

Join me in  
welcoming back  
the afternoon  
light!



Bothered by scam  
phone calls? Have you  
tried the DO NOT CALL  
number?  
If not – it may alleviate  
some of them:  
1-888-382-1222

A program for area seniors hosted by

# SASH FLASH



**SASH**  
SUPPORT & SERVICES  
at HOME  
a caring partnership



If you're interested in  
signing up for SASH,  
Contact the SASH office  
and speak to, or leave a  
message for Catherine or  
Dede @ 728-3310.

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You are welcome to join in  
on events going on at sites  
different from your own.  
Come join the fun!

## SPECIAL EVENTS FOR APRIL & MAY 2018



Social Health



Heart/Physical



Learning



Get Involved



A Visit with the Attorney General's Office



April 13<sup>th</sup> - 3 locations:

Joslyn House – 10:30 – 1:00

Red Lion – 1:30 - 2:30

Randolph House – 3:00 – 4:00

Two representatives from the Attorney General's office  
would like to discuss the needs of Seniors in our community. Please join us in giving your input!



It's The Little Things:



Conversations on Living with Loss (of all types)

with Rev. Kim McKurley

April 17<sup>th</sup> from 2:00 – 3:30 at the Randolph House



CDSMP - Chronic Disease Self-Management Class



Comes to YOU! – Offered at the Randolph House

This 6 Week class starts on Thursday April 26<sup>th</sup> 2:00 – 5:30

Come learn more about how to keep balance in your life while dealing with chronic disease.



SPRING INTO ART – Card Making & Collage



with art teacher **Becky Wright**

MAY 11<sup>th</sup> - Joslyn House – 1:00 – 2:30

May 15<sup>th</sup> - Randolph House– 1:00 – 2:30

May 17<sup>th</sup> - Red Lion – 11:00 – 12:30

STAGECOACH ALSO WANTING TO LET US KNOW ABOUT CHANGES on APRIL 19th!

# OUR RECURRING WEEKLY SASH ACTIVITIES

ALL SASH PARTICIPANTS, RESIDENTS AND COMMUNITY MEMBERS ARE WELCOME

TO JOIN IN ANY OF THESE FREE ACTIVITIES OR WORKSHOPS OFFERED:



**Tai Chi for Arthritis - Wednesdays @ The Red Lion on at 1:00** IMPORTANT!! Re: the Red Lion class - *IF you want to do the class, but don't live in the Red Lion - CALL IN ADVANCE IF YOU WANT TO JOIN IN (so we can let you in)!*



**Bone Builders - Wednesdays at 10:30 -11:30, Joslyn House Activity Room**

Gain strength, bone mass and balance with this evidence-based exercise program. This class requires your Dr.'s prior approval (plan ahead).

For a copy of the needed form call us at the SASH office 728-3310.



**Cabin Fever Conversations – Wednesdays at 3:00 – 4:30pm, Randolph House Community Room (runs until May 16<sup>th</sup>).**



**Move to Music - Thursdays from 1:00-2:00, Randolph House Community 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.).



**Writers Explore Group – Fridays at the Randolph House at 1:30 – 2:45 in the Community Room.**



**Movie Night - Tuesdays in The Randolph House – 6:30 p.m. in the Community Room.**

Look on the room door and in the elevator for info. re: what's playing each week.



**Game Night – Thursdays at the Red Lion Inn – 6:30 p.m. in the library (or hall if space needed).**

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

**PLEASE CALL 728-3310 IF YOU HAVE QUESTIONS OR WISH TO JOIN IN TO VOLUNTEER & OR SIGN UP FOR SASH**

## OTHER RANDOLPH AREA OPPORTUNITIES:

If you're sitting home and needing a little engagement ~ *The Randolph Area Senior Center - 728-9324* - serves up a 'nice affordable lunch' Mon.-Thurs. and offers some fun and interesting ways to socialize.

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**Chandler Presents 'The Passing Project' on April 28th**

~ ~ ~

**Bernie Sanders is holding a breakfast for seniors @ Montpelier High School @ 9:30 on April 14<sup>th</sup>**

**If you plan to go, you must RSVP ahead of time to 800-339-9834**

~ ~ ~

Your **Gifford Community Health Team** is offering the following scheduled classes (all currently held at the Gifford Conference Center):








**Healthier Living Support Group** is now offered every **Tuesday 10:30-11:30 am.**

Anyone who has completed a 'Healthier Living Workshop' is welcome to reunite for guided meditation, action planning and group discussions

Contact Stagecoach if you are in need of a ride.








For information on any of the Community Health Team workshops, please contact Megan Sault for information or to register – 728-7714.

# ~SASH ACTIVITIES CALENDAR~ APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 HAPPY EASTER!</b>  <b>AND April Fool's Day</b>	<b>2</b>	<b>3</b> 10:30 -11:30@ <i>RL</i> Catherine - Office BP clinic  6:30-RH -Movie Night	<b>4</b> 10:30 @ JH Bone <b>Builders</b> 1:00 @ <i>RL</i> Tai Chi 3:00 @ RH - CABIN FEVER CONVERSATIONS	<b>5</b> 1:00 - RH Move to Music 9:30-10-30 @ JH, 11:00- 12:00 @ RL, 2:15-3:15 @ RH - Tea, and a taste of CDSMP? 6:30 – RL – GAME NIGHT! 	<b>6</b> 1:30 – 2:45 - RH – <b>Writers Explore</b>	<b>7</b> <b>Is it spring YET??</b>
<b>8</b> <b>Smile at your neighbors</b>	<b>9</b>	<b>10</b> 10:30 -11:30@ <i>RH</i> Catherine - Office BP clinic  6:30-RH -Movie Night	<b>11</b> 10:30 @ JH Bone <b>Builders</b> 1:00 @ <i>RL</i> Tai Chi 3:00 @ RH - CABIN FEVER CONVERSATIONS	<b>12</b> 1:00 @ RH Move to Music 6:30 @ RL – GAME NIGHT!	<b>13</b> <b>Attorney Gen. Office – Sr. Needs.</b> 10:30 –1:00 JH 1:30-2:30 RL 3:00-4:00 – RH	<b>14</b> Breakfast with Bernie 9:30 am in Montpelier (see flier on bulletin boards)
<b>15</b> <b>Just breathe Step into the flow of the day</b>	<b>16</b>	<b>17</b> 10:30 -11:30@ <i>RL</i>  Catherine BP clinic 2:00-3:30 @ RH - It's the little things – Kim McKerley 6:30- RH -Movie Night	<b>18</b> 10:30 @ JH Bone B 12:00 RL - Luncheon 1:00 @ <i>RL</i> Tai Chi 3:00 @ RH CABIN FEVER CONVERSATIONS	<b>19 Stagecoach</b> <b>talks: 9:00 JH</b> 11:00 –RL, 2:15 RH 1:00 @ RH – M 2 M 6:30 @ RL – GAMES!	<b>20</b>	<b>21</b> Feeling strong? Healthy? How about a walk?
<b>22</b> <b>Call a friend</b>	<b>23</b>	<b>24</b> 10:30 -11:30@ <i>RH</i>  Catherine - Office BP clinic  Community Dinner – Bethany Church 5pm 6:30- RH -Movie Night	<b>25</b> 10:30 @ JH Bone <b>Builders</b> 1:00 @ <i>RL</i> Tai Chi 3:00 @ RH - CABIN FEVER CONVERSATIONS	<b>26</b> 1:00 - RH Move to Music 2:00-5:30 @ RH  CDSMP Self- management Class 6:30 @ RL – GAME NIGHT!	<b>27</b>  <b>Commodities</b>	<b>28</b> <b>'The Passing Project' @ Chandler</b>
<b>29</b> <b>Let go of the little annoyances and cherish the beauty of the day</b>	<b>30</b>			<b>KEY:</b> Joslyn House= JH Randolph House=RH Red Lion= RL Gifford Med.= GMC Kingwood = KW	Move 2 Music= M2M Bone Builders= B.B. Cabin Fever Conversations = CFC <b>BP = Blood Pressure</b> Chronic Disease =CDW	Questions about SASH or our upcoming programs? Call Dede or Katie at the <b>SASH OFFICE: 802-728- 3310</b> <b>Change =</b> 

# ~SASH ACTIVITIES CALENDAR~

## MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>KEY:</b>            Joslyn House= JH            Randolph House=RH            Red Lion= RL            Gifford Med.= GMC            Kingwood = KW</p>	<p>Move 2 Music= M2M            Bone Builders= B.B.            Cabin Fever            Conversations = CFC  <b>BP = Blood Pressure</b>            Chronic Disease            =CDW</p>	<p><b>1</b>            10:30 -11:30@ <i>RL</i>            Catherine - Office BP clinic</p> <p>6:30-RH -Movie Night</p>	<p><b>2</b>            10:30 @ JH Bone  <b>Builders</b>            1:00 @ <b>RL Tai Chi</b>            3:00 @ RH - CABIN  <b>FEVER CONVERSATIONS</b></p>	<p><b>3</b> 1:00 @ RH M to M</p> <p>2:00-5:30 @ RH -            CDSMP Self-            management Class</p> <p><b>6:30 @ RL GAME NITE!</b></p>	<p><b>4</b></p>	<p><b>5</b> <b>Welcome May Flowers!</b></p> 
<p><b>6</b></p> <p><b>How about a little gardening?</b></p>	<p><b>7</b></p>	<p><b>8</b>            10:30 -11:30@ <i>RH</i>            Catherine - Office BP clinic</p> <p>6:30-RH -Movie Night</p>	<p><b>9</b>            10:30 @ JH Bone  <b>Builders</b>            1:00 @ <b>RL Tai Chi</b>            3:00 @ RH - CABIN  <b>FEVER CONVERSATIONS</b></p>	<p><b>10</b> 1:00 @ RH M to M</p> <p>2:00-5:30 @ RH -            CDSMP Self-            management Class</p> <p><b>6:30 @ RL - GAME NIGHT!</b></p>	<p><b>11</b></p> <p>1:00 -2:30 – JH –  <b>SPRING INTO ART</b> </p>	<p><b>12</b></p> <p>The world needs LOTS more kindness</p>
<p><b>13</b></p> <p><b>Keep shining that bright light of yours</b></p>	<p><b>14</b></p>	<p><b>15</b>            10:30 -11:30@ <i>RL</i>            Catherine BP clinic             1:00 -2:30 – RH –Spring into Art            6:30- RH -Movie Night</p>	<p><b>16</b>            10:30 @ JH Bone B            1:00 @ <b>RL Tai Chi</b></p> <p>3:00 @ RH CABIN FEVER CONVERSATIONS</p>	<p><b>17</b> 1:00 @ RH - M to M            11:00 – 12:30 – RL –            Spring into Art             2:00-5:30 @ RH -CDSMP Self-management Class            6:30 @ RL – GAME NITE!</p>	<p><b>18</b></p>	<p><b>19</b></p> <p><b>Hurt people hurt people.</b></p>
<p><b>20</b></p> <p><b>The smallest kindness can ripple oh so far....</b></p>	<p><b>21</b></p>	<p><b>22</b>            10:30 -11:30@ <i>RH</i>            Catherine - Office BP clinic            Community Dinner – St. Johns – 5:00 – 6:00            6:30- RH -Movie Night</p>	<p><b>23</b>            10:30 @ JH Bone  <b>Builders</b>            1:00 @ <b>RL Tai Chi</b></p>	<p><b>24</b>             Dede OUT All Day            SASH Conference            2:00-5:30 @ RH -CDSMP Self-management Class</p> <p><b>6:30 @ RL – GAME NIGHT!</b></p>	<p><b>25</b>   <b>Commodities</b></p>	<p><b>26</b></p> <p><b>Open hearts open hearts.</b></p>
<p><b>27</b></p> <p><b>Any gratitude to express to someone in your circle?</b></p>	<p><b>28</b></p>	<p><b>29</b>            10:30 -11:30@ <i>RL</i>            Catherine - Office BP clinic</p> <p>6:30-RH -Movie Night</p>	<p><b>30</b>            10:30 @ JH Bone  <b>Builders</b>            1:00 @ <b>RL Tai Chi</b></p>	<p><b>31</b>            1:00 - RH Move to Music            2:00-5:30 @ RH -            CDSMP Self-            management Class</p> <p><b>6:30 @ RL – GAME NIGHT!</b></p>	<p>Questions about SASH or our upcoming programs?            Call Dede or Katie at the <b>SASH OFFICE: 802-728-3310</b>  <b>Change =</b> </p>	