

Raynham COA/Raynham Senior Center

March 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

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.

Fire Prevention and Luncheon with

Fire Captain Jeff Kelleher

March 19th at 11:30am

Lunch– Sandwiches, Chips, Dessert
Sign up by March 12th!

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 1900s up through the 1960s. 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!

Back Yard Astronomy with Steven

Tuesday, March 26th at 2:15pm

Stephen LaFlamme is a Raynham native who discovered a passion for astronomy. He has studied the celestial wonders of the nighttime sky ever since. In 1996, he built a backyard observatory and has taken countless images of the sun, moon, planets, nebulae, galaxies and more. He will be sharing the highlights of his cruise among the universe and will give a preview of the April 8th Total Solar Eclipse.
Sign up today!

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

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.

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

Movie For February

Tuesday, March 26th @ 11:00

Glass Onion

Starring: Daniel Craig, Edward Norton, and Kate Hudson

Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case.

Sign up by March 19th

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 Meatloaf Dinner

Wednesday, March 20th @ 11 AM

Sign up and pay by March 13th

Come join the fun!

Monthly Blood Pressure Clinic

Wednesday, March 20th at 9:30 AM

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

MONTHLY BREAKFAST

Wednesday, March 27th at 9:00 AM

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

Sign up and pay by March 20

Partnering with All American Assisted Living who will be cooking the delicious waffles for us.

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.

Game Night

Tuesday, March 12th 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, March 5th and 12th 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, March 11th

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 March 4th.

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

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.

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.

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.

March 2024

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>4</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>5</p> <p>EXERCISE 945</p> <p>ARTIST MEET UP 10</p> <p>MAH JONG 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>MIKE HIGGINS 230</p>	<p>6</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>7</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>8</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>11</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>12</p> <p>COA BOARD MEETING 930</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>13</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>14</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>15</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>18</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>19</p> <p>EXERCISE 945</p> <p>MAH JONG .10</p> <p>ARTIST MEET UP 10</p> <p>FIRE PREVENTION LUNCHEON 11:30</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>20</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>21</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>22</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>25</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>26</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>BACKYARD ASTRONOMY 215</p>	<p>27</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>28</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>29</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>