

# Raynham COA/Raynham Senior Center

April 2024

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<https://www.town.raynham.ma.us/raynham-council-aging-senior-center>

Raynham Senior Center, 2215 King Philip Street, Raynham, MA 02767 508-824-2740

## SENIOR CENTER HOURS:

Monday– Thursday 9-3 and Friday 9 to 12

### **Game Night/Singo Tuesday, April 9th**

**Doors Open at 5:30 Singo starts at 6:00pm**

**Come join us for SINGO at night!**

**Cost: \$3**

SINGO is a new and exciting musical spin on the traditional game of Bingo. SINGO is a mix of bingo and great music. Instead of listening for a number, players are listening for the song title to their favorite music.

Sign up by April 5th!

**If Singo isn't for you** we will also be open to host board games or cards of your choice. This will be informal and participant's will choose what game/games to play.

We have seen an increase in COVID-19, Flu, RSV and other infections and ask that participants refrain from entering the Senior Center if they are not feeling well or exhibiting signs and symptoms of the viruses. We have free Covid-19 tests kits here at the Center if you need some.

Thank you for your cooperation.

### **MUSIC FOR SENIORS PERFORMANCE**

**Wednesday, April 3rd 2:30pm**

**Free Event**

Howie Newman's Music for Seniors show includes music from Frank Sinatra, Dean Martin, the Beatles, and Elvis Presley, as well as show tunes, standards, patriotic songs, and other well-known songs. There is also some trivia, background stories about the songs, and a little G-rated humor. It's a sing-along, toe-tapping, musical journey from the early 1900's up through the 1960's. This performance is supported in part by a grant from the Raynham Cultural Council, a local agency supported by the Mass. Cultural Council, a state agency.

Sign up today!

### **Solar Eclipse Watch Party at the Senior Center**

**Monday, April 8th at 2:30pm**

**Sign up at the Library or call 508-823-1344**

Eclipse sunglasses for the first 50 guest!

We will go outside as well as host a live stream of the total eclipse.

### **Busting Myths and Getting Savvy About Senior Living Presentation**

**Friday, April 12th, at 10:30AM**

Senior living expert, Jodi Tolman, has 15 years experience in the senior living industry and will present an extremely informative program about Senior Living. This presentation 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. Adult children are welcome and encouraged to join their loved ones for this very important program! Please call the Senior Center to register at (508) 824-2740. Light Refreshments will be served!

### Games at the Senior Center

**LCR Dice Game** – Mondays at 10 am

**Mah Jong** — Tuesdays at 10 & Thursdays at 12

**45 Card Game** – Tuesdays at 12:30 pm

**Hand & Foot** – Wed at 9:30

**Cribbage** — Wednesdays at 1 pm.

**Whist** — Thursdays @ 12

**Hand & Foot** — Fridays @ 9:30 am

### **Movie For February**

**Tuesday, April 23rd @ 11:00**

### **June Again**

A twist of fate gives family matriarch June (Noni Hazlehurst) a reprieve from a debilitating illness. Much to their amazement, June re-enters the lives of her adult children, Ginny (Claudia Karvan) and Devon (Stephen Curry), and learns that 'things haven't gone according to plan'. With limited time but plenty of pluck, she sets about trying to put everything, and everyone, back on track. When her meddling backfires, June sets out on a romantic journey of her own and discovers she needs help from the very people she was trying to rescue.

### LUNCH AND SINGO

**Wednesday, April 17th @ 11 AM**

SINGO is a new and exciting musical spin on the traditional game of Bingo. SINGO is a mix of bingo and great music. Instead of listening for a number, players are listening for the song title to their favorite music.

**Lunch (\$3) will be Sandwiches**

**Sign up and pay by April 10th**

**Come join the fun!**

### MONTHLY BREAKFAST

**Wednesday, April 24th at 9:00 AM**

All American Assisted Living will be joining us with a waffle station in addition to our regular menu.

Menu: Pancakes, Eggs, Bacon,

Potatoes, Fruit, and Coffee.

\$3 per person

Please sign up and pay by April 17th.

### Keep Physically Fit!

Yoga/w certified instructor Judy Struble on Mondays at 9:30 am

Light Weights & Stretching/w certified instructor Beth Morrison on Mondays and Wednesdays 11 am

Exercise w/ Marybeth - Tuesdays at 9:45 am

Tai Chi w/ Elijah Swain - Tuesdays at 1 pm

Line Dancing w/ Steve Cavanaugh — Wed at 1 pm

Exercise w/ Diane Nanfelt -Thurs at 10 & Fri at 9:30 am

**Each class is \$3.00. Please have exact change.**

### **SELF DEFENSE CLASS with Elijah Swain**

**Tuesday, April 9th and 16th at 11:30 AM**

### **"One Step To Safety"**

This program is a combination of basic strikes, tactics, and techniques. They have been developed and proven with a present day approach to the prevention of assaults and the application of self-defense concepts. In the event that you must defend your self, either physically or verbally, these techniques are made simple. This leads to high retention. That leads to high success which leads to CONFIDENCE. I am confident that you will enjoy and find this program helpful and useful. Most of all, these techniques are for you. **SIGN UP TODAY.**

### Sophisticates– Next one Monday, April 8th

**11 AM - 3:00 PM (Doors open at 10:30)**

**Place: Hillside Country Club**

**82 Hillside Avenue, Rehoboth**

Enjoy a combination of ballroom & line dancing paired with a delicious lunch. Tickets are \$37.50 each and include dancing and your meal. You must sign up and pay by April 1st.

Online Facebook : L and S Dance

Website: <https://lsdance.ticketspice.com/sophisticates-february-2024-dance> (credit card)

Venmo: Stephen-Cavanaugh-6

Mail (include check): Steve Cavanaugh, 26 Moulton St, Brockton, MA 02302

### **Monthly Blood Pressure Clinic**

**Wednesday, April 17th at 9:30 AM**

Come in for a blood pressure check with our Raynham Public Health Nurse Lindsay.

**Fuel Assistance: New Applications**

**NOW AVAILABLE! CALL THE SENIOR CENTER FOR AN APPOINTMENT.**

The fuel Assistance Program is a Self Help Energy Program that can help with home heating costs during the winter months. The program runs from November 1 through April 30. If you would like to apply, please call the Senior Center at 508-824-2740 and make an appointment.

**Qualifications:**

<u>Number in Household</u>	<u>Income</u>
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

**If you need help with your renewal applications, please call the Senior Center make an appointment once you receive your paperwork from Self Help.**

**NEWPORT PLAYHOUSE BUS TRIP**

**WEDNESDAY, SEPTEMBER 25, 2024**

Motor Coach Will Depart: 9:45 AM (Approximate)

From the Baseball Field parking lot next to the Raynham Senior Center

PLEASE PARK OVER THERE

Return: 5:00pm

**Cost: \$142 Per Person**

The dinner theatre is unique...enjoy a great buffet--a wonderful play and a fun-filled cabaret. The extensive, hearty buffet does not skimp on quality or selection. There's large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts. You will not be disappointed!

**Play: RUN FOR YOUR WIFE**

John Smith has two wives, two lives and a very precise schedule for juggling them both. When Smith is mugged and ends up in the hospital, both of his addresses surface, causing both the Streatham and Wimbledon police to investigate the case. Smith becomes hopelessly entangled in his attempts to explain himself to his two wives and two suspicious police officers, with help from his upstairs neighbor in Wimbledon.

**FOLLOW AND LIKE US ON**

**FACEBOOK!!**



**MEDICARE NEWS**

**April is the halfway mark to Medicare annual open enrollment, which begins October 15!**

**Tuesday, April 16 at 2:15 pm**

**We will be having a presentation on: Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me? (Duration: 45 mins)**

This is the #1 question most people have when deciding on the coverage that is best for them. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies and provide resources to help in the decision process. This presentation is great for people new to Medicare and also for existing Medicare members that will have the option to make changes to their plan during the Annual Election Period from October 15th through December 7th or during the Medicare Advantage open enrollment period from January 1st through March 31st.

This is an informative presentation for persons who currently have a Medicare Part D prescription plan, or a Medicare Advantage Plan (also referred to as Medicare part C plan) Please also consider attending if you will be turning 65 this year and will be faced with choosing a Medicare plan.

**NEW AS OF MARCH 1,2024  
THERE IS NO ASSET LIMIT FOR THE  
MEDICARE SAVINGS PROGRAM ALSO  
KNOWN AS (MASS HEALTH BUY-IN  
PROGRAM)**

If your **GROSS** monthly income does not exceed \$2,824 (single) \$3,833.00(Married Couple), you may be eligible for this helpful program. The Medicare Savings Program will give you back your monthly premium deducted from your SS check for Medicare B (currently \$174.70).

If you are a Raynham Resident and think you may be eligible, call the Senior Center at 508-824-2740 and set up an appointment with the SHINE counselor Laurie Koss. \* You will need to bring proof of your income (SS benefit letter you should have received in December, and proof of any pensions you may receive)\*

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>YOGA 930 LCR 10 ART FOR ALL 1115</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130</p>	<p>2</p> <p>COA BOARD MEETING 930</p> <p>EXERCISE 945</p> <p>ARTIST MEET UP 10 MAH JONG 10</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>3</p> <p>HAND &amp; FOOT 9:30</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p> <p>MUSIC FOR SENIORS 2:30</p>	<p>4</p> <p>MINDFULNESS CLASS 9</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>5</p> <p>HAND &amp; FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>8</p> <p>YOGA 930 LCR 10 ART FOR ALL 1115 LIGHT WEIGHTS &amp; STRETCHING 11 SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130</p> <p>SOLAR ECLIPSE PARTY 2:30</p>	<p>9</p> <p>EXERCISE 945</p> <p>ARTIST MEET UP 10 MAH JONG 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>GAME NIGHT</p> <p>SINGO 5:30</p>	<p>10</p> <p>HAND &amp; FOOT 9:30</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>11</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>12</p> <p>HAND &amp; FOOT 9:30</p> <p>EXERCISE 930</p> <p>Busting Myths and Getting Savvy About Senior Living Presentation 1030</p>
<p>15</p> <p>PATRIOT'S DAY</p> <p>THE SENIOR CENTER IS CLOSED</p>	<p>16</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>ARTIST MEET UP 10 SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>MEDICARE PRESENTATION 2:30</p>	<p>17</p> <p>HAND &amp; FOOT 9:30</p> <p>BLOOD PRESSURE 930</p> <p>LUNCH &amp; SINGO 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>18</p> <p>MINDFULNESS CLASS 9</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>19</p> <p>HAND &amp; FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>22</p> <p>YOGA 930 LCR 10</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130</p>	<p>23</p> <p>EXERCISE 945</p> <p>MAH JONG .10</p> <p>ARTIST MEET UP 10</p> <p>MOVIE 11</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>24</p> <p>BREAKFAST 9</p> <p>HAND &amp; FOOT 9:30</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>25</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>26</p> <p>HAND &amp; FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>29</p> <p>YOGA 930 LCR 10</p> <p>ART FOR ALL 1115 LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 1:30</p>	<p>30</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>ARTIST MEET UP 10</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>			