

# Raynham COA/Raynham Senior Center

December 2022

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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 9-3, Tuesday 9-4, Wednesday & Thursday 9 to 3, Friday 9 to 12

THE RAYNHAM SENIOR CENTER WILL BE CLOSED ON DECEMBER 23,  
26, 30, and JANUARY 2.

WE WOULD LIKE TO WISH EVERYONE A HAPPY HOLIDAY SEASON!!



**Tuesday, December 20th at 11:30 pm**

### Pizza and Ice Cream Social

Cranberry Home Care is sponsoring an Alzheimer's Awareness Ice Cream Social to celebrate the Holiday Season! Wear your ugly sweaters, bring your appetites & embark on a trip down Memory Lane with us on December 20<sup>th</sup>!

Sign Up today



The Secret Santa Program is underway at the Raynham Fire Department. If you are interested in donating new, unwrapped toys or making a donation, you may do so at the Fire Station or at the Senior Center. The Fire Department will also be collecting toys and donations along the Santa Ride on 12/10 and 12/17.

### LA SALETTE DAY TRIP

When: Thursday, December 8th

Time: 9:30am

Where: Wright Farm Restaurant and La Salette Shrine

Cost: \$67

### ITINERARY

- |          |                                      |
|----------|--------------------------------------|
| 9:30 AM  | Pick up at Raynham Senior Center     |
| 11:30 AM | Arrival at Wright's Farm Restaurant  |
| 12:00 PM | Dinner at Wright's Farm Restaurant   |
| 3:00 PM  | Leave Wright's Farm Restaurant       |
| 3:30 PM  | Arrival at La Salette Shrine         |
| 5:30 PM  | Leave La Salette Shrine              |
| 6:30 PM  | Arrive back at Raynham Senior Center |

## AARP Tax Appointments

The Raynham Senior Center and AARP will have the annual tax preparation program at the Senior Center 2023. We will have more information coming in our January Newsletter.



**SIGN UP TODAY!!**

## Games at the Senior Center

Cribbage — Wednesdays at 1 pm.

Hand and foot —Monday and Wednesdays @ 9:30 a.m.

Mah Jong— Tuesdays at 10 & Thursdays at 12

Whist — Thursdays at 12pm

## December Movie

### Dolly Parton's: Christmas of Many Colors

Dolly Parton's Christmas of Many Colors: Circle of Love" is the next chapter in the life of young Dolly Parton. The film delivers Christmas joy and peril as an unexpected blizzard threatens the

Parton family while at the same time Dolly's father (and his kids) make sacrifices to raise enough money to finally buy his loving wife the wedding ring he could never afford to give her.

**Tuesday, December 13th and December 27nd  
Sign up today!!**

## LUNCH AND SINGO

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.

**Wednesday, December 21st @ 11 a.m.**  
**Lunch will be \$3 and will be Sandwiches,  
Chips, Cookies, and a Drink.**  
**Sign up today. Come join the fun!**

## Wednesday, December 14th 9-11am

- Have fun creating a winter themed painting with your friends. Step by step instructions by Laurie Halls.
- 8"x10" acrylic painting on stretched canvas ready for hanging

Cost- \$18.00 all supplies included must sign up ahead of time.

**Sign up today!**

**Raynham Food Basket, 494 Church Street,**

**774-406-5612.**

Pick ups are on the second and fourth Thursdays of the month, and you must be a Raynham resident. Please call them, this is an excellent program.

## Keep Physically Fit!

Yoga with certified instructor Kelley Brophy on Mondays at 9:30 a.m.

Light Weights and Stretching with certified instructor Beth Morrison on Mondays and Wednesdays 11 a.m.

Exercise with Marybeth on Tuesdays at 9:45 a.m.

Zumba Gold with certified instructor Kelley Brophy on Tuesdays at 1:15 p.m.

Tai Chi with Elijah Swain on Tuesdays at 2:15 p.m.

Line Dancing with Steve Cavanaugh on Wednesdays at 1 p.m.

Exercise with Diane Nanfelt on Wednesdays at 12p.m and Thursdays at 10 a.m.

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

## **NEW!!! EXERCISE CLASSES WEDNESDAY'S AT THE SENIOR CENTER!**

STRETCH & RELAXTION W/ ELIZABETH MORRISON  
@ 11AM

EXERCISE WITH DIANE NANFELT@ 12PM  
Each Class is \$3.00!

## Fuel Assistance

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 December 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	\$42,411
2	\$55,461
3	\$68,511
4	\$81,586

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

## **COVID-19 UPDATE**

With the winter months approaching we still need to be cautious, especially if we are feeling sick with cold or flu symptoms. If you are sick, stay home. Self-testing is a very valuable tool. If you need test kits, we have a supply here at the Senior Center for Raynham Residents.

### **Monthly Blood Pressure Clinic**

**Wednesday, December 14th at 9:30am**

Come on in for a blood pressure check and say hello/meet our Raynham

Public Health Nurse Lindsay

### **Bereavement Support Group**

**Every 1st and 3rd Thursday of the month**

**Time: 9:30am**

There really is no "wrong way" to grieve the loss of a loved one. Most of us experience a whole range of emotions and feelings. It is important to reach out and talk to someone and even cry with someone when you need to in a safe place.

All are welcome

### **Elder Watch List:**

#### **Consider putting your name on**

The elder watch list is for all seniors so we have your information for emergencies. The list is shared with only the Raynham Police Department and Raynham Fire Department. The one page form includes questions about whether you have specialized medical equipment, asks for emergency contacts and other vital information. Call us at 508-824-2740 and we will send you a form to fill out and mail back to us. **(NOTE: This list does not take the place of the File of Life.)**

### **Veterans Services**

To my fellow Veterans, their spouses or widows,

The Raynham Department of Veterans' Services is a multifaceted organization developed to assist Massachusetts Veterans in understanding and obtaining a multitude of benefits through Mass General Law, Chapter 115. If you qualify, we can provide you with financial assistance to help with rent, fuel to heat your home and daily living expenses. You may be eligible for assistance with the cost of Medicare A/B, MEDEX and prescription co-pays. We have resources that can assist with housing modifications such as wheelchair ramps, sit down showers and emergency home repairs. These are just a fraction of the benefits we provide. You could be missing out on assistance you have earned and deserve. Please contact Scott R. Blake at (508) 828-4527 or [sblake@town.raynham.ma.us](mailto:sblake@town.raynham.ma.us) to find out if you qualify.

## **ARTIST TO ARTIST MEET UP**

**FRIDAYS 9:00AM-12:00PM**

Founder, Cindy Connolly had an idea. Why can't artist of all types be in one room to teach or learn from one another? This group is called Artist to Artist meetup. To meet, unite, connect, brainstorm, work, rehearse & collaborate. Share & show how you do your artwork includes oil painting, acrylic, water coloring, pastels, charcoal, hand drawing, etc. Learn from other artists with their creative drawing & painting skills or try a new medium.

**Bring your art supplies to setup on a table and start working on your work in progress..**

MONTHLY BREAKFAST 4TH

WEDNESDAY OF THE MONTH

**Wednesday, December 28th At 9:00AM**

Menu: Pancakes, Eggs, Bacon,  
Potatoes, Fruit, and Coffee.

\$3 per person

**Sign up today. All are welcome**

## **RAYNHAM SINGING SENIORS**

**SINGING GROUP IS BACK ON**

**MONDAY'S AT 12:15**

### **MEDICARE NEWS**

As the December 7th deadline approaches for the end of Medicare D open enrollment, please know this. If you CURRENTLY are a Medicare Advantage Plan Member, or during OE, in a Medicare Advantage Plan, you have until the end of March 2023 to still make a change if you need to or want to. This extra time is a perk of being Medicare Advantage member.

Our Shine Counselor, Laurie Koss, will be conducting telephone appointments 3 days per week, at 45 minute time slots. If you wish to make an appointment, call the Senior Center at 508-824-2740.

# December 2022

Mon	Tue	Wed	Thu	Fri
			1 BEREAVEMENT GROUP 930 WATER COLOR 10 EXERCISE 10 MAH JONG 12 WHIST 12	2 ARTIST TO ARTIST MEET UP 9 WII BOWLING 10
5 HAND & FOOT 9:30 YOGA 930 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	6 EXERCISE 945 MAH JONG 10 ZUMBA GOLD 1:15 TAI CHI 2:15	7 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 EXERCISE 12 CRIBBAGE 1 LINE DANCING 1	8 LA SALETTE TRIP 930 WATER COLOR 10 EXERCISE 10 MAH JONG 12 WHIST 12	9 ARTIST TO ARTIST MEET UP 9 WII BOWLING 10
12 HAND & FOOT 9:30 YOGA 930 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	13 EXERCISE 945 MAH JONG 10 MOVIE 11 ZUMBA GOLD 1:15 TAI CHI 2:15	14 HOLIDAY CRAFT 9 BLOOD PRESSURE 930 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 EXERCISE 12 LINE DANCING 1	15 BEREAVEMENT GROUP 930 EXERCISE 10 HOLIDAY LUNCHEON 12 WHIST 12	16 ARTIST TO ARTIST MEET UP 9 WII BOWLING 10
19 HAND & FOOT 9:30 YOGA 930 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	20 EXERCISE 945 MAH JONG 10 PIZZA AND ICE CREAM SOCIAL 1130 ZUMBA GOLD 1:15 TAI CHI 2:15	21 HAND & FOOT 9:30 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1	22 EXERCISE 10 MAH JONG 12 WHIST 12	23 CLOSED HAPPY HOLIDAYS!
26 CLOSED HAPPY HOLIDAYS!	27 EXERCISE 945 MAH JONG 10 MOVIE 11 ZUMBA GOLD 1:15 TAI CHI 2:15	28 BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 EXERCISE 12 LINE DANCING 1 CRIBBAGE 1	29 EXERCISE 10 MAH JONG 12 WHIST 12	30 CLOSED HAPPY HOLIDAYS!