

the

SUNNYSIDE

MAY 2024

SENIOR ONLY HOURS

MONDAY-FRIDAY

8:30am-2:00pm

CLOSURE:

MEMORIAL DAY MAY 27

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.



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



Hello Friends,

May finds us all lightly dusted with yellow green pollen and closing out our 9th Annual Randolph Senior Olympic Games! We have another busy month ahead! State Senator Michael D. Brady will be here on the 13th holding “office hours” to meet with Randolph constituents and have their voices and concerns heard. Our friends from Pop Up Art School will also be back with us later in the month with another cool project! We’ve a fun filled space that needs your face! Come join us!

Keri Sullivan
Director of Elder Affairs

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-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, May 1st 11:30am-12:30pm
Wednesday, May 15th 11:30am-12:30pm

DYNAMIC STRETCH AND 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! 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*

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.

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

ATTENTION WALKING SENIORS!

We have new policies posted on our walking track! For the safety of all walkers, please follow these new guidelines. Thank you for your cooperation!

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, May 9th 10:00am-12:00pm
Thursday, May 23rd 10:00am-12:00pm

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.

SENIOR PROM

Make sure to save the date for the Senior Citizen Prom on **June 20th**: No Date Required! Whether Flying Solo or Dancing Hand in Hand, Join Us for a Night of Glitz, Glam, and Groovy Moves! Come on out for a great time!

TUESDAY MATINEE

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

May 14th @ 12:00pm - Jerry & Marge Go Large (PG-13)
May 28th @ 12:00pm - Dr. No (PG)

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

ATTENTION CAMERA SHY SENIORS: DID YOU GET YOUR PHOTO TAKEN YET?

You must visit the front desk Monday-Friday 2:00pm-8:00pm or Saturday 9:00am-5:00pm to get your photo taken. This process will only take a few minutes to complete.

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, May 15th

OFFICE HOURS WITH SENATOR BRADY

State Senator Michael D. Brady will be hosting office hours at the RICC for his Randolph constituents.


Please stop by on **Monday, May 13th at 11:00am** for assistance, to talk about an issue that's important to you, or just to say hello.

POP UP ART BLUE MOUNTAIN SUNSET

Randolph Seniors, learn how to create a stunning painting with majestic blue mountains set against a colorful backdrop on **Tuesday, May 21st at 10:00am**. Our friends from Pop Up Art School will teach you how to blend colors to create a gradient sunset sky that is sure to impress! Registration is required as space is limited! To register or for questions, please call or visit Randolph Elder Affairs at the front desk at the RICC between 8:30am and 2:00pm Mon-Fri 781-961-0930 Option 2. ***Registration for this program opens on May 1st***



MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 11:30am-12:30pm Blood Pressure Screenings MAY PROGRAM REGISTRATION OPEN
5	6 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist	7 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Grab & Go Lunch* 11:00am-2:00pm Canasta	8 9:00am-11:00am Pickleball 11:00am-1:00pm Whist 1:00pm-3:00pm Mobile Food Pantry
12	13 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist 11:00am Office Hours with Senator Brady	14 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*	15 9:00am-11:00am Pickleball 10:00am At Home Hearing Healthcare* 10:30am-1:00pm Whist 11:30am-12:30pm Blood Pressure Screenings 12:15pm Dynamic Stretch and Dance w/ Bay State 1:00PM COA Board Meeting
19	20 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist	21 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Grab & Go Lunch* 10:00am Pop Up Art Blue Mountain Sunset 11:00am-2:00pm Canasta	22 9:00am-11:00am Pickleball 10:30am-1:00pm Whist
26	<div style="text-align: center;">  MEMORIAL DAY </div>	28 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*	29 9:00am-11:00am Pickleball 10:30am-1:00pm Whist

*See program description/schedule for more details



THURSDAY	FRIDAY	SATURDAY
2 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Watercolor Painting Group	3 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong	4
9 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club 12:00pm-2:00pm Watercolor Painting Group SENIOR OLYMPICS CLOSING CEREMONIES 6PM @ RANDOLPH ELKS	10 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong	11
16 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Watercolor Painting Group	17 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong	18
23 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club 12:00pm-2:00pm Watercolor Painting Group	24 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong 11:00am- Cozy Mystery Book Club Tea Party 30	25
30 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Watercolor Painting Group	31 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong	Fridays are FREE BREAD Fridays 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

Wednesday,
 May 8th
 1:00pm
 Mobile Food Pantry

Thursday,
 May 9th
 6:00pm
 Senior Olympics
 Closing Ceremonies

Monday,
 May 13th
 11:00am
 Office Hours with
 Senator Brady

Wednesday,
 May 15th
 10:00am
 At Home Hearing
 Healthcare

Wednesday,
 May 15th
 12:15pm
 Dynamic Stretch
 and Dance w/
 Bay State

Tuesday,
 May 21st
 10:00am
 Pop Up Art Blue
 Mountain Sunset

**SOUTH SHORE ELDER SERVICES
TUESDAY WEEKLY GRAB & 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 & 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 and press option 2 between 8:30am and 2:00pm Mon-Fri.

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

ATTENTION: BUS TRIPS ARE BACK!

Interested in signing up for one of our bus trips? Please see the back of this issue for more details. For questions or to register for one of these trips, please visit the front desk of the **RICC Mondays, Tuesdays, or Saturdays after 2PM or call 781-961-0930 x108**. Online registration is also available at <https://bit.ly/BusTrips24>

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 31 (June): *The Golden Spoon*
Registration Deadline for Book 31 is June 1st and books will be available for pickup at the RICC starting on June 7th.

**Cozy Mystery Tea and Book 30
(*The Word is Murder*) Discussion:**

May 24th 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.

RANDOLPH RECREATION BUS TRIPS 2024

Upcoming Trips:

WEDNESDAY JUNE 12TH **MUST BE REGISTERED BY 5-12**

We will travel to Hyannis, MA where you will board the Cape Cod Central Railroad for a delightful luncheon and train ride. Relish in the midday escape of a relaxing train ride while conversing over a cup of coffee and giving lunch its proper respect. Everyone is ensured to enjoy this delightful journey that pairs an expertly prepared luncheon meal and exceptional service with views of the coastal landscape, salt marshes, and woodlands. The Executive Chef has planned a delectable three-course menu with savory lunch fare. Guests are seated at tables of 4. For a memorable day trip, join us!

\$140

WEDNESDAY JULY 17TH **MUST BE REGISTERED BY 6-17**

The Ultimate Jimmy Buffet Tribute Show With Foster's Clam Bake (York, ME).

Grab your "beach chair, your suntan oil, and your favorite drink", and get ready for a virtual trip to the islands! From the West Indies and Jamaica to cities all over the East Coast, Jimmy and the Parrots have been playing to delighted crowds for years.

The band has performed at the annual Meeting of the Minds Parrot Head conventions in Key West, Florida, as well as well-known Key West venues such as Schooner Wharf, Sloppy Joes, The Rum Barrel, and Rick's Cafe. Jimmy and the Parrots were Voted "2012 and 2014 Trop Rock Entertainer of the Year" and were also Nominated in the "Band of the Year" category in 2017.

\$140

Register online at <https://bit.ly/BusTrips24> or in person Register at the RICC after 2PM on Mondays, Tuesdays and Saturdays.