

Raynham COA/Raynham Senior Center

June 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 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, June 1st at 2:30 pm.**

Wednesday, June 21st

Tick and Mosquito discussion

Time: 9:30 am

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

Join us for 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.

Sign up today!

Wednesday, June 21st

Magic Show

Time: 2:30 pm

Dennis the Magician will be here to perform some magic and laughs.

Sign up today and join the fun!

Games at the Senior Center

LCR Dice Game— Mondays at 10 am and 1 pm.

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 to the Senior Center— Left, Center, Right Dice Game

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

MONDAYS AT 10:00 A.M. and 1:00 P.M.

June Movie: 80 For Brady

Tuesday, June 27th @ 11:00

Starring: Lily Tomlin, Jane Fonda, Sally Field, and Rita Moreno

80 FOR BRADY is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play.

Sign up today!

WATER COLOR CLASSES

6 WEEK SESSION STARTING

MONDAY, MAY 1ST 10:30-12:00PM

COST: \$8.00 PER CLASS SIGN UP TODAY

POP UP ART CLASS— FELT BIRD

JUNE 6TH AT 1030 AM

Learn how to needle felt a bird with red accent perched on a real branch. Pop up art school will show you the basics of how to needle felt merino wool. Leave the class with the basic supplies and knowledge to needle felt on your own. Needle felting is surprisingly easy, relaxing, and fun!

Class is limited and \$10 pp.

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.

Tuesday, June 13th and 20th 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!!**

LUNCH AND SINGO

Wednesday, June 21st @ 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.

Sign up by Thursday, June 15th

Lunch is \$3 and will be Sandwiches, Chip, Dessert

Monthly Blood Pressure Clinic

Wednesday, June 21st 2023 at 10:30 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

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.

ESTATE PLANNING 101 PRESENTATION

Wednesday June 7th 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

MONTHLY BREAKFAST

Wednesday, June 28th at 9:00 AM

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

\$3 per person

Sign up by June 26th 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)*

MassHealth Unwinding

MassHealth will be going through applications to determine if you are still eligible. They will be mailing out applications. If you are on MassHealth, make sure your address is correct for all MassHealth programs. They are not forwarding them to new addresses. If you need any help with applications or have questions, call the Senior Center.

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!

Mon	Tue	Wed	Thu	Fri
FRIENDS GROUP MEETING JUNE 1ST AT 2:30PM			1 MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	2 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
5 BALANCE & YOGA 930 BOCCE 10 LCR 10 & 1 WATER COLORS 10:30 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	6 EXERCISE 945 MAH JONG 10 FELT BIRD CRAFT 1030 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	7 HAND & FOOT 9:30 ESTATE PLANNING 10 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	8 MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	9 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
12 BALANCE & YOGA 930 BOCCE 10 LCR 10 & 1 WATER COLORS 10:30 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	13 EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	14 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	15 MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	16 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
19 CLOSED FOR JUNETEENTH	20 EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	21 TICK AND MISQUOTOE TALK 930 HAND & FOOT 9:30 BLOOD PRESSURE 1030 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1 MAGIC SHOW 230	22 MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	23 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
26 BALANCE & YOGA 930 BOCCE 10 LCR 10 & 1 WATER COLORS 10:30 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	27 EXERCISE 945 MAH JONG 10 MOVIE 11 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	28 BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	29 MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	30 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030