

Raynham COA/Raynham Senior Center

October 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

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

Wednesday, October 4 @ 10:00 am

Join Bill Rowbottom for a presentation on which Medicare plan is right for you. Sign up today!

COFFEE WITH A COP

October 4 from 10:00 am– 12:00 pm

Coffee with a Cop brings police officers and the community members they serve together – over coffee – to discuss issues and learn more about each other.

Building relationships. One cup at a time. Call the Senior Center to sign up or stop in!

ART CLASSES FOR ALL

MONDAYS 10:30-12:00 PM

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 artwork together. Great for beginners.

COST: \$8.00 PER CLASS

SIGN UP TODAY

Singing Group is back.

Mondays at 12:15pm

Halloween Luncheon– October 31

Time: 11:30pm

Cost: \$5

Come join us in your best costume! We will have a costume contest best costume wins a prize!

Lunch: Pizza, dessert, and a beverage.

Thursday, October 5 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 and pay by September 25.

Introductory Ballroom Dancing Lessons 4-Week Course

Join us for a 4-week introductory ballroom dance class with Steve Cavanaugh. You will learn the basics of swing dance.

**Tuesdays from 3-4 pm
October 3, 10, 17 and 24.**

No partner needed.

The cost is \$40 for the 4-week session. Registration and payment is required.

Games at the Senior Center

LCR Dice Game— Mondays at 10 am

Bagel 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

****Beginner Mah Jong class will be offered Thursday's October 5,12,19 & 26 from 12-3pm. Class size will be limited to four adults. Please attend all four classes. Sign up in advance.****

Movie For October

The Bucket List

Tuesday, October 24 @ 11:00

Starring

Jack Nicholson & Morgan Freeman

Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.

Monthly Game Night

October 12 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, October 25 at 9:00 AM

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

\$3 per person

Please pay when you sign up.

Sign up by 10/18.

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 with Marybeth on Tuesdays at 9:45 am

Tai Chi with Elijah Swain on Tuesdays at 1 pm

Line Dancing with Steve Cavanaugh on Wednesdays at 1 pm

Exercise with Diane Nanfelt on Thursdays at 10 am and Fridays at 9:30 am

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

SELF DEFENSE CLASS with Elijah Swain

Tuesday, October 10 & 17 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.

Wednesday, October 18 @ 11 AM

Sign up and pay by October 11.

Come join the fun!

Monthly Blood Pressure Clinic

Wednesday, October 18, 2023 at 9:30 AM

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

BACK PAIN? Learn how to end it, for good! Join us for a Group Health Talk.

Wednesday, October 11 at 2:30pm

Brought to us by Doctors at MCR Chiropractic. Call the Raynham Senior Center to Sign up.

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..

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 services!

Sign up in advance.

Fuel Assistance: New Applications

Coming in October

New fuel assistance applications will start in mid-October when we receive documentation and forms from Self Help, Inc. Call 508-824-2740 after October 1 to learn when you can make an appointment and what documents you need in order to apply for assistance. 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.

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!

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)*

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>YOGA 930</p> <p>BAGEL CARD GAME 930</p> <p>LCR 10</p> <p>ART FOR ALL 1030</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>KNITTING 130</p>	<p>3</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>BALL ROOM 3</p>	<p>4</p> <p>HAND & FOOT 9:30</p> <p>COFFEE W/ A COP 10</p> <p>BLUECROSS PRESENTATION 10</p> <p>LIGHT WEIGHTS & STRETCHING 12</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p> <p>ARTIST MEET UP 2:15</p>	<p>5</p> <p>MEN'S COFFEE HOUR 9</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>DAVE AND MARCIA BURBANK/LUNCHEON 12</p> <p>MAH JONG 12</p> <p>**NO WHIST**</p>	<p>6</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>9</p> <p>CLOSED</p> <p>COLUMBUS DAY/ INDIGENOUS PEOPLES' DAY</p>	<p>10</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>BALL ROOM 3</p>	<p>11</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p> <p>BAY STATE PHYSICAL THERAPY 230</p> <p>ARTIST MEET UP 2:15</p>	<p>12</p> <p>MEN'S COFFEE HOUR 9</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p> <p>GAME NIGHT 530</p>	<p>13</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>16</p> <p>YOGA 930</p> <p>BAGEL CARD GAME 930</p> <p>LCR 10</p> <p>ART FOR ALL 1030</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>KNITTING 130</p>	<p>17</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>BALL ROOM 3</p>	<p>18</p> <p>BLOOD PRESSURE 930</p> <p>HAND & FOOT 9:30</p> <p>LUNCH & SINGO 11</p> <p>LINE DANCING 1</p> <p>CRIBBAGE 1</p> <p>ARTIST MEET UP 2:15</p>	<p>19</p> <p>MEN'S COFFEE HOUR 9</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>20</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>23</p> <p>YOGA 930</p> <p>BAGEL CARD GAME 930</p> <p>LCR 10</p> <p>ART FOR ALL 1030</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>KNITTING 1:30</p>	<p>24</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>MOVIE 11</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>BALL ROOM 3</p>	<p>25</p> <p>BREAKFAST 9</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>LINE DANCING 1</p> <p>CRIBBAGE 1</p> <p>ARTIST MEET UP 2:15</p>	<p>26</p> <p>MEN'S COFFEE HOUR 9</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>27</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>30</p> <p>YOGA 930</p> <p>BAGEL CARD GAME 930</p> <p>LCR 10</p> <p>ART FOR ALL 1030</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215</p> <p>KNITTING 1:30</p>	<p>31</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>HALLOWEEN PARTY 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>			