

THE SUNNYSIDE

November
2016

INSIDE THIS ISSUE

Baby Animals—pg. 3

Fall Prevention—pg. 3

Holiday Greens—pg. 3

Paint your Pet or Something—pg. 3

Multicultural Programs—pg. 3

Movies—pg. 3

Restaurant Trips—pg. 3

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781-961-0928



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

LETTER FROM THE DIRECTOR

HELLO SENIORS,

HAPPY NOVEMBER! AS YOU CAN SEE BY THIS NEWSLETTER WE ARE CONTINUING TO TWEAK THE SUNNYSIDE. WE'VE HEARD YOUR COMMENTS ABOUT THE CALENDAR BEING TOO SMALL. YOU'LL NOW BE ABLE TO FIND OUR CALENDAR SPREAD OUT ACROSS TWO PAGES. ADDITIONALLY, I WANT TO THANK EVERYONE WHO NOTICED MY SMALL NOTE IN THE SEPTEMBER SUNNYSIDE. IF YOU DIDN'T SEE IT I WROTE THAT I WOULD HIDE \$5 SOMEWHERE IN THE SENIOR CENTER. I AM GOING TO CONTINUE TO OFFER FUN SCAVENGER HUNTS AROUND OUR BUILDING (BECAUSE I ENJOYED IT TOO). MAKE SURE YOU READ EACH SUNNYSIDE VERY CAREFULLY!

OUR SATURDAY PROGRAMS WERE A TREMENDOUS SUCCESS IN OCTOBER. EACH MONTH WE ARE GOING TO ADD MORE ACTIVITIES FOR YOU TO ENJOY. AS I HAVE MENTIONED IN THE PAST, WE WILL ALSO START ADDING PROGRAMS FOR OTHER RANDOLPH RESIDENTS IN THE AFTERNOON AND ON THE WEEKENDS, SO YOU MAY START TO NOTICE ADULTS UNDER 60 AND CHILDREN PARTICIPATING IN PROGRAMS. REST ASSURED WE WILL CONTINUE TO OFFER AMAZING PROGRAMS SPECIFICALLY FOR YOU.

-MARC CRAIG

DIRECTOR OF COMMUNITY PROGRAMS

ADS GO HERE

SPECIAL PROGRAMS: Sign Up Is Required

HEALTH EATING

The last session of Healthy Eating will be held on **November 1 from 12:15 PM to 2:30 PM**. In this evidence-based 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.

BABY ANIMALS

Dawn will bring about 25 baby animals (diapered goats, piglets, bunnies, kittens, chicks, chickens) to the Randolph Senior Center on **Tues., Nov. 15 at 12:30 PM**. All the baby animals are born and hand raised on her farm. Dawn will be present at all times to ensure safety and cleanliness; she also will provide baby blankets to hold the animals.

FALL PREVENTION

Please join the Rehab team from Care One Randolph for a presentation on falls- identifying risk factors, fall prevention and options for treatment. **Tues., Nov. 22, 12:30 PM**

HOLIDAY GREENS,

Artist Barbara Mulford helps you make your choice of a Holiday Door Swag or Holiday Greens Arrangement (see picture at Senior Center) using fresh cut greens and holiday ribbon. Cost is \$10 prepaid by check by Nov. 28. Please give Sandy Johnson in the Randolph Senior Center office your check; Sandy is in the office Monday through Thursday afternoons. Make check payable to Barbara Mulford. **Wed., Nov. 30, 1:00**

PAINT YOUR PET— OR SOMETHING, 3 Weeks

Artist Barbara Mulford is offering a three-week workshop on painting your pet—or something else—on **Wednesday, November 2 & 9 & 16 from 1 PM to 3 PM** at the Randolph Senior Center. Students will bring a picture of their pet or other subject to class to paint. Barbara will provide all materials, including canvas, brushes and paint. She also will provide instruction and demonstrate technique. This is a beginner class; no experience is needed. The cost will be \$30 for the three-week series, which must be **prepaid by check by Thursday, October 27**—this fee includes all materials. Please give Sandy Johnson in the Randolph Senior Center office your check; Sandy is in the office Monday and Tuesday afternoons.

PICKLEBALL

Play pickleball Tuesday and Thursday afternoons in the large hall at the Randolph Senior Center where we can fit one court. Pickleball is one of the fastest growing sports in the country, combining elements of tennis, badminton and table tennis. Paddles provided! No experience necessary. No pickleball on Tuesday, November 8; large hall is used as polling place. Must sign up in advance because we won't be playing unless 4 people register. **Tues./Thurs., 1:30 to 4:15**

MULTICULTURAL PROGRAMS

We will hold a:

- Vietnamese seniors program on **Friday, November 4 at 11:30 AM.**
- Haitian seniors program on **Tuesday, November 29 from 1:30 PM to 3 PM.**

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

MOVIES:

- Did you enjoy watching the Olympics? On **Tuesday, November 8 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. 83% of audiences loved Eddie the Eagle.
- On **Tuesday, November 29 at 12:30 PM**, we will watch the 2016 movie, *Me Before You*, about a small-town girl forming a bond with a recently paralyzed man. This movie won a Truly Moving Picture, which recognizes films as transformative. 75% of audiences loved Me Before You.

RESTAURANT TRIP:

On **Friday, November 18**, we will go to Chaloos Restaurant in Easton, MA. Chaloos is a snug, cheerful eatery offering Persian (Iranian) and Middle Eastern fare. The restaurant gets excellent reviews on TripAdvisor. The lamb shank stew is very popular at dinner and the lunch specials are reasonably priced. Try Persian tea or Turkish coffee with your dessert!

OLDE KIDS ON THE BLOCK

These senior musicians/singers practice at the Senior Center on **November 2, 16, 23 and 30 @9:30**

SHINE COUNSELING

Call 781 961-0930 to schedule an appointment with Cheryl, SHINE Counselor.

SHINE (Servicing Health Insurance Needs of Everyone) provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers. SHINE is administered by

Medicare Recipients:

As an important reminder: The Medicare Annual Open Enrollment Period is October 15 – December 7. This is an excellent opportunity for you to review and compare your current Part D drug plan and health insurance coverage options with 2017 Medicare plan options.

Turning 65 soon? Preparing to retire from active employment?

SHINE Counselors are available to assist with Medicare Drug and Health Insurance coverage options.

Is it starting to cost more to refill your prescriptions at your Medicare Part D plan's pharmacy?

Are you in the Medicare Part D Coverage Gap (aka "the Donut Hole")? The Prescription Advantage Program may be able to assist.

Prescription Advantage is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities.

If you qualify and enroll in the Prescription Advantage Program, during your Part D Coverage Gap, a 30-day supply of meds would not exceed \$12 (generics) and \$30 (non-generics).

Prescription Advantage is FREE if your monthly gross income is under \$2,871 (single) / \$4,006 (married).

To enroll, complete and submit a Prescription Advantage application - along with proof of income and Medicare eligibility.

F R I E N D S O F T H E R A N D O L P H S E N I O R S

HAPPY BIRTHDAY!

Happy November Birthday to: Catherine (Jinny) Grant (November 3), Carolyn McAdams (November 5), George Stocks (November 7), Judy Curry (November 8), Virginia 'Jean' Summers (November 13), Nicholas Calos (November 15), Abdul-Sallam Muhammad (November 16), Robert Gamel (November 23), and Lorraine Radula (November 30). Also, we missed Michelle Morgan's birthday! It was October 13th!

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.

New or renewed members of the Friends of the James M. Hurley Senior & Veteran's Center are: Francica Haynes, Beatrice Karmazine, Lorraine Radula, Peg Callahan (in memory of Brian Griffin), John Litterio, Mary Litterio, Cheryl Frazier, Carolyn Nelson, Earline Sanders, Michelle Morgan, Lawrence Simon, Robert Gamel, Jim Sullivan, Frances Finn (in memory of Alvin J. Finn), Conrad Martin, and Robert B (note that we are unable to read Robert's last name).

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 _____

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, November 14 at 1 PM**. She also provides 30-minute free computer training sessions at the library by appointment.

Call her at 781-961-0932.

Additionally Felisa will be at the Senior Center Wednesday, November 30th at 1PM

BLOOD PRESSURE SCREENINGS

Screenings by the Randolph Board of Health will be held at the Senior Center on **Wednesday, November 2 and 16** 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.

OLDE KIDS ON THE BLOCK

These senior musicians/singers practice at the Senior Center on **November 2, 16, 23 and 30 @9:30**

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 **Thurs at 10am**

Saturday Programs for November

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.

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.

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 –Seniors

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.

Sing Along Bingo -With Loren

Listen to some of the classics and the oldies and sing a long while you play bingo. Prizes will be given!

12-1pm.

MEMORIES IN THE MAKING the art of scrap-booking. Bring in your favorite pictures, letters and more and create your own scrapbook. Supplies will be provided. **Class Cost: \$7.00**

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! **10:00**

PAINT AFTERNOONS. 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.

Crafts-With Loren ALL AGES WELCOME

We will be doing different crafts to accommodate the changing seasons, holidays ect. Fun for all ages and supplies are included. Our first one is a **pumpkin decorating craft** along with a Halloween themed craft. **Class Cost: \$5.00 Saturday**

NOTES

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.

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,

COMMUNITY CENTER UPDATES

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 be 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.

GOING VERTICAL

If you regularly drive down Pleasant Street you can see that starting in October the Community Center has gone vertical. It is expected that by the end of November the entire building will be framed out in steel. Next time you are driving around town, take a detour down Pleasant Street to see the construction.

Office Lounge Program Room Game Room



Door Facing Playground Elevator Bathrooms



REMINDERS

FREE BREAD & PASTRIES

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

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. Trips into Boston are \$15 round trip.

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. 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.

MONDAY	TUESDAY	WEDNESDAY
	1 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Healthy Eat Week 6</u> Pool & Darts 2:00 Pickleball 1:30 Weight Watchers 6:00	2 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 Paint your Pet 1:00
7 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	8 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> Movie 12:30 Pool & Darts 2:00 Pickleball 1:30 Weight Watchers 6:00	9 Tai Chi 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30 Paint your Pet 1:00
14 Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Computer 1:00 Pool & Darts 2:00	15 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> BABY ANIMALS 12:30 TRIAD 12:30 Pickleball 1:30 Pool & Darts 2:00 Weight Watchers 6:00	16 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 Paint your Pet 1:00 COA 1 PM
21 Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Computer 1:00 Pool & Darts 2:00	22 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Fall Prevention</u> Pickleball 1:30 Pool & Darts 2:00 Weight Watchers 6:00	23 Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30
28 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	29 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> Movie 12:30 Pickleball 1:30 Haitian Luncheon 1:30 Pool & Darts 2:00 Weight Watchers 6:00	30 Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30 <u>Holiday Greens 1:00</u>

THURS 3	FRIDAY 4	SATURDAYAY 5
Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pickleball 1:30 Pool & Darts 2:00	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	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
10 Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 <u>Music 1:00</u> Watercolor Painting 1:00 Pickleball 1:30 Pool & Darts 2:00	VETERAN'S SENIOR CENTER IS CLOSED	12 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
17 Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pickleball Pool & Darts 2:00	18 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	19 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
24 THANKSGIVING SENIOR CENTER IS CLOSED	25 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	26 SENIOR CENTER IS CLOSED

AROUND 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 DEPT TRIPS

- 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 Rec 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.

ZAPUSTAS ARENA

Open Skate is every Saturday 11:15am-12:45pm \$3 per skater. \$5 skate rental.

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:

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!

Social Security Announces 0.3 Percent Benefit Increase for 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced today.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2017, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

CALLING ALL MEN!!

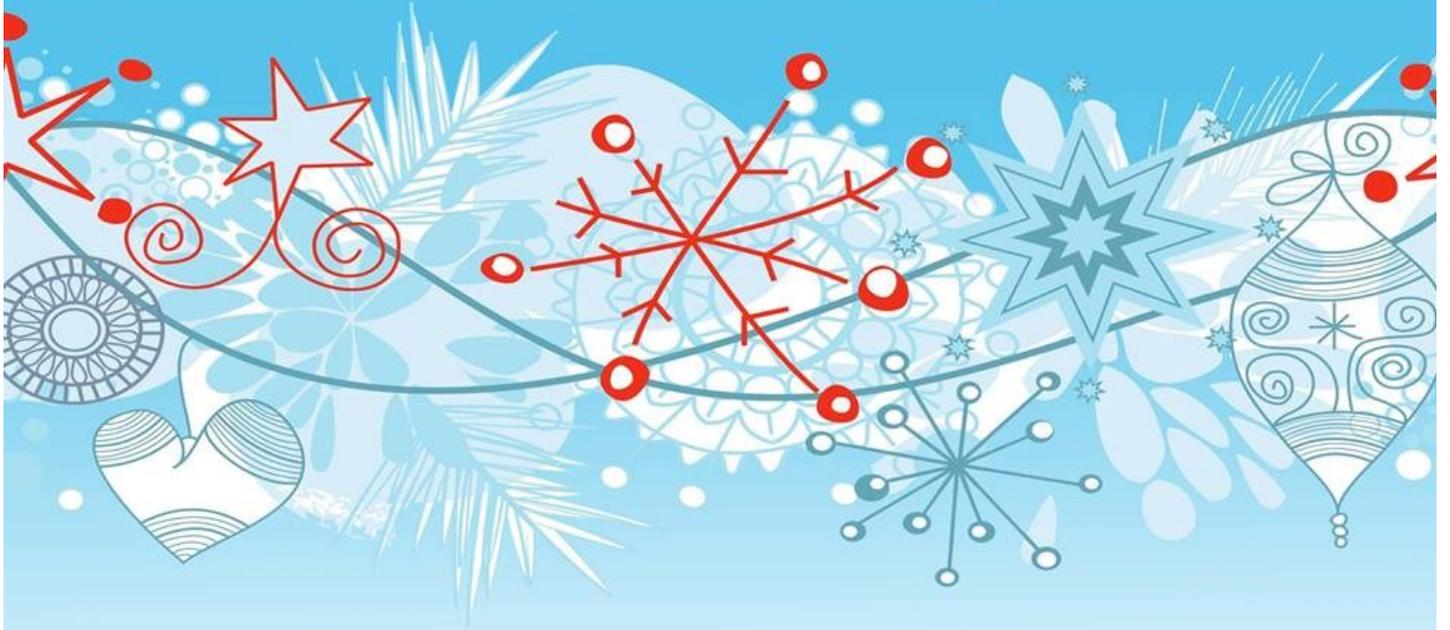
- by Chris Frasier

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. 9

Randolph



WinterFest

December 3rd 1:00-4:30

Crawford Square

Turner Free Library