

# Raynham COA/Raynham Senior Center

January 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

## BACK BY POPULAR DEMAND

### BRAIN BUILDER CLASSES

WEDNESDAY'S JANUARY 25, FEBRUARY 8, AND FEBRUARY 22—TIME: 2:30PM-3:30PM

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

## AARP FOUNDATION TAX AIDE

The AARP Foundation Tax Aide will be held this year at the Raynham Senior Center. Taxes will be scheduled on Mondays only starting February 6 and run through April 10. Tax preparation will be in person as they were last year. Masks may be required. 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 2021 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 17 at 9 AM.** Please do not call or leave a message before then. Only calls or messages received starting Tuesday, January 17 at 9 AM will be eligible 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.

Raynham Senior Center will be closed on the following days:

Monday, January 2, 2023— New Years Day  
Monday, January 16, 2023— Martin Luther King Jr. Day

**Don't forget to check in at the MY SENIOR CENTER screen when you come for a program. If you don't have a card, get one at the front desk! We'd be happy to sign you up.**

## Games at the Senior Center

Cribbage — Wednesdays at 1 pm.

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

Mah Jong— Tuesdays at 10 & Thursdays at 12

Whist — Thursdays at 12pm

## January Movie Ticket to Paradise

Starring: George Clooney, Julia Roberts

A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.

**Tuesday, January 10th and January 24th  
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, January 18 @ 11 a.m.**

**Lunch will be \$5 catered by Silver Lining Café located at Bristol Plymouth High School. American Chop Suey, Salad, Rolls, Dessert.**

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

**January 17, 2023 at 11:00am**

### **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!!**

## 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 1:15 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 Wednesdays at 12p.m and Thursdays at 10 a.m.

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

## **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!

## Fuel Assistance

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 December 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	\$42,411
2	\$55,461
3	\$68,511
4	\$81,586

**If you need help with your renewal applications, please call the Senior Center**

## COVID-19 UPDATE

With the winter months upon us, we still need to be cautious, especially if we are feeling sick with cold or flu symptoms. If you are sick, stay home. Self-testing is a very valuable tool. If you need test kits, we have a supply here at the Senior Center for Raynham Residents.

### **Monthly Blood Pressure Clinic**

**Wednesday, January 11, 2023 at 9:30am**

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: 9:30am**

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

### **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.)**

### **Veterans Services**

To my fellow Veterans, their spouses or widows,

The Raynham Department of Veterans' Services is a multifaceted organization developed to assist Massachusetts Veterans in understanding and obtaining a multitude of benefits through Mass General Law, Chapter 115. If you qualify, we can provide you with financial assistance to help with rent, fuel to heat your home and daily living expenses. You may be eligible for assistance with the cost of Medicare A/B, MEDEX and prescription co-pays. We have resources that can assist with housing modifications such as wheelchair ramps, sit down showers and emergency home repairs. These are just a fraction of the benefits we provide. You could be missing out on assistance you have earned and deserve. Please contact Scott R. Blake at (508) 828-4527 or [sblake@town.raynham.ma.us](mailto:sblake@town.raynham.ma.us) to find out if you qualify.

MONTHLY BREAKFAST 4TH

WEDNESDAY OF THE MONTH

**Wednesday, January 25th At 9:00AM**

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

\$3 per person

**Sign up today. All are welcome**

## **MEDICARE NEWS**

If you are currently in a Medicare Advantage Plan & it suits you just fine....great! But please know, you DO have until March 31 to make a change if you want or need to. This extra time is a perk of being a Medicare Advantage member. You can choose a different MA plan or you can get out of your Medicare Advantage plan and choose a supplement plan and a stand alone Medicare D plan (PDP).

You can call the Senior Center & book an appointment with the Shine counselor. 508-824-2740. Or as always, you can also call 1-800-MEDICARE

**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.

ALL PROGRAMS ARE SUBJECT TO  
CHANGE

# January 2023

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>CLOSED</p> <p>HAPPY</p> <p>HOLIDAYS!</p>	<p>3</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>ZUMBA GOLD 1:15</p> <p>TAI CHI 2:15</p>	<p>4</p> <p>HAND &amp; FOOT 9:30</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>EXERCISE 12</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p> <p>ARTIST MEET UP 215</p>	<p>5</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>6</p> <p>WII BOWLING 10</p>
<p>9</p> <p>HAND &amp; FOOT 9:30</p> <p>YOGA 930</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>KNITTING 1:30</p>	<p>10</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>MOVIE 11</p> <p>ZUMBA GOLD 1:15</p> <p>TAI CHI 2:15</p>	<p>11</p> <p>BLOOD PRESSURE 930</p> <p>HAND &amp; FOOT 9:30</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>EXERCISE 12</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p> <p>ARTIST MEET UP 215</p>	<p>12</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>13</p> <p>WII BOWLING 10</p>
<p>16</p> <p>CLOSED</p> <p>MARTIN LUTHER KING JR. DAY</p>	<p>17</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>SELF DEFENSE CLASS 11</p> <p>ZUMBA GOLD 1:15</p> <p>TAI CHI 2:15</p>	<p>18</p> <p>HAND &amp; FOOT 9:30</p> <p>LUNCH &amp; SINGO 11</p> <p>LINE DANCING 1</p> <p>CRIBBAGE 1</p> <p>ARTIST MEET UP 215</p>	<p>19</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>20</p> <p>WII BOWLING 10</p>
<p>23</p> <p>HAND &amp; FOOT 9:30</p> <p>YOGA 930</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>KNITTING 1:30</p>	<p>24</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>MOVIE 11</p> <p>ZUMBA GOLD 1:15</p> <p>TAI CHI 2:15</p>	<p>25</p> <p>BREAKFAST 9</p> <p>HAND &amp; FOOT 9:30</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>EXERCISE 12</p> <p>LINE DANCING 1</p> <p>CRIBBAGE 1</p> <p>BRAIN BUILDERS 230</p>	<p>26</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>27</p> <p>WII BOWLING 10</p>
<p>29</p> <p>HAND &amp; FOOT 9:30</p> <p>YOGA 930</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>KNITTING 1:30</p>	<p>30</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>ZUMBA GOLD 1:15</p> <p>TAI CHI 2:15</p>	<p>31</p> <p>HAND &amp; FOOT 9:30</p> <p>LIGHT WEIGHTS &amp; STRETCHING 11</p> <p>EXERCISE 12</p> <p>LINE DANCING 1</p> <p>CRIBBAGE 1</p> <p>ARTIST MEET UP 215</p>		