

Raynham COA/Raynham Senior Center

May 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

WREATH MAKING CLASS

Tuesday, May 21st at 2:30 PM

Sponsored by

All American Assisted Living.

Space is limited! Sign up today!

BOCCE is back!

Monday's starting May 6th at 10:00 AM

BRAIN BUILDER CLASSES

Monday's April 22nd, May 6th, May 20th,
and June 10th

TIME: 1:00 PM—2:00 PM

Join us to learn tips and techniques to help improve memory, word-finding, thinking skills, socialization in a fun, supportive environment!

Sign up today!

Pre Kentucky Derby Party

Friday, May 3rd at 11:30 AM

Cost: \$7

Join us for a pre-race luncheon with appetizers, Kentucky Fried Chicken, Dessert, and Beverages.

Prizes for the best hat!

Sign up and pay by May 1st.

Mothers Day Luncheon with

Dave and Marcia Burbank

Thursday, May 16th at 12:00 PM

Cost: \$5

Which includes sandwiches, dessert, and beverage

Sign up and pay by May 9th.

Tick and Mosquito Presentation and Ice cream social

Tuesday, May 7th at 2:30 PM

Presented by our Public Health Nurse
Lindsay Miranda, BSN, RN

Join us for ice cream and a discussion on how to stay protected from Tick and Mosquito's and what signs to look for to prevent diseases such as Lyme disease and West Nile virus.

Manicure Monday!

Monday, May 13th from 9:30-11:30 AM

By appointment only and space is limited!

Students from Silver Shears will be providing Manicures here at the Senior Center. Silver Shears is a full service salon owned and operated by Bristol-Plymouth and Cosmetology students.

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 May

Tuesday, May 28th @ 11:00

Senior Moment

Starring: William Shatner, Jean

Smart and Christopher Lloyd

After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license.

Forced to take public transportation, he meets Caroline and learns to navigate love and life again.

Sign up by May 24th!

LUNCH AND SINGO

Wednesday, May 15th @ 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 Pizza (Pepperoni & Cheese)

Sign up and pay by May 8th

Come join the fun!

Monthly Blood Pressure Clinic

Wednesday, May 15th at 9:30 AM

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

MONTHLY BREAKFAST

Wednesday, May 29th at 9:00 AM

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

\$3 per person— Please sign up and pay by May 22nd

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, May 14 and 21st 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, May 13th

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 May 6th.

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

Bereavement Support Group

Every 1st and 3rd Thursday of the month

Time: 9:30 AM

Red Sox Game and Lunch \$3

Wednesday, June 5 at 1:00 PM

Join us for Popcorn, Hotdogs, and ice cream.

Red Sox vs Braves at 1:35 pm

Sign up and pay by May 29.

Game Night

Tuesday, May 14th at 5:30 pm – 7:30 PM

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

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.

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: 5:00 pm

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.

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)*

Shades of Ireland Trip

\$3799 per person at double occupancy rates

March 6 – 15, 2025

10 days (9 nights)

Special Travel Presentation:

Wednesday June 12th @ 2:30 PM

Come and learn more about this trip that will take place next year!

About This Tour: From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. Choose how you explore the city of Dublin. Kiss the Blarney Stone at historic Blarney Castle. See Killarney from an Irish jaunting car.

Pick from a selection of the best restaurants with our Diner's Choice program. Experience the world-famous beauty of the Ring of Kerry. See border collies in action during a traditional sheepdog demonstration. Stand in awe at the top of the stunning 700-foot Cliffs of Moher. A vibrant blend of captivating culture and stunning nature, this is the Ireland you've always imagined.

Group Webpage:

gateway.gocollette.com/link/1256833

May 2024

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>2</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>3</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>KENTUCKY DERBY LUNCHEON 1130</p>
<p>6</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 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>BRAIN BUILDERS 1</p> <p>KNITTING 130</p>	<p>7</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>TICK & MISQUITOES ICE CREAM SOCIAL 230</p>	<p>8</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>9</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>10</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>13</p> <p>YOGA 930</p> <p>MANICURES 930</p> <p>LCR 10</p> <p>BOCCE 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>14</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>GAME NIGHT 530</p>	<p>15</p> <p>HAND & FOOT 9:30</p> <p>BLOOD PRESSURE 930</p> <p>LUNCH & SINGO 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>16</p> <p>MINDFULNESS CLASS 9</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>WHIST 12</p> <p>DAVE & MARCIA 12</p>	<p>17</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>20</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>HAND SEWING GROUP 1</p> <p>BRAIN BUILDERS 1</p> <p>KNITTING 130</p>	<p>21</p> <p>EXERCISE 945</p> <p>MAH JONG .10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>WREATH MAKING CLASS 230</p>	<p>22</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>23</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>24</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>27</p> <p>CLOSED</p> <p>MEMORIAL DAY</p>	<p>28</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>MOVIE 11</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>29</p> <p>BREAKFAST 9</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>30</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>31</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>