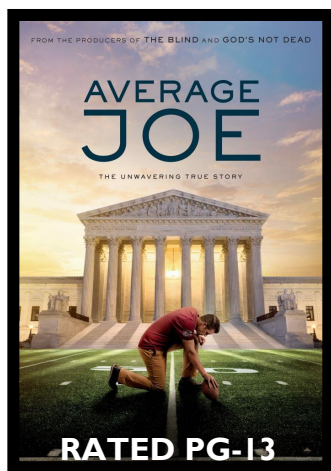
We're raising our crusts in gratitude for your
generous weekly donation of day-old bread!
You've truly buttered us up, and our seniors are
rolling in the dough (literally)! Your kindness
helps keep our community toasty and
nourished. Thank you for helping us loaf
around in style!



LUNCH AND A MOVIE

Our kitchen crew will prepare a delicious lunch for you to enjoy before the movie. \$5.00

TUESDAY, JUNE 10, 2025 11:30 AM



AVERAGE JOE 2024
 DRAMA * FAITH AND SPIRITUALITY
 1 Hour 39 Minutes



A former Marine turned high school football coach takes a legal stand to defend freedom and religious liberty for everyone.

Starring

Eric Close Amy Acker Austin Woods Andrea Figliomeni

Please make reservations by 3:00 PM Friday, June 6th.

Thank you to JOY for generously covering the cost of our annual movie license.

COA LUNCHES

Reservations required 24 hours in advance, 508-894-1262. Lunches are available in the dining room or Grab 'n Go (served promptly at 12 noon). Please let us know your choice when you make your reservation. Suggested Donation **\$5.00**. Menus are Subject to Change ~ **Please call if you need to cancel reservation.**

JUNE

MONDAY	WEDNESDAY	THURSDAY
2 Shepherds Pie ~ Ground Beef in Gravy, Topped with Corn & Mashed Potato, Side Salad, Birthday Cake	4 Sandwich & Fish Chowder Turkey Gobbler <u>OR</u> Steak & Cheese Sub, French Fries, Dessert	5 Shrimp Boat, French Fries, Homemade Cole Slaw, Dessert
9 LUNCH & SINGO Stuffed Shells w/Tomato Sauce, Side Caesar Salad, Lemon Cookies	11 Chicken Cordon Bleu, Confetti Rice, Vegetable, Dessert	12 Pasta & Meatballs, Italian Vegetable, Garlic Bread, Panna Cotta
16 Turkey a la King over Rice, Side Salad, Dessert	18 LUNCH & TV GAMES Baked Fresh Cod with Crumb Topping, Roast Potato, Lyonnaise Carrots, Dessert	19 We will be CLOSED June 19th in observance of Juneteenth 
23 Chef Salad ~ Crisp Greens w/ Carrots, Redicchio, Sliced Red Onion Topped with Strips of Ham, Turkey & Cheese, Warm Biscuit, Strawberry Shortcake	25 LUNCH & SINGO Chicken Broccoli Alfredo, Pasta, Hot Roll, Frosted Cake	26 LUAU Chicken Stir Fry, Pineapple Sweet & Sour Spam, Slow Roasted Pork Shoulder, Honolulu Rice, Veggie, Pineapple Pudding Cup
30 CLOSED FOR MAINTENANCE		SOUP TO GO THURSDAYS 1 FOR \$3.00, 2 FOR \$5.00   = Alternative meal available

MISSION STATEMENT

The purpose of **J.O.Y. (Just Older Youth)** is to seek and implement programs that will enhance the welfare of the senior citizens of West Bridgewater; to raise funds to assist the Council On Aging of West Bridgewater and other organizations, whose goals are complementary, in achieving their goals.

**\$10**

**TICKETS ON SALE
IN OFFICE
508-894-1262**

J.O.Y. ANNUAL FUNDRAISER**Strawberry****SHORTCAKE FESTIVAL****SATURDAY, JUNE 21st****1 PM - 3 PM**

**EAT IN/TAKE OUT
(NO DELIVERIES)**

Fresh Strawberries are generously donated by CN Smith Farm

CONGRATULATIONS TO**LEE HATCH**

**THE WINNER OF THE J.O.Y.
BOOKSHELF QUILT RAFFLE**

WE WOULD LIKE TO EXTEND A HEART-FELT THANK YOU TO EVERYONE WHO PLAYED A PART IN THE SUCCESS OF OUR YARD SALE FUNDRAISER! OUR DONORS' GENEROSITY, THE DEDICATION OF OUR VOLUNTEERS, AND THE ENTHUSIASM OF OUR SHOPPERS WERE ESSENTIAL IN MAKING THIS EVENT A RESOUNDING SUCCESS.

**J.O.Y. MEMBERSHIP ~ JUST OLDER YOUTH****ANNUAL DUES \$10.00 FOR 2025**

Date: _____ Phone: _____ Date of Birth: _____

Name: _____ Email: _____

Address: _____ City/State _____ Zip _____

I would like to do more., Additional contribution enclosed \$ _____

Total enclosed \$ _____ Please pick up your membership card in main office at the COA.

Would you like our newsletter mailed? YES _____ NO _____

J.O.Y. Volunteer Opportunities (check all that interest you): TICKET SALES _____ YARD SALE _____

BAKING _____ STRAWBERRY SOCIAL _____ LOBSTER ROLL PREPARATION _____

Check payable to:

J.O.Y., INC., c/o Monica Armstrong, Treasurer, COA, 97 W. Center St, W. Bridgewater, MA 02379

Find and circle all of the ice cream words that are hidden in the grid.
The words may be hidden in any direction.

ICE CREAM WORD SEARCH



ALMOND	LICORICE
BANANA	MAPLE WALNUT
BLUEBERRY	NEAPOLITAN
BUTTER PECAN	PEACH
CHERRY	PISTACHIO
CHOCOLATE	PUMPKIN
CINNAMON	ROCKY ROAD
COOKIE DOUGH	STRAWBERRY
HAZELNUT	VANILLA

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O I H C A T S I P B B N K N A O
O R L V C N A I L T A T Y N O U
C H E A A Y A U A T M U R O L C
V H C C E N E C I U T N R M A T
U R O A I B I L E U L L E A L K
P O C C E R O L N P B A H N M U
A C N R O P O L L A R W C N O L
L K R I A L E C N A U E E I N O
B Y U E E Z A A I E R L T C D R
I R N T A C N T E L O P E T L K
N O U H E A K C E I B A B A U B
A A T A P U M P K I N M A K B B
A D S T R A W B E R R Y T Z R N
O T H G U O D E I K O O C H H C
  
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Father's Day Word Scramble



- | | |
|---------------------|-------------------------|
| 1. ROMENT _____ | 11. ETACH _____ |
| 2. RESPPUORT _____ | 12. SMIEMORE _____ |
| 3. PORECTRTO _____ | 13. ALUNNOCOITNDI _____ |
| 4. OLRE DLOME _____ | 14. PCOMHSIANIOPN _____ |
| 5. VIDPROER _____ | 15. INOSPIRATNI _____ |
| 6. ERTADVUNE _____ | 16. EEGNOCURA _____ |
| 7. GHAULTER _____ | 17. QULIITANRYT _____ |
| 8. CNAEGUID _____ | 18. LUFYOJ _____ |
| 9. MOSIWD _____ | 19. NDIDECIOAT _____ |
| 10. DNOB _____ | 20. ECLEBRATE _____ |

1. MENTOR 2. SUPPORTER 3. PROTECTOR 4. ROLE MODEL 5. PROVIDER 6. ADVENTURE 7. LAUGHTER
8. GUIDANCE 9. WISDOM 10. BOND 11. TEACH 12. MEMORIES 13. UNCONDITIONAL 14. COMPANIONSHIP
15. INSPIRATION 16. ENCOURAGE 17. TRANQUILITY 18. JOYFUL 19. DEDICATION 20. CELEBRATE



Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH 12:30 Hand, Knee, Foot 1:00 JOY Meeting 5:00 Line Dancing	3 9:00 Men's Coffee Chat 9:00 Chair YOGA 11:30 PEN PAL PARTY 6:00 Register at: 	4 8:30 Ladies Exercise 8:30 WEDNESDAY WALKERS 9:00 Quilting 10:30 Early Birds 12:00 LUNCH 12:45 Bridge	5 9:00 Health Screening 10:00 MahJongg Lessons 10:30 Early Birds 12:00 LUNCH 12:30 MahJongg 1:00 Trucchis Van Run 3:00 ZUMBA GOLD	6 9:15 Tai Chi/ QiGong 10:00 Bereavement 10:00 Swedish Weaving 1:00 Caregiver's Support	7 8:00 & 9:30 
9 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH & SINGO 12:30 Hand, Knee, Foot 5:00 Line Dancing	10 9:00 Men's Coffee Chat 9:00 NO Chair YOGA 11:30 LUNCH & A MOVIE 6:00 Register at: ww.com 	11 8:30 Ladies Exercise 8:30 WEDNESDAY WALKERS 10:30 Early Birds 11:00 TRIAD LUNCH BLUESTONE BANK 12:45 Bridge	12 9:00 Health Screening 10:00 Atty Schlosser 10:00 MahJongg Lessons 10:30 Early Birds 12:00 LUNCH 12:30 MahJongg 1:00 Trucchis Van Run 3:00 ZUMBA GOLD	13 9:15 Tai Chi/ QiGong 10:00 Swedish Weaving 1:00 CRAFTING W/ LAUREN	14 8:00 & 9:30 
16 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH 12:30 Hand, Knee, Foot 5:00 Line Dancing	17 9:00 MEN'S BREAKFAST 9:00 NO Chair YOGA 6:00 Register at: ww.com 	18 8:30 Ladies Exercise 8:30 WEDNESDAY WALKERS 9:00 NO Quilting 10:00 HEARING SCREENING 10:30 Early Birds 10:30 12:00 LUNCH & TV Game Shows	19 We will be  June 19th in observance of 	20 9:15 <u>NO</u> Tai Chi/ QiGong 10:00 Swedish Weaving	21 8:00 & 9:30 
23 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH 12:30 Hand, Knee, Foot 5:00 Line Dancing	24 9:00 Men's Coffee Chat 9:00 Chair YOGA 6:00 Register at: ww.com 	25 8:30 Ladies Exercise 8:30 WEDNESDAY WALKERS 10:30 Early Birds 11:00 REP BRIDGET PLOUFFE 12:00 LUNCH & SINGO 12:45 Bridge	26 9:00 Health Screening 10:00 Mahjongg Lessons 10:30 Early Birds 12:00 LUAU LUNCHEON 12:30 MahJongg 1:00 Trucchis Van Run 3:00 ZUMBA GOLD	27 8:15 Dr. Deroscher 9:15 Tai Chi/ QiGong 10:00 Swedish Weaving	28 8:00 & 9:30 
30 COA CLOSED FOR MAINTENANCE	JULY 1 6:00 WEIGHT WATCHERS ONLY 	JULY 2 COA CLOSED FOR MAINTENANCE	JULY 3 COA CLOSED FOR MAINTENANCE	JULY 4 CLOSED 	JULY 5 8:00 & 9:30 

LOCAL ORGANIZATON SUPPORT, PARTNERSHIP AND ENCOURAGEMENT

Special Thank You to:

Executive Office of Aging & Independence (formerly (EOEA)

Old Colony Elder Services (OCES)

Mass. Cultural Council, West Bridgewater Cultural Council

Home for the Aged Men in the City of Brockton

Town Administrator David Gagne,

Assistant Town Administrator Linda Torres

WB Police Association

WB Police and Chief Timothy Nixon

WB Police Lieutenant Jonathan Craven

WB Fire Association

WB Fire and Chief Lincoln Thibeault

West Bridgewater Lions Club, Jerry Lawrence

District Attorney, Timothy Cruz

Plymouth County Sheriff, Joseph McDonald

WB DPW Phil McNulty and Michael Hutchinson & Crew

WB Schools and Superintendent Mark Bodwell

LifeCare of West Bridgewater, Phyllis Krastinov and Jen Sousa

The Residence at Five Corners, Nancy Fullerton

Gather Health, Julissa Gutierrez

Brockton VNA, Ava Hallam



Howard Collegiate Institute — containing West Bridgewater Public Library

**Howard High School, built in 1875, destroyed
by fire, March 21, 1949**

The West Bridgewater Historical Commission

Invites You to Visit Our New

West Bridgewater Town Museum

Located in the old Fire Barn behind the Town Hall at

65 N. Main Street, West Bridgewater



**Greystone Towers Sanatorium at River &
S. Elm Streets built in 1905 and destroyed by
fire on September 6, 1921**

2025 Season Open Houses

Saturday, June 28th 1:00 - 3:00 PM

Saturday, July 26th 1:00 - 3:00 PM

Saturday, August 16th 1:00 - 3:00 PM

Admission is free, however, freewill donations are accepted

We welcome donations/loans of historical items pertaining to West Bridgewater history



PRIDE MONTH, LGBTQIA+ SENIOR LUNCHEON

The 1969 Stonewall Uprising served as a catalyst for the global movement for LGBTQIA+ rights.

In June, we celebrate Pride Month commemorating this important time in history.

Diversity enriches our community. Old Colony Elder Services (OCES) supports the independence and dignity of older adults and individuals with disabilities by providing essential information and services that promote healthy, safe living. OCES aspires to be a culturally diverse and inclusive organization that removes barriers creating equity for all by empowering individuals and communities to thrive, age in place, and reach their highest potential.

OCES supports EVERYONE without exception. There is “No Wrong Door” when it comes to supporting all. Through more than 20 different programs, OCES offers significant life-supporting care, contributing to an individual’s ability to live within the community as independently as possible for as long as possible while preserving dignity and quality of life. With a service area of 23 communities, OCES is the largest provider of these in-home and community-based services for older adults and people living with disabilities in southeastern Massachusetts.

One example of OCES’ in-home and community-based services is the Nutrition Program. This program enhances the quality of life for older adults by providing nutritionally sound and satisfying meals through Meals on Wheels (home-delivered meals) and through Community Dining meal sites located throughout OCES’ service area.

Community Dining meal sites enable older adults to gather, enjoy a nutritionally balanced meal, and socialize. Community Dining sites are open to all older adults and provide noontime meals Monday through Friday. These Community Dining sites offer safe spaces for LGBTQIA+ individuals.

Nutrition education presentations, activities or entertainment may also be offered during mealtimes at Community Dining sites. Special meals such as barbecues, A Traveling Chef, holiday meals, and Grab and Go Meals may be featured at select Community Dining sites. An LGBTQIA+ senior luncheon is offered monthly at Bridgewater Senior Centers and features SINGO, an exciting game similar to bingo but with a musical spin.

Meal reservations are required at all Community Dining sites. For more information about OCES’ Nutrition Program and to locate a Community Dining site, visit <https://ocesma.org>

OCES is proud to participate in this year’s Plymouth Pride Festival that will feature music, entertainment, food trucks, a pet contest, craft and retail vendors, and resources. Visit OCES’ booth during the event on Sunday, June 29, 2025, from 11 am to 5 pm at Nelson Memorial Park, 235 Water Street in Plymouth. For more information, visit <https://www.plymouthprideinc.com/pride2025>

OCES is dedicated to creating better futures for everyone we serve and communities at large. To learn more about programming at OCES, visit www.ocesma.org. If you need services, contact OCES’ Information and Referral Department at 508-584-1561.

H M E N T A L S O C I A L P H Y S I C A L

PHYSICAL WELL-BEING CLASSES

(All classes are one hour long)

EXERCISE & MUSCLE CONDITIONING WITH ROSEMARIE; Mondays and Wednesdays 8:30 am \$5.00 **Summer break: July & August, Back on Sept. 8th.** Low Impact. Gentle exercise, part dance, part stretch, part aerobics, this class has something for everybody. Improves strength, flexibility and balance. Great for those with arthritis and stiff joints.

LINE DANCING WITH DONNA DESMOND; Mondays 5:00 pm \$5.00

Enjoy the world of Line Dancing, learning the "Boot Scootin' Boogie", "Watermelon Crawl", "Wagon Wheel" among a wide variety of other favorites, "Cupid Shuffle", "Cha Cha Slide", "The Git Up" and MORE.

CHAIR YOGA; Tuesdays, 9:00 am Sponsored by LifeCare of West Bridgewater

Benefits of Chair Yoga: Improves Flexibility, Reduces Stress, Alleviates Pain, Improves Strength, Balance and Better Sleep.

WEDNESDAY WALKING WITH ALTA; Wednesday 8:30am (April-October) at WBMSHS Track, No Charge A great way to start your day, exercise and socialize walking the smooth, flat surface of the high school track. No sign-up needed, just join in and get energized!

ZUMBA GOLD WITH HEATHER; Thursdays 3:00 pm \$5.00

A class for those who may be hesitant to jump into a high impact class. You will get a safe and effective total body workout, guaranteed, in a party atmosphere that is different, fun with easy to follow dance moves.

TAI CHI/QIGONG A GENTLE WAY TO FIGHT STRESS WITH MICHAEL SHOWSTACK; Fridays 9:15 am \$5.00

Low impact, minimal stress on muscles and joints. Benefits include: Decreased stress and anxiety, Increased muscle strength and definition, flexibility and balance, energy and stamina and Aerobic Capacity. Also known to slow Parkinson's Symptoms for years as well as can be more effective for reducing High Blood Pressure.

THERE'S A CLASS SUITED TO EVERY BODY! Advance registration is not necessary, just stop by!!!



MAH JONGG LESSONS

Thursdays @ 10 AM - 12 PM



Dive into the exciting world of Mah Jongg at the West Bridgewater Council on Aging! Don't worry if you're a beginner, we'll teach you this classic Chinese tile game that blends strategy and finesse. It's a perfect way to meet new friends while mastering a captivating challenge.

Don't miss your chance to learn this fascinating game! Let the fun begin!

HAND, KNEE & FOOT

Mondays @ 12:30 PM



Are you ready for a game that's all about fun and strategy? Join our Hand, Knee, and Foot group at the senior center! We welcome all skill levels! Don't worry if you're new; we'll teach you everything you need to know. Come for the cards, stay for the camaraderie! Your spot at the table awaits!



BRIDGE

Wednesdays @ 12:45 PM



Join our welcoming Bridge group on Wednesdays at 12:45 PM! Whether you're a seasoned player or a complete beginner, we'll teach you the ins and outs of this classic card game. Don't miss out on the fun. Come shuffle those cards with us!



Aprea, Jr., John
 Arakelian, June
 Armstrong, Kenneth
 Arruda, Maria
 Barile, Rozann
 Bartlett, Raymond
 Bartol, Linda
 Bedard, James
 Berger, Avis
 Bethoney, Paula
 Borgeson, Pamela
 Bowman, Deborah
 Bradford, Nora
 Brennan, Deborah
 Brides, Gary
 Broderick, John
 Burke, Ann
 Burke, Madelyn
 Cartier, Jane
 Charlebois, Edward
 Charron, Barbara
 Cheney, Carol
 Claassen, Kenneth
 Clark, Andrew
 Connolly, Janet
 Coots, Laura
 Cross, Gretchen
 DeCosta, Douglas
 DeCosta, Yvonne
 Devlin, Katherine
 Donahue, Ethel
 Doty, Justin
 Edwards, Vincent
 Emord, Robert
 Feeney, Mary
 Ferbert, Thomas
 Fernandes, Roberto
 Ferraguto, Nancy
 Fontinha, Rita
 Fowler, Robert
 Fralick, Helen
 Fung, Hak Yung

Gaquin, Terry
 Geniuch, Jean
 Gibson, Richard
 Gilbert, Cheryl
 Goodwin, Nancy
 Gorman, Jean
 Gray, Calvin
 Gray, Frances
 Grew, John
 Guilbault, Donna
 Hahl, Keith
 Harte, Marilyn
 Hatch, Jane
 Healy, Diane
 Herrick, Clifton
 Holmquist, Laura
 Hossfeid, Paul
 Howard, Pamela
 Irvine, Marie
 Jezard, James
 Jones, Laurel
 Keane, Rev. Donna
 Kearney, Catherine
 Kelliher, Dean
 Kincaid, James
 King, James
 Kovatis, William
 Krushas, Nancy
 Lauzon, Debra
 Lepage, Carolyn
 Lopes, Judith
 Lynch, Joanie
 MacGregor, Barbara
 Manning, Robert
 Marble, Michael
 Mathieson, Bette
 McDevitt, Mary Ann
 McDonald, Dexter
 McIntire Jr., Kenneth
 Meech, Francis
 Merlino, Ruth
 Miller, Jean
 Miller, Maureen
 Monkevicz, Grace
 Moreira, Marilyn

Morgan, Susan
 Muckenthaler, Elizabeth
 Neely, Jacqueline
 Nichols, Dennis
 Noftall, John
 Nolan, Virginia
 Noonan, Frances
 Olson, Carolyn
 Olson, Joan
 Ostman, Michael
 Palmieri, Victor
 Parks, Wayne
 Peabody, Elinor
 Phillips, Carole
 Piazza, William
 Piver, Jeannie
 Pratt, Beverly
 Price, Mary
 Quinn, Richard
 Rivera, Claire
 Rosebush, Donald
 Sarcione, Ulrike
 Sawyer, Jr, Harry
 Schweighauser, Bernard
 Slowey Sr, Robert
 Somario, Stephen
 Stratoti, Susan
 Teixeira, Manuel
 Turpin, Victoria
 Veiga, Irma
 Walsh, Karen
 Welch, Marianne
 Westberg, Richard
 Willwerth, Pamela
 Woodcock, Linda
 Young, Susan
 Young, Warren
 Younie, Barbara



COUNCIL ON AGING MEETING SCHEDULE

EXECUTIVE COMMITTEE MEETING

Wednesday
June 4,, 2025

BOARD MEETING

Wednesday,
June 11,, 2025

BOARD OF DIRECTORS

Jim Henderson, Chairman
Linda Gibson, Vice Chairman
David Fazio, Treasurer
Monica Armstrong, Secretary
Robert Marks
Paula Schlosser
Alta Pratt

STAFF

Marilyn Mather, Director
Alison Hatch, Executive Asst.
Vacant Outreach/SHINE
Francine Burns, Outreach Asst.
Lorna Brasill, Newsletter Editor &
Activities Coordinator
Pam Berglund, Office Asst.
Al McPhee, Kitchen Mgr./Chef
Steven Beauchamp, Chef Asst.
Jean Geniuch, Cook
Keith Crosby, Activities Facilitator
Allen Breer, Driver
Kevin Moynihan, Driver

J.O.Y. BOARD

Fran Deibel, President
Jean Ellis, Vice President
MaryLou Marks, Secretary
Jane Hatch, Corresponding Sec.
Monica Armstrong, Treasurer
Alta Pratt, Assistant Treasurer
Bernie Schweighauser, Chaplain

WEST BRIDGEWATER



**1ST & 3RD
WEDNESDAY
1:45 - 3:00 P.M.**

and

5:30 - 6:00 P.M.

RED BARN ACRES

457 REAR S.MAIN ST.
UNIT #1

508-510-5274

Our newsletter is also available online. Download your copy at

https://www.westbridgewaterma.org/residents/capen_caller_newsletter.php

And see what's new with us!



Please show your support and "Go Purple" during the month of June for Alzheimer's and Elder Abuse Awareness.

You turn time into treasure with your volunteering - our heartfelt thanks for everything you do!

Lesley Anderson
Monica Armstrong
Barbara Breault
David Britton
Dawn Broderick
Anita Buckley
Paul Busse
Art Cabral
Jerry Carroll
Linda Cerce
David Churchill
Fran Deibel

Sara Driscoll
Sue Edwards
Jean Ellis
Ken Ellis
David Fazio
Kerri Filippini
Connie Fiorentino
Linda Ford
Linda Frenette
Linda Gibson
Jane Hatch
Diane Healey

Jim Henderson
Ron Holmes
Ron Jabara
Ron Keith
Rosa Keith
Joanne Kelley
Cynthia Kwan
Peter Leitch
Salvatore Lena
Mary Marinelli
Marylou Marks
Robert Marks

Donald Martin Sr.
Christina McPhee
Marguerite Morse
Ray Mouradian
Elaine Panek
Alta Pratt
Claudia Rotondi
Evelyn Salvador
Bernard Schweighauser
Aime Vacher
Jenny Williams
Norma Winchell

COMMUNITY CARING CORNER

- **Barbara Murphy and "Nancy"** for medical equipment
- **Jack Sullivan** for glassware
- **Marguerite Morse** for her JOY donation
- **Gwenn Buckley** for craft paint
- **G.F. Williamson** for cash donation
- **Trucchi Supermarket and Fran Deibel** for bread and pastry donations
- **J.O.Y.** for continued support, kindness and generosity. For Fresh Fish Lunches and for SINGO twice a month!
- **WB Food Pantry** for food donations
- **WB Police Dept.** for continued support and spending time with our seniors and helping serve lunch and Grab 'n Go meals.
- **COA Board of Directors, Staff & Volunteers** for helping make our COA a warm and wonderful place to be, and dedication to the operation of the COA and the health and wellness of WB seniors

"Gratitude can transform common days into Thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." ~ William Arthur Ward

Gratefully, Marilyn Mather, Director of Elder Services