

the

SUNNYSIDE

NOVEMBER 2022~

SENIOR ONLY HOURS

MONDAY-FRIDAY

8:30am-2:00pm

RICC CLOSED:

VETERANS' DAY FRIDAY NOV 11

THANKSGIVING THURSDAY NOV 24

DAY AFTER THANKSGIVING FRIDAY NOV 25

RANDOLPH ELDER SERVICES 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.



**RANDOLPH
INTERGENERATIONAL**
COMMUNITY CENTER

Keri Sullivan
Director of
Elder Affairs

**Jonathan
Ramage, MSW**
Outreach
Coordinator

Liz LaRosee
Director of
Community
Programs

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

**Community Hours
for Randolph
Residents**

**Mon-Wed: 2pm-7pm
Thurs-Fri:
2pm-8:30pm
Sat: 9am-5pm**





Dear Friends,

Wow! I can't believe I'm writing these words already! But here I go. It's already November! It's a month where we tend to reflect on things we are thankful for. As I type, I am reflecting on just what a busy day it's been and how many folks are involved in our "day to day" operations, and I am thankful. I am thankful for the great team we have here in the Elder Affairs Department! Our Outreach and Transportation teams continue to do a fantastic job and ensure that we do our best each day assisting the seniors of Randolph! I'm thankful for the friends both old and new who come through the doors every day at the RICC! For all our co-workers within the Community Programs Department and the greater town departments who offer us so much support! We have some great community partners as well. I am thankful for you all. Those long warm days of summer are truly at an end until next year and Daylight Savings Time will come to an end on November 6th. Let's use our "Spring Forward and Fall Back" time change opportunities to help ensure our own safety! It's a great time to do battery checks in our Smoke and Carbon Monoxide detectors if they're not hardwired detectors! If you're unable to check them on your own, give us a call and we can have our friends at the Randolph Fire Department come out and check them (and replace them!!) for you at no cost!

Yours in friendship,

Keri Sullivan



RANDOLPH ELDER SERVICES



Senior Outreach

Are you a senior 60 years old 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 thru Friday 9:00am-1:00pm**.

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

SHINE Counseling

Serving the **H**ealth **I**nsurance **N**eeds for **E**veryone!

Retiring soon? Turning 65? Have questions about applying for Medicare/Medicaid? Our **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 thru Friday 8:30am- 2:00pm**, to schedule an appointment with Cheryl.

Legal Help for Elders

ARE YOU 60+ AND IN NEED OF LEGAL HELP?

Volunteer Lawyers Project of Boston provides free legal information and referral services to Massachusetts residents who are 60 years old or older. The Helpline is open Monday thru Friday 9am-12pm. Helpline advocates will help determine if you are eligible for a free attorney. Legal services law types include: Social Security/SSI, Veterans Benefits, MassHealth, Medicare, Consumer, Public Benefits, Unemployment, Foreclosures, Utilities, Guardianships, Wills/Advance Directives, Bankruptcy, Housing, Family Law and Nursing Homes. You can reach the Helpline at **(800) 342-5297**.

Are you a senior experiencing homelessness?

Or are you a senior facing possible homelessness? Please contact Randolph Elder Services Outreach department. We can assist you in applying for senior housing programs both locally and throughout the state. Our office hours are **Mon-Fri 9:00am - 1:00pm**.

Please call to make an appointment so we can assist! **781-961-0930 and press option 3**

Senior Van Transportation

Did you know that Randolph seniors 60+ who are in need of medical transportation can take advantage of our friendly curb to curb service to locations in Randolph and other local towns? Appointments must be made in advance. For more details on this service, or to make an appointment, please contact Randolph Elder Services Transportation department **Monday thru Friday 8:30am- 2:00pm**. Call **781-961-0930 and press option 2**.

Randolph Elder Services is located inside the RICC at 128 Pleasant Street

FREE HOME FIRE SAFETY INSPECTIONS

The Randolph Fire Department is offering **FREE** home fire safety inspections to Randolph senior citizens! 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 **781-961-0930 press option 2** or visit the front desk at the RICC Monday-Friday 8:30am-2:00pm.*

NEWS & REMINDERS



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 on this service, please contact the Randolph Elder Services Transportation department

Monday thru 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

VETERANS/VETERAN SURVIVORS

The Randolph Veteran Services office is located at the Randolph Intergenerational Community Center.

Appointments available Monday through Friday 8:30am-4:30pm.

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 x112 or by email at awilliams@randolph-ma.gov or kcook@randolph-ma.gov.

CHESS CLUB

Attention seniors! Did you know we have a chess club? The club used to meet every other Saturday, but we've changed days to every other Thursday! 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, November 10th 10:00am-12:00pm

MEDICARE PATROL

Healthcare errors, fraud, and abuse cost American taxpayers and Medicare billions of dollars annually! Join us at this free workshop when a representative from the Massachusetts Senior Medicare Patrol (SMP) Program will provide us with information and tools to become better engaged healthcare consumers. We hold the key to protect ourselves and our loved ones from Medicare fraud and other deceptive marketing tactics.

Wednesday, November 16th 11:00am-12:00pm



WED
11/9
1PM-3PM

MOBILE FOOD PANTRY

WHAT: FREE FRESH FOOD

WHERE: RICC (128 PLEASANT ST)

**WHO: LOW-INCOME RANDOLPH
SENIORS (60+)**

This program is in partnership with the Quincy Community Action Programs, Inc. Southwest Community Food Center. An intake form is required on your first visit.

Mark those CALENDARS

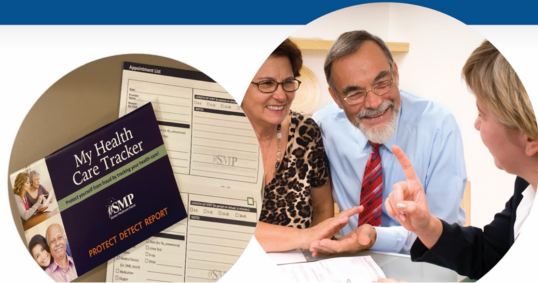


Protect Yourself From MEDICARE FRAUD!

A free informational Medicare workshop

Wednesday, November 16, 2022

11:00 a.m. to 12:00 p.m.



Healthcare errors, fraud, and abuse cost American taxpayers and Medicare billions of dollars annually! Join us at this free workshop when a representative from the Massachusetts Senior Medicare Patrol (SMP) Program will provide us with information and tools to become better engaged healthcare consumers. We hold the key to protect ourselves and our loved ones from Medicare fraud and other deceptive marketing tactics.

No registration required!

Please join us at the RICC at 128 Pleasant

This project is supported in part by grant number 90MPPG0051 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

STRETCHING WITH BAY STATE PHYSICAL THERAPY

Dynamic stretching can increase blood flow as well as allow your muscles to function efficiently. Feel radiant and boost your energy levels by increasing the blood circulation throughout your body and your brain.

Wednesday, November 2nd at 12:15pm

TUESDAY MATINEE

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

Nov 15th @ 12:00pm - *Where'd You Go, Bernadette?* (PG-13)

Bernadette has a great life. At least, that's what it seems like. She's got a loving husband and a brilliant daughter. In a sudden, life-changing decision, she disappears from home and begins work on an architectural project in Antarctica. (Comedy/Drama)

Nov 22nd @ 12:00pm - *Marry Me* (PG-13)

Romantic comedy focusing on an unexpected relationship being created in front of millions. Impending wedding between two music superstars falls apart moments before they are to make their vows. Making an abrupt choice, she picks a man in the crowd instead. (Romantic Comedy)

Nov 29th @ 12:00pm - *Superintelligence* (PG)

With her former existence in shambles, Carol finds herself leading a hum-drum life until her household appliances begin criticizing her with sarcastic comments. Carol flops between her fear that she is having a breakdown and her suspicion that she has been the subject of an elaborate practical joke. She soon finds her life taken over by a sinister artificial intelligence who is intent upon destroying humankind and taking over the world. (Comedy/Science Fiction)

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, November 2nd 11:30am-12:30pm

Wednesday, November 16th 11:30am-12:30pm

DEVICE ADVICE WITH SHANNON

Are you an older adult who is interested in learning and sharing new media and technology?

Join us in-person at the Randolph Intergenerational Community Center as we explore the new digital landscape.

Register for free, one-on-one technology assistance!

Please be sure to bring any devices, charging cables, and information you may need to access your accounts.

Sessions are limited to 15 minutes.

****Appointments are needed.**

To register, please contact

Randolph Elder Services at (781) 961-0930 and press option 2

or visit the front desk at the RICC

Monday through Friday 8:30am to 2:00pm

Tuesday, November 8th from 10:00am-11:00am

Tuesday, November 22nd from 10:00am-11:00am

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

To register, stop by the front desk at the RICC or call 781-961-0930, option 2 Monday through Friday 8:30am-2:00pm.

Book 13 (December): *Murder Wears Mittens*

Registration Deadline for Book 13 is December 1st and books will be available for pickup at the RICC starting on December 9th.

Cozy Mystery Tea and Book 12

(*Raspberry Danish Murder*) Discussion:

November 18th 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.

BUS TRIPS

Yuletide Newport - Thursday, December 15th \$99.00pp (see flyer for details)

Please be advised that seats on the recreation bus trips are on a **first come first served** basis. We cannot "save" or "hold a spot" for you. You do not have a seat unless you have paid for your seat. No refunds, no transfers. Check or cash only: All checks made out to Fox Tours.

In-person registration only with Robyn Rinehart at RICC

Tuesdays 9:00am-11:00am and Thursdays 12:00pm-1:00pm

Questions? Please call 781-961-0930 x108

CRAFTERNOONS @ the RICC

Join us for crafts and conversation at this ongoing program for seniors.

Registration is required as space is limited and on a first come, first served basis.

**Friday, November 4th @
10:00am-11:00am**

**This month's craft:
Stained Glass Mandala
Window Clings**

ATTENTION: ALL CRIBBAGE PLAYERS

We have some folks who are interested in getting together weekly to play cribbage! Sound like something you might be interested in? Give us a call to let us know what days/times work best for you as we prepare to schedule this group into our weekly activities!

781-961-0930 Press option 2.

To register for any of these programs please make sure to call the RICC front desk at 781-961-0930 Press option 2.

BLOOD DRIVE

Randolph Elder Services Blood Drive is being held on **November 10th** at the RICC from **9:00 am-2:00 pm**. Register and schedule your appointment time at RedCrossBlood.org



NOVEMBER 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|-----------|---|---|---|
| | | 1 | 2 9:00am-11:00am Pickleball 11:00am-2:00pm Whist 11:30am-12:30pm Blood Pressure 12:15pm Stretching w/ Bay State Physical Therapy |
| 6 | 7 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji | 8 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Device Advice 11:00am-2:00pm Canasta 11:30am-12:30pm Luncheon | 9 9:00am-11:00am Pickleball 11:00am-2:00pm Whist 1:00pm Mobile Food Pantry |
| 13 | 14 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji | 15 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 11:00am-2:00pm Canasta 11:30am-12:30pm Luncheon 12:00pm Tuesday Matinee* | 16 9:00am-11:00am Pickleball 11:00am-2:00pm Whist 11:00am-12:00pm Medicare Patrol 11:30am-12:30pm Blood Pressure |
| 20 | 21 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji | 22 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Device Advice 11:00am-2:00pm Canasta 11:30am-12:30pm Luncheon 12:00pm Tuesday Matinee* | 23 9:00am-11:00am Pickleball 11:00am-2:00pm Whist |
| 27 | 28 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji | 29 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 11:00am-2:00pm Canasta 11:30am-12:30pm Luncheon 12:00pm Tuesday Matinee* | 30 9:00am-11:00am Pickleball 11:00am-2:00pm Whist |

*See program description for more details



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

Specialty Programs

Wednesday,
November 2nd
12:15pm
Stretching w/ Bay
State Physical
Therapy

Wednesday,
November 9th
1:00pm
Mobile Food Pantry

Thursday,
November 10th
9:00am
Blood Drive

Wednesday,
November 16th
11:00am
Medicare Patrol

| THURSDAY | FRIDAY | SATURDAY |
|--|--|-----------|
| 3 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble | 4 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-11:00am Crafternoon 11:00am-2:00pm Mah Jong | 5 |
| 10 9:00am-2:00pm Blood Drive 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club | 11 RICC CLOSED FOR VETERANS' DAY | 12 |
| 17 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble | 18 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mah Jong 11:00am-12:30pm Cozy Mystery Book 12 Discussion | 19 |
| 24 RICC CLOSED FOR THANKSGIVING DAY | 25 RICC CLOSED FOR DAY AFTER THANKSGIVING | 26 |
| | *Fridays are FREE BREAD Fridays starting at 9am * | |



RANDOLPH PACK THE PANTRY



A FUN, HOLIDAY RUN AND WALK HOSTED BY
THE RANDOLPH RUNNERS TO RAISE MONEY FOR
THE BENEFIT OF THE FRIENDLY FOOD PANTRY OF RANDOLPH

SATURDAY
NOVEMBER 5, 2022

RACE STARTS AT 10:00AM



RANDOLPH INTERGENERATIONAL COMMUNITY CENTER
128 PLEASANT ST. RANDOLPH, MA 02368

REGISTRATION

ONLINE - \$25
ENDS NOVEMBER 3, 2022

ONSITE - \$30

FOR MORE INFORMATION AND TO REGISTER

WWW.RANDOLPHRUNNERS.COM

The Randolph Recreation Merrily Presents!!! *<<> Yuletide Newport <>>*



<<> December 15, 2022 (Thursday) <>>

10:00 AM Depart this morning from the Zapustas Ice Arena, Randolph, on your luxury Silver Fox Coach and join your friends on a delightful holiday tour combining the beautifully decorated mansions of Newport, Rhode Island, and the magnificent lighting display at LaSalette Shrine. First, you'll enjoy a delicious luncheon at the excellent Quonset Point O'Club, overlooking the waterfront and featuring entrée choices of Fresh Baked Scrod or Baked Chicken. You will then visit Newport's grand Marble House Mansion, decorated in holiday ornaments and displays. Early this evening a spectacle awaits you at LaSalette, where New England's largest and most colorful Christmas light display is held. You'll return home at approximately 6:30 PM with enlivened holiday spirits after a day visiting beautiful Newport and LaSalette.

Tour Includes: - Admission to Newport's Marble House
- Delicious Full Course Luncheon

Please Select Entrée : ☐ Baked Chicken ☐ Baked Scrod
- Visit and sightseeing at LaSalette
- Luxury Silver Fox Coach

Tour Cost: \$99.00 Per Person

Tour Date: December 15, 2022 (Thursday)

Registration held on Tuesday 9AM-11AM & Thursday 12PM-1PM

Questions? Robyn Rinehart 781-961-0930 Ext 108

Merry Christmas To All!



BLOOD DONORS ARE LIFE-SAVERS.

SAVE A LIFE, GIVE BLOOD.

You can make a difference
in someone else's life.



**Please join Randolph Elder Services on
Thursday November 10th 2022 from 9:00 a.m.- 2:00 p.m
at the RICC
128 Pleasant St**

**Schedule online at redcrossblood.org or call 1-800-
RED CROSS. (1-800-733-2767)
RED CROSS REGISTRATION REQUIRED**

