

THE SUNNYSIDE

October
2016

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Director
Marc Craig

Friends of
Randolph Seniors
Brenda Margolis
President/Treasurer

Council On Aging
Gerald Good
President

16 Fencourt Avenue
781-961-0930
781-961-0929
781-961-0928



**THE
SENIOR CENTER
IS OPEN
ON SATURDAYS
AS OF 10/15**

LETTER FROM THE DIRECTOR

HELLO SENIORS,

WELCOME TO AUTUMN! STARTING OCTOBER 15TH THE JAMES M. HURLEY SENIOR & VETERANS CENTER WILL BE OPEN 6 DAYS A WEEK! OUR NEW STAFF MEMBER, LOREN MATTSON (WHO RECENTLY PLANNED THE MAIN STREET FARMERS MARKET) HAS BEEN HARD AT WORK ORGANIZING SATURDAY ACTIVITIES. THIS IS THE STARTING POINT FOR OUR GOAL OF HOSTING PROGRAMS OUTSIDE THE TRADITIONAL HOURS. OVER THE NEXT 15 MONTHS WE WILL BE EXPANDING OUR PROGRAM SCHEDULE IN ANTICIPATION OF OPENING THE INTERGENERATIONAL COMMUNITY CENTER. FOR OUR "REGULARS" THAT COME TO THE SENIOR CENTER, I HOPE THAT YOU'LL COME TO EVEN MORE PROGRAMS. FOR THOSE THAT READ THE SUNNYSIDE, BUT HAVEN'T YET VENTURED TO THE SENIOR CENTER: I HOPE THE INCREASED HOURS AND PROGRAMS ALLOW YOU TO BE ABLE TO PARTICIPATE. IF YOU HAVE A PROGRAM THAT YOU WOULD LIKE TO SEE OFFERED, PLEASE CONTACT SANDY OR LOREN IN THE OFFICE.

-MARC CRAIG
DIRECTOR OF
COMMUNITY PROGRAMMING



Check out
"Faces of Randolph" on Page 4

ADS GO HERE

SPECIAL PROGRAMS: Sign Up Is Required

6-WEEK HEALTHY EATING WORKSHOP

The free six-week workshop, Healthy Eating for Successful Living, began on Tuesday, September 27. It continues on **Tuesday, October 4, 11, 18 and 25 at 12:15 PM.** In this workshop, participants learn to make healthier food choices, receive tips for improving portion control and label reading, and plan meals to better control fats, sugars, carbohydrates and sodium. Participants also explore ways to add physical activity to your day and discover that making small changes can lead to BIG results! Each of the six-week sessions, which run every Tuesday through **Nov. 1,** lasts for about 2 hours each week.

FLU SHOTS, WED., OCT. 12, 9 AM TO NOON

The Town Nurse will give flu shots at the Randolph Senior Center on October 12. Bring your insurance card.

BAK-TA-BAK MUSIC, THURS., OCT. 13, 1 PM

Bak-ta-Bak is a local musical group that plays country, rockabilly and oldies. They will be playing at the Randolph Senior Center on **Thursday, October 13 at 1 PM.** Bak-ta-Bak's performance is supported by a grant from the Randolph Cultural Council, a local agency, and the Massachusetts Cultural Council, a state agency.

FALL PIZZA PARTY & HISTORY LECTURE

On **Thursday, October 20 at 11:45 AM,** we will enjoy a free pizza lunch followed by a lecture by Gail from Historic New England on the Eighteenth Century Woman. This program looks at the life of New England women in the 18th century with images and objects. This lecture is suitable for both men and women. If you are coming for the pizza, please plan to stay for the lecture. Historic New England is the oldest and largest regional historical organization in the nation. It shares the region's history through vast collections, publications, exhibitions, museum properties, and archives that document more than 400 years of life in New England. Sign up by October 17.

The nearest Historic New England properties to Randolph are the Pierce House in Dorchester and the Josiah Quincy House in Quincy. The Pierce House at

24 Oakton Avenue in Dorchester is one of the last surviving examples of 17th century architecture in Boston. It is open on November 19 from 1 to 5 PM. Admission is \$4 for seniors.

The Josiah Quincy House at 20 Muirhead Street in Quincy is open Saturday, October 1 and Saturday, October 15 from 11 AM to 4 PM. Tours are given on the hour. Revolutionary leader Josiah Quincy built this house in 1770.

MULTICULTURAL PROGRAMS

We will hold a:

- Vietnamese seniors program on **Friday, October 7 at 11:30 AM.**
- Chinese seniors program on **Friday, October 14 at 11:30 AM.**
- Haitian seniors program on **Tuesday, October 25 from 1:30 PM to 3 PM.**

Limited numbers of English-speaking seniors may attend these lunches, although sign-up is required.

TAX ABATEMENT PROGRAM

The drawing for this year's tax abatement program will be held on **Wednesday, October 5 at 11 AM** for the 24 volunteer positions. You do not have to be present to win. A senior age 60 or older that owns his or her home or is the spouse of an owner may apply for a \$500 tax abatement program. The rules will be on the application form at the Randolph Senior Center and you will have to certify that you have not won the lottery in the last three years. Seniors also must be able to work 3 hours a week from November to March.

OUTREACH NOTES

Brenda Margolis is now working by appointment at the Randolph Senior Center. Make an appointment with Brenda on Mondays, Tuesdays or Thursdays between the hours of 10 AM and Noon by calling 781-961-0930 or 781-961-0928,

Did You Know?

One quarter of all the candy sold annually in the U.S. is purchased for Halloween.

EXERCISE CLASSES: Sign Up Not Required

YOGA CLASSES

One-hour yoga classes for \$5 for the more experienced are held **Mondays at 11:15 AM** and **Fridays at 10:00 AM**. Chair yoga is held on **Wednesdays at 11:15 AM** for the less experienced for \$5.

CARDIOVASCULAR FITNESS

Deb teaches a one-hour fitness class for a \$3 fee on **Wednesday** mornings at **10:30 AM** and **Friday** mornings at **9:00 AM**. Bring weights and a bottle of water.

TAI CHI

Rupert Hon teaches Yang’s 88-Form Tai Chi on **Tuesdays at 9:00 AM** and **Wednesdays at 9:30 AM** for \$1.

YUANJI DANCE CLASS

Mona teaches Yuan Ji (combination of yoga, tai chi, & dancing) on **Mondays and Fridays** from **9:30 AM to Noon** at no charge.

TAP DANCING

A free tap dancing class is offered on **Thursdays at 10 AM**.

FRIENDS ANNOUNCEMENTS

ANNUAL “FRIEND” MEMBERSHIP DUES

If you are a Friend of the Randolph Senior Center, your annual \$5 donation (or more if you like) is due for 2016. If you haven’t become a Friend yet, consider doing so using the handy form below.

HAPPY BIRTHDAY!

A happy October birthday to: Jeannette Sanders (Oct. 4), Susie DeCinti (Oct. 9), Chiao-Chu Lin (Oct. 10), and Marie Fallon (Oct. 13).

New or renewed members of the Friends of the James M. Hurley Senior & Veteran’s Center are: Kathy Hogan, Caroline McAdams, and Ann Loomer.

Become a “Friend” of the Randolph Senior Center by making an annual membership donation of \$5 (or more if you like). For your tax deductible donation, you will be featured in *The Sunnyside* as a new member and a Happy Birthday notice will be posted during your birthday month.

FRIENDS OF THE JAMES M. HURLEY SENIOR & VETERAN’S CENTER

16 Fencourt Ave, Randolph Ma 02368 Today’s Date: _____) _____

Name _____ Phone _____

Address _____ Date of Birth _____

Membership Donation for \$5.00 pp _____ Additional Contribution _____

Memorial Donation \$ _____ In Memory of _____

MEDICARE OPEN ENROLLMENT

The Medicare open enrollment period this year is October 15, 2016 through December 7, 2016. The Medicare open enrollment period is for all people who either have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO). Take this opportunity to review your current coverage with your 2017 Medicare plan choices.

If you have a Medicare Prescription Drug Plan, now is the time to review your current medication list and prescription coverage. 2017 Medicare Drug Plan formularies, monthly premiums, deductibles (if any), and co payment costs may change. Your current plan may not be the most beneficial plan for you to continue in the year 2017.

To prepare for your Medicare 2017 Part D prescription plan options:

- Complete a SHINE Program Medicare Drug Plan Pre-Enrollment Information form – available at the Senior Center and get a report.
- Once you’ve received the report, if needed, you may schedule a follow-up appointment with Cheryl to further discuss your 2017 enrollment options.

** IMPORTANT: IT IS BENEFICIAL FOR YOU TO REVIEW YOUR MEDICARE HEALTH AND PRESCRIPTION COVERAGE EVERY YEAR. TAKE ADVANTAGE OF SHINE, WHICH IS A FREE, CONFIDENTIAL SERVICE AVAILABLE TO YOU.*

MORE ACTIVITIES

REIKI: Sign Up Required

Claire Crowell and Bernadette Christian give Reiki treatments on **Tuesdays** from **10:00 to noon** for a \$2.00 fee.

GAMES

- Meet on **Mondays** from **1 to 3 PM** for Canasta.
- Play Mah Jongg on **Mondays** at **9:30 AM** and **Fridays** at **1 PM**; learn to play **Thursdays** at **10 AM**.
- See the monthly calendar on page 7 for Bingo, Scrabble, Pool and Darts.

OVEREATERS ANONYMOUS

Is food a problem for you? Try attending an Overeaters Anonymous meeting, **Mondays from 9:30 to 11:00 AM**.

COMPUTER HELP: Sign Up Required

- Elizabeth from the Turner Free Library provides computer drop-in help at the Randolph Senior Center on **Monday, October 24 at 1 PM**. She also provides 30-minute free computer training sessions at the library by appointment. Call her at 781-961-0932.

BLOOD PRESSURE SCREENINGS

Screenings by the Randolph Board of Health will be held at the Senior Center on **Wednesday, October 5 and 19** from **11:30 AM to 12:30 PM**.

WEEKLY LUNCHEON: Sign Up Required

The SSES luncheon menu/sign-up sheet will be posted in the Senior Center each week for the next week's luncheon (suggested \$2.00 donation). Call the kitchen (at 781-963-7232 from 8-11 AM) or call Sandy in the office (afternoons at 781-961-0930) to sign up.

TRIAD: The monthly TRIAD program will be held on **Tuesday, October 18 at 12:30 PM**. See **pg. 9**.

PICKLEBALL

Pickleball continues every **Tuesday and Thursday from 9:30 to 11:30 AM** at the basketball court in **Belcher Park** (off Park Street) —unless it rains.

MOVIE: Did you enjoy watching the Olympics? On **Thursday, October 6 at 12:30 PM**, watch the 2016 film, *Eddie the Eagle*. Inspired by true events, it is a feel-good story about Michael "Eddie" Edwards (Taron Egerton), an unlikely but courageous British ski-jumper who never stopped believing in himself—even as an entire nation was counting him out at the 1988 Winter Olympics.

RESTAURANT TRIP: On **Friday, October 21**, we visit the Chateau Norton restaurant on the beautiful Lake Winnecunnet for Italian family dining.

SHOPPING TRIP: On **Friday, October 28**, we will meet at the Randolph Senior Center at 9:30 AM for a 10 AM departure on the Senior Center van. We will visit Trader Joes in Hingham first. (If you plan to buy frozen items, bring a freezer pack and insulated container with you.) Then our van driver will take you across the street to Hingham Beer Works for an 11:30 AM lunch. Hingham Beer Works features American dishes, including pub classics and unique specialties. At around 1 PM, the driver will take you to Stop & Shop. You will depart Hingham for Randolph at around 2 PM.

OLDE KIDS ON THE BLOCK

These senior musicians/singers practice at the Senior Center on **October 5, 19 and 26** from **9:30 AM to Noon**.

NEW COMMUNITY CENTER

GIVE YOUR INPUT

What programs should we offer in our new Intergenerational Community Center? **IN PERSON:** Fill out a comment card in the Senior Center Office.

ONLINE: **www.tinyurl.com/CommCenterSurvey**

FACES OF RANDOLPH

Our new Intergenerational Community Center will have a large mosaic tile wall representing Randolph. Please stop by the office to pick up a "Faces of Randolph" application. The application includes a small area to draw your face (anything else you would like). We would love to see a large number of Randolph seniors artwork to be on permanent display in our new building.

INTRO TO AROMATHERAPY I

Do you know what is in the products you use every day; lotions, soaps, shampoos, detergents? Can you even pronounce the names on the label? There are alternatives. We will learn about essential oils and where they come from. We will explore and talk about safety, and different methods to diffuse essential oils. Be prepared for some relaxation and take home a sample.

Class cost: \$5 plus \$3 for materials.

October 15th 9:00

INTRO TO AROMATHERAPY II

Continue to explore different types of essential oils, "notes" and how essential oils are made.

Class cost: \$5 plus \$3 for materials.

October 29th 9:00

ZUMBA– All Ages

A total aerobic workout program, combining all elements of fitness featuring movements inspired by various dance styles found around the world infused with Latin rhythms. Come dance and sweat the stress away in a fun environment!

\$10 per class **Saturdays 10:00AM**

ZUMBA GOLD

A low-intensity total aerobic workout program, focusing on: cardiovascular, muscular conditioning, flexibility and balance. Also inspired by various styles of dance found around the world infused with Latin rhythms. Dance and sweat the stress away in a fun environment.

\$7 per class **Saturdays 9:00AM**

LUNCH BUNCH

This two hour program for Children ages 4-10. If you watch your grandchildren you are more than welcome to drop them off while you participate in the programs available at the Senior Center, or if you'd like to get lunch with friends. Our great Randolph Recreation staff will be on hand to engage the children. There will be games, books, and crafts for kids to enjoy. This is a chance for parents (or grandparents) to go out and enjoy a break or join us in other activities that we have going on.

Please provide a lunch. We will be limited to 25 children to guarantee a spot please register online

at www.RandolphRec.com

Saturdays 11:00-1:00

CARD GAMES

Rummy and Hearts will be played for an 1 hour and a half time period. Anyone can join! Cards will be provided.

BAKING 101

For all ages. Learn about what goes into baking and then join us in making some delicious treats with step by step instructions. You can bake and then enjoy!

JEOPARDY

Fun games with fun prizes. Varies week to week. Prizes consist of gift cards and more.

CHESS & CHECKER TOURNAMENT

Come and try your hand at checkers and chess. All you need to bring is a strategy to win. Supplies will be included.

YOGA– All Ages

Shelanda Irish will be leading a lively vinyasa-style practice that will focus on both strength and flexibility, bringing balance and calm to the body and mind. Modifications and variations of the postures are offered so that beginners and intermediate/advanced students can flow together. See how a regular yoga practice can improve your health!

Saturday October 22nd and 29th 10:00

COMING IN THE NOVEMBER

Paint Afternoons with Barb-

For all ages. Step by Step instructions on how to paint a designated picture. Supplies included including brushes, canvases, paints and directions. \$5.00. 2 hour class.

WHAT ELSE WOULD YOU LIKE TO SEE OFFERED ON SATURDAYS? PLEASE VISIT THE SENIOR CENTER (OR CALL) ON TUESDAYS AND THURSDAYS AND

The History of Halloween

Halloween is celebrated on Monday, October 31, 2016.

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

Halloween comes to America

Celebration of Halloween was extremely limited in colonial New England because of the rigid Protestant belief systems there, but it was more common in the southern colonies. In the second half of the nineteenth century, America was flooded with new immigrants. These new immigrants, especially the millions of Irish fleeing Ireland's potato famine of 1846, helped to popularize the celebration of Halloween nationally. Taking from Irish and English traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition.

Today's Halloween Traditions

The American Halloween tradition of "trick-or-treating" probably dates back to the early All Souls' Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives. The distribution of soul cakes was encouraged by the church as a way to replace the ancient practice of leaving food and wine for roaming spirits. The practice, which was referred to as "going a-souling" was eventually taken up by children who would visit the houses in their neighborhood and be given ale, food, and money.

The tradition of dressing in costume for Halloween has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

Americans now spend an estimated \$6 billion annually on Halloween, making it the country's second largest commercial holiday.



SENIOR CENTER ANNOUNCEMENTS

FREE BREAD & PASTRIES

You can get free bread and pastries at the Randolph Senior Center at **8:30 AM on Fridays**.

KOSHER LUNCHEON

South Shore Elder Services offers a kosher lunch at Temple Beth Am every **Monday at noon**.

BINGO MONDAY AFTERNOONS

We hold Bingo every **Monday** afternoon from **1 PM to 3 PM**. Participants are eligible to win prize money.

MEDICAL TRANSPORTATION

Appointments can be made between the hours of 9 AM and 3 PM Mondays through Thursdays. For local transportation by our Van Driver, the fee is \$3 for trips in Randolph and \$9 for trips to neighboring towns. We will also be resuming our medical trips to Boston; the round-trip fare is \$15.

FREE TRANSPORTATION AROUND TOWN

Free transportation for *nonmedical rides* via the Senior Center van is available on Mondays and Tuesdays. Call the Randolph Senior Center 24 hours or more before you need the transportation to book a ride from any address in Randolph to anywhere in Randolph. This service is only available on Mondays and Tuesdays. Call us at **781-961-0930** to book your ride! **You can book a ride as early as 8:45 AM and as late (getting back to your home) as 4:00 PM**—the driver must be able to return to the Senior Center by 4:15 PM.

SHINE COUNSELING

Make an appointment today with our SHINE counselor by calling the Senior Center at **781-961-0930**. This is a free service. Cheryl, our SHINE counselor, can help you make the best health insurance choice for your particular circumstances.

RANDOLPH COMMUNITY ANNOUNCEMENTS

RANDOLPH COMMUNITY POOL: Open swims for seniors will be Tuesdays and Thursdays from 5 PM to 6 PM through November 22. The cost is \$3 per person. If you have questions, call the Randolph Community Pool at **781-961-6260**.

REC DEPARTMENT FALL TRIPS

The Randolph Recreation Department has announced their upcoming trips. Randolph seniors can join these full day trips that include lunch.

- Norman Rockwell Museum & lunch at Red Lion Inn, **Thursday, October 20**, \$99
- New York City Shopping & Sightseeing, **Saturday, November 26**, \$74
- Yuletide Newport mansions, LaSalette Shrine & lunch, **Thursday, December 15**, \$89
- Foxwoods Trip, **Thursday, January 19, 2017**, \$29

These trips fill up fast. You are not considered “registered” for a trip until full payment is made. More information is available on each trip at the Randolph Recreation Department (781-961-0939), which is located at the Senior Center

POWERS FARM

Autumn is the perfect time to take a walk around Powers Farm, located at 592 North Main Street.

OSHER LIFELONG LEARNING INSTITUTE IN BRAINTREE AND HINGHAM

The Osher Lifelong Learning Institute, which is based at UMass Boston, has opening a new satellite location in Braintree at the Thayer Public Library, offering such courses as “Getting Started in Genealogy,” “Ireland on Fire,” and “Stress Management.” Other courses are offered in Hingham as well as at UMass Boston. For more information, visit www.umb.edu/olli.

FREE MEMORY CAFE

Cornerstone at Canton at 175 Revere Street in Canton has opened a free Memory Café on the 4th Thursday of each month from 1:30 to 3 PM for those living with memory changes and their care partners.

TRIAD

TRIAD is a program that the Norfolk County Sheriff Michael G. Bellotti runs by working with local councils on aging to put senior citizens in touch with any and all pertinent public safety and social service organizations in their area. TRIAD director Joe Canavan comes to the Randolph Senior Center on the third Tuesday of each month at 12:30 PM to provide the following programs:

Are You OK?

“Are you OK?” provides safety and security for elderly people living alone. Each morning, 365 days a year, an officer from the Norfolk County Sheriff’s Office places a phone call to check on the well-being of people who have signed up for the program. Joe will provide the “Are You OK” program in Randolph on **Tuesday, October 18 at 12:30 PM.**

File of Life

The File of Life program provides potentially life-saving information about medical conditions and prescription medicines to medical personnel in the event of an emergency. Sheriff Bellotti notes that local emergency medical personnel have repeatedly said that the File of Life folders are extremely helpful, allowing them to treat a patient more quickly and with more certainty.

Yellow Dot

The Yellow Dot program is a simple and extremely effective way to make sure senior citizens get the best care in the unfortunate event they are in an automobile accident. When people sign up for the program, they are given a highly visible yellow dot decal for the rear windshield of their car. If they are in an accident, the decal alerts emergency responders to check the glove compartment for a file listing medications that person is taking and other pertinent health information.

Joe Canavan will present the File of Life and Yellow Dot programs in Randolph on **Tuesday, November 15 at 12:30 PM.**

Senior ID

The Senior ID provides seniors in Norfolk County with a free secondary form of identification. Joe will present the Senior ID program in Randolph on **Tuesday, December 20 at 12:30 PM.**

Joe Canavan looks forward to seeing Randolph seniors on the third Tuesday of each month!

Living Your Life Well

Would you be interested in attending a workshop on Living Your Life Well? It would be a one-day workshop for 40 seniors likely on a Thursday in November 2016 from 10 AM to 2:30 PM; participants would stay for the entire time. We would provide a catered box lunch for \$2.00. Such a workshop was recently held in Braintree to much acclaim. The workshop at the Randolph Senior Center would consist of short participatory segments led by professionals on:

- Connecting with others, getting enough sleep, and being physically active
- Helping others, eating well, staying positive and taking care of your spirit
- Dealing better with hard times, getting professional help if you need it, and creating joy and satisfaction

Would you be interested in attending such a workshop? If so, call us at **781-961-0930** or use the sign-up sheet at the Randolph Senior Center.

CALLING ALL MEN!!

- by Chris Frasier

The James M. Hurley Senior and Veterans’ Center is currently formulating a group for men like no other. This group shall be dynamically centered around men, with active adventures that we men of all ages enjoy, and issues we want to share in a setting that is safely guarded and confidential. Many of you have reached an age where we feel we have nothing more to offer, so we just sit around and wait for our final destination. It is you who we are calling to share your wisdom, integrity, courage, strength, and valor.

“As iron sharpens iron, so one man sharpens another” - Proverbs 27:17

To be a participant, please call the James M. Hurley Senior and Veterans Center Mondays through Fridays between the hours of 8:30 AM to 4:30 PM at 781-961-0930 and let us know what day of the week works best with your schedule for future Mens’ Group Meetings.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Pool & Darts 2:00</p>	<p>4</p> <p>Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Healthy Eat Week 2</u> Pool & Darts 2:00 Weight Watchers 6:00</p>	<p>5</p> <p>Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Tax Abate 11:00 Chair Yoga 11:15 Blood Pr/Color 11:30</p>	<p>6</p> <p>Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 <u>Movie 12:30</u> Watercolor Painting 1:00 Pool & Darts 2:00</p>	<p>7</p> <p>Cardio 9:00 Yunmi Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Vietnamese 11:30</u> Mah jongg 1:00 Pool & Darts 2:00</p>	<p>OPEN ON SATURDAYS STARTING 10/15</p>
<p>10</p> <p><u>Columbus Day Holiday</u> <u>Senior/Veterans Center Closed</u></p>	<p>11</p> <p>Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Healthy Eat Week 3</u> Pool & Darts 2:00 Weight Watchers 6:00</p>	<p>12</p> <p>Flu Shots 9:00 Tai Chi 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30</p>	<p>13</p> <p>Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 <u>Music 1:00</u> Watercolor Painting 1:00 Pool & Darts 2:00</p>	<p>14</p> <p>Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Chinese Program 11:30</u> Mah jongg 1:00 Pool & Darts 2:00</p>	<p>15</p> <p>Zumba Gold 9:00 Aromatherapy I 9:00 Zumba 10:00 Chess/Checkers 10:00 Lunch Bunch 11:00 Sing Along Bingo 12:00 Jeopardy 1:00</p>
<p>17</p> <p>Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Pool & Darts 2:00</p>	<p>18</p> <p>Tai Chi 9:00 <u>Reiki 10:00</u> Healthy Eat Info 11:15 <u>SSES Luncheon 11:30</u> <u>Healthy Eat Week 4</u> TRIAD 12:30 Pool & Darts 2:00 Weight Watchers 6:00</p>	<p>19</p> <p>Olde Kids 9:30 Tai Chi 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Blood Pressure 11:30 Adult Coloring 11:30</p>	<p>20</p> <p>Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 <u>Pizza/Historic NE 11:45</u> Watercolor Painting 1:00 Pool & Darts 2:00</p>	<p>21</p> <p>Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Restaurant Trip</u> Mah jongg 1:00 Pool & Darts 2:00</p>	<p>21</p> <p>Zumba Gold 9:00 Memories 10:00 Zumba 10:00 Yoga 10:00 Rummy 10:00 Lunch Bunch 11:00 B/W Movie 12:00 HARVEST HOOPLA 1-4PM Powers Farm</p>
<p>24</p> <p>Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 <u>Computer 1:00</u> Pool & Darts 2:00</p>	<p>25</p> <p>Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Healthy Eat Week 5</u> Haitian Program 1:30 Pool & Darts 2:00 Weight Watchers 6:00</p>	<p>26</p> <p>Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30</p>	<p>27</p> <p>Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pool & Darts 2:00</p>	<p>28</p> <p>Cardio 9 AM Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Shopping Trip</u> Mah jongg 1:00 Pool & Darts 2:00</p>	<p>29</p> <p>Zumba Gold 9:00 Aromatherapy II 9:00 Zumba 10:00 Yoga 10:00 Chess/Checkers 10:00 Lunch Bunch 11:00 Craft 12:00 Baking 101 1:00</p>
<p>31</p> <p>Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Pool & Darts 2:00</p>	<h1>October 2016</h1>				

592 North Main Street



Harvest HOOPLA

October 22nd Farm Powers 1-4 pm

PERFORMANCES

Hofbrahaus Bavarian Band

1:00-4:00 MAIN STAGE

Frank Drake

1:00-3:00 FIELD STAGE

Dance Connection

3:00-4:00 Field Stage

Vendors (1-20) will be announced in October

Purchase Cow Plop Bingo Tickets at the Senior Center or online RandolphRec.com

