

# Raynham COA/Raynham Senior Center

January 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

The Senior Center will be closed on

**January 1, 2024**

HAPPY NEW YEAR!

### Stroke Awareness Presentation

**Tuesday, January 30 at 11am**

Join Raynham's Public Health Nurse Lindsay for a discussion on signs of a possible stroke.

### AARP FOUNDATION TAX AIDE

The AARP Foundation Tax Aide will be held this year at the Raynham Senior Center. AARP Foundation Tax-Aide provides in-person tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income.

Taxes will be scheduled on Mondays only starting February 5 and run through April 8. Tax preparation will be in person. Once you have an appointment, your Intake form will be mailed to you. Please bring the completed form with you as well as your documents for this year and your 2022 tax return. Please be on time for your appointment. Coming in late will decrease your time with the tax preparer, or even cause your appointment to be cancelled. **Note:** if you need a tax return completed for a prior year, you must schedule a separate appointment for that year.

**Scheduling begins Tuesday, January 16 at 9 AM.** Please do not call or leave a message before then. Only calls or messages received starting Tuesday, January 16 at 9 AM will be considered for an appointment. Once all available appointments are scheduled, a waiting list will be started. If after you have scheduled an appointment you find you need to reschedule it, your name will be placed at the end of the waiting list.

### 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.

### 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.

### **NEW YEAR LUNCHEON**

**Tuesday, January 2nd at 11:30am**

**Chow Mein Sandwiches, Side, Dessert**

**Cost: \$7.00 —Sign up today!**

### Game Night

**Tuesday, January 9 at 5:30 pm– 7:30pm**

This night is informal and participant's will choose what game/games to play. Hopefully there will be more than one group and different games being played.

### **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.

### 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.**

### **Monthly Blood Pressure Clinic**

**Wednesday, January 17 at 9:30 AM**

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

### **Movie For January**

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

#### **Hairspray**

Starring: John Travolta, Michelle Pfeiffer, Christopher Walken

Pleasantly plump teenager Tracy Turnblad teaches 1962 Baltimore a thing or two about integration after landing a spot on a local TV dance show.

**Sign up by January 17**

### **New Group!**

Hand Sewing Group

Monday's 1:00 pm– 3:00 pm

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

**Tuesday, January 9 and 16 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.**

### **ART CLASSES FOR ALL**

**MONDAYS @ 11:15**

Let's explore different ways to create art exploring different mediums. Learn basic drawing skills using pencil and charcoal, as well as watercolor and printmaking

techniques to build confidence and skills to create artwork together. Great for beginners.

**COST: \$8.00 PER CLASS**

### **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 will be Meatloaf, Mashed Potatoes, Veg**

**Wednesday, January 17 @ 11 AM**

**Sign up and pay by January 10.**

**Come join the fun!**

### **MONTHLY BREAKFAST**

**Wednesday, January 31st at 9:00 AM**

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

\$3 per person

### **ARTIST TO ARTIST MEET UP**

**Wednesdays 2:15 pm - 4:00 pm**

Bring your art supplies to setup on a table and start working on

## Food assistance options

**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.

**Taunton Area Community Table and Meal Center**. 378 Bay Street, Taunton, in the former St. John's Church, 508-386-3807, This is a community-based meal center dedicated to providing delicious, healthy meals to individuals and families. No questions asked. Give them a call!

## 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	<b>\$45,392</b>
2	<b>\$59,359</b>
3	<b>\$73,326</b>
4	<b>\$87,294</b>

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

## Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me? Tuesday, February 7th at 2:15pm

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

## 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 \$164.90). 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)\*

## Exploring Medicare Advantage Plans Presentation

Wednesday, January 24th at 10:00am

Have you ever wondered about the Medicare Advantage plans advertised on TV? Join us as a Blue Cross Blue Shield of Massachusetts representative unravels the options. Learn about Medicare Advantage Plans, the differences between HMOs and PPOs, and get a closer look at the Blue Cross Blue Shield Medicare Advantage plans. Discover the cost-sharing and extra benefits associated with these plans. Don't miss this chance to understand your healthcare options better! With various plan types available, understanding how different options work is crucial. It's not a one size fits all situation but being aware of the variations empowers you to make informed decisions.

SIGN UP TODAY!

# January 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>CLOSED HAPPY NEW YEAR!</p>	<p>2</p> <p>COA BOARD MEETING 930 EXERCISE 945 MAH JONG 10 LUNCHEON 1130 45 CARD GAME 1230 TAI CHI 1</p>	<p>3</p> <p>CHOICE OF HAND KNEE &amp; FOOT OR HAND &amp; FOOT 9:30 LIGHT WEIGHTS &amp; STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 2:15</p>	<p>4</p> <p>MINDFULNESS CLASS 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12</p>	<p>5</p> <p>HAND &amp; FOOT 9:30 EXERCISE 930 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>9</p> <p>EXERCISE 945 MAH JONG 10 SELF DEFENSE 11:30 45 CARD GAME 1230 TAI CHI 1 GAME NIGHT 530</p>	<p>10</p> <p>CHOICE OF HAND KNEE &amp; FOOT OR HAND &amp; FOOT 9:30 LIGHT WEIGHTS &amp; STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 2:15</p>	<p>11</p> <p>EXERCISE 10 MAH JONG 12 WHIST 12 FRIENDS OF THE COUNCIL ON AGING MEETING 230</p>	<p>12</p> <p>HAND &amp; FOOT 9:30 EXERCISE 930 WII BOWLING 1030</p>
<p>15</p> <p>CLOSED MARTIN LUTHER KING JR. DAY</p>	<p>16</p> <p>EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1</p>	<p>17</p> <p>CHOICE OF HAND KNEE &amp; FOOT OR HAND &amp; FOOT 9:30 BLOOD PRESSURE 930 LUNCH &amp; SINGO 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 2:15</p>	<p>18</p> <p>MINDFULNESS CLASS 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12</p>	<p>19</p> <p>HAND &amp; FOOT 9:30 EXERCISE 930 WII BOWLING 1030</p>
<p>22</p> <p>YOGA 930 LCR 10 ART FOR ALL 1115 LIGHT WEIGHTS &amp; STRETCHING 11 SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 1:30</p>	<p>23</p> <p>EXERCISE 945 MAH JONG 10 MOVIE 11 45 CARD GAME 1230 TAI CHI 1</p>	<p>24</p> <p>CHOICE OF HAND KNEE &amp; FOOT OR HAND &amp; FOOT 9:30 EXPLORING MEDICARE ADVANTAGE PLANS 10 LIGHT WEIGHTS &amp; STRETCHING 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 2:15</p>	<p>25</p> <p>EXERCISE 10 MAH JONG 12 WHIST 12</p>	<p>26</p> <p>HAND &amp; FOOT 9:30 EXERCISE 930 WII BOWLING 1030</p>
<p>29</p> <p>YOGA 930 LCR 10 ART FOR ALL 1115 LIGHT WEIGHTS &amp; STRETCHING 11 SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 1:30</p>	<p>30</p> <p>EXERCISE 945 MAH JONG 10 STROKE AWARENESS 11 45 CARD GAME 1230 TAI CHI 1</p>	<p>31</p> <p>BREAKFAST 9 CHOICE OF HAND KNEE &amp; FOOT OR HAND &amp; FOOT 9:30 LIGHT WEIGHTS &amp; STRETCHING 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 2:15</p>		