



### HEALTHY COOKING

Come learn how to prepare a healthy meal, then enjoy it with your cooking friends.

**Saturdays, September 23<sup>rd</sup>  
October 14<sup>th</sup> & November 4<sup>th</sup>**

**11:30-1:00pm @ BA Arc, \$5.00 fee**

### THEATRE CLUB

Join BA Arc at the East Bridgewater Cinema or other local theaters for a movie.

**Fridays, September 1<sup>st</sup>,  
October 13<sup>th</sup> & November 10<sup>th</sup>**

### BSU BUDDIES

BSU Buddies is a group of volunteer students from Bridgewater State University. The students come to BA Arc and host free events. Stayed tuned for the Fall schedule!

### COMMUNITY CRUISERS

A new program for adults 22 and up. Turn FriDAY's into FriYAY's and join us for a fun filled night out. Field trips will be from 5:00pm until 8:00pm. Field trips will consist of going out for a meal followed by a social recreation activity. Limited space available, first come first serve. To give everyone a chance to attend no early sign ups are accepted.

**Fridays, September 15<sup>th</sup>  
& October 20<sup>th</sup>**

### Harvest Dinner

BA Arc's annual Harvest Dinner will be held on Friday, November 17<sup>th</sup> from 7:00 to 9:00pm. As always BA Arc will provide the turkey, stuffing, and gravy. There will be no entry fee, instead attendees will be asked to bring items such as a side dish, dessert, paper products, etc.

**The registration/item sign up email for the dinner will be sent out a few weeks before the scheduled date.**



A fun filled hour of music, dance, and upbeat exercise. Join Karen Gouthro at the Brockton Area Arc for another session of Zumba.

**Saturdays, September 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>  
11:00am -12:00, \$40.00 fee for program**

Brockton Area Arc is located at  
1250 West Chestnut Street  
Brockton, MA 02301



Pre-registration required for activities.

Please e-mail Christina Grande at [recreation@brocktonarc.net](mailto:recreation@brocktonarc.net) or call 508-583-8030 X209.

Events may be cancelled if there is low enrollment or inclement weather.