

Raynham COA/Raynham Senior Center

February 2024

emedeiros@town.raynham.ma.us lkoss@town.raynham.ma.us polson@town.raynham.ma.us

<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

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

Wednesday, February 7th at 2:15 pm

For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to reevaluate your choices each year.

Circumstances change, and so can your health plan. While we won't delve into Blue Cross plan details, you will leave with a clear understanding of which type of plan best fits your needs. What

We'll Cover: What's Original Medicare, Differences between Medicare Supplement and Medicare Advantage Plans, Do I need Prescription Drug Coverage?

Real-life case studies, Resources to help you in the decision process.

SIGN UP TODAY

Valentine's Day Luncheon

Wednesday, February 14th at 12:15 pm

Music: Dave and Marcia Burbank

Lunch \$3– Pizza

Sign up and pay by February 7th

Join us Tuesday, March 5th at 2:30 pm

Mike Higgins, a local musician, will be here playing all your favorite hits!

Sign up today.

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.

Senior Center Winter Weather Alert

The Raynham Senior Center is closed to the public if and when the Bridgewater-Raynham School District is closed because of inclement weather. Please listen to radio, television stations, or online media in the Boston-Providence area for notifications of school closings.

FOXWOOD CASINO- Tuesday, April 16, 2024

\$37 Per Person

Your Motor Coach Will Depart @ 8:30 AM

From the Baseball Field parking lot next to the Raynham Senior Center *PLEASE PARK OVER THERE*

Return Approximately: 5:30 PM

Trip Includes:

* Casino Time: 10:00am-4:00pm

*Deluxe Motor Coach Transportation

Scam Presentation

Thursday, February 22nd at 11:00 am

Officer Jennifer Lang and Lt. Peter Beatrice of the Raynham Police Department will be here at the Senior Center to talk about scams targeting seniors and situational awareness and will answer any questions you may have.

Sign up today!

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, Knee, & Foot or Hand & Foot – Wed at 9:30

Cribbage — Wednesdays at 1 pm.

Whist — Thursdays @ 12

Hand & Foot — Fridays @ 9:30 am

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.

Movie For February

Tuesday, February 27th @ 11:00

Where the Crawdads Sing

**Stars: Daisy Edgar-Jones, Taylor John Smith,
Harris Dickinson**

A woman who raised herself in the marshes of the
Deep South becomes a suspect in the murder of a
man with whom she was once involved.

Sign up by February 20th

Game Night

Tuesday, February 13th at 5:30 pm – 7:30 pm

This night is informal and participant's will choose what
game/games to play.

SELF DEFENSE CLASS with Elijah Swain

Tuesday, February 13 and 20 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.**

LUNCH (\$5) 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.

**Lunch (\$5) will be Homemade Lasagna,
Salad, Roll, Dessert**

Wednesday, February 21st @ 11 AM

Sign up and pay by February 14th.

Come join the fun!

Sophisticates– Next one February 12th

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 February 5th.

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, February 21 at 9:30 AM

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

MONTHLY BREAKFAST

Wednesday, February 28th at 9:00 AM

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

Sign up and pay by February 21

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

MEDICARE NEWS

REMINDER:

Very soon you will be receiving your 2024 benefit letter from Social Security, showing you what your new benefit amount will be beginning January. This is an important paper. Please keep it home, in a safe place for future reference. You will need this statement if/when you apply for certain programs.

MassHealth- Buy-in

If your **GROSS** monthly income does not exceed \$2,734.00 (single) \$3,698.00(Married Couple) and your assets do not exceed \$18,180.00 (single) \$27,260 (married couple), you may be eligible for this helpful program. The MH Buy-in program, also sometimes called the Give Back benefit, will give you back 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)*

Bereavement Support Group

Every 1st and 3rd Thursday of the month

Time: 9:30 AM

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.

Mindfulness Class 9 AM

First & Third Thursday's of the month

This class is being put on by Benny, a Buddhist monk from the Raynham Temple which is a Buddhist meditation center. This class will cover mindfulness which has four foundations, or the four places that you can gain your consciousness more and more. Those four foundations are body, feeling, idea and function. Then you try to incorporate those as you meditate.

Fire Prevention and Luncheon with Fire Captain Jeff Kelleher March 19th at 11:30am

Lunch- Sandwiches, Chips, Dessert- Sign up today!

February 2024

Mon	Tue	Wed	Thu	Fri
			<p>1</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>2</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>5</p> <p>YOGA 930</p> <p>LCR 10</p> <p>ART FOR ALL 1115</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>6</p> <p>COA BOARD MEETING 930</p> <p>EXERCISE 945</p> <p>ARTIST MEET UP 10</p> <p>MAH JONG 10</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>7</p> <p>CHOICE OF HAND KNEE & FOOT OR HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p> <p>MEDICARE PRESENTATION 2 :15</p>	<p>8</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>9</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>12</p> <p>YOGA 930</p> <p>LCR 10</p> <p>ART FOR ALL 1115</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>13</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>ARTIST MEET UP 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>GAME NIGHT 530</p>	<p>14</p> <p>CHOICE OF HAND KNEE & FOOT OR HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>VALENTINE'S DAY LUNCHEON 1215</p> <p>CRIBBAGE 1</p> <p>NO LINE DANCING</p>	<p>15</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>16</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>19</p> <p>CLOSED</p> <p>PRESIDENTS' DAY</p>	<p>20</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>ARTIST MEET UP 10</p> <p>SELF DEFENSE 11:30</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>21</p> <p>CHOICE OF HAND KNEE & FOOT OR HAND & FOOT 9:30</p> <p>BLOOD PRESSURE 930</p> <p>LUNCH & SINGO 11</p> <p>LINE DANCING 1</p> <p>CRIBBAGE 1</p>	<p>22</p> <p>EXERCISE 10</p> <p>RAYNHAM POLICE DISCUSSION ON SCAMS 11</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>23</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>26</p> <p>YOGA 930</p> <p>LCR 10</p> <p>ART FOR ALL 1115</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 1:30</p>	<p>27</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>28</p> <p>BREAKFAST 9</p> <p>CHOICE OF HAND KNEE & FOOT OR HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>LINE DANCING 1</p> <p>CRIBBAGE 1</p>	<p>29</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	