

# Raynham COA/Raynham Senior Center

November 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– Thursday 9-3 and Friday 9 to 12

### Veterans Breakfast

**Monday, November 13th at 9:00am**

This breakfast is free for all Veterans and their spouses. We would like to honor and thank you for your service! Sign up in advance.

### ART CLASSES FOR ALL MONDAYS @ 11:15

Let's explore different ways to create art exploring different mediums. Learn basic drawing skills using pencil and charcoal, as well as watercolor and printmaking techniques to build confidence and skills to create art-work together. Great for beginners.

**COST: \$8.00 PER CLASS  
SIGN UP TODAY**

### ALAN AMES THINKS HE'S FUNNY

**Free Comedy show**

**Wednesday, November 29th at 2:30pm**

Join comedian Alan Ames, as he tells jokes and stories at the senior center. Come and laugh with us. Alan will share his experience starting a journey into stand-up comedy at 70 years old. Sign up in advance, seats are limited.



LION'S CLUB ANNUAL  
THANKSGIVING DINNER  
SUNDAY, NOVEMBER 19, 2023  
EAT IN ONLY

DOORS OPEN AT 11:30  
DINNER SERVED AT 12  
TICKETS ARE \$5

AND MUST BE PURCHASED IN ADVANCE  
AT THE SENIOR CENTER. DEADLINE TO  
PURCHASE TICKETS IS NOVEMBER 10TH  
Delivery will be made to shut-ins only.

### Mindfulness Class

**New FREE Class at the Senior Center  
Thursday's at 9am**

**Starting Thursday November 2nd!**

This class is being put on by Benny, a Buddhist monk from the Raynham Temple which is a Buddhist meditation center. This class will cover mindfulness which has four foundations, or the four places that you can gain your consciousness more and more. Those four foundations are body, feeling, idea and function. Then you try to incorporate those as you meditate.

Sign up today!

### HOLIDAY PARTY DECEMBER 14TH

\$10 Per Person

Music by Dave & Marcia Burbank. Enjoy the upbeat songs of Dave & Marcia Burbank as they take us back to yesteryear. **Meal will include: Baked Ham, Potato, Vegetables, and Dessert.** We will also have some fun free raffles for you to win. Come celebrate the Holiday Season with us! Sign up and pay by December 5th!

## Games at the Senior Center

LCR Dice Game— Mondays at 10 am  
Hand, Knee, & Foot card game— Mondays at 10 am  
Mah Jong— Tuesdays at 10 & Thursdays at 12  
45 Card Game— Tuesdays at 12:30 pm  
Cribbage — Wednesdays at 1 pm.  
Hand & Foot —Wednesdays & Fridays @ 9:30 am  
Whist — Thursdays at 12 pm

### Movie For November

**Tuesday, November 28 @ 11:00**

#### **It's Complicated**

Starring Meryl Streep, Alex Baldwin, and Steve Martin  
Jane (Meryl Streep), a successful restaurateur, has been divorced from Jake (Alec Baldwin) for many years, although they remain friends. When an innocent meal together turns into an affair, Jane finds that she is the other woman in the now-remarried Jake's life. Meanwhile, Adam (Steve Martin), an architect hired to remodel her kitchen, is still stinging from his own divorce.

**Sign up by November 20th!**

### Monthly Blood Pressure Clinic

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

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

### Game Night

**Wednesday, November 15th from 5:30pm-7:30pm**

This night is informal and participant's will choose what game/games to play. Hopefully there will be more than one group and different games being played. Call to Sign up!

### MONTHLY BREAKFAST

**Wednesday, November 29th at 9:00 AM**

Menu: Pancakes, Eggs, Bacon,  
Potatoes, Fruit, and Coffee.  
\$3 per person  
Please pay when you sign up.

### Keep Physically Fit!

Yoga with certified instructor Judy Struble on Mondays at 9:30 am

Light Weights and Stretching with certified instructor Beth Morrison on Mondays and Wednesdays 11 am

Exercise w/ Marybeth- Tuesdays at 9:45 am

Tai Chi w/ Elijah Swain- Tuesdays at 1 pm

Line Dancing w/ Steve Cavanaugh-Wed at 1 pm

Exercise w/ Diane Nanfelt—Thursdays at 10 am and Fridays at 9:30 am

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

### **New Group!!**

Hand Sewing Group

Monday's 1:00pm– 3:00pm

**SELF DEFENSE CLASS with Elijah Swain**  
**Tuesday, November 14 & 21 at 11:30 AM**

#### **"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 (\$5) 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.

**Lunch will be Chicken Pot Pie**  
**Wednesday, November 15 @ 11 AM**  
**Sign up and pay by November 8th.**  
**Come join the fun!**

## Food assistance options

**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.

**Taunton Area Community Table and Meal Center**. 378 Bay Street, Taunton, in the former St. John's Church, 508-386-3807, This is a community-based meal center dedicated to providing delicious, healthy meals to individuals and families. No questions asked. Give them a call!

### Supplemental Nutrition Assistance Program (SNAP)

Seniors are encouraged to apply during this time of nutritional uncertainty because of COVID. You can call the Project Bread

### 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

### ARTIST TO ARTIST MEET UP

**Wednesdays 2:15 pm - 4:00 pm**

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

### Fuel Assistance: New Applications

**NOW AVAILABLE! CALL THE SENIOR CENTER FOR AN APPOINTMENT.**

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	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

**If you need help with your renewal applications, please call the Senior Center make an appointment once you receive your paperwork from Self Help.**

### MEDICARE OPEN ENROLLMENT FOR 2024

Open enrollment starts October 15, 2023, 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 2024.

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 30 minute time slots. If you wish to make an appointment, call the Senior Center at 508-824-2740.

### MassHealth- Buy-in

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)\*

### **ESTATE PLANNING 101 PRESENTATION**

**Wednesday, December 6th 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**

Mon	Tue	Wed	Thu	Fri
<b>BOCCE MONDAY'S AT 10:00AM</b>  <b>WEATHER PENDING</b>		<b>1</b> HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 2:15	<b>2</b> MINDFULNESS CLASS 9 BEREAVEMENT GROUP 930 EXERCISE 10 WHIST 12 MAH JONG 12	<b>3</b> HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
<b>6</b> YOGA 930 HAND KNEE FOOT 930 LCR 10 ART FOR ALL 1115  LIGHT WEIGHTS & STRETCHING 11  SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130	<b>7</b> COA BOARD MEETING 930 EXERCISE 945 MAH JONG 10  45 CARD GAME 1230 TAI CHI 1	<b>8</b> HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1 ARTIST MEET UP 2:15	<b>9</b> MINDFULNESS CLASS 9 EXERCISE 10 MAH JONG 12 WHIST 12 FRIEND OF THE COUNCIL ON AGING MEETING 230	<b>10</b> CLOSED VETERANS DAY
<b>13</b> VETERANS BREAKFAST 9 HAND KNEE FOOT 930 LCR 10 ART FOR ALL 1115  LIGHT WEIGHTS & STRETCHING 11  SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130	<b>14</b> EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1	<b>15</b> BLOOD PRESSURE 930 HAND & FOOT 9:30 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 2:15  GAME NIGHT 530	<b>16</b> MINDFULNESS CLASS 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	<b>17</b> HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
<b>20</b> YOGA 930 HAND KNEE FOOT 930 LCR 10 ART FOR ALL 1115  LIGHT WEIGHTS & STRETCHING 11  SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 1:30	<b>21</b> EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1	<b>22</b> HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11  CLOSING AT 12 HAPPY THANKSGIVING	<b>23</b> CLOSED HAPPY THANKSGIVING	<b>24</b> CLOSED HAPPY THANKSGIVING
<b>27</b> YOGA 930 HAND KNEE FOOT 930 LCR 10 ART FOR ALL 1115  LIGHT WEIGHTS & STRETCHING 11 0 SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 1:30	<b>28</b> EXERCISE 945 MAH JONG 10 MOVIE 11 45 CARD GAME 1230 TAI CHI 1	<b>29</b> BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 2:15 COMEDY SHOW 230	<b>30</b> MINDFULNESS CLASS 9 EXERCISE 10 MAH JONG 12 WHIST 12	