

the SUNNYSIDE

March 2025

**LATE OPENING:
MARCH 12TH AT 12:00PM**

RANDOLPH ELDER AFFAIRS PROGRAM POLICY

Registration for programs is offered to seniors **(60+)** who are residents of the Town of Randolph. If additional space is available, non-residents **(60+)** are welcome to register and participate. Outreach services and Transportation services are offered to Randolph residents only.

**** Inclement Weather Cancellation Policy****

If Randolph Public Schools are closed due to inclement weather, **all** senior programs at the RICC **including** van transportation will be canceled.



RANDOLPH
INTERGENERATIONAL
COMMUNITY CENTER

Keri Sullivan
Director of
Elder Affairs

Kate Arcieri, MSW
Elder Affairs Outreach
Social Worker

Liz LaRosee
Director of
Community Programs

128 Pleasant St.
Randolph, MA 02368
781-961-0930

randolphicc.com

Senior Only Hours

Mon-Fri:
8:30am-2:00pm

Member Hours

Mon-Fri:
2:00pm-8:00pm
Sat:
9:00am-5:00pm



Dear Friends,

Here we are getting ready to Spring Forward (Sunday March 9th), and moving our clocks ahead an hour so it will seem that our days will be longer and brighter again, too and then a week later (March 20th), we move into the Vernal Equinox here in the Northern Hemisphere. That is when the sun crosses the equator line heading north, and our days will be getting longer and (supposedly) warmer! I will take this opportunity to echo what our local and national fire and safety agencies share. The two times a year that we change our clocks should also serve as a valuable reminder to check and/or change the batteries in our fire alarms and smoke detectors! Remember, Change your Clocks, Check Your Batteries!! This simple act could be a lifesaver! We're excited to be welcoming Hansa Edwards, who will be offering chair yoga on a couple of Mondays starting in March! We've also had great turnouts for the RPD Mini Academy's that we hosted in January and February! We hope to see you at the 3rd session on March 18th!

Yours in friendship,
Keri Sullivan

**TO BOOK MEDICAL TRANSPORTATION YOU MUST CALL:
781-961-0930 and press option 2**

Appointments must be made in advance for this service.

For more details, please contact the Randolph Elder Affairs Transportation department
Monday-Friday 8:30am-2:00pm

“AROUND THE TOWN” VAN SERVICE

Appointments must be made in advance for this service.

Tuesday, Wednesday, Thursday 8:30am-2:00pm

OUTREACH SERVICES

Are you a senior 60 years or older in need of assistance but don't know where to start? Perhaps calling and speaking with one of our outreach staff can get you moving in the right direction! Our staff can assist you in applying for SNAP benefits and Fuel Assistance, help you overcome food insecurities, and put you in touch with more agencies that can help you.

Outreach staff are available Monday-Friday 9:00am-1:00pm.

Call to speak with one of our staff! **781-961-0930 and press option 3.**

VETERANS/VETERAN SURVIVORS

The Randolph Veteran Services office is located at the Randolph Intergenerational Community Center. Appointments available Monday through Friday 8:30am-3:00pm.

If you are a Veteran or a Survivor of a Veteran and have questions regarding veteran benefits, please contact our office via phone at 781-961-0930 x111 or by email at kcook@randolph-ma.gov.

SHINE

Retiring soon? Turning 65? Have questions about applying for Medicare/Medicaid? Our volunteer SHINE counselor, Cheryl, is available to discuss health care insurance options.

SHINE counseling services are FREE and confidential.

Call 781-961-0930 and press option 2 Monday-Friday 8:30am-2:00pm to schedule an appointment with Cheryl.

BLOOD PRESSURE SCREENINGS

Randolph Board of Health hosts *free* Blood Pressure Screenings on the first and third Wednesday of each month! For any other times needed, please call the Public Health Nurse at 781-607-4726 to make an appointment.

Wednesday, March 5th 11:30am-12:30pm
Wednesday, March 19th 11:30am-12:30pm

MONTHLY QCAP FOOD PANTRY AT RICC

For Randolph Seniors (60+) only.
2nd Wednesday of each month.

Building Entry– Unless you are an RICC member and scan your card, you should not enter the building before 12:00pm 12:30pm– You may get a numbered ticket. (tickets will not be given out before this time)
1:00pm– Food distribution begins.

****Please make sure to bring your sturdy reusable shopping bags with you****

Wednesday, March 12th 1:00pm-3:00pm

DYNAMIC STRETCH AND DANCE WITH BAY STATE PHYSICAL THERAPY

Please join Randolph Elder Affairs @ the RICC as we welcome back our friends from Bay State Physical Therapy! Boost your energy levels by increasing the blood circulation throughout your body and your brain! Registration is required as space is limited.

To register, please call 781-961-0930 press option 2 or visit Randolph Elder Affairs at the front desk at the RICC Mon-Fri between 8:30am and 2:00pm.

Please note this class is subject to cancellation if there are less than 10 registrations

Wednesday, March 19th 12:15pm

CHESS CLUB

We welcome players of all skill levels to join us at the RICC every other Thursday for learning, skill-building, and playing! Come Join the fun!

Thursday, March 13th 10:00am-12:00pm
Thursday, March 27th 10:00am-12:00pm

RPD MINI-POLICE ACADEMY: BUILDING CONNECTIONS WITH SENIORS

The RPD Senior Mini Academy is a program designed to inform seniors about the varied roles and functions within their local police department. Meeting once a month, this mini academy offers an opportunity to explore various aspects of your local police department, including crime prevention, community policing, and the duties of different police divisions. Participants will meet and interact with officers, learning more about the people behind the badges who serve and protect our community. We invite you to another insightful and informative session where we will discuss the topics of both Use of Force and Hate Crimes. This session will discuss law enforcement's role in these areas, providing a deeper understanding of the challenges and responsibilities faced by officers and the community.

Tuesday, March 18th 12:00pm-1:00pm

CRAFTEERNOONS @ THE RICC

Join Avian from the TFL for crafts and conversation at this ongoing program for seniors. Registration is required as space is limited and on a first come, first serve basis. To register, please call Randolph Elder Affairs at 781-961-0930, option 2 Mon-Fri 8:30am-2:00pm.

Wednesday, March 26th 12:00pm-1:00pm
Craft: "Stained Glass" Mosaic
Please note that registration for this program opens March 1st.

TUESDAY MATINEE

Please join Randolph Elder Affairs at the RICC for an afternoon matinee movie! No registration required!

February 4th at 12:00pm— Octopussy (PG)
February 11th at 12:00pm— Wicked (PG)
February 25th at 12:00pm— A Shot In the Dark (PG)

****Please note that the runtime of Wicked is 2hrs 43min****

ENHANCE ASIAN COMMUNITY HEALTH (E.A.C.H.)

我们为亚裔社区的健康福利提供广泛的服务项目

We offer a wide range of Health and Wellness programs and services to the Asian Community. Current programs include, 医疗保险咨询与申请/Health Insurance Counseling, 预防保健培训/Prevention and Wellness Workshops, 社区健康生活倡导/Community Health Advocacy 文化艺术, 文字翻译, 看信填写表格 Arts and Culture, Language Translation and more!

Outreach at RICC
Mondays, 10:00am-12:00pm

AT HOME HEARING

At Home Hearing Healthcare is a mobile Hearing Instrument Specialist team with over 30 years of experience specializing in detecting and resolving issues with hearing loss. They will be here on the 3rd Wednesday of every month to provide free hearing screening, hearing aid cleaning, and video ear exams. Schedule your appointment today by calling 781-961-0930 press option 2 or visit Randolph Elder Affairs at the front desk at the RICC Mon-Fri between 8:30am and 2:00pm.

Wednesday, March 19th

FREE HOME FIRE SAFETY INSPECTIONS

The Randolph Fire Department is offering FREE home fire safety inspections to Randolph seniors! Fire officers will come to your home and inspect your smoke and carbon monoxide detectors, replace batteries if needed, and assess your home for fire hazards as well as general safety hazards. Any expired or non-functioning detectors will be replaced. For more information or to sign up for this free service, please call Randolph Elder Affairs at 781-961-0930 option 2 or visit the front desk at the RICC Mon-Fri 8:30am-2:00pm.

DEVICE ADVICE

Are you an older adult who is interested in learning and sharing new media and technology? Join Avian from the Turner Free Library in-person at the RICC **every Tuesday 10:00am-11:00am** as we explore the new digital landscape. Please be sure to bring any devices, charging cables, and information you may need to access your accounts. To register, please call 781-961-0930 press option 2 or visit Randolph Elder Affairs at the front desk at the RICC Mon-Fri between 8:30am and 2:00pm.

GENTLE CHAIR YOGA WITH HANSA

Join our new bi-weekly Gentle Chair Yoga with Hansa class. Gentle Chair Yoga is perfect for beginners and those looking to deepen their practice. Enjoy yoga poses while seated, ideal for anyone with mobility limitations, needing extra support, or preferring a therapeutic approach. Come meet instructor Hansa and enjoy the benefits of this class!

Monday, March 10th 11:15am-12:00pm
Monday, March 24th 11:15am-12:00pm



March 2025

*See program description/schedule for more details

Sunday	Monday	Tuesday	Wednesday
REMINDER: SIGN-UPS FOR PROGRAMS THAT REQUIRE REGISTRATION OPEN ON THE FIRST OF THE MONTH UNLESS OTHERWISE STATED.			
2	3 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist	4 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am Device Advice* 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	5 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 11:30am-12:30pm Blood Pressure Screenings*
9 	10 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist 11:15am-12:00pm Gentle Chair Yoga*	11 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am Device Advice* 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	12 LATE OPENING 12:00PM 12:00pm-1:00pm Whist 1:00pm-3:00pm Mobile Food Pantry*
16	17 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist 	18 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am Device Advice* 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta 12:00pm RPD Mini-Police Academy*	19 9:00am-11:00am Pickleball 10:00am At Home Hearing* 10:30am-1:00pm Whist 11:30am-12:30pm Blood Pressure Screenings* 12:15pm Dynamic Stretch and Dance* 1:00pm COA Board Meeting
23	24 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist 11:15am-12:00pm Gentle Chair Yoga*	25 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am Device Advice* 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	26 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 12:00pm Crafternoon*

PROGRAM REGISTRATION POLICY

Due to the overwhelming demand for our art programs, we will be implementing a new registration policy to ensure that everyone has the opportunity to participate. Registrations are limited to every other program. This change allows us to welcome more participants to be a part of our great programming. Thank you for your understanding as we strive to create opportunities for everyone!

Thursday	Friday	Saturday
		1
6 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Water Color Painting Group	7 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong	8
13 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club 12:00pm-2:00pm Water Color Painting Group	14 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong 12:30pm-2:00pm Pi/Pie Day (FORS) 	15
20 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Water Color Painting Group	21 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong	22
27 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club 12:00pm-2:00pm Water Color Painting Group	28 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong 11:00am Cozy Mystery Book Club Tea Party 40*	FREE BREAD every Friday Morning while it lasts

QUESTIONS?

Email:

Keri Sullivan Director of Elder Affairs
ksullivan@randolph-ma.gov

Liz LaRosee Director of Library, Recreation, and Community Programs
elarosee@randolph-ma.gov

or call the Front Desk at 781-961-0930 ext. 100
8:30am-2:00pm Mon-Fri

Specialty Programs

Monday, March 10th 11:15am Gentle Chair Yoga

Wednesday, March 12th 1:00pm Mobile Food Pantry

Friday, March 14th 12:30pm Pi/Pie Day (FORS)

Tuesday, March 18th 12:00pm RPD Mini-Police Academy

Wednesday, March 19th 10:00am At Home Hearing

Wednesday, March 19th 12:15pm Dynamic Stretch and Dance

Monday, March 24th 11:15am Gentle Chair Yoga

Wednesday, March 26th 12:00pm Crafternoon

**SOUTH SHORE ELDER SERVICES TUESDAY
WEEKLY GRAB & GO LUNCH AT 10:00AM**

We kindly request that you register by the Wednesday before the Grab & Go lunch if you plan on attending. The SSES Grab & Go lunch menu/weekly sign-up sheet is available each week for the following week's Grab & Go lunch (suggested \$2.00 donation for seniors). Lunches must be picked up between 10:00am and 11:00am. To register, please call 781-961-0930 option 2 Mon-Fri 8:30am-2:00pm.
*Please see posted menu for the meals offered this month.

ATTENTION!

You **MUST** have your membership card to scan in and utilize the RICC facility. **No exceptions.** If you have lost your card, please see the front desk staff Mon-Fri 2:00pm-8:00pm or Sat 9:00am-5:00pm to obtain a replacement card. There is a \$10.00 fee for replacement cards.

DAYLIGHT SAVING TIME

Daylight Saving Time begins on Sunday, March 9th, 2025. Remember to set your clocks forward one hour at 2:00 AM, as we "spring forward" into longer daylight hours. Don't forget to adjust your schedule!

COZY MYSTERY TEA PARTY BOOK CLUB

Are you a senior who loves cozy mysteries (or just want to try them out?) Fancy a spot of tea? Then come join us at the Cozy Mystery Tea Party Book Club for some conversation about the current book and some light refreshments!

*Registration for each session is required as space and library copies of these books/titles are limited and on a first come, first served basis.

To register, visit Randolph Elder Affairs at the front desk at the RICC or call 781-961-0930, and press option 2 Monday through Friday 8:30am-2:00pm.

Book 41 (April): *Blood Orange*

Registration Deadline for Book 41 is April 1st and books will be available for pickup at the RICC starting on April 4th.

**Cozy Mystery Tea and Book 40
(*Honey Drop Dead*) Discussion:**

March 28th, 11:00am-12:30pm

*Please note that some of these titles are available to download as ebooks or audiobooks on Hoopla and Overdrive, or you can pick up your own copy at another local library.

3.1415926535 8979323846 2643383279 5028841971 6939937510 5820974944 5923078164 0628620899 8628034825 3421170679

March 14th is Pi π Day

Pi Is Real, Irrational and Never Ending...

Pie, on the other hand is delicious, and while we wish it were neverending, it does sadly come to an end!

Celebrate Pi Day with the **Friends of Randolph Seniors!**

Join us for a little slice (or two) of fun at our Pi/Pie Day Celebration on **March 14th!**

Enjoy a delightful assortment of pies to sample, along with coffee and tea, all while sharing good company!

For just \$2.00 per person, it's the perfect way to indulge and connect! Includes: (2) Pie samples, coffee, tea, and great company!

When: March 14th

12:30pm-2:00pm

Cost: \$2.00 per person (pre-sale)

\$3.00 at the door

Event Admissions will be on sale in the RICC lobby March 3rd through March 7th
11:00am-1:00pm. (Cash Only)

Proceeds to support ongoing senior programming