

# Raynham COA/Raynham Senior Center

December 2023

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

### ESTATE PLANNING 101 PRESENTATION

Wednesday, December 6 at 10:00 am

Learn the basics of estate planning with Atty Erin Nunes of Surprenant & Beneski, P.C., including: The importance of quality foundational documents (i.e. Durable Power of Attorney, Healthcare Proxy, HIPAA Authorizations) How to determine who to designate for making medical, legal, and financial decisions on your behalf. Protect your earnings and assets from long-term care costs. Protecting your assets and leaving a legacy for your children & grandchildren... and more!

Sign up today. 508-824-2740

The Senior Center will be closed the following days:

December - 22, 25, and 29, and January 1

HAPPY HOLIDAYS!

### 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**

**SIGN UP TODAY**

### Mindfulness Class

New FREE Class at the Senior Center

Thursday's at 9

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.

Sign up today!

### HOLIDAY PARTY DECEMBER 14 @ 12

\$10 Per Person

Music by Dave & Marcia Burbank. Enjoy the upbeat songs of Dave & Marcia Burbank as they take us back to yesteryear. **Meal will include: Baked Ham, Potato, Vegetables, and Dessert.** We will also have some fun free raffles for you to win. Come celebrate the Holiday Season with us! Sign up and pay by December 5th!

### Christmas Tree Craft

Tuesday, December 12 at 2:15 pm

Cost: \$2

Join us as we paint hand crafted Christmas Tree Decorations.  
Sign up today!!

### 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.

## Games at the Senior Center

LCR Dice Game— Mondays at 10 am  
Hand, Knee, & Foot card game— Mondays at 10 am  
Mah Jong— Tuesdays at 10 & Thursdays at 12  
45 Card Game— Tuesdays at 12:30 pm  
Cribbage — Wednesdays at 1 pm.  
Hand & Foot —Wednesdays & Fridays @ 9:30 am  
Whist — Thursdays at 12 pm

### Movie For November

**Tuesday, December 26 @ 11:00**

#### Book Club: The Next Chapter

Starring: Diane Keaton, Jane Fonda,  
Candice Bergen and Mary Steenburgen

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.

**Sign up by December 19.**

### Monthly Blood Pressure Clinic

**Wednesday, December 20 at 9:30 AM**

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

### SINGO Game Night

**Tuesday, December 19 at 6:00 pm**

**Doors open at 5:30 pm**

Come join the fun of a night time SINGO game.

Dessert and beverages

Cost is \$3 per person

Please sign up and pay by December 12

### MONTHLY BREAKFAST

**Wednesday, December 27 at 9:00 AM**

Menu: Pancakes, Eggs, Bacon,

Potatoes, Fruit, and Coffee.

\$3 per person

Please sign up and pay by December 20.

### Keep Physically Fit!

Yoga with certified instructor Judy Struble on  
Mondays at 9:30 am

Light Weights and Stretching with 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 -Thursdays at 10 am and  
Fridays at 9:30 am

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

### **New Group!!**

Hand Sewing Group

Monday's 1:00 pm– 3:00 pm

**SELF DEFENSE CLASS with Elijah Swain**  
**Tuesday, December 12 & 19 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 (\$3) 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 Sandwiches, Chip, Dessert**

**Wednesday, December 20 @ 11 AM**

**Sign up and pay by December 13.**

**Come join the fun!**

## 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!

### Supplemental Nutrition Assistance Program (SNAP)

Seniors are encouraged to apply during this time of nutritional uncertainty because of COVID. You can call the Project Bread

### 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

### 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 your work in progress..

### 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.

## 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)\*

### Free Legal Advice

The Seniors Law Project, South Coastal Counties Legal Services, Inc. Call 508-676-6265 or 1-800-244-9023 for assistance with benefits, housing, health care/ long term care, document preparation. Call for advice as soon as you think you may have a problem!

**FOLLOW AND LIKE US ON  
FACEBOOK!!**



Mon	Tue	Wed	Thu	Fri
				1 HAND & FOOT 9:30 ALL ACTIVITIES IN LARGE ROOM CANCELED
4 YOGA 930 HAND KNEE FOOT 930 LCR 10 ART FOR ALL 1115  LIGHT WEIGHTS & STRETCHING 11  SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130	5 COA BOARD MEETING 930 EXERCISE 945 MAH JONG 10 45 CARD GAME 1230 TAI CHI 1	6 HAND & FOOT 9:30 ESTATE PLANNING 10 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1  ARTIST MEET UP 2:15	7 MINDFULNESS CLASS 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	8 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
11 YOGA 9:30 HAND KNEE FOOT 930 LCR 10 ART FOR ALL 1115  LIGHT WEIGHTS & STRETCHING 11  SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130	12 EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1 CRAFT CLASS 215	13 HAND & FOOT 9:30 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 2:15	14 MINDFULNESS CLASS 9 EXERCISE 10 HOLIDAY PARTY 12 WHIST 12  FRIEND OF THE COUNCIL ON AGING MEETING 230	15 HAND & FOOT 9:30 EXERCISE 930 NO WII BOWLING
18 YOGA 930 HAND KNEE FOOT 930 LCR 10 ART FOR ALL 1115  LIGHT WEIGHTS & STRETCHING 11  SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 1:30	19 EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1 SINGO AT NIGHT 6	20 HAND & FOOT 9:30 BLOOD PRESSURE 930 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 2:15	21 MINDFULNESS CLASS 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	22 CLOSED HAPPY HOLIDAY'S
25  CLOSED HAPPY HOLIDAY'S	26 EXERCISE 945 MAH JONG 10 MOVIE 11 45 CARD GAME 1230 TAI CHI 1	27 BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 2:15	28 MINDFULNESS CLASS 9 EXERCISE 10 MAH JONG 12 WHIST 12	29 CLOSED HAPPY HOLIDAY'S