

# Raynham COA/Raynham Senior Center

April 2023

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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

### Friends of the Council on Aging information session

#### Are looking to volunteer and help out the Senior Center?

Friends of the Council on Aging is a 509(a)(3), non-profit organization, that financially supports COA programs not covered by the town budget, and helps improve services being provided at the COA. This all volunteer organization raises funds through the generous donations of townspeople received from mailings and unsolicited donations. All funds are used to enhance and support the lives of the growing population of older adults. If you are interested in helping us form this group, please join us on **Thursday, April 13 at 10:00am for an informational meeting and what the next steps would be in forming this group.**

#### New to the Senior Center– Left, Right, Center Dice Game

Come join the fun in this easy game of just being lucky.

If this is something you would interested in please call the center and let us know!

**New to the Senior Center: Men's Coffee Hour.** Every Thursday at 9:00 am starting April 6th!

#### Introduction to Mah Jong

**Thursday, April 13, 20, 27, and May 4**

**12:00-3:00 PM**

This is a series of classes, so no new people will be accepted after April 20. Limit: 8 people

#### Rescheduled: Virtual Safari Tour

Friday, April 28th at 10:30 AM

Immerse yourself in the African wild from where ever you are in the world, and join one of our friendly expert safari guides for a live, intimate, and fully interactive virtual exploration of the African wild - a place like no other on earth!

SIGN UP TODAY

#### SPRING CRAFTING EVENT AT THE RAYNHAM

**SENIOR CENTER APRIL 19TH AT 2 PM**

Come join us in making a spring wreath hosted by All American Assisted Living. All materials will be supplied.

This is a free event but you must sign up in advance.

#### Simplifying Final Expenses For Seniors

**Wednesday, April 12, 2023**

**10:00 am**

Please join Terri Pimento for Coffee & Pastry to learn how you can plan for final expenses.

Sign up today!

## Games at the Senior Center

Cribbage — Wednesdays at 1 pm.

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

Mah Jong— Tuesdays at 10 & Thursdays at 12

Whist — Thursdays at 12 pm

45 Card Game– Tuesdays at 12:30 pm

## April Movie Our Souls at Night

Jane Fonda and Robert Redford star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.

**Tuesday, April 25th  
Sign up today!!**

## TACT Lunch Outing

Wednesday, April 12, 2023

Departs Senior Center @ 11 AM

Return Trip from Taunton Departs @ 12:15

The Taunton Area Community Table (or TACT) is a community-based meal center dedicated to providing delicious, healthy meals to individuals & families in a warm, friendly, and safe atmosphere. In coordination with GATRA, a bus will be provided to take 10 people round trip from Raynham Senior Center to the Taunton Area Community Table and back for a delicious hot lunch once a month.

There is no charge for the meal or the bus. You **MUST** sign up in advance. 508-824-2740

## Foxwoods Casino Bus Trip

Tuesday, April 25, 2023

\$35 Per Person

The Motorcoach will leave Raynham Senior Center at 8:30am and arrive back at approximately 5:30pm

## Are you interested in joining a puzzle group?

We will have a puzzle where everyone can work together to complete as well as socialize. If you are interested, please call and let us know.

## 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 1:00 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 Thursdays at 10 a.m. and Fridays at 9:30 a.m.

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

**Tuesday, April 11 and 18 at 11:30 AM**

**Self Defense Class with Elijah Swain**

**"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!!**

## R.U.O.K Presentation

**May 2nd at 11:00 am**

Sponsored by the Bristol County Sherriff's Department! We will serve a light lunch at 11:00 am followed by a presentation on the R.U.O.K? Program. This is a free program that could save your life.

**Must sign up in advance.**

### **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.)**

#### **Monthly Blood Pressure Clinic**

**Wednesday, April 12, 2023 at 9:30 AM**

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

#### **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

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

**Wednesday, May 10 @10:00 am**

Join Bill Rowbottom for a presentation on which Medicare plan is right for you. This is the number one question most people have when deciding on coverage that is best for them. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies, and provide resources to help in the decision process. This presentation is great for people new to Medicare and also for existing Medicare members that will have the option to make changes to their plan during the Annual Election Period from October 15th through December 7th or during the Medicare Advantage open enrollment period from January 1st through March 31st

Sign up today!

### **White Cross Pharmacy Presentation**

**Wednesday May 17, 2023 @ 10:00 AM**

- ◆ Did you ever say "Did I take my pills today?"
- ◆ Remain independent and safe with better Medication Management.
- ◆ Save time and trips to the Pharmacy
- ◆ Most insurances excepted

To learn more 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, April 19 @ 11 AM**

**Lunch will be served. \$5**

**Sign up today. Come join the fun!**

#### **MONTHLY BREAKFAST**

**Wednesday, April 26 at 9:00 AM**

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

\$3 per person

**Sign up today. All are welcome**

#### **MEDICARE NEWS**

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)\*

# April 2023

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
BALANCE & YOGA 930 WATER COLOR 10 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	EXERCISE 945 MAH JONG 10 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 215	MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
10	11	12	13	14
BALANCE & YOGA 930 NO WATER COLOR 10 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	BLOOD PRESSURE 930 HAND & FOOT 9:30 FINAL EXPENSE TALK 10 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 215	MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
17	18	19	20	21
CLOSED PATRIOT'S DAY	EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	HAND & FOOT 9:30 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 215 SPRING WREATH CRAFT 2	MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
24	25	26	27	28
BALANCE & YOGA 930 WATER COLOR 10 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	EXERCISE 945 MAH JONG 10 MOVIE 11 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 215	MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 VIRTUAL SAFARI 1030