

LOOK WHAT'S INSIDE!

Lunch & Television Game Shows
 Lunch & SINGO
 Early Bird Chair Dancing
 Meet & Greet State Rep. Bridget Plouffe
 Crafting W/Lauren
 Grief Support
 Medicare Advantage Open Enrollment
 LIHEAP Fuel Assistance
 Caregiver Support
 At Home Hearing
 Health Corner
 File of Life
 February Lunch & A Movie
 February Lunch Calendar
 J.O.Y.'s Mission Statement
 J.O.Y.'s Valentine Lottery
 Ticket Wreath Raffle
 J.O.Y.'s Annual Dues Form
 Word Search
 Word Scramble
 February Activity Calendar
 Med Return Drug Collection
 RAVE
 Taking Care of Your eartPhysical Well-Being Classes
 February Birthdays
 Board of Directors
 Staff & Volunteers
 Food Pantry Info.
 Community Caring Corner



SCAN WITH CAMERA PHONE



Scan the QR code to stay connected with the West Bridgewater Council on Aging! Access important dates, resources, and activities tailored for our community's seniors. Your gateway to engagement and support is just a scan away!

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

FEBRUARY 2025

Valentine Lunch

With **\$6.00**



THE STEVE RUDOLPH TRIO

Thursday, February 13th


11:30 AM

Please register by Wednesday, February 12th

508-894-1262

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



FILLS UP FAST!

LUNCHEON

MONDAY, MARCH 3RD

11:30 AM

Please Register By Friday, Feb 28th

— STARRING —

BIG SMILES ENTERTAINMENT



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

LUNCH WITH GEORGE WASHINGTON

LUNCH
SERVED
AT
NOON.
SHOW
WILL
FOLLOW



MONDAY
FEB 3RD
12:30 PM

Presented By:
Richard Nichols

RESERVE YOUR SEAT TODAY!

508-894-1262

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

ACTIVITIES AND SPECIAL EVENTS

WEST BRIDGEWATER COUNCIL ON AGING

97 WEST CENTER ST
WEST BRIDGEWATER, MA
508-894-1262

CALL TO RESERVE YOUR
SEAT TODAY!

Lunch served at noon with game
immediately following.



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

WB COUNCIL ON AGING

LUNCH AND SINGO

HOSTED BY DJ JIM

Dropping Songs, Not Numbers!

MONDAY, FEB 10TH
WEDNESDAY, FEB 26TH

11:30 AM

MUSIC FROM THE DECADES

MUSIC TRIVIA, OLD TIME TUNES,
SING-A-LONGS, PRIZES AND A
WHOLE LOT OF FUN!!

REGISTRATION REQUIRES MINIMUM
OF 24 HOURS NOTICE

**EARLY BIRD
CHAIR
DANCING**

**LET'S
SIT & PARTY**

**WEDNESDAY
FEB 12TH
10:30 AM**

Mass Cultural Council

**JOIN US FOR LUNCH AND MEET OUR NEW STATE REPRESENTATIVE,
BRIDGET PLOUFFE
WEDNESDAY, FEBRUARY 5TH @ 11:00 AM ~ REGISTER TODAY!**

CRAFTING WITH LAUREN \$9.00



**TUESDAY, FEBRUARY 25TH
1 PM**

Please Register By
Tuesday, February 18th
Payment Due At Sign Up

Old Colony Hospice & Palliative Care

SPOUSAL/PARTNER LOSS GRIEF SUPPORT GROUP

A grief support group is for those
who have experienced the death of
a loved one.

The group offers the opportunity to talk about
experiences with others who have gone through a similar
loss and to share stories.

Vincent Crouse is an experienced group leader who will
help foster open discussion, provide education to under-
stand the grieving process and offer coping skills to pro-
mote a healthy healing process. The outcome will be to
gain self-awareness, embrace healing, meet new friends,
and gain a sense of community.

This six session program begins on
Friday, March 7th at 10am

Call Vincent Crouse, Old Colony Hospice Spiritual Care
for Information and to register; 781-341-4145

MEDICARE ADVANTAGE OPEN ENROLLMENT

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who have a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in March, your new coverage begins April 1.

Changes that can be made during this period include switching to:

- a different MA plan with drug coverage;
- a different MA plan without drug coverage;
- Original Medicare and a Part D plan; or Original Medicare without a Part D plan.



**CALL STACY
FOR MORE INFO!**

LIHEAP FUEL ASSISTANCE

Household of 1 - \$49,196
2 - \$64,333

The following documents are needed to submit along with your app:

Proof of income and Social Security Cards for all members of the household.
Photo ID for the head of household.
Rental agreement /Lease, Copy of mortgage statement and/property taxes & insurance.
Current electric, water and heating bills.
Please call 508-894-1262 for more info and to schedule your appointment.



CAREGIVER SUPPORT

Alzheimer's Disease and Other Dementias

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

Friday, February 7th 1 ~ 2:30pm
Walk-ins are welcome!

**SCHEDULE
CHANGE**

Get your free hearing screening with
Lauren from

At Home Hearing, on
Wednesday, February 19th
10 AM-12 PM

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



HEALTH CORNER

**February is
American Heart Month**



Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being. Stop by the COA on **Thursdays, 9am-12pm to visit with Public Health Nurse, Janeen** for more info and to have your blood pressure & glucose checked!

No appointment necessary.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !		
MEDICAL DATA REVIEWED AS OF MO. YR.		
Name:	Phone #:	
Address:	Preferred Hospital:	
EMERGENCY CONTACTS		
Name:	Phone #:	
Address:	Phone #:	

The "File of Life" is a medical information packet designed to provide emergency personnel with necessary medical data to begin immediate treatment.

The "File of Life" Refrigerator Magnet is a red vinyl packet containing a medical information card for each household member. The front of the packet is clear vinyl. Each card is folded twice, the bottom 2 sections and back of each card contain all the medical data emergency personnel need to begin treatment.

Pick yours up today at the COA!
If you can't make it here, let us know.

LUNCH AND A MOVIE

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



TUESDAY, February 11, 2025, 11:30 AM

THE LOST VALENTINE 2024

PASSIONATE * TOUCHING * DRAMA * ROMANCE

1 Hour 36 Minutes



Susan Allison, jaded TV reporter, receives a sentimental Valentine's Day news assignment: the story of Caroline Thomas, who has waited 60 years for her pilot husband, declared missing in action during World War II, to return to her.

Starring:





Betty White, Jenifer Love Hewitt and Sean Farris

Please make reservations by 3:00 PM Friday, February 7th

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.

FEBRUARY

MONDAY	WEDNESDAY	THURSDAY
SOUP TO GO THURSDAYS 1 FOR \$3.00, 2 FOR \$5.00   = Alternative meal available		
3 LUNCH w/George Washington Chicken Breast w/Marsala Sauce, Buttered Noodles, Mixed Vegeta- ble Cherry Birthday Cake	5 Lunar New Year Celebration Shrimp lo Mein, Fried Rice, Beef Cubes Teriyaki, Pineapple Fortune Cookies	6 Sausage & Pepper Submarine, French Fries, Mixed Vegetables, Tiramisu Cup 
10 LUNCH & SINGO Salisbury Steak w/Gravy, Mashed Potato, Corn, Dessert	12 Baked Fresh Cod, Twice Baked Potato, Vegetable, Dessert	13 Valentines w/Steve Rudolph Breaded Pork Cutlet w/Jardiniere Sauce, Buttered Noodles, Veggie, Apple Strudel
17 	19 LUNCH & TV GAMES SHOWS Beef Franks, N.E. Baked Beans, Cole Slaw, Brown Bread, Dessert	20 Cheese Ravioli, Zucchini, Garlic Bread, Dessert
24 Chicken, Broccoli and Cheese Stuffed Potato, Dessert	26 LUNCH & SINGO American Chop Suey, Zucchini Blend, Roll & Butter, Dessert	27 Roast Turkey, Stuffing, Potato, Gravy, Vegetable, Roll, Dessert

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.

J.O.Y. BOARD

Fran Deibel, President
Jean Ellis, Vice President

MaryLou Marks, Secretary
Jane Hatch, Corresponding Sec.
Bernie Schweighauser, Chaplain

Monica Armstrong, Treasurer
Alta Pratt, Asst. Treasurer



J.O.Y. VALENTINE LOTTERY TICKET RAFFLE

This raffle ticket will represent five (5) chances of winning the Valentine wreath (upon receipt we will complete 4 more tickets in your name for the drawing),

Fill in your name and telephone number, clip coupon, and include with your \$5.00 donation, cash or check made payable to **J.O.Y.** Bring it to the COA or mail it c/o Monica Armstrong, Treasurer,
97 West Center St, West Bridgewater, MA 02379.



J.O.Y. VALENTINE LOTTERY TICKET WREATH

DRAWING WILL BE HELD THURSDAY, FEBRUARY 13TH

Name: _____

Telephone #: _____

J.O.Y., INC. ANNUAL DUES

Dues are due and paid annually each January. Please complete the form below and include check made payable to J.O.Y., Inc. Any questions contact the COA office ... 508-894-1262.

J.O.Y., INC. (Just Older Youth) Friends of the West Bridgewater Council On Aging

Date: _____ Phone: _____ Date of Birth: _____

Name: _____ Email: _____

Address: _____ City/State _____ Zip _____

JOY Membership dues for 2025 **\$10.00**

I am happy to be a "Friend," but 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 _____

Check payable to:

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

USA PRESIDENTS WORD SEARCH

Find and circle all of the United States Presidents that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quote.

- | | |
|----------------|-------------------|
| 1. WASHINGTON | 24. MCKINLEY |
| 2. J ADAMS | 25. T ROOSEVELT |
| 3. JEFFERSON | 26. TAFT |
| 4. MADISON | 27. WILSON |
| 5. MONROE | 28. HARDING |
| 6. J Q ADAMS | 39. COOLIDGE |
| 7. JACKSON | 30. HOOVER |
| 8. VAN BUREN | 31. F D ROOSEVELT |
| 9. W HARRISON | 32. TRUMAN |
| 10. TYLER | 33. EISENHOWER |
| 11. POLK | 34. KENNEDY |
| 12. TAYLOR | 35. L B JOHNSON |
| 13. FILLMORE | 36. NIXON |
| 14. PIERCE | 37. FORD |
| 15. BUCHANAN | 38. CARTER |
| 16. LINCOLN | 39. REAGAN |
| 17. A JOHNSON | 40. G H W BUSH |
| 18. GRANT | 41. CLINTON |
| 19. HAYES | 42. G W BUSH |
| 20. GARFIELD | 43. OBAMA |
| 21. ARTHUR | 44. TRUMP |
| 22. CLEVELAND | 45. BIDEN |
| 23. B HARRISON | |

M	J	B	N	A	G	A	E	R	E	J	Q	A	D	A	M	S	W
A	A	U	O	T	N	A	R	G	R	G	E	N	S	H	W	O	N
D	D	C	S	U	R	L	D	E	A	D	D	B	E	A	E	O	T
I	A	H	N	M	O	O	T	N	N	R	V	I	S	D	T	O	L
S	M	A	H	B	O	R	O	A	O	A	F	H	L	N	I	I	G
O	S	N	O	S	A	N	L	S	N	S	I	I	I	O	N	B	N
N	R	A	J	C	U	E	R	B	E	N	I	L	E	C	O	T	I
I	U	N	B	G	V	B	U	O	G	V	C	R	O	L	Y	C	D
T	H	O	L	E	H	R	W	T	E	E	E	L	R	L	D	T	R
H	T	T	L	A	E	A	O	G	K	I	N	L	E	A	R	E	A
S	R	C	O	N	F	N	Y	Y	K	S	F	R	T	U	H	M	H
U	A	F	D	R	O	O	S	E	V	E	L	T	M	E	A	W	N
B	N	O	S	K	C	A	J	L	S	N	N	A	S	B	T	P	E
W	A	N	W	I	L	S	O	N	N	H	N	N	O	D	A	I	T
H	P	M	U	R	T	O	O	I	N	O	S	R	E	F	F	E	J
G	N	T	A	Y	L	O	R	K	O	W	X	B	L	D	T	R	F
N	O	S	N	H	O	J	A	C	E	E	T	I	O	G	Y	C	O
K	L	O	P	F	I	L	L	M	O	R	E	I	N	V	E	E	R
R	E	V	O	O	H	I	T	B	H	A	R	R	I	S	O	N	D



Mardi Gras Word Scramble



1. EAPARD _____

2. DBEAS _____

3. SKAM _____

4. GKIN CAEK _____

5. TJEERS _____

6. OFLTA _____

7. LAVRINAC _____

8. GRENE _____

9. RPLEPU _____

10. DLOG _____

11. CBILARETOEN _____

12. DNACE _____

13. MUSCI _____

14. OTMSECU _____

15. YTRPA _____

16. DNOUGHU _____

17. EUR _____










18. SVIETEF _____

19. WNROC _____

20. WEN SNLROEA _____

1. PARADE 2. BEADS 3. MASK 4. KING CAKE 5. JESTER 6. FLOAT 7. CARNIVAL 8. GREEN 9. PURPLE 10. GOLD
11. CELEBRATION 12. DANCE 13. MUSIC 14. COSTUME 15. PARTY 16. DOUGHNUT 17. RUE 18. FESTIVE
19. CROWN 20. NEW ORLEANS

February

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 8:00 & 9:30 
3 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH & GEORGE WASHINGTON 12:30 Hand, Knee, Foot 5:00 NO Line Dancing	4 9:00 Men's Coffee Chat 9:00 Chair YOGA 6:00 Register at: ww.com 	5 8:30 Ladies Exercise 9:00 Quilting 10:30 Early Birds 11:00 State Rep Bridgett Plouffe 12:00 Lunch 12:45 Bridge	6 9:00 Health Screening 10:30 Early Birds 12:00 Lunch 12:30 MahJongg 1:00 Trucchis Van Run 3:00 ZUMBA GOLD	7 9:15 Tai Chi/ QiGong 10:00 Bereavement 10:00 Swedish Weaving 1:00 Caregiver Support 1:00 POLICE ACADEMY	8 8:00 & 9:30 
10 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH & SINGO 12:30 Hand, Knee, Foot 5:00 NO Line Dancing	11 9:00 Men's Coffee Chat 9:00 Chair YOGA 11:30 LUNCH AND A MOVIE 6:00 Register at: ww.com 	12 8:30 Ladies Exercise 10:30 Early Birds 10:30 CHAIR DANCING 12:00 Lunch 12:45 Bridge	13 9:00 Health Screening 10:30 Early Birds 12:00 VALENTINE LUNCH W/ STEVE RUDOLPH TRIO 12:30 MahJongg 1:00 Trucchis Van Run 3:00 ZUMBA Gold	14 9:15 Tai Chi/ QiGong 10:00 Bereavement 10:00 Swedish Weaving 1:00 POLICE ACADEMY	15 8:00 & 9:30 
17 	18 9:00 Men's Coffee Chat 9:00 Chair YOGA 6:00 Register at: ww.com 	19 8:30 Ladies Exercise 9:00 Quilting 10:30 Early Birds 12:00 LUNCH & GAME SHOWS 12:45 Bridge	20 9:00 Health Screening 10:30 Early Birds 12:00 Lunch 12:30 MahJongg 1:00 Trucchis Van Run 3:00 ZUMBA GOLD	21 9:15 Tai Chi/ QiGong 10:00 Swedish Weaving 1:00 POLICE ACADEMY	22 8:00 & 9:30 
24 8:30 Ladies Exercise 10:30 Early Birds 12:00 Lunch 12:30 Hand, Knee, Foot 5:00 NO Line Dancing	25 9:00 Men's Coffee Chat 9:00 Chair YOGA 6:00 Register at: ww.com 	26 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH & SINGO 12:45 Bridge	27 9:00 Health Screening 10:30 Early Birds 12:00 Lunch 12:30 MahJongg 1:00 Trucchis Van Run 3:00 ZUMBA GOLD	28 9:15 Tai Chi/ QiGong 10:00 Swedish Weaving 1:00 POLICE ACADEMY	



West Bridgewater Police Department Headquarters has a **Prescription Drug Receptacle** located right in the front lobby. You can safely dispose of unwanted, outdated or unnecessary prescription drugs and syringes 24 hours a day, 7 days a week with no questions asked.

Studies show that often the path to drug abuse begins by taking drugs meant for other family members, friends or by abusing their own prescribed painkillers beyond their intended use. Proper disposal of old or unused prescription drugs keeps them out of reach of a bad decision that could lead to drug addiction down the road. West Bridgewater Police Department strongly encourages anyone with unnecessary prescriptions or old medications to help us keep them off the streets and out of the hands of loved ones by disposing of them quickly and easily at WBPD Headquarters.



WHEN EMERGENCIES HAPPEN, BE THE FIRST TO KNOW



West Bridgewater's **NEW** Emergency Alert Sign-Up
(brought to you by the West Bridgewater Fire Department)

Receive Town related emergency alerts in real time by signing up using the QR Code or you can use this link:

<https://www.smart911.com/smart911/ref/reg.action?pa=wbridgewater>

Having trouble or need assistance?
Please call us at the COA, we can help sign you up!

Stay informed when it matters most!

Emergency officials may use the system to make calls to wireless phones and landline phones during localized emergencies, as well as text messages. These messages may include information on floods, fires, missing persons, evacuation orders, shelter-in-place instructions, weather emergencies and Amber Alerts, as well as a monthly test of the email and text message system.





TAKING CARE OF YOUR HEART

Heart disease is the leading cause of death for men and women in the United States, according to the U.S. Centers for Disease Control and Prevention (CDC).

February is American Heart Month, a time to bring awareness to heart disease and lifestyle changes that can help reduce your risk for this serious disease.

It's important to know the risk factors for heart disease; the major factors are high blood pressure, high blood cholesterol and smoking. According to the CDC, other factors include diabetes, obesity, physical inactivity and an unhealthy diet.

Know your numbers. Do you know your cholesterol level? How about your blood pressure? These numbers help provide a clearer picture of your overall health and risk factors for heart disease. Your physician or health care team can check your cholesterol and blood pressure. Based on your results, they will advise you of the next steps to take and how often you should have blood pressure and cholesterol screenings.

Healthier food choices. Eating a diet that is high in saturated fats and trans fats (which may be found in fried foods, some baked goods and snack foods) can raise your cholesterol and your risk for heart disease. Too much sodium can increase blood pressure, which can also increase your risk for heart disease. Many highly processed foods such as packaged snacks and instant products are high in sodium as well as some canned vegetables and breads. Be sure to check nutrition labels for saturated fat, trans fats and sodium content. Consider swapping foods such as French fries, pastries or chips for healthier options as fresh fruits, vegetables and whole grains. The Nutrition Program at Old Colony Elder Services (OCES) offers nutritional counseling and dietician services for those in need of nutrition assistance or resources. Learn more by visiting ocesma.org/programs-services/nutrition.

Stay active. A lack of physical activity can increase your risk of heart disease. Exercise can help you maintain mobility, strength and balance. According to the CDC, older adults need at least 150 minutes of physical activity each week. This could be 30 minutes of walking or cycling at least five days a week. You could even exercise in two, 15-minute sessions over the course of a day. Your doctor or health care team can recommend the best exercises for you.

Don't smoke. If you smoke, quit. If you don't smoke, don't start. For information and resources on how to quit smoking, visit the American Heart Association's web page <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/help-i-want-to-quit-smoking>

Volunteer. Research shows that volunteering is beneficial to your health. Volunteering provides a sense of purpose and boosts your social connection to others. It can also help increase physical activity and reduce stress.

Looking to help others and contribute to your community while realizing the health benefits of volunteering? Learn more about volunteer opportunities by visiting OCES' volunteer web page, ocesma.org/get-involved/volunteer-opportunities.

Sources:

U.S. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html>

U.S. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/heart-disease/about/index.html>

U.S. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/physical-activity-basics/adding-older-adults/index.html>

Points of Light. <https://www.pointsoflight.org/blog/volunteering-improves-your-mental-and-emotional-health/>

H
MENTAL
A
SOCIAL
T
PHYSICAL

PHYSICAL WELL-BEING CLASSES

(All classes are one hour long)

EXERCISE & MUSCLE CONDITIONING WITH ROSEMARIE; Mondays and Wednesdays 8:30 am \$5.00

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 **(No classes month of February)**

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; Wednesdays 8:30 am (April—October) at WB MSHS 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!!!

Embracing Emancipation:

Irish Immigrants and Slavery in the Civil War

Lecture by

Dr. Ian Delahanty



Thursday February 27th @ 6:30 p.m.

OBHS Memorial Building

162 Howard Street, West Bridgewater

Sponsored by the

Old Bridgewater Historical Society

General Public: \$5 at the door



Adams, Denise
 Adams, Richard
 Ames, Jimmy
 Andrews, Richard
 Bairos, Jose
 Baker Jr., John
 Bedard, Virginia
 Beinoras, Stephen
 Bennett, John
 Berkowitz, Steven
 Beyer, Patricia
 Brooks, Melissa
 Carriere, Arthur
 Chance, Roy
 Coleman, James Jr.
 Connolly, Cathy
 Crosby, Patricia
 Deeb, Paul
 Donahue, William
 Eichorn, Margaret
 Engstrom, Neil
 Estey-Wickens, Pat
 Feghaly, Victoria
 Flint, Joseph
 Freeman Jr, Paul
 Galasso, Katherine
 Gallagher, Ann
 Garland, Colby
 Geary, Jean
 Golder, Paul
 Gorin, Ira
 Gouthro, Patrick
 Hall, June
 Harlow, Albert
 Hopkins, Charles
 Howard, Marcia
 Hoxie, Darlene

Hurley, Hugh
 Iannitelli, Alexander
 Johnson, Laurel
 Jones, George
 Jordan, Sheila
 Kent, Alice
 Killagoar, Elaine
 Kinahan, Michele
 Kingsbury, Roger
 Kruja, Jean
 Lacy, Sandra
 Landry, Charles
 LaValley, Ethel
 Leibowitz, Rochelle
 Leines, Frank
 Lynn, Maureen
 Macrina, Sandra
 Mahoney, Nancy
 Marganian, Linda
 McCarthy, Stephen
 McMahon, David
 McPhail, Sylvia
 Mead, William
 Medairos, Edward
 Mehl, Sandra
 Mendes, Joan
 Merritt, Monique
 Midurski, Carrie
 Miller, Jay
 Morgan, Richard
 Murphy, Barbara
 Mylett, Jr, James
 Naphen, Robert
 Napoleon, Christine
 Nee, Patrick
 Norris, Pamela
 Norrman, Wendy
 Noyes, James
 Obas, Evena
 O'Neill, Margaret
 Packard, Viola
 Palie, Thomas
 Pendleton, Donna
 Pfistner, Timothy
 Phyllis, Linda

Pizzanello, Michael
 Rapoza, Marlene
 Ritucci, Joseph
 Rudnicki, Deborah
 Rudnicki, Fred
 Russell, Jeffrey
 Santos, Maria
 Sawler, Marion
 Sawler, Mark
 Seelye, Robert
 Seward, Richard
 Sheehan, Edward
 Smith, Anne
 Smith, William
 Stern, Ellen
 Stetson, Gerald
 Stewart, Monique
 Suffoletto, Joanne
 Sullivan, Sharon
 Sylvester, Barbara
 Thomas III, James
 Thoms, Paul
 Thoms, Valia
 Trojano, Judith
 Vargas, Jose
 Wang, Ying
 White, Susan
 Whitmore, Leonard
 Wilbur, Deborah
 Wilbur, Karen
 Winchell, Norma
 Woodlock, Gerard



COUNCIL ON AGING MEETING SCHEDULE

EXECUTIVE COMMITTEE MEETING

Wednesday,
February 5, 2025

BOARD MEETING

Wednesday,
February 12, 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
Connie Holmes, Exec. Asst.
Stacy Driscoll, Outreach/SHINE
Francine Burns, Outreach Asst.
Lorna Brasill, Newsletter Editor &
Activities Coordinator
Pam Berglund, Office Asst.
Al McPhee, Kitchen Mgr./Chef
Steven Beauchamp, Chef Assistant
Jean Geniuch, Cook
Keith Crosby, Activities Facilitator
Allen Breer, Driver
Kevin Moynihan, Driver



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/capencallernewsletter.php>

And see what's new with us!



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

Kathleen Alden
Lesley Anderson
Monica Armstrong
Frederick Baker Jr.
Leslee Barbosa
Barbara Breault
David Britton
Dawn Broderick
Paul Busse
Art Cabral
Jerry Carroll
Linda Cerce
David Churchill
Pat Claudio

Fran Deibel
Sue Edwards
Jean Ellis
Ken Ellis
Andrea Falvey
David Fazio
Kerri Filippini
Connie Fiorentino
Linda Ford
Linda Frenette
Linda Gibson
Sarah Goldman-Smith
Jane Hatch

Jim Henderson
Ron Jabara
Ron Keith
Rosa Keith
Irene King
Cynthia Kwan
Maureen Lamie
Ed Lauria
Peter Leitch
Salvatore Lena
Mary Marinelli
Marylou Marks
Robert Marks
Christina McPhee

Marilyn Meaney
Marguerite Morse
Ray Mouradian
Christine Page
Elaine Panek
Kara Pike
Alta Pratt
Claudia Rotondi
Erica Rubinski
Evelyn Salvador
Bernard Schweighauser
Roseanne Schweighauser
Aime Vacher
Jenny Williams



COMMUNITY CARING CORNER

- **Mary Mahoney** for Ice Cream bowls and sprinkles
- **Jason Winchell and Karyn Pedretti** for medical supplies
- **Virginia Nolan and COA Bridge Club** for a monetary donation
- **Paul Von Protz** for a monetary donation
- **Paula Morrison** for shower handle
- **Page Zaleski & Reese O'Keefe** for Homemade Cookies and Brownies
- **Raymond Mouradian** for a monetary donation
- **Paula Jones and Lisa Kennedy of Bridgewater's Polished Image** for helping sell tickets for the lottery Basket at Christmas time
- **Podgurski Welding** for helium for our helium tank
- **Tricia Williams & Family of Eldon Mereira** for sizeable donation in Eldon's memory
- **WB Food Pantry** for food donations
- **The Board, Staff & Volunteers** for making our COA a warm and welcoming place to be, and their 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