



East Bridgewater Council on Aging

JANUARY 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:

Nancy G. Hill
 Director

S.H.I.N.E. Counselor
 (By appointment only)
 nhill@eastbridgewaterma.gov

Susan L. Prendergast
 Activities Coordinator
 Newsletter Editor
 sprendergast@eastbridgewaterma.gov

Kelley A. Long
 Client Services Coordinator
 S.H.I.N.E. Counselor
 Certified SMP Counselor
 (By appointment only)
 klong@eastbridgewaterma.gov

Stephanie Williams
 Coordinator of Volunteers
 swilliams@eastbridgewaterma.gov

David Finlay
Patricia Fay
 Van Drivers

Council on Aging Members:

Dee Dee Rogers
 Chair

Mary Haines
 Treasurer

Katie Cavanagh
 Secretary

Robert Ringuette
 Susan Muir

Helen Bomar

Rosemary Saccocia
 Anne Marek
 Lois Sullivan



2023 INCOME TAX PREPARATION FOR SENIORS

Beginning Tuesday, January 30th

Tuesdays: 8:10am – 11:50pm
Thursdays: 12:50pm – 3:10pm
Fridays: 8:10am – 11:30am

~ By appointment only ~

Call the EBCOA to schedule an appointment

Joe Benson from Joseph Benson Tax Services will, again, be preparing taxes for the East Bridgewater Council on Aging. He will be at The Center on Tuesday mornings, Thursday afternoons and Friday mornings (by appointment) beginning January 30th.

2023 Income Tax Preparation rates, listed below, are income based and remain the same as last year. **The rates for those age 70 and older is \$40.** The fee for the COA was originally based on helping those in need, people living on a fixed income of Social Security, a pension or disability. The rates are income based and the changes are listed below. The fees are based on taxpayers Adjusted Gross Income which is less than the total income, since only the taxable amount of Social Security, IRA's or pensions will be used. If you have any questions regarding this change, please contact Joe at 781-588-5764.

Taxpayers age 60-69 (as of 12/31/2023)

Single, Head of Household, Married Filing Separately:

< \$60,000	Fee: \$ 50.00
\$60,000-\$85,000	\$ 100.00
\$85,000+	\$ 140.00

Married Filing Jointly:

< \$85,000	Fee: \$ 50.00
\$85,000-\$120,000	\$100.00
\$120,000+	\$140.00

Payment is due at time of appointment and is required prior to return being processed and filed. Checks made payable to Joseph Benson.



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

Stop by or call to enter a monthly drawing to win a free hair service by Luann in February! Winner will be pulled on Tuesday, January 30th.
One entry per person

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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.

Indiana Jones and the Dial of Destiny (PG-13) 2023

Monday, January 8th @ 1:00pm

Harrison Ford returns to the role of the legendary hero archaeologist, Indiana Jones, for this highly anticipated final installment of the iconic franchise – a big, globe-trotting, rip-roaring adventure! *Rated PG-13 by the Motion Picture Association of America for language, action, sequences of violence, smoking* 2hr. 24min

Bank of Dave (PG-13) 2023

Wednesday, January 24th @ 1:00pm

Based on the true-life experiences of Dave Fishwick; 'Bank of Dave' tells the story of how a working class Burnley man and self-made millionaire fought to set up a community bank. Dave Fishwick (Rory Kinnear) sells vans in Burnley, Lancashire. Once the world's most productive and profitable mill town, Burnley is now one of the most deprived and neglected towns in the UK. Dave, however, through a combination of hustle and hard work, has done well for himself -- so well that in the wake of the last financial crisis he started lending money at reduced rates to his customers and local businesses. When some of those businesses start making money they ask Dave to reinvest it for them. This gives Dave an idea. Why not set up a tiny local bank that uses local money to fund local enterprise? He will call it: The Bank of Dave. The elite, London based financial authorities however, haven't granted a new bank license for over 150 years and they're not keen to grant one to a van salesman from Burnley. Dave must enlist the help of London lawyer, Hugh (Joel Fry), junior doctor Alexandra (Phoebe Dynevor) and some local rock legends (Def Leppard) to help fight the good cause. *Rated PG-13 by the Motion Picture Association of America for some strong language* 1hr. 47min

Oppenheimer (R) 2023

Monday, January 29th @ 1:00pm

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history. *Rated R by the Motion Picture Association of America for some nudity, language, some sexuality* 3hs.

Jackie (R) 2016

Wednesday, January 31st @ 1:00pm

After her husband's assassination, Jackie Kennedy's (Natalie Portman) world is completely shattered. Traumatized and reeling with grief, over the course of the next week she must confront the unimaginable: consoling their two young children, vacating the home she painstakingly restored, and planning her husband's funeral. Jackie quickly realizes that the next seven days will determine how history will define her husband's legacy - and how she herself will be remembered. *Rated R by the Motion Picture Association of America for some language, brief strong violence* 1hr.39 min.

Please call the COA to sign up for all movies



Office Hours

The EBCOA office will be closed on Monday, January 1st in observance of New Year's Day. We will also be closed on Monday, January 15th in observance of Martin Luther King Jr. Day. Dial-a-Bat will not be running on either day. Please remember to schedule your Dial-a-BAT rides by 10:00 a.m. on the preceding business day.

Wednesday Van Trips

Walmart/Raynham Rt. 138 ~ 1/3 (\$2)
Hanover Crossing ~ 1/10 (\$3)
Walmart/Halifax ~ 1/17 (\$2)
Frugal Fannies/99 Restaurant
in Westwood ~ 1/24 (\$5)
Wareham Crossing ~ 1/31 (\$5)

Call the COA to sign up

A minimum of 4 passengers required on all trips



General Quarters! Monthly Roundtable Discussion Wednesday, January 10th @ 1:00pm

Join John Cowan, East Bridgewater resident and WWII enthusiast, for discussions about WWII. What events led up to the war and what events followed? Interesting discussions come from people who experienced history, lived during that time and contributed to it, or those who remember relatives or friends who served. All are welcome!

Please call the COA to sign up.

State Representative Sullivan-Almeida Office Hours

State Representative Alyson Sullivan-Almeida will be here on, Wednesday, January 3rd @ 11:30am – 12:30pm. You may also contact Rep. Sullivan-Almeida @ 617-722-2305. Rep. Sullivan-Almeida represents Precincts 2-4 of East Bridgewater.

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



Marsha Rego January 1
Wayne Wardwell January 29
Howard Wilbur January 31

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



Busting Myths and Getting Savvy About Senior Living Tuesday, February 8th @ 1:00pm

Senior living expert, Jodi Tolman, has 15 years' experience in the senior living industry and will present an extremely informative program on Tuesday, February 8th, at 1:00PM. **Busting Myths and Getting Savvy About Senior Living** will help seniors and their adult children learn a great deal about how independent living differs from assisted living, memory care, and skilled nursing; when is the right time to make a move; how to find just the right community for yourself or a loved-one; what will it cost; and how will you pay for it! Jodi is the Regional Marketing Consultant with Oasis Senior Living Advisors who provide a face-to-face, personalized and *completely free concierge service* to help seniors avoid the often overwhelming, confusing and time-consuming research necessary to find the right community. Oasis's advisors make what can be a daunting and difficult process easy. **Adult children are welcome and encouraged to join their loved-ones for this very important program!**

Light refreshments will be served! Call the COA to sign up

Live to 100: Secrets of the Blue Zones

Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives

Join Sarah Franklin, Social Work Intern from BSU this month for weekly Blue Zone Episodes! See below:

The Journey Begins

Thursday, January 4th @ 11:00

Buettner travels to Okinawa, Japan, where the island's oldest residents still share a serene way of life motivated by a sense of purpose, or ikigai. 34 min.

An Unexpected Discovery

Thursday, January 11th @ 11:00

From the mountain villages of Sardinia to a sunny suburb of California, Buettner explores what has contributed to these communities' amazing lifespans. 45 min.

The End of Blue Zones?

Thursday, January 18th @ 11:00

People in two very different Blue Zones—the Greek island Ikaria and Costa Rica's Nicoya Peninsula—thrive thanks to their unique diets and traditions. 39 min.

The Future of Longevity

Thursday, January 25th @ 11:00

Buettner visits Singapore, then shares his discoveries in the United States to find out if we can create new Blue Zones in a rapidly changing world. 40 min.

Please call the COA to sign up

Light refreshments will be served

Sarah, is scheduling individual counseling sessions weekly. If you would like to schedule a confidential appointment with her, she can be reached at 508-378-1610.

**Write Your Own Obituary
Tuesday, January 16th @ 1:00pm**

Don't leave it to others to write your obituary... write it yourself! Reflect back on your life. Highlight the important people, events, and achievements of your life, leaving your loved ones the gift of telling the story of your life in your own words. Please join our intern Sarah Franklin as she hosts this one-hour workshop. Rev. Beth Stotts from Central Square Church, UCC will offer creative examples of self-written obituaries and guide you in writing your own.

Please call the COA to sign up

**Postmortem Scrapbook Workshop
Tuesday, January 23rd @ 1:00pm**

Presented by Sarah Franklin

Death finds us all eventually. We can't prevent that. But we can direct how we'd like our final days to unfold. Advance care planning is about making thoughtful choices now, putting them into a written advance directive and discussing those choices with others. Advance planning helps ensure that we get the care we want and avoid what we don't want, even if we're unable to speak for ourselves. Please join me for a workshop to help identify and manage the documents necessary to get your affairs in order. Planning for the future can make all the difference in an emergency and at the end of life. Being prepared and having all the necessary documents helps to ensure your wishes are honored and eases the burden on your family and loved ones. This will be an opportunity to get your papers in order, make sure you have everything you need, and identify what needs attention. It is important to review personal, financial, and health information regularly, at least once a year and when major life events occur, so this is a perfect time to take stock and make sure you've covered all your bases.

Please call the COA to sign up

Frankly Speaking.....

with Sarah Franklin

BLUE ZONES.. Life expectancy of an American born today averages 78.2 years. But this year, over 70,000 Americans have reached their 100th birthday. What are they doing that the average American isn't? To answer the question, take a look at how the Blue Zone Project and National Geographic worked together to find the world's longest-lived people and study them. "We knew most of the answers lied within their lifestyle and environment (The Danish Twin Study established that only about 20% of how long the average person lives is determined by genes). Then we worked with a team of demographers to find pockets of people around the world with the highest life expectancy, or with the highest proportions of people who reach age 100. The term "blue zones" was first coined by Dan Buettner, a National Geographic Explorer and Fellow and journalist, during an exploratory project he led in 2004. After an expedition to Okinawa, Japan in 2000 to investigate the longevity there, he set out to explore other regions of the world with reportedly high longevity. With the support of National Geographic, Buettner, and his team of scientists and demographers traveled the world in search of communities where people not only lived longer but also enjoyed a high quality of life in their old age. After analyzing demographic data and interviewing numerous centenarians, they identified five regions that stood out for their extraordinary longevity and vitality. Dan and the team of demographers and researchers found that all blue zones areas share nine specific lifestyle habits that we call the Power 9." Come and learn what those lifestyle habits are and what it takes to transform your community into a blue zone. Adapted from the Blue Zone Project website.

**Financial Fraud and Phone Scams
Monday, January 8th @ 10:00-11:30**



Sadly, financial fraud is on the rise, sometimes with disastrous unforeseen results. Using robocalls, text messages, emails and even letters posted through regular mail, fraudsters are always one step ahead, coming up with creative ways to scam you out of your money or steal your identity.

The newest financial frauds is "check washing", which everyone who is still writing paper checks needs to be aware of.

This program reviews several types of common scams occurring in our area, including "check washing", and steps you can take to prevent and detect them. You'll also learn what to do if you think you've been a victim of fraud, and how to protect your personal information going forward.



Joanne C. Tully, Community Relations Officer and Ryan McKinnon, CAMS, Fraud Manager both of South Shore Bank, will be presenting this informative presentation.

Please call the COA to sign up

Pastries and refreshments will be provided

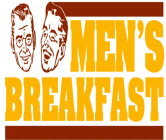


**Rescheduled from December
Grandparenting With Autism Workshop
Tuesday, January 23rd @ 10:00am**

Grandparenting with autism can be extraordinary and different. Let Dr. Valarie Whiting be your guide to enriching your grandchild's life with love and understanding. Join us for this workshop and at AutismColorClub.com to make every moment count.

Dr Valarie Whiting was employed at various Human Services agencies before her retirement in 2023. Her 47 year career began in 1978 at the May Institute for Autistic Students on Cape Cod, Mass. She retired in 2023 after 18 years of service as the MA Department of Developmental Services (DDS) Statewide Training Director. She was instrumental in the implementation of Positive Behavior Supports, creating autism supports training to the 8 Community Colleges in the Commonwealth while running the Direct Support Certificate Program, as well as other major initiatives. She created the DDSLearning.com website for the Commonwealth. Any family, professional, or teacher, can take advantage of free learning opportunities. All available to anyone with a computer, free of charge.

Please call the COA to sign up



Men's Breakfast
Monday, January 22nd
9:00am

Please Chef Donny again this month!!

Scrambled Eggs, Sausage
 Pancakes, Muffin
 Juice & Coffee

Please call the COA to sign up by
Tuesday, January 16th
Seating is limited

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



**Home Cooked Lunch
 & SINGO**
Wednesday, Jan. 17th
12:00 pm



Grilled Cheese and Tomato Soup
 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, January 10th
Seating is limited

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

DECEMBER 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.

	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, December 26th</i></p>	<p><u>MONDAY</u> 1/1</p> 	<p><u>TUESDAY</u> 1/2</p> <p>BBQ Pulled Pork Whipped Sweet Potatoes Spinach WW Hamburger Bun Fresh Apple</p>	
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, January 2nd</i></p>	<p><u>MONDAY</u> 1/8</p> <p>Grilled Chicken w/gravy Mashed Potatoes Broccoli Whole Wheat Bread Brownie Cookie</p>	<p><u>TUESDAY</u> 1/9</p> <p>American Chop Suey Tuscany Vegetables WW Dinner Roll Hot Cinnamon Peaches</p>	
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, January 9th</i></p>	<p><u>MONDAY</u> 1/15</p> 	<p><u>TUESDAY</u> 1/16</p> <p>Hot Dog w/bun Vegetarian Baked Beans Zucchini/Summer Squash Blueberry Lemon Bites</p>	
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, January 16th</i></p>	<p><u>MONDAY</u> 1/22</p> <p>Turkey Chile White Rice Chuckwagon Vegetables Corn Muffin Chocolate Oatmeal Bar</p>	<p><u>TUESDAY</u> 1/23</p> <p>Cheese Lasagna with Bolognese Sauce Italian Vegetables Vienna Bread Hot Caramelized Pears</p>	
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, January 23rd</i></p>	<p><u>MONDAY</u> 1/29</p> <p>Salisbury Steak with Gravy Mashed Potatoes Carrots Oatmeal Bread Fresh Banana</p>	<p><u>TUESDAY</u> 1/23</p> <p>Chicken Salad Coleslaw Three Bean Salad Whole Wheat Bread Oatmeal Crème Cookie</p>	

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

MEDICARE WILL NEVER CALL YOU!!

If you receive a call from someone claiming to be from Medicare, HANG -UP!! IT IS A SCAM!!!

Fuel Assistance/S.N.A.P. Appointments

Self Help has sent out re-applications to those that received fuel assistance last year. When you receive your re-application, review it, make any necessary changes, sign it and return it with your income verification (last 4 consecutive pay stubs, SS benefit letter, pension award letter etc). Any questions, please contact Self Help at (508) 588-5440.

New applications will be available at the COA beginning October 2nd. Kelley will be scheduling appointments for Tuesdays and Thursdays.

*If you receive Social Security, a Social Security Benefit letter is required when applying for Fuel Assistance or SNAP benefits.

Please call Kelley for an appointment.

Outreach with Kelley

Kelley will be at the locations listed below with information on Fuel Assistance, S.N.A.P. and Medicare Savings Programs. Stop by for information or just to say hello!

Tuesday, January 9th

East Bridgewater Public Library ~ 10am – 11am



MASSACHUSETTS

**Exploring Medicare Advantage Plans
Monday, January 22nd @ 1:00pm**

Have you ever wondered about the Medicare Advantage plans advertised on TV? Join us as a Blue Cross Blue Shield of Massachusetts representative unravels the options. Learn about Medicare Advantage Plans, the differences between HMOs and PPOs, and get a closer look at the Blue Cross Blue Shield Medicare Advantage plans. Discover the cost-sharing and extra benefits associated with these plans. Don't miss this chance to understand your healthcare options better! With various plan types available, understanding how different options work is crucial. It's not a one size fits all situation but being aware of the variations empowers you to make informed decisions.

Call the COA to sign up

**Grief Support for Partner Loss
Tuesdays, January 9th – January 30th
& February 20th & 27th
12:30pm – 2:00pm**

We will be offering a free six week grief support group facilitated by Kimberly Martin, LICSW, ACHP-SW, Social Worker at Old Colony Hospice and Palliative Care.

The group will run six weeks beginning Tuesday, January 9th through January 30th & February 20th & 27th; 12:30pm-2:00pm at the East Bridgewater Council on Aging.

A 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.

Kimberly Martin 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. Please call Kimberly Martin at Old Colony Hospice to register or for more information at 781-341-4145.

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
January 29, 2024
1:00 pm**

RSVP's are appreciated at
508-378-1610 by January 22nd 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.

January Events

- Chair Yoga w/Karen
- Crafts with Kathy & Sue
- 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

Clinic Hours

Nurse Heather is off for a few weeks. We welcome Nurse Lisa in her absence! Clinic hours are every Thursday from 9am-12pm. 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 Nurse Lisa!

At Home Hearing Healthcare

**Monday, January 22nd
Monday, February 26th
10:00am – 12:00pm**

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.

**Crafts with Kathy & Sue
Thursday, January 18th @ 1:00pm
FREE!!**



Join Kathy & Sue for another fun class!! This month you will be making a 6 1/2" snowman made with "snow" covered Styrofoam. Join us for a fun and FREE class!

Please call the COA to sign up ~ Space is limited

Senior Learning Network facilitates lifelong learning programs via interactive video conferencing. Participants have the opportunity to “meet” with presenters from all over the country.

Tuesday, January 9th @ 2:00pm ~ Voyageurs National Park—MN



The voyageur - a French word meaning traveler - the namesake of Voyageurs National Park - began journeying through these interconnected waterways over 250 years ago; waterways that are one of the most important segments of the fur trade route used to open the "Great Northwest". Today, it is easy to imagine the voyageurs of the past dipping their canoe paddles into the clear, dark waters to the rhythm of their songs, gliding past the rock and pines of this northern landscape. Voyageurs National Park was established in 1975, but is filled with evidence of over 10,000 years of human life and use. Signs of Native Americans, fur traders, and homesteaders, signs of logging, mining, and commercial fishing are scattered throughout the park.

Tuesday, January 16th @ 2:00pm ~ Glenn Echo Park—The Carousel!

During Glen Echo Amusement Park's glory days as an amusement park, the Dentzel Carousel was the jewel of the park. The carousel remains the park's treasured centerpiece. The Dentzel Carousel Company built the carousel, which the amusement park installed in a 12-sided canopy building in 1921. Dentzel Carousels are known for their realistic, graceful animals and elaborate carvings. The Glen Echo carousel is called a "menagerie carousel" because of it is made up of many different animals. The 40 horses, 4 rabbits, 4 ostriches, giraffe, deer, lion, and tiger stand in three concentric rings. The carousel moves to the music of a Wurlitzer band organ, which pipes out music using a system similar to a. Only 12 Wurlitzer organs of this style are known to exist. Come join us to learn more play piano about this historic carousel!



Tuesday, January 23rd @ 2:00pm ~ The Vaqueros—Briscoe Western Art Museum



Who were the original Texas Cowboys? Join the Briscoe Museum to learn about Vaqueros! A museum educator will lead the group to discover who they were, where they came from, and why they were important to the development of the west. Nestled on the banks of the San Antonio River Walk, the museum's main building served as San Antonio's original public library in the 1930s followed by the Hertzberg Circus Collection and Museum in the 1980s. After an extensive renovation, the Briscoe Western Art Museum opened in 2013. A branch of the San Antonio Public Library can be found on the first floor, honoring the building's origins. The museum is named in honor of Texas Governor Dolph Briscoe, Jr., and his wife Janey Slaughter Briscoe, who envisioned a museum that would share the story of Western heritage and the people behind that story.

Thursday, January 30th @ 2:00pm ~ The Statue of Liberty—A Fresh Look

Between 1886 and 1924, almost 14 million immigrants entered the United States through New York. The Statue of Liberty was a reassuring sign that they had arrived in the land of their dreams. To these anxious newcomers, the Statue's uplifted torch did not suggest "enlightenment," as her creators intended, but rather, "welcome." Over time, Liberty emerged as the "Mother of Exiles," a symbol of hope to generations of immigrants. Join us as we visit one of our most iconic landmarks, and gain a fresh perspective and appreciation for "Lady Liberty"



Please call the COA to sign up

Good Grief Group

Friday, January 19th ~ 9:30am @ The Center

For anyone who has experienced the loss of a family member, a friend, a home, a job, a pet, or any other loss in their life.

Come and talk with us and others who have gone through similar experiences and want to find an open, caring group to share with and find healing.

Kelly Milne LP is the Pastor of the Bridgewater New Jerusalem Church and has extensive experience in pastoral care, and grief and support work.

Rev. Dr. Donna Keane is the Minister of the Elmwood New Church and has 35 years of experience as a Licensed Mental Health Counselor and in pastoral counseling.

No reservation required. All are invited to attend.

Contact Rev. Donna Keane for more information if needed.
781-799-8097



PIZZA GRAB & GO!
Thursday, January 25th
1:00pm — 1:30pm

One cheese pizza per household

Sign-ups will begin on Monday, January 8th and end on Monday, January 12th. East Bridgewater residents only.

This month's Grab & Go is being provided by Viking Pizza!
Please support your local businesses!

We look forward to seeing you!



Creativity With Color
With Kristen Vincelette
Tuesdays beginning
January 16th—February 20th
10:00am—12:00pm
\$5 per person/class

Sign-up today for this 6 week acrylic painting class with instructor Kristen Vincelette, owner of Creativity With Color. Kristen will guide you through a weekly lesson and send you home with a finished project each week! All materials are included in the cost of the class.

Call the COA to sign up for one or more classes
Payment is due one week prior to each class
Seating is limited to 10 per class

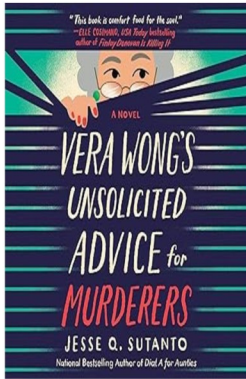


Technology Help
Tuesday, January 16th
Thursday, January 18th
11:00am—1:00pm

Join us for Tech Help with students from South-eastern Regional Vocational Technical High School! Bring in you laptop, tablet, or phone...and your questions!

Call to sign up for your 15 minute appointment!

Book Club



Book for January
Vera Wong's Unsolicited Advice for Murderers
By Jesse Q. Sutanto, Eunice Wong, et al.

Held at the:
East Bridgewater Council on Aging
355 Plymouth Street
East Bridgewater, MA

Wednesday, January 10th at 10:00 am

All Are Welcome!

Copies will be available at the COA mid-September 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

Book Club



Book for February
The Nightingale
By Kristin Hannah

Held at the:
East Bridgewater Council on Aging
355 Plymouth Street
East Bridgewater, MA

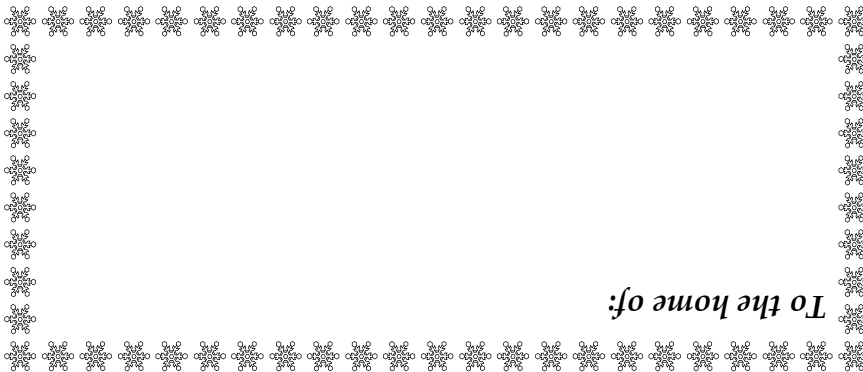
Wednesday, February 7th at 10:00 am

All Are Welcome!

Copies will be available at the COA mid-January 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.



To the home of:



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

RETURN SERVICE REQUESTED

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