

Senior Citizens Services

Bridgewater Senior Citizens are urged to take advantage of the many programs offered through the Bridgewater Senior Citizen Center. These programs include computer classes, card games, pilates, osteoporosis prevention and Arthritis Foundation exercise programs, weight training, aerobics classes, tai-chi classes, and country western line dancing.



In addition to these weekly activities, the center offers classes on nutrition and wellness, knitting, and cooking, and bus trips to plays, restaurants, and flea markets. Seniors can also attend special seminars on such topics as safe driving, financial planning, cultural enrichment, and medicine.

Computer classes mentioned above are offered for novice, intermediate, and advanced users. Special attention is focused on internet use and email correspondence. Digital photography, music, and video are covered during special sessions.

The Bridgewater Senior Citizen Club, which has several hundred members, holds its weekly meetings at the center. And monthly movie nights have recently been added to the list of activities at the center, with free popcorn, hot dogs, and beverages to all who attend.

Need a ride? Not to worry. Bridgewater Township offers its senior citizens a free transportation program to all activities at the senior center, as well as to grocery shopping and doctor appointments.

For more information on senior citizen activities, to register for a program, or to arrange a ride, call our senior citizen coordinator, Donna Langel, at (908) 575-8021 or email Donna at seniors@bridgewaternj.gov.