

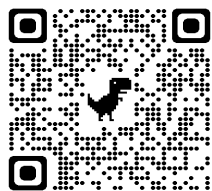
Capen Caller Newsletter

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

LOOK WHAT'S INSIDE!

T-Shirt Printing W/Elaine
Lunch & Irish Dummies
Lunch & Singo
Lunch & TV Game Shows
State Representative
Bridget Plouffe
Caregiver Support
Medicare Savings Programs
Grief Support
At Home Hearing
LIHEAP Fuel Assistance
Health Corner
March Lunch & A Movie
March Lunch Menu
J.O.Y.'s Mission Statement
J.O.Y. Valentine Raffle
Winner
J.O.Y.'s Easter Basket Raffle
J.O.Y.'s Annual Dues Form
Word Search
Word Scramble
March Activity Calendar
Support, Partnership and
Encouragement
Circuit Breaker Tax Credit
National Social Work Month
Physical Well Being Classes
Mah Jongg, Hand, Knee and
Foot and Bridge Groups
March 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!

MARCH 2025

Connie Holmes has "decided to trade in her desk chair for a hammock! Yes, the rumors are true ~ she's retiring."

She is looking forward to "endless days of relaxation and spending more time with her family".

Connie joined the WB COA team in March 2017 as my Assistant. Being fairly new to running a COA myself, she and I learned together and developed systems, programs and services that have become the backbone of the successful COA we are today.

We will miss Connie, but we know she's not far away and she will make a wonderful volunteer spreading cheer around the building with her crafty flower decorations and seasonal touches. "Happy Days" Connie!

Marilyn



\$8.00
LUNCHEON
MONDAY, MARCH 3RD
11:30 AM

— STARRING —
BIG SMILES ENTERTAINMENT

FILLS UP FAST!

**Lunch Served
At Noon. Show
Follows.**



St. Patrick's Day
CORNER BEEF
&
CABBAGE DINNER
MONDAY, MARCH 17TH
11:30 AM

— ENTERTAINMENT BY —
DJ KEVIN

FILLS UP FAST!

**Lunch Served
At Noon.**

ACTIVITIES AND SPECIAL EVENTS

T-SHIRT PRINTING W/ELAINE



FRIDAY, MARCH 7TH

1:00 PM

\$7.00

Please Register By
Tuesday, March 4th
508-894-1262

HAPPY
ST. PATRICK'S
DAY!



****Assorted designs available****



**LUNCH &
IRISH DUMMIES**
MONDAY, MARCH 10TH
11:30 AM

Please Register By Friday, March 7TH

— STARRING —
KEVIN DRISCOLL &
LIAM THE LEPRECHAUN

Lunch Served
At Noon, Show
Follows. **\$7.00**



COMMUNITY MATTERS



Join State Representative Bridget Plouffe on the
4th Wednesday of every month at the COA!

Come bring your community concerns and
LET'S TALK ABOUT IT!

Wednesday, March 26th
11AM - 1PM



CAREGIVER SUPPORT

Alzheimer's Disease and Other Dementias

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

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



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 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 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. 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

LIHEAP FUEL ASSISTANCE

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

Self-Help is accepting applications through March for the 2025 heating season.

Please be prepared ahead of time for your appointment. 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/or property taxes & insurance.
- Current electric, water and heating bills.

Please call 508-894-1262 for more info

Medicare Savings Programs can help you save thousands.

If your monthly income is at or below
\$2,824.00 Individual
\$3,833.00 Married

You can have your Medicare Part B paid for and also receive Extra Help with your prescriptions. Call Stacy for more information and to apply today!



SCHEDULE CHANGE

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

with Lauren from

At Home Hearing, on

Wednesday, March 19th

10 AM-12 PM

Appointments are approximately 20 minutes long.

Call 508-894-1262 to schedule.



HEALTH CORNER

What Is Foodborne Illness?

Foodborne illness is an illness that comes from eating contaminated food. The onset of symptoms may occur within minutes to weeks and often presents itself as flu-like symptoms, as the ill person may experience symptoms such as nausea, vomiting, diarrhea, or fever. Because the symptoms are often flu-like, many people may not recognize that the illness is caused by harmful bacteria or other pathogens in food.



Keep Food Safe! To Avoid Foodborne Illness Food Safety Basics

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

If you would like additional information on this topic, you can ask your public health nurse Janeen at the Council on Aging Thursdays from 9am to noon.

LUNCH AND A MOVIE

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

TUESDAY, March 11, 2025 11:30 AM



PARENTAL GUIDANCE 2012
HEARTWARMING~ EXCITING ~ KIDS ~ COMEDY
1 Hour 45 Minutes



Get ready to roll on the floor laughing as Billy Crystal and Bette Midler take on the wild world of modern parenting! Watch as these lovable grandparents dive headfirst into hilarious chaos, navigating tech-savvy grandkids with their old-school antics.

It's a riotous rollercoaster of giggles, belly laughs, and heartwarming moments, reminding us that family is a mix of love and laughter!

Starring

Billy Crystal Bette Midler Marisa Tomei Tom Everett Scott

Please make reservations by 3:00 PM Friday March 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.

MARCH

MONDAY	WEDNESDAY	THURSDAY
3 LUNCHTIME MARDI GRAS Jambalaya, Muffuletta Sandwich, Red Beans & Rice "King" Cupcakes	5 ASH WEDNESDAY Baked Cod Florentine, Buttered Peas, Roasted Potatoes, Dessert	6 Tuna Sub w/Lettuce & Tomato, OR "Cheese Dream Sandwich", Marinated Veggies, Dessert
10 LUNCHTIME & IRISH DUMMIES Baked Ham, Sweet Potato, Broccoli Corn Muffin Dessert	12 Baked Lasagna w/Meat Sauce, Italian Vegetable Blend, Garlic Bread, Tiramisu Cup	13 LUNCH & SINGO Turkey a la King over Fresh Baked Biscuits, Fruited Jello
17 ST. PATRICK'S LUNCH Corned Beef w/all the Fixins, Cabbage, Potato, Carrots, Onion, Irish Soda Bread, Dessert	19 LUNCH & TV GAME SHOWS Open-Face Hot Turkey Sandwich, Roasted Potato, Butternut Squash, Pudding Parfaits	20 FIRST DAY OF SPRING Chicken Breast Piccata, Pasta w/ Herb Butter & Cheese Sauce, Peas, Pineapple Upside Down Cake
24 Quiche Lorraine, Home Fries OR Corned Beef Hash, Strawberry Shortcake	26 LUNCH & SINGO Chicken Breast Stuffed w/Broccoli & Cheese, Pasta, Veggies, Pudding Cup	27 Sweet & Sour Meatballs, House Fried Rice, Veggie Blend, Roll & Butter, Dessert
31 Macaroni & Cheese, Hot Dogs, Mixed Vegetables, Dessert		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.

J.O.Y. BOARD

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

CONGRATULATIONS TO

SYLVIA KING

Winner of the
J.O.Y.

Valentines Scratch Ticket

Wreath

I would like to extend a heartfelt thank you to the J.O.Y board and committee members, Jane, Monica, Jean, Alta and Dave for donating and selling the scratch tickets for our Valentine wreath as well as everyone who purchased tickets in support of J.O.Y.

FRAN DEIBEL
PRESIDENT



J.O.Y. EASTER FOOD BASKET RAFFLE

This raffle ticket represents five (5) chances of winning J.O.Y.'S Annual Easter Food Basket. Upon receipt we will complete four (4) more tickets in your name for the drawing. Fill in your name and telephone number, clip the raffle coupon, and include it 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, J.O.Y. Treasurer, WB COA, 97 West Center St, West Bridgewater, MA 02379. Thank you for your support!

The basket contains the makings of an Easter dinner plus a \$50.00 Gift Certificate to Trucchis.

Food donations for the basket appreciated.



J.O.Y. EASTER FOOD BASKET RAFFLE

(INCLUDES A \$50.00 TRUCCHIS GIFT CERTIFICATE)
DRAWING WILL BE HELD MONDAY, APRIL 14TH

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



Fairy Tales

WORD SEARCH

ALADDIN	LAMP
BEANSTALK	LITTLE MERMAID
BEARS	LITTLE RED RIDING HOOD
BEAST	MIRROR
BEAUTY	PEA
BIG BAD WOLF	PINOCCHIO
CHICKEN LITTLE	PRINCESS
CINDERELLA	RAPUNZEL
ELVES	RUMPELSTILTSKIN
EMPEROR	SEVEN DWARFS
FAIRY GODMOTHER	SHOEMAKER
FROG PRINCE	SINBAD
GENIE	SNOW QUEEN
GIANT	SNOW WHITE
GOLDEN GOOSE	STEPMOTHER
GOLDILOCKS	STEPSISTERS
GRANDMOTHER	SWAN
GRETEL	THREE LITTLE PIGS
HANSEL	THUMBELINA
HUNTER	UGLY DUCKLING
JACK	UNDINE
KING MIDAS	WISHES

Find and circle all of the fairy tales that are hidden in the grid.
The remaining letters spell a secret message.

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



St Patrick's Day Word Scramble



- | | |
|-----------------------|---------------------|
| 1. PCAERHLEUN _____ | 11. DNIRAOITT _____ |
| 2. OMSHRACK _____ | 12. KLUC _____ |
| 3. COREVL _____ | 13. ELCTIC _____ |
| 4. RYLNBEA _____ | 14. SATOT _____ |
| 5. OPT FO DGOL _____ | 15. RBTEAECLE _____ |
| 6. NREEG _____ | 16. MRALEDE _____ |
| 7. OBAIWN R _____ | 17. GIJ _____ |
| 8. ISIHR _____ | 18. AEHITREG _____ |
| 9. AEPRDA _____ | 19. OLKEFROL _____ |
| 10. EITSSITEFVI _____ | 20. SWHIKYE _____ |

1. LEPRECHAUN 2. SHAMROCK 3. CLOVER 4. BLARNEY 5. POT OF GOLD 6. GREEN 7. RAINBOW 8. IRISH
9. PARADE 10. FESTIVITIES 11. TRADITION 12. LUCK 13. CELTIC 14. TOAST 15. CELEBRATE
16. EMERALD 17. JIG 18. HERITAGE 19. FOLKLORE 20. WHISKY



Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 8:00 & 9:30 
3 8:30 Ladies Exercise 10:30 Early Birds 12:00 MARDI GRAS LUNCHEON 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 12:00 LUNCH 12:45 Bridge	6 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	7 9:15 NO Tai Chi/ QiGong 10:00 Bereavement 10:00 Swedish Weaving 1:00 Caregiver's Support 1:00 T-Shirt Printing W/Elaine	8 8:00 & 9:30 
10 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH & IRISH DUMMIES 12:30 Hand, Knee, Foot 1:00 JOY Meeting 5:00 NO Line Dancing	11 9:00 Men's Coffee Chat 9:00 Chair YOGA 11:30 LUNCH & A MOVIE 6:00 Register at: ww.com 	12 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH 12:45 Bridge	13 9:00 Health Screening 10:00 MahJongg Lessons 10:30 Early Birds 12:00 LUNCH & SINGO 12:30 MahJongg 1:00 Trucchis Van Run 3:00 ZUMBA GOLD	14 9:15 NO Tai Chi/ QiGong 10:00 Bereavement 10:00 Swedish Weaving 	15 8:00 & 9:30 
17 8:30 Ladies Exercise 10:30 Early Birds 12:00 CORNED BEEF & CABBAGE DINNER 12:30 Hand, Knee, Foot 5:00 NO Line Dancing	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 10:00 Hearing Screening 10:30 Early Birds 12:00 TV GAME SHOWS 12:45 Bridge	20 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	21 9:15 NO Tai Chi/ QiGong 10:00 Bereavement 10:00 Swedish Weaving 	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 11:00 Rep. Plouffe 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 Bereavement 10:00 Swedish Weaving 	29 8:00 & 9:30 
31 8:30 Ladies Exercise 10:30 Early Birds 12:00 LUNCH 12:30 Hand, Knee, Foot 5:00 NO Line Dancing					

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

WB Police and Chief Timothy Nixon

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

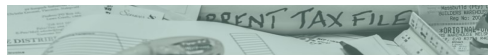
WB Schools and Superintendent Mark Bodwell

LifeCare of West Bridgewater, Phyllis Krastinov and Jen Sousa

The Residence at Five Corners, Nancy Fullerton

Gather Health, Julissa Gutierrez

Brockton VNA, Ava Hallam



CIRCUIT BREAKER TAX CREDIT

If you are age 65 or older, you may be eligible to claim a refundable credit on your personal state income tax return. The Senior Circuit Breaker tax credit is based on the real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2024 is \$2,730. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit.

Who is eligible?

You must be a Massachusetts resident or part-year resident.

You must be 65 or older by December 31 of the tax year.

You must file a Schedule CB with your Massachusetts personal income tax return.

You must own or rent residential property in Massachusetts and occupy it as your primary residence.

For tax year 2024, your total Massachusetts income doesn't exceed:

\$72,000 for a single individual who is not the head of a household.

\$109,000 for married couples filing a joint return.

If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.

If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total income for the tax year.

The assessed valuation of the homeowner's personal residence as of January 1, 2024, before residential exemptions, but after abatements, cannot exceed \$1,172,000.

The Schedule CB must be completed within 3 years from the last day for filing the return, without regard to any extension of time to file. Check with your tax professional to see if you qualify!

SOCIAL WORK: MAKING A POSITIVE DIFFERENCE



During March, we celebrate Social Work Month and the many contributions of social workers.

Social workers are dedicated to helping people and communities thrive. Social workers also help people of all ages cope with life's challenges. A major part of a social worker's job is advocacy. Social workers stand up for equal rights of all people and work to ensure that services are provided to all who need them.

Social workers may be found in many different settings, from healthcare and mental health to education, local and state government, and social service agencies.

Social workers assist individuals and families in navigating the various challenges of life in different ways. For example, a social worker can help patients in hospitals or rehabilitation facilities transition back to their home or community. A social worker can help determine if an individual can resume activities of daily living in their home. Will the individual need short-term caregiver support for assistance with mobility, bathing, dressing or meal preparation? Or will the individual require long-term assistance and daily home care? A social worker evaluates current and future needs and puts a plan in place.

Social workers also:

- Help individuals and families navigate housing and other community resources;
- Provide mental health care for adults and children;
- Assist those who are experiencing food insecurity or malnutrition;
- Work to prevent, and address, neglect or abuse.
- Assist with foster care programs; and
- Help individuals manage and cope with chronic illness or disease.

Old Colony Elder Services (OCES) has a team of licensed social workers who can provide guidance on a wide range of life changes and challenges. OCES is proud to provide independent, conflict-free assessments, care coordination, administrative support for in-home and community-based long-term services through many different programs including in-home behavioral health counseling. Working alongside OCES' licensed social workers are care managers, protective service workers, administrative staff, and an extensive network of providers.

OCES' expansive services offer support through more than 20 different programs including: a Nutrition Program with healthy meals planned by a Registered Dietician; a Healthy Living Program that includes management of chronic health conditions; and a Family Caregiver Support Program that provides caregiving resources. OCES provides community housing with supportive and congregate options. OCES' Money Management Program offers budget and health insurance guidance. OCES' Protective Services Program helps prevent, eliminate, or remedy situations involving the abuse of an elder.

Essentially, social workers provide guidance about a wide range of life changes and challenges – helping to prevent issues while presenting options for the future.

Join us as we celebrate social workers who are dedicated to making a positive difference in the lives of so many in our community.

OCES is the largest provider of in-home and community-based services for older adults and people living with disabilities in the southeastern part of Massachusetts. We invite you to visit our website, www.ocesma.org, to learn more.

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

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 CLASS IN MARCH**

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!





Adams, Sheila
 Amber, Sandra
 Anderson, Marcia
 Anderson, Pamela
 Andrews, Louise
 Antoniak, Lawrence
 Arena, Steven
 Armstrong, Norman
 Armstrong, Sr, George
 August, Debra
 Azulay Jr, John
 Barcena, Robert
 Bearce, Karen
 Bearse Jr, Milton
 Beauchamp, Ruth
 Beaudoin, Paul
 Berolini, Karen
 Bertarelli, James
 Bonarrigo, Michael
 Bottini, Beverly
 Bowers, Patricia
 Brearley, Edward
 Brown, Paul
 Buchawski, Peter
 Bunker, Anne
 Burke, Daniel
 Calef, Philip
 Callahan, Andrea
 Carlevale, Cheryl
 Carney, Timothy
 Carroll Jr, Robert
 Cavanaugh, Richard
 Celia, Joan
 Cerullo, Patricia
 Charbonneau, Leonard
 Chilauskas, Lou Anne
 Chiles, Michael
 Church Jr, Warren
 Churchill, David
 Cianfarini,, Nancy
 Clark, Sally

Cole, Janet
 Coots, Thomas
 Coutsoumbos, Vilma
 Coutsoumbus, Vilma
 Crosby, Keith
 Crowley, Richard
 Crozier, Susan
 Dalia, Donna
 Deibel, Fran
 DelSignor, Albert
 Deveney, Barbara
 Donahue, Martha
 Donohue, Mary Ann
 Ellis, Jean
 Fenn, Norman
 Fitzgerald, Paul
 Foster, Robin
 Gill, Sharon
 Grimmett, James
 Grover, Donald
 Hambly, Warren
 Hammond, Gail
 Hanson, Dawna
 Hardy, Barbara
 Harris, Sharon
 Hart, Elizabeth
 Hatzinikolau, Rosemary
 Hazlett, Deborah
 Holland, Robert
 Hopkins, Linda
 Hunnewell, Elaine
 Hunt, Maureen
 Jordan, Linda
 Kaminsky, Kenneth
 Keeler, Charles
 Kenneally, Susan
 Kennedy, Joseph
 Kennedy, Thomas
 Kincaid, Eileen
 Knight, Arthur
 Krugger, Sally
 Landry, Delores
 Lanoue, Paul
 Lat, Diana
 Lesperance, Arthur

Lincoln, Mark
 Liston, William
 Lopes, Robert
 Loughlin, William
 Lucini, Mary
 Lucini, William
 Malone, Linda
 Mascheri, John
 Maturo, Joanne
 McCarthy, Gail
 McDonough, Louise
 McPhee, Alan
 Mitchell, Jr, John
 Moncy, Kathleen
 Moran, Roberta
 Morgan, Joseph
 Morrison, Paulette
 Morse, Helen
 Morse, Marguerite
 Murphy, Charles
 Nelson, Robert
 Newman, Christine
 Nichols, Donna
 Olson, Ronald
 O'Neil, Daniel
 Page, Jr, Gerard
 Peterson, Sandra
 Petronelli, Ronald
 Pilla, Elizabeth
 Pires, Daniel
 Pizzi, Joseph
 Polillio, Caren
 Praino, Michael
 Pratt, Elaine
 Raposa, Janice
 Reed, Christina
 Reed, Thomas
 Regan, Dorothy
 Rodgers, Clairemarie
 Ross, Stephen
 Rudolph, Geraldine
 Rudolph, William
 Savicki, John
 Schmeer, Mary
 Sheehan, Jr, David

Sherren, Carmela
 Silva, Russell
 Souza, Lucille
 Spry, Patricia
 Stull, Angela
 Sullivan, Philip
 Sullivan, Thomas
 Taylor, William
 Tennihan, Christine
 Thoreson, Donna
 Travers, Jr, David
 Trojano, Joann
 Turner, Elizabeth
 Turner, Venison
 Walsh, David
 Walsh, Joseph
 Wayne, Garry
 White, Stanley
 Williams, Joanne
 Winters, Linda
 Yakavonis, Wayne



COUNCIL ON AGING MEETING SCHEDULE

EXECUTIVE COMMITTEE MEETING

Wednesday
March 5, 2025

BOARD MEETING

Wednesday,
March 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.
Alison Hatch, Head Secretary
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 Holmes
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



- **Robert Snyder, Frank LaRosa and Diane Parmenter** for medical equipment
- **David Britton, Walter & Rosemarie Paccia** for cash donation
- **Sue Price** for library books
- **June Carveth** for knitting supplies and library books
- **David Fazio** for volunteer time and donations
- **Gary King** for assistance and distribution of medical supplies for our seniors
- **WB Food Pantry** for food donations
- **The Board, Staff & Volunteers** for helping make our COA a warm and wonderful 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