

# Raynham COA/Raynham Senior Center

September 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 4th @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!

### White Cross Pharmacy Presentation

Wednesday, September 6 at 10:00 am

Did you ever say... "Did I take my pills today?"

Come learn how you could have better medication management!

Sign up today!

Thursday, October 5th 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.

## Farmers Market Coupons Available at the Raynham Senior Center

Farmers' market coupons are available for low income elders age 60 or older who have an annual household income of \$26,973 (single) or \$36,482 (married). Disabled individuals under the age of 60 who live in elderly housing and receive Bristol Elder Services' Nutrition Program benefits are also eligible. The \$50 in coupons may be used to purchase fresh fruits and vegetables at any local farmers' market. A limited number of coupons are available and will be distributed on a first come, first served basis. Please call the Senior Center at 508-824-2740 if you qualify and are interested in the Farmers Market Coupons.

## Games at the Senior Center

LCR Dice Game— Mondays at 10 am

**\*Bagel Card Game— Monday's at 10 am**

**\*Euchre— Mondays at 1pm**

Mah Jong— Tuesdays at 10 & Thursdays at 12

45 Card Game— Tuesdays at 12:30 pm

Cribbage — Wednesdays at 1 pm.

Hand and foot —Wednesdays and Fridays @ 9:30 am

Whist — Thursdays at 12 pm

**\*NEW CARD GAMES\*- We will teach you how to play!**

### **September Movie: Labor Day Tuesday, September 26th @ 11:00am Starring Kate Winslet and Josh Brolin**

Depressed single mom Adele and her son Henry offer a wounded, fearsome man a ride. As police search town for the escaped convict, the mother and son gradually learn his true story as their options become increasingly limited.

**\$5 for Pizza and popcorn. Please pay and sign up by September 19th.**

#### **ART FOR ALL CLASSES**

**STARTING MONDAY, SEPTEMBER 11TH**

**10:30-12:00PM**

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

**Singing Group is back on Monday's starting  
September 11th at 12:15pm**

#### **Monthly Game Night**

**Thursday, September 14th 6:30pm-8:30pm**

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, September 27 at 9:00 AM**

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

\$3 per person

Please pay when you sign up.

**Sign up by 9/21.**

## **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.**

**Tuesday, September 12 & 19 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, September 20 @ 11 AM**

**Sign up by September 11.**

Lunch \$3— Sandwiches, Chips, Dessert  
Please pay when you sign up.

**Come join the fun!**

**RAYNHAM COMMUNITY DAY IS BACK!**

**Sunday, September 17th– 12:00– 4:00pm**

**Rain Date Sunday, September 24, 2023**

Come help celebrate our Town at the Borden Colony Complex on King Phillip Street. The popular Bridge-water Antiphonal Brass Society Band will kick off the festivities at the Gazebo with a 90-minute concert. The event will also feature martial arts, theater and dance demonstrations, a magic shoe and balloon artist, a reptile show, and more. Raynham-area businesses and organizations will have tables and exhibits set up at the Gazebo Park. Other attractions will include RAVE’S Kids Zone with face painting, lawn games, petting zoo, and open house at the Senior Center, which will feature RAVE’S popular Bake Sale and Pie Baking Contest. This is sure to be an afternoon of fun! Admission is free. Donation of non-perishable food items will be collected to benefit Raynham Food Bank.

**Monthly Blood Pressure Clinic**

**Wednesday, September 20th 2023 at 9:30 AM**

Come 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

**Introductory Ballroom Dancing Lessons  
4-Week Course**

Join us for a 4-week introductory ballroom dance class with Steve Cavanaugh. We'll learn the basics of swing dance on **Tuesdays from 3-4 pm at the Raynham COA on October 3, 10, 17 and 24.**

No partner needed.

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

**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.

**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 beginning September 19 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
<b>BOCCE MONDAY'S AT 10:00AM</b>				1 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
4 CLOSED LABOR DAY	5 EXERCISE 945 MAH JONG 10 45 CARD GAME 1230 TAI CHI 1	6 HAND & FOOT 9:30 WHITE CROSS PHARMACY PRESENTATION 10 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1	7 MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	8 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
11 YOGA 930 BAGEL CARD GAME 10 LCR 10 ART FOR ALL 1030 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 EUCHRE CARD GAME 1 KNITTING 130	12 EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1	13 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 215	14 MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12 GAME NIGHT 630	15 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
18 YOGA 930 BAGEL CARD GAME 10 LCR 10 ART FOR ALL 1030 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 EUCHRE CARD GAME 1 KNITTING 1:30	19 EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1	20 BLOOD PRESSURE 930 HAND & FOOT 9:30 LUNCH & SINGO 11 LINE DANCING 1 CRIBBAGE 1 ARTIST MEET UP 215	21 MEN'S COFFEE HOUR 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12	22 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030
25 YOGA 930 BAGEL CARD GAME 10 LCR 10 ART FOR ALL 1030 LIGHT WEIGHTS & STRETCHING 11 SINGING GROUP 1215 EUCHRE CARD GAME 1 KNITTING 1:30	26 EXERCISE 945 MAH JONG 10 MOVIE 11 45 CARD GAME 1230 TAI CHI 1	27 BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 LINE DANCING 1 CRIBBAGE 1	28 MEN'S COFFEE HOUR 9 EXERCISE 10 MAH JONG 12 WHIST 12	29 HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030