

ACTIVITIES AND SPECIAL EVENTS

LET'S CHEER OUR STUDENTS ON!
AT
THE WEST BRIDGEWATER COUNCIL ON AGING
97 WEST CENTER ST., WEST BRIDGEWATER



WEST BRIDGEWATER
MIDDLE/SENIOR HIGH SCHOOL
DANCE PERFORMANCE

**FRIDAY
MARCH 8TH**
2:30 PM
FREE ADMISSION
REFRESHMENTS WILL BE SERVED

CALL AHEAD TO RESERVE YOUR SEAT
508-894-1262


TRIAD

LUNCH PRESENTATION
WEDNESDAY, MARCH 13TH 11:30 AM
(LUNCH SERVED AT 12 NOON)

"CYBER SECURITY AWARENESS"

**SHERIFF'S DEPARTMENT
DISTRICT ATTORNEY'S OFFICE
WEST BRIDGEWATER POLICE DEPARTMENT
BLUESTONE BANK REPRESENTATIVE**

We will review current scams at work in this area and what to do if you think you have been a victim of a scam.
Learn how to best protect your personal information going forward.



Seating is limited, please sign up by March 11th



ST. PATRICK'S LUNCH
Corned Beef & Cabbage
Monday, March 18, 2024



LET'S TAKE A TRIP TO IRELAND!!
Jane Hatch will be presenting a slideshow from her trip to Ireland for us!

Don't forget to wear green!

BOMBSHELL BETTY
Presents
WOMEN'S EMPOWERMENT SHOW



**FRIDAY
MARCH 29TH
12:30 PM**

**TICKETS ON SALE IN OFFICE
\$10.00**

**BOXED LUNCH
WILL BE SERVED**

**Please Register by
March 18th**

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

ACTIVITIES AND SPECIAL EVENTS



CHAIR YOGA WEEKLY CLASS



BEGINS
TUESDAY,
MARCH 5TH
9 AM

“This program is generously supported by Life Care of West Bridgewater”

CRAFTING WITH ELAINE

Friday, March 15th @ 1 PM

\$7.00



CUSTOM BUTTERFLY TOTE BAG

Sign up by Monday, March 11th
Payment due at time of sign up
(NON-REFUNDABLE)

Call to reserve your seat
508-894-1262

NO WALK - INS PLEASE

LUNCH AND

JEOPARDY!

\$6.00

WEDNESDAY, MARCH 20TH

LUNCH SERVED AT NOON WITH
GAME IMMEDIATELY FOLLOWING

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CRAFTING W/LAUREN

Friday, March 22nd

SPRING
BUNNY
FAMILY



\$7.00

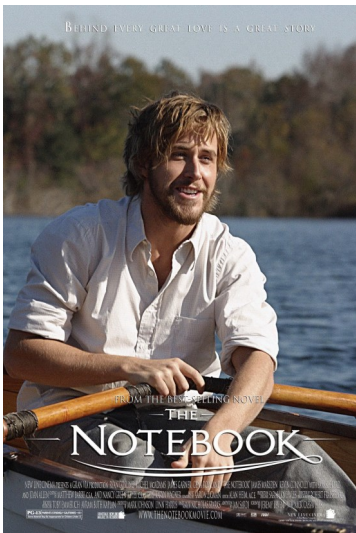
Sign up by Friday, March 15th
Payment due at time of sign up
(NON-REFUNDABLE)

Call to reserve your seat
508-894-1262

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LUNCH AND A MOVIE

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



TUESDAY, March 12, 2024, 11:30 AM

THE NOTEBOOK 2004

DRAMA/ROMANCE ~ 2 hour3, 3 minutes



In 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.

Please make reservations by 3:00 PM Thursday March 7th

OUTREACH

ALZHEIMER'S ASSOCIATION



Caregiver Support Group

- * Develop a support system
- * Exchange practical information on challenges and possible solutions
- * Talk through issues and ways of coping
- * Share feelings, needs and concerns
- * Learn more about community resources

Meet Facilitator, Leslee Barbosa

Friday, March 1st,

1:00 ~ 2:30

Please call 508-894-1262 for more information and to register. Walk-ins welcome.

Mark your calendars, meetings will be held the first Friday of every month!

24/7 Helpline
800.272.3900

DEMENTIA CONVERSATIONS

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring discussions to address some of the most common issues. Topics covered include:

- ~ Going to the doctor for assessments
- ~ Deciding when to stop driving
- ~ Making legal and financial plans

Please join us on

Thursday, March 7th at 10:00AM

Registration is required by calling 508-894-1262
Light refreshments will be served.



FREE WELLNESS CHECK

Beginning on Thursday, March 14th our Public Health Nurse, Janeen will be available for health screenings (blood pressure, sugar levels, etc.) and to address any health and wellness questions or concerns you may have.

Drop in to meet Janeen any time between 9:00 AM and 12:00 PM

LIHEAP FUEL ASSISTANCE

Household of 1 - \$45,392 2 - \$59,359

Please be prepared ahead of time for your appointment. The following documents are needed :

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 and to schedule your appointment.

MEDICARE SAVINGS PROGRAMS

\$2,824 ~ Single monthly income

\$3,833 ~ Couple monthly income

******MARCH 1ST ~ NO ASSET LIMIT!******

You may qualify for assistance to pay for your Part B premium, help with prescription costs and possibly pay for your Part A & B deductibles & coinsurance!

Call to book your appointment today!



Introducing our: HAPPY HEARTS CAFÉ

Happy Hearts is West Bridgewater COA's rendition of a Memory Café. Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

Happy Hearts is free to attend and welcome to all, sponsored by LifeCare of WB.

Come on in, **Tuesday, March 26th** to meet our staff, **1:00 - 2:00 pm** and decorate springtime cookies to kick off the opening of our Happy Hearts Café!

Please call to register.

