

# Raynham COA/Raynham Senior Center

May 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

## Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

Wednesday, May 10 @10:00 am

Join Bill Rowbottom for a presentation on which Medicare plan is right for you. This is the number one question most people have when deciding on coverage that is best for them. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies, and provide resources to help in the decision process. This presentation is great for people new to Medicare and also for existing Medicare members that will have the option to make changes to their plan during the Annual Election Period from October 15th through December 7th or during the Medicare Advantage open enrollment period from January 1st through March 31st

Sign up today!

## 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. Bring your own quarters.**

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

## R.U.O.K Presentation

May 2nd at 11:00 am

Sponsored by the

County

riff's

We will

11:00 am

Bristol

Sher-

Department!

serve a light lunch at

followed by a presentation on

**THIS PROGRAM IS  
CANCELED**

May 10th at 1:00pm

**Dave and Marcia Burbank**

**Lunch (\$5) served at 12:15**

Enjoy the upbeat songs of Dave & Marcia Burbank as they take us back to yesteryear.

**Must sign up in advance.**

The Raynham Senior Center will be walking in the **Memorial Day Parade on Saturday, May 27th.** If you would like join us and want to learn more, please call the Raynham Senior Center.

## 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

## May Movie: 80 For Brady

**Tuesday, May 23rd @ 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!

## White Cross Pharmacy Presentation

**Wednesday May 17, 2023 @ 10:00 AM**

- ◆ Did you ever say “Did I take my pills today?”
- ◆ Remain independent and safe with better Medication Management.
- ◆ Save time and trips to the Pharmacy
- ◆ Most insurances excepted

To learn more sign up today!

## POP UP ART CLASS— FELT BIRD

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.

## WATER COLOR CLASSES

**6 WEEK SESSION STARTING**

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

COST: \$8.00 PER CLASS 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 1:00 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, May 9 and 16 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

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, May 17 @ 11 AM**

**Lunch will be pizza & salad for \$3**

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

**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, May 4th at 3:00pm for information on the next steps would be in forming this group.**

**Monthly Blood Pressure Clinic**

**Wednesday, May 17th 2023 at 9:30 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

**ESTATE PLANNING 101 PRESENTATION**

**Wednesday June 7th at 10:00am**

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, May 24th at 9:00 AM**

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

\$3 per person

**Sign up 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 eligilble. 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.

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
BALANCE & YOGA 930 LCR 10 & 1 BOCCE 10 WATER COLORS 10:30 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	EXERCISE 945 COA BOARD MEETING 930 MAH JONG 10 LUNCH/RUOK 11 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 215	MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12 FRIENDS GROUP MEETING 3	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
8	9	10	11	12
BALANCE & YOGA 930 LCR 10 & 1 BOCCE 10 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	HAND & FOOT 9:30 MEDICARE PRESENTATION 10 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 DAVE AND MARCIA BURBANK 12:15 ARTIST MEET UP 215	MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
15	16	17	18	19
BALANCE & YOGA 930 LCR 10 & 1 BOCCE 10 WATER COLORS 10:30 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 ZUMBA GOLD 1 TAI CHI 2:15	BLOOD PRESSURE 930 HAND & FOOT 9:30 PHARMACY PRESENTATION 10 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 215	MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
22	23	24	25	26
BALANCE & YOGA 930 LCR 10 & 1 BOCCE 10 WATER COLORS 10:30 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	BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 215	MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
29	30	31		
CLOSED MEMORIAL DAY	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		