

Raynham COA/Raynham Senior Center

JULY/AUGUST 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

New to the Senior Center: Men's Coffee and Pastry Hour. Every Thursday at 9:00 a.m.

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.

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, July 20 at 2:30 pm.**

Fallon Health Ice Cream Social

Wednesday, July 12 at 2:30pm

Pay \$0 for rides, dental and more. Too good to be true? It's not. With Fallon Health's NaviCare® SCO and HMO SNP, get MassHealth Standard and Medicare benefits, plus a lot more—at no cost to you!

- Free rides—up to 140 one-way trips per year—to visit friends, run errands and more.
 - \$0 dental services, including crowns, dentures, imaging, implants, and more.
- Up to \$600 per year, on the Save Now card, to buy things like toothbrushes, pain relievers, probiotics and more. Buy items in a store or online with free shipping.
 - Earn up to \$100 per year to buy healthy food.
 - \$570 toward eyewear, every year.

Want to learn more? Come to our presentation! Sign up by July 6.

Games at the Senior Center

LCR Dice Game— Mondays at 10 am

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

***NEW CARD GAMES*- We will teach you how to play!**

Bagel— Mondays at 10am

Euchre— Mondays at 1pm

July Movie: The Greatest Showman

Tuesday, July 25 @ 11:00

Starring: Hugh Jackman, Zac Efron, Michelle Williams, Rebecca Ferguson, & Loren Allred

Behind “The Greatest Show on Earth” was one of history’s greatest showmen, P.T. Barnum. This musical biopic centers on Barnum’s creation of the 3-ring circus and his infatuation with Swedish song-bird Jenny Lind.

August Movie: Mrs. Harris Goes to Paris

Tuesday, August 29 @11:00am

Starring: Lesley Manville · Isabelle Huppert · Lambert Wilson · Alba Baptista · Lucas Bravo · Ellen Thomas · Rose Williams · Jason Isaacs

In partnership with the House of Dior, MRS. HARRIS GOES TO PARIS tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

SIGN UP TODAY!

Keep Physically Fit!

Yoga with certified instructor Judith Struble 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 Yvonne Davis 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.

LUNCH AND SINGO

Wednesday, July 19 at 11:00 AM

Wednesday, August 16 at 11:00 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 for July 19- Marinated Chicken Breast, Potatoes, Veggie, and Dessert- \$5

Lunch for August 16- Homemade Lasagna, Salad, and Dessert- \$5

Sign up by July 13 and August 10. If you signed up and can no longer make the event, please call as soon as possible so we can have someone fill your spot.

Monthly Blood Pressure Clinic

Wednesday, July 19 at 10:30 AM

Wednesday, August 16 at 10:30 AM

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

MONTHLY BREAKFAST

Wednesday, July 26 at 9:00 AM

Wednesday, August 30 at 9:00 AM

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

\$3 per person

Sign up by July 20 and August 24. All are welcome

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!

Summer Annual Cookout and Music

Tuesday, August 15 at 12:00pm

Join us for a cookout with the Raynham Firefighters!

We will be serving Hamburger, Hot Dogs, Chips, and Dessert. We will also be having music by Bob Richards who sings and plays the piano.



Cost: \$3

Sign up by August 8.

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. Please contact Scott R. Blake at (508) 828-4527 or sblake@town.raynham.ma.us to find out if you qualify.

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.)**

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 NEWS

MASS HEALTH BUY-IN PROGRAM

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)*

Be Aware of Soliciting Mail

Medicare Open Enrollment season is quickly approaching (10/15 – 12/07). Expect to receive an abundance of mail from companies trying to get you to join their plan. Beware that the envelope may appear misleading, it may use familiar words such as “Medicare” but could be from a private company selling their plan. You will start seeing many tv commercials too, “call 1-800.....” Please know that these are insurance companies trying to sell their product to you. Also, be cautious of telephone calls from medical insurance companies. Don’t ever give your personal information over the telephone. If you have questions about your Medicare coverage, call your local Senior Center and ask to speak to a SHINE counselor. Raynham residents can call 508-824-2740 and ask to speak with Laurie. You can also call the regional SHINE office (located in Attleboro) at 1-800-243-4636.

MEDICARE OPEN ENROLLMENT FOR 2024

It’ll be “that” time before we know it! October 15, 2023 starts open enrollment for enrollment or changes to Medicare D (drug plans) or Medicare C (Medicare Advantage plans) This is your opportunity to review your current drug plan and see if there might be a better suited plan for you in 2024. Open enrollment runs from October 15 through December 7 each year. Our Shine counselor, Laurie Koss, will be conducting telephone appointments (possibly in-person) 3 days per week, at 30-minute time slots for D plans, 45-minute time slots for C plans. If you wish to make an appointment, call the Senior Center beginning September 18.



JULY 2023

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
BALANCE & YOGA 930 BAGEL CARD GAME 10 LCR 10 BOCCE 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 KNITTING 1:30	CLOSED FOURTH OF JULY	HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	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 BAGEL CARD GAME 10 LCR 10 BOCCE 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 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 LINE DANCING 1 CRIBBAGE 1 ICE CREAM SOCIAL FALLON HEALTH- 230	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
BALANCE & YOGA 930 BAGEL CARD GAME 10 LCR 10 BOCCE 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 KNITTING 1:30	EXERCISE 945 MAH JONG 10 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	HAND & FOOT 9:30 BLOOD PRESSURE 1030 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1	MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12 FRIENDS OF COA 2:30	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
24	25	26	27	28
BALANCE & YOGA 930 BAGEL CARD GAME 10 LCR 10 BOCCE 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 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	MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
31				
BALANCE & YOGA 930 BAGEL CARD GAME 10 LCR 10 BOCCE 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 KNITTING 1:30				

Mon	Tue	Wed	Thu	Fri
	1 EXERCISE 945 MAH JONG 10 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	2 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	3 MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	4 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
7 BALANCE & YOGA 930 BAGEL CARD GAME 10 BOCCE 10 LCR 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 KNITTING 1:30	8 EXERCISE 945 MAH JONG 10 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	10 MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	11 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
14 BALANCE & YOGA 930 BAGEL CARD GAME 10 BOCCE 10 LCR 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 KNITTING 1:30	15 EXERCISE 945 MAH JONG 10 45 CARD GAME 1230 ANNUAL COOKOUT/MUSIC12 TAI CHI 2:15	16 HAND & FOOT 9:30 BLOOD PRESSURE 1030 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1	17 MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	18 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
21 BALANCE & YOGA 930 BAGEL CARD GAME 10 BOCCE 10 LCR 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 KNITTING 1:30	22 EXERCISE 945 MAH JONG 10 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	23 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	24 MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	25 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
28 BALANCE & YOGA 930 BAGEL CARD GAME 10 BOCCE 10 LCR 10 LIGHT WEIGHTS & STRETCHING 11 EUCHRE CARD GAME 1 KNITTING 1:30	29 EXERCISE 945 MAH JONG 10 MOVIE 11 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	30 BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	31 MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	