

Raynham COA/Raynham Senior Center

November 2022

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

BRAIN BUILDER CLASSES

WEDNESDAY NOVEMBER 2 AND NOVEMBER 16—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!!



TO HONOR OUR VETERANS,

THE RAYNHAM SENIOR CENTER WILL BE HOLDING A FREE BREAKFAST FOR ALL VETERANS and their spouses.

WEDNESDAY

NOVEMBER 9, 2022

@ 9:30 AM

Please call 508-824-2740 to sign up.

HOLIDAY PARTY

THURSDAY, DECEMBER 15TH

Time: 12pm

Cost: \$10

Lunch Catered by Bristol Plymouth High School and music by Dave and Marcia Burbank!!

LA SALETTE DAY TRIP

When: December 8th

Time: 9:30am

Where: Wright Farm Restaurant and La Salette Shrine

Cost: \$67

Wright's Farm Restaurant - Banquet Menu

Cranberry Sauce

Fresh Dinner Rolls and Butter

Tossed Salad with our Famous Dressing

Macaroni Shells with Homemade Sauce

French Fried Potatoes

Wright's Farm Famous Chicken

Coffee and Ice Cream

SIGN UP TODAY!!

Lions Club Thanksgiving Dinner

Sunday November 20th

Doors open at 11:30am

Meal is Served at 12pm

EAT IN ONLY!

Tickets available at the Senior Center!

Tickets are required.



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

November Movie Louis Armstrong's Black & Blues

This definitive documentary, directed by Sacha Jenkins, honors Armstrong's legacy as a founding father of jazz, one of the first internationally known and beloved stars, and a cultural ambassador of the United States.

**November 8th and November 22nd
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, November 16th @ 11 a.m.
**Lunch will be \$5 and catered by Bristol
Plymouth High School.**
Sign up today. Come join the fun!

MONTHLY BREAKFAST 4TH
WEDNESDAY OF THE MONTH!

November 23rd At 9:00AM

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

\$3 per person

Sign up today! All are welcomed!!

RAYNHAM SINGING SENIORS!!

SINGING GROUP IS BACK ON

MONDAY'S AT 12:15!

Sign up today!

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.

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 at 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 Thursdays at 10 a.m.

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

EXERCISE CLASSES AT PINE HILL ESTATES!!

WEDNESDAY'S

EXERCISE WITH DIANE NANFELT@ 10AM

STRETCH & RELAXTION W/ ELIZABETH MORRISON

@ 11AM

Each Class is \$3.00!

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

COVID-19 UPDATE

With the winter months approaching 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

November 9th at 9:30am

Come on in for a blood pressure check and say hello/meet 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 welcomed

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 to find out if you qualify.

ARTIST TO ARTIST MEET UP

FRIDAYS 9:00AM-12:00PM

Founder, Cindy Connolly had an idea. Why can't artist of all types be in one room to teach or learn from one another? This group is called Artist to Artist meetup. To meet, unite, connect, brainstorm, work, rehearse & collaborate. Share & show how you do your artwork includes oil painting, acrylic, water coloring, pastels, charcoal, hand drawing, etc. Learn from other artists with their creative drawing & painting skills or try a new medium.

Bring your art supplies to setup on a table and start working on your work in progress..

SIGN UP TODAY!!

Beginners Watercolor Class

Thursdays 10-11:30am

Class is limited so sign up early!

Raynham Residents

Have fun learning many different watercolor techniques.

Class runs for 6 weeks

Cost: \$8.00 per class or \$48 for the full 6 weeks

Supplies needed:

Watercolor paper 11x14 or smaller

small round brush

larger round brush

watercolor paints/tubes or in tray or pan

MEDICARE OPEN ENROLLMENT FOR 2023

Open enrollment starts October 15, 2022, for enrollment or changes to Medicare D (drug plans). This is your opportunity to review your current drug plan and see if there might be a better suited plan for you in 2023. Open enrollment runs from October 15 through December 7 each year.

Our Shine Counselor, Laurie Koss, will be conducting telephone appointments 3 days per week, at 45 minute time slots. If you wish to make an appointment, call the Senior Center at 508-824-2740.

ALL PROGRAMS ARE
SUBJECT TO CHANGE

November 2022

Mon	Tue	Wed	Thu	Fri
	1 EXERCISE 945 MAH JONG 10 ZUMBA GOLD 1:15 TAI CHI 2:15	2 HAND & FOOT 9:30 CRIBBAGE 1 LINE DANCING 1	3 BEREAVEMENT GROUP 930 WATER COLOR 10 EXERCISE 10 MAH JONG 12 WHIST 12	4 ARTIST TO ARTIST MEET UP 9 WII BOWLING 10
7 HAND & FOOT 9:30 YOGA 930 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	8 EXERCISE 945 MAH JONG 10 MOVIE 11 ZUMBA GOLD 1:15 TAI CHI 2:15	9 VETERANS BREAKFAST 9:30 BLOOD PRESSURE 930 HAND & FOOT 9:30 CRIBBAGE 1 LINE DANCING 1	10 WATER COLOR 10 EXERCISE 10 MAH JONG 12 WHIST 12	11 CLOSED VETERANS DAY
14 HAND & FOOT 9:30 YOGA 930 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	15 EXERCISE 945 MAH JONG 10 ZUMBA GOLD 1:15 TAI CHI 2:15	16 HAND & FOOT 9:30 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1	17 BEREAVEMENT GROUP 930 WATER COLOR 10 EXERCISE 10 MAH JONG 12 WHIST 12	18 ARTIST TO ARTIST MEET UP 9 WII BOWLING 10
21 HAND & FOOT 9:30 YOGA 930 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	22 EXERCISE 945 MAH JONG 10 MOVIE 11 ZUMBA GOLD 1:15 TAI CHI 2:15	23 BREAKFAST 9 HAND & FOOT 9:30 LINE DANCING 1 CRIBBAGE 1	24 CLOSED	25 HAPPY THANKSGIVING!!
28 HAND & FOOT 9:30 YOGA 930 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 KNITTING 1:30	29 EXERCISE 945 MAH JONG 10 ZUMBA GOLD 1:15 TAI CHI 2:15	30 HAND & FOOT 9:30 LINE DANCING 1 CRIBBAGE 1		