

# Raynham COA/Raynham Senior Center

March 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 March 1 AND March 15 @ 2:30 PM - 3:30 PM

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

## **“STYLE FOR THE GOLDEN YEARS” Presentation**

Tuesday, March 7, 2023

Time: 11:00 AM

Presented by: Karen Antonowicz

Style is eternal! As we age, we may think that style no longer matters and that we shouldn't worry about expressing ourselves with fashion. I disagree! Share this journey with me as we witness women of advanced age dressing in fabulous and unique ways, refusing to give up their authentic style and glamour. Join us and be inspired! Sign up today.

### Local Musician Mike Higgins is back

**Wednesday, March 22 at 2:30 PM**

Come listen to your favorite songs. We will serve refreshments. Come join the fun.

### Knock on Wood (acoustic folk-rock duo)

**Wednesday, March 29 @ 1:00PM**

Howie Newman and Joe Kessler will be here performing your favorite oldies, soft rock, country, and more. This performance is supported in part by a grant from the Raynham Cultural Council, a local agency supported by the Mass. Cultural Council, a state agency.

### Hip Hop Dance Chair Exercise for Seniors!

**Wednesday, March 8 at 10:00 AM**

This dance/exercise/movement class is about (1) hour. Elders do a complete warm-up and hip hop class that begins and ends in the chairs. This class is specifically designed for seniors. There is some evidence that physical activity can slow down the decline of cognitive disabilities and may improve a demented patients' quality of life. It has also been suggested that physical activity is a preventative health measure and may improve cognitive function in daily activities, and balance mental health.

This performance is supported in part by a grant from the Raynham Cultural Council, a local agency supported by the Mass. Cultural Council, a state agency.

## 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– Tuesday's at 12:30 pm

## March Movie SAVING MR. BANKS

Spurred on by a promise he made to his daughters, Walt Disney (Tom Hanks) embarks on what would become a 20-year quest to obtain the movie rights to "Mary Poppins." The author, P.L. Travers (Emma Thompson), proves to be an uncompromising curmudgeon who has no intention of letting her beloved characters become mangled in the Hollywood machine. However, when the books stop selling and she finds herself in need of money, Travers reluctantly agrees to consider Disney's proposition.

**Tuesday, March 28 @ 11 AM**  
**Sign up today!!**

## RED SOX OPENING DAY!

**Thursday, March 30 at 1:30 PM**

The day will feature the Red Sox vs Baltimore Orioles on our 75-inch TV. We will be serving hot dogs, chips, popcorn, ice cream, and soda.

**Game starts at 2:20 PM**

Tickets are \$3 each. Sign up today!!

## TACT Lunch Outing

Wednesday, March 22, 2023

Departs Senior Center @ 11 AM

Return Trip from Taunton Departs @ 12:30

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

## 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 9:30a.m.

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

**Tuesday, March 14 and 21 at 11:00 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!!**

## Virtual Safari Tour

**Friday, March 24th at 11:00 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**

**Officer Jennifer Pohl will be here at the Senior Center on March 20, 2023 at 1:30 PM**

She will be here to talk about recent scams going around town and will answer any questions you may have. She will also introduce you to our new clinician on staff with the Raynham Police Department.

**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, March 15 @ 11 AM**

**Lunch will be served.**

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

**Monthly Blood Pressure Clinic**

**Wednesday, March 15, 2023 at 9:30 AM**

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

**MONTHLY BREAKFAST**

**Wednesday, March 22 at 9:00 AM**

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

\$3 per person

**Sign up today. All are welcome**

**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

**WATER COLOR CLASSES**

6 WEEK SESSION STARTING

MONDAY, MARCH 6TH 10:00-11:30AM

COST: \$8.00 PER CLASS SIGN UP TODAY

**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

Must sign up and pay by March 30th

**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 make an appointment once you receive your paperwork from Self Help.**

**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.)**

# March 2023

Mon	Tue	Wed	Thu	Fri
		1	2	3
		HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 215 BRAIN BUILDERS 230	BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
6	7	8	9	10
BALANCE & YOGA 930 WATER COLOR 10 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	EXERCISE 945 MAH JONG 10 STYLE FOR THE GOLDEN YEARS 11 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	BLOOD PRESSURE 930 HAND & FOOT 9:30 HIP HOP DANCE CLASS 10 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 215	EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
13	14	15	16	17
BALANCE & YOGA 930 WATER COLOR 10 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	EXERCISE 945 MAH JONG 10 SELF DEFENSE 11 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 BRAIN BUILDERS 230	BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
20	21	22	23	24
BALANCE & YOGA 930 WATER COLOR 10 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 OFFICER JENNIFER POHL SCAMS 130 KNITTING 1:30	EXERCISE 945 MAH JONG 10 SELF DEFENSE 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 MIKE HIGGINS 230	EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 VIRTUAL SAFARI 11
27	28	29	30	31
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	HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 KNOCK ON WOOD DUO 1 CRIBBAGE 1 NO LINE DANCING ARTIST MEET UP 215	EXERCISE 10 WHIST 12 RED SOX OPENING DAY 1 (GAME AT 2:10PM)	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030