

the

SUNNYSIDE

JANUARY 2024

SENIOR ONLY HOURS

MONDAY-FRIDAY

8:30am-2:00pm

CLOSURES:

NEW YEAR'S DAY JANUARY 1ST

MLK JR DAY JANUARY 15TH

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.



INCLEMENT WEATHER POLICY

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

Keri Sullivan
Director of
Elder Affairs

Liz LaRosee
Director of
Community
Programs

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

randolphicc.com

Member Hours

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



RANDOLPH
INTERGENERATIONAL
COMMUNITY CENTER



Dear Friends,

It's just breathtaking how quickly time passes. Here we are in 2024 already We've seen some changes here at the RICC/Elder Affairs, and one of the changes I'm the most pleased about is the influx of so many new faces and friends joining us for activities! It's wonderful to see programs filling up again and feelers being put out by folks who'd like to see new groups and activities. It's always so wonderful to see new friendships forged and old friendships rekindled. I hope you make a personal resolution to try something new this year! Perhaps it's signing up for the Cozy Mystery Tea Party Book Club! Not exactly your cup of tea? How about getting more active by trying Yuanji or Tai Chi? Perhaps Pickleball? It's not just a funny name! It's a great way to meet people and get some exercise! You just might find your new favorite thing! No matter what you decide, my wish for us all is a peaceful and healthy 2024! Happy New Year from all of your friends at Randolph Elder Affairs!

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 Services 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-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.

SHINE

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-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, January 3rd 11:30am-12:30pm
Wednesday, January 17th 11:30am-12:30pm

DYNAMIC DANCE WITH BAY STATE PHYSICAL THERAPY

Please join Randolph Elder Affairs @ the RICC as we welcome our friends from Bay State Physical Therapy! Boost your energy levels by increasing the blood circulation throughout your body and your brain with a dynamic dance party! 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.

Wednesday, January 17th 12:15pm

MONTHLY QCAP FOOD PANTRY AT RICC

2nd Wednesday of each month
12:30pm- You may get a numbered ticket (**tickets will not be given out before this time**).
1:00pm- Food distribution begins.

BLOOD DRIVE

Randolph Elder Services Blood Drive is being held on **Tuesday, January 30th from 9:00am-2:00pm**. Register and schedule your appointment at RedCrossBlood.org

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, January 4th 10:00am-12:00pm
Thursday, January 18th 10:00am-12:00pm

ARE YOU A NORFOLK COUNTY VETERAN AND NEED A RIDE TO A MEDICAL OR OTHER APPOINTMENT?

Call the Norfolk County RSVP Office at 781-329-5728 to locate a volunteer driver near you. Their office is open 8:00am-4:00pm weekdays excluding holidays. A minimum one week notice is needed prior to your appointment date. Rides are free, subject to volunteer availability. Passenger is responsible for tolls and required parking charges. All volunteer drivers have passed a CORI criminal background check.

AARP FREE TAX PREPARATION

There will be free tax preparation at the RICC Thursdays beginning February 1st 2024. To schedule an appointment, go to <https://tinyurl.com/RandolphTaxes> or call 781-214-0110 after January 15th, 2024.

TUESDAY MATINEE

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

January 9th @ 12:00pm - Barbie (PG-13)
January 16th @ 12:00pm - 80 for Brady (PG-13)
January 23rd @ 12:00pm - Hello Dolly (G)

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

POP UP ART POINTILLISM PAINTING

Randolph Seniors, create a stunning tree painting using pointillism! This technique originated during the Impressionist era and involves using dots of different colors to create an impression of flowers and grass. No previous experience needed! This free workshop is being held at the RICC on **Wednesday, January 24th at 10:00am** Space is limited and **registration is required** for this fun craft workshop!

AT HOME HEARING HEALTHCARE

At Home Hearing Healthcare is a mobile Hearing Instrument Specialist team with over 30 years' 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, January 17th

SHINE



We would like to offer a sincere and hearty Thank You! to our SHINE volunteer, Cheryl W. Cheryl has worked countless hours over the last several months during Medicare's open enrollment period as well as throughout the year assisting our seniors! We are so grateful that we have Cheryl to help seniors navigate their way during open enrollment, and all the other months of the year! Thank you, Cheryl!

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.



JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 	2 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta	3 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 11:30am-12:30pm Blood Pressure Screenings
7	8 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist	9 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	10 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 1:00pm-3:00pm Mobile Food Pantry
14	15 	16 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	17 9:00am-11:00am Pickleball 10:00am At Home Hearing Healthcare* 11:30am-12:30pm Blood Pressure Screenings 12:00pm-1:00pm Whist 12:15pm Dynamic Dance w/ Bay State
21	22 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist	23 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	24 9:00am-11:00am Pickleball 10:00am Pop-Up Art Pointillist Painting Workshop 10:30am-1:00pm Whist
28	29 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist	30 9:00am-2:00pm Blood Drive 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta	31 9:00am-11:00am Pickleball 10:30am-1:00pm Whist

*See program description/schedule for more details



THURSDAY	FRIDAY	SATURDAY
4 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club	5 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong	6
11 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble	12 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong	13
18 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club	19 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong	20
25 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble	26 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong 11:00am- Cozy Mystery Book Club Tea Party 26	27
	<p style="text-align: center;">Fridays are FREE BREAD Fridays every Friday Morning while it lasts</p>	

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](#)

Wednesday,
 January 10th
 1:00pm
 Mobile Food Pantry

Wednesday,
 January 17th
 10:00am
 At Home Hearing Healthcare

Wednesday,
 January 17th
 12:15pm
 Dynamic Dance w/ Bay State

Wednesday,
 January 24th
 10:00am
 Pop-Up Art Pointillist Painting Workshop

Tuesday,
 January 30th
 9:00am
 Blood Drive

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

We kindly request that you register by the Wednesday before the grab and go lunch if you plan on attending. The SSES grab and go lunch menu/weekly sign-up sheet is available each week for the following week's grab and 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 and press option 2 between 8:30am and 2:00pm Mon-Fri.

*Please see posted menu for the meals offered this month.

FUEL ASSISTANCE

Randolph Elder Services Senior Outreach Team is available to assist first time fuel assistance applicants who are Randolph residents age 60 and older. Application assistance is by appointment only. To schedule an appointment, please call Mon-Fri 8:30am-2:00pm 781-961-0930 and press option 3 to be connected to the Senior Outreach team.

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 27 (February): *Still Life*
Registration Deadline for Book 27 is February 1st and books will be available for pickup at the RICC starting on February 9th.**

**Cozy Mystery Tea and Book 26
(*The A.B.C. Murders*) Discussion:
January 26th 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.



AARP Tax-Aide

FREE TAX PREPARATION

RANDOLPH INTERGENERATIONAL COMMUNITY CENTER

Thursdays, Starting February 1, 2024

For an appointment:

- Go to <https://tinyurl.com/RandolphTaxes>
or
- Call 781-214-0110 after January 15, 2024

The AARP Foundation offers free, personalized tax preparation and assistance to low- and moderate-income taxpayers. You do not need to be a member of AARP or a senior citizen to take advantage of this service.

AARP Foundation

**Randolph
Intergenerational
Community
Center**

**128 Pleasant
Street**

Thursdays

Starts February 1

9 AM – 3 PM

**By Appointment
Only**

**Go Online or Call
781-214-0110 for
appointment after
January 15, 2024**

**Please wear a
mask**