

Please take some time to look over the changes in our regularly scheduled classes beginning in this June/July edition.

We bring Bocce Ball to Randolph SASH at 2 locations 3 times each week in the mid-morning hours. Dede is taking time away from the regular class schedule to become trained in a new evidence-based Arthritis Exercise program, and in Tai Chi over the summer. Both those classes will begin in the fall. To help us set up our programs in the locations with the most interest, please let us know what classes you're hoping to attend in the fall.

728-3310 or dede@racdc.com

A program for area seniors hosted by

SASH FLASH



SASH
SUPPORT & SERVICES
at HOME
a caring partnership



We **WELCOME**
another new
Wellness Nurse
~~DOT MARTIN~~
has joined us!



SPECIAL EVENTS FOR: JUNE & JULY



Social Health



Heart/Physical



Learning



Get Involved

♥ ★ ☀ **BOCCE (Ball) FOR ALL** ☀ ★ ♥

Kick off games begin on June 1st at NOON on the Randolph House back-yard grounds as part of the public "Downtown Block Party"

~ Easy & fun to learn & play ~

Come be social and get some exercise in the nice weather



Regularly occurring SASH Bocce sessions – directed by Jessica Taffet begin the first week of June - ALL 3 CLASSES will be held at 10:15 – 11:45 AM Tuesday & Friday gather at the gazebo behind The Randolph House, and Wednesday at The Joslyn House (in the lot across the street from the parking area).

Poetry Readings: #UsToo—New Voices

Monday June 3rd @ 4:30 at the Randolph House Community Room

In the #UsToo Poetry Reading, the audience will have the privilege of listening to original poems written by four women in a winter poetry-writing class for abuse survivors.

The class was taught by Marjorie Ryerson of Randolph.

STAGECOACH 'UPDATES' DISCUSSION

Have some time for information & a question and answer period with new coordinator Mike Reiderer

Monday, June 24th at 3 locations:

8:45 – 9:30 at the Joslyn House

10:00 – 11:00 at the Red Lion & 11:30 – 12:30 at the Randolph House

OUR CURRENTLY RECURRING WEEKLY SASH ACTIVITIES

ALL SASH PARTICIPANTS, RESIDENTS AND COMMUNITY MEMBERS ARE WELCOME TO JOIN IN ANY OF THESE FREE ACTIVITIES OR WORKSHOPS OFFERED (PRIORITY IS GIVEN TO SASH PARTICIPANTS AND RESIDENTS IF THERE ARE SPACE RESTRICTIONS):



Move to Music and GET MINDFUL - Thursdays from 1:00-2:00, @ Randolph House Comm. Room
Join us for this fun and lively chair & dancing exercise program – a good way to gain some flexibility, socialize, and put your laughing muscles to work. **We've also added a closing mindfulness activity/time.**



BOCCE For All - Beginning the first week of June - ALL 3 CLASSES will be held from 10:15 – 11:45 AM

Tuesday & Friday at The Randolph House (we gather at the gazebo behind the building), and *Wednesday at The Joslyn House* (in the lot across the street from the parking area).

** Please note that *we WILL meet on rainy days* inside the community spaces to learn/engage in some Qi Gong exercises together.



Game Night – Thursdays at the Red Lion Inn – 6:30 p.m. in the library (or hall if space needed).
Got a friend at the Red Lion? You might be able to get dealt-in!

Movie nights (generally 6:30 on Tuesday nights) at the Randolph House are on summer hold until September. **HAVE FUN ENJOYING THE OUTSIDE MUSIC EVENTS AT GIFFORD!!**

** Please check the monthly calendar for any changes to the weekly schedule (indicated by a lightning bolt).

Feeling like you need a little support?

If you or someone you know is struggling, please remember there is help... Call 211, the SASH office, your Primary Care Physician's office, the Clara Martin Center or Washington County Mental Health for the Eldercare program.
If you're struggling, you might benefit from having a referral.

Or are you bored or needing some more meaning in your life?

Have you considered volunteering at The Food Shelf?

The Kimball Library Book program?

The Thrift Shop?

How about the Meals on Wheels program?

The Randolph Area Senior Center may be looking for extra hands sometimes? 728-9324 – They offer activities and also serve up a 'nice affordable noon lunch' Mon.-Thursday

The Community Health Team at Gifford








has some great program offerings that could support your optimal health. Give Megan Sault a call at 728-7714 to see what is being offered near you.










Enjoy the warmer weather and I hope to see you around town



~ SASH ACTIVITIES CALENDAR June 2019 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions about SASH or our upcoming programs? Call Dede or Dot at the SASH OFFICE: 802-728-3310</p>	<p>KEY: Joslyn House= JH Randolph House=RH Red Lion= RL Gifford Med.= GMC</p>	<p>Move 2 Music= M2M Bocce Cabin Fever Conversations = CFC BP = Blood Pressure Chronic Disease =CDW</p>				<p>1 Downtown Block Party! </p>
<p>2 Don't worry... Play Bocce! 😊</p>	<p>3 4:30 RH – #US Too Poetry Reading</p>	<p>4  10:15 – 11:45 RH - Bocce</p>	<p>5  10:15 – 11:45 JH - Bocce</p>	<p>6 1:00 @ RH - Move to Music & Get Mindful 6:30 @ RL – GAME NIGHT!</p>	<p>7  10:15 – 11:45 RH - Bocce</p>	<p>8 “It just ain’t possible to explain some things...”</p>
<p>9  Do you feel it calling? How about a walk?</p>	<p>10</p>	<p>11 10:15 – 11:45 RH - Bocce</p>	<p>12 10:15 – 11:45 JH - Bocce</p>	<p>13 1:00 @ RH - Move to Music & Get Mindful 6:30 @ RL – GAME NIGHT!</p>	<p>14 10:15 – 11:45 RH - Bocce</p>	<p>15 <i>It's interesting to wonder on them and do some speculation, but the main thing is you have to accept it-</i></p>
<p>16  Take plenty of time to count your blessings</p>	<p>17</p>	<p>18 10:15 – 11:45 RH - Bocce</p>	<p>19 10:15 – 11:45 JH - Bocce</p>	<p>20 1:00 - RH Move to Music & Get Mindful 6:30 @ RL – GAME NIGHT!</p>	<p>21 10:15 – 11:45 RH - Bocce</p>	<p>22 take it for what it is, and get on with your growing.” (Jim Dodge)</p>
<p>23 “The most I can do for my friend is simply to be his friend.” Henry David Thoreau</p>	<p>24 Stagecoach “Updates” Discussion 8:45-9:30 – JH 10:00-11:00 – RL 11:30-12:30 - RH</p>	<p>25 10:15 – 11:45 RH - Bocce 5:00 -6:00 Community dinner: BBQ Supper at Green Mountain Gospel Chapel</p>	<p>26 10:15 – 11:45 JH - Bocce</p>	<p>27 1:00 @ RH - Move to Music & Get Mindful 6:30 @ RL – GAME NIGHT!</p>	<p>28 10:15 – 11:45 RH – Bocce Commodities </p>	<p>29/30 The most wasted day of all is that on which we have not laughed. (Sebastien Chamfort)</p>

~ SASH ACTIVITIES CALENDAR July 2019 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10:15 – 11:45 RH - Bocce	3 10:15 – 11:45 JH - Bocce	4 Happy 4th of July!! (No SASH today) 6:30 @ RL – GAME NIGHT?	5 10:15 – 11:45 RH - Bocce	6  Summer, sweet, sweet summer!
7 ~ Be yourself ~ Who else is better qualified?	8	9 10:15 – 11:45 RH - Bocce Gifford FREE concert series starts! Music 6:00-7:30 	10 10:15 – 11:45 JH - Bocce	11 NO Move to Music today  6:30 @ RL – GAME NIGHT!	12 Sorry, NO RH Bocce or SASH today 	13 “The way I see it, if you want the rainbow, you gotta put up with the rain.” -Dolly Parton
14 “The most wasted day of all is that on which we have not laughed.” -Sebastien Chamfort	15	16 10:15 – 11:45 RH - Bocce Gifford FREE concert series - Music 6:00-7:30	17 10:15 – 11:45 JH - Bocce	18 1:00 @ RH - Move to Music 6:30 @ RL – GAME NIGHT!	19 10:15 – 11:45 RH - Bocce	20 Today's mighty oak was yesterday's little nut.
21 Today is a great day to call a friend.	22	23 10:15 – 11:45 RH - Bocce Gifford FREE concert series - Music 6:00-7:30 5:00 - 6:00 Community Dinner at Bethany	24 10:15 – 11:45 JH - Bocce Dede on vacation 7/24 – 7/31 	25 NO Move to Music today  6:30 @ RL -- Game NIGHT!	26 10:15 – 11:45 RH - Bocce Commodities 	27 Every person has a story...
28 “Light tomorrow with today.” -E.B. Browning	29	30 10:15 – 11:45 RH - Bocce Gifford FREE concert series - Music 6:00-7:30	31 10:15 – 11:45 JH - Bocce	Questions about SASH or our upcoming programs? Call Dede or Paula at the SASH OFFICE: 802-728-3310	KEY: Joslyn House= JH Randolph House=RH Red Lion= RL Gifford Med.= GMC	Move 2 Music= M2M Bocce = FUN!! Change = 