

the

SUNNYSIDE

MAY 2023~

SENIOR ONLY HOURS

MONDAY-FRIDAY

8:30am-2:00pm

CLOSED FOR MEMORIAL DAY MAY 29TH

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 Only**

Mon-Wed: 2pm-7pm

**Thurs-Fri:
2pm-8:30pm**

Sat: 9am-5pm





Hello Friends,

May finds us lightly dusted with yellow-green pollen and smack dab in the midst of another busy month here at Randolph Elder Services. May is another month filled with all our great regularly scheduled programs, as well as some special events, too! We've been very busy here planning for our 8th Annual Randolph Senior Olympics! Come down and join the ranks of our amazing senior athletes and be a part of the fun...and get your medal! Opening ceremonies are on May 12th! We are taking registrations for our free "Poppies" watercolor class (May 16th) and hosting our quarterly Blood Drive (May 25th). We hope you can join us!

On a joyful note, if folks are wondering where Elder Services staff member, Kate, is, we are pleased to share that she and her partner, Tim, welcomed the arrival of a baby boy at the end of April. Congratulations!

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 **Health Insurance Needs for Everyone!**

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-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.

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 3rd 11:30am-12:30pm

Wednesday, May 17th 11:30am-12:30pm

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, May 11th 10:00am-12:00pm

Thursday, May 25th 10:00am-12:00pm

BLOOD DRIVE

Randolph Elder Services Blood Drive is being held on **May 25th at the RICC from 9:00am-2:00pm**. Register and schedule your appointment at RedCrossBlood.org

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**).

12:45pm- Line starts. Ticket holders may enter line based on number starting with #1. Anyone arriving after 12:45pm will enter the line at the back after the numbered tickets.

1:00pm- Food distribution begins.

To ensure we can continue to offer this free service through QCAP- Please be respectful of others, keep the hallway clear and ADA accessible, and do not arrive earlier than 12:30pm.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Representatives from the Southeastern Massachusetts chapter of the Alzheimer's Association MA/NH will be on hand to educate us with basic information on the difference between Alzheimer's and Dementia, stages, risk factors, research, and FDA-approved treatments. Please call or visit the front desk at the RICC to register for this program Mon-Fri 8:30am-2:00pm.

Thursday, June 15th, 1:00pm-2:00pm



WED
5/10
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



SOUTH SHORE ELDER SERVICES TUESDAY WEEKLY LUNCHEONS AT 10:00AM

We kindly request that you register by the Wednesday before the luncheon if you plan on attending. The SSES luncheon menu/weekly sign-up sheet is available each week for the following week's luncheon (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 menu below for the meals offered this month:

05/02/2023
BBq Chicken

05/09/2023
Cheeseburger

05/16/2023
Pork Chopette with Apple Cider Gravy

05/23/2023
Meatball Stroganoff

05/30/2023
Chicken Broccoli Penne Alfredo

DIABETES SELF-MANAGEMENT PROGRAM

Do you or someone you care for have Diabetes? Enhance Asian Community on Health (E.A.C.H.) invites you to join us for Diabetes- Self-Management Program. This is a Free educational program for those living or caring for someone with chronic health conditions to learn skills to prevent, manage, and cope with the diseases and improve communications with providers.

Join us on **Fridays from April 21 to May 26 from 12:30pm-2:00pm**. Please call or visit the front desk at the RICC to register for this program Mon-Fri 8:30am-2:00pm.

This program will be conducted in Chinese

WATERCOLOR POPPIES POP UP ART CLASS

Randolph Seniors, discover how to layer translucent watercolor paint to create a realistic rendering of this striking flower. Watercolor paint is the perfect medium for the delicate leaves of poppies. You'll learn the basics of painting with watercolors and create two paintings of poppies from our friends from Pop Up Art by the end of the program. This free workshop is being held at the RICC on **Tuesday, May 16th at 10:00am**. Space is limited and registration is required for this fun craft workshop!

TUESDAY MATINEE

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

May 9th @ 12:00pm - *Big Fat Liar* (PG)

Jason Shepherd is infamous for his inability to tell the truth. When he runs into movie producer Marty Wolf, Jason discovers that his important homework assignment has gone missing. The loss of this paper could result in him failing a grade and having to repeat the course in summer school. No one believes Jason's bad luck, so when he discovers that Marty Wolf used his missing essay to make a movie, he is outraged. (Adventure/Comedy/Family)

May 23rd @ 12:00pm - *Father Stu* (R)

Based on the true story of a boxer from Los Angeles who realizes he will never make it in the sport, this faith-based narrative follows the title character's journey from a self-destructive miscreant to a Catholic priest. Stu isn't your typical bad guy, even though he endured a childhood with an abusive, often absent father and an ineffectual mother. His journey toward the priesthood takes several odd turns, first heading to Hollywood to try to make it as a movie star. When he meets a deeply religious girl, he starts going to church, soon realizing he has a divine calling. (Drama)

May 30th @ 12:00pm - *Queen Bees* (PG-13)

Helen is forced by her daughter to move into the Pine Grove Retirement Community after she locks herself out of her house while a fire rages in the kitchen. At first, Helen is reluctant to stay there, but eventually is invited into the social circle of the Queen Bees: a group of women (and a few men) who rule the social scene like the popular kids in high school. Eventually, Helen comes into her own as she builds new friendships and even finds romance with a fellow resident named Dan. (Romantic Comedy)

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 the front desk Mon-Fri between 8:30am and 2:00pm.

Wednesday, May 17th

DEVICE ADVICE

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, May 9th from 10:00am-11:00am

Tuesday, May 23rd from 10:00am-11:00am

ATTENTION: ALL WHO SEW

We have some folks who are interested in getting together weekly to sew! 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
Mon-Fri 8:30am-2:00pm**

To register for any of these programs please make sure to call the RICC front desk at

781-961-0930 Press option 2 Mon-Fri 8:30am-2:00pm.

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

Book 19 (June): *Thursday Murder Club*

Registration Deadline for Book 19 is June 1st and books will be available for pickup at the RICC starting on June 9th.

Cozy Mystery Tea and Book 18

(*Mango, Mambo, and Murder*) Discussion:

May 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.

REGISTERED FOR A PROGRAM YOU CAN NO LONGER ATTEND?

Please give us a call to let us know of your cancellation so we can open up a spot from the waitlist!

**781-961-0930, press option 2
Mon-Fri 8:30am-2:00pm**

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, from 10:00am-12:00pm

IMPORTANT!

DID YOU GET YOUR MEMBER ID PHOTO TAKEN YET?

Visit the front desk Monday 9:00am-7:00pm, Tuesday-Wednesday 2:00pm-7:00pm, Thursday-Friday 2:00pm-8:30pm, and Saturday 9:00am-5:00pm to get your photo taken. This process will only take a few minutes to complete.

SENIOR OLYMPICS!

Randolph Elder Services is pleased to be hosting the 8th Annual Randolph Senior Olympics. Events will be taking place between May 12th and May 19th. There is a \$5.00 participation fee, which covers entry into all events and your official participant T shirt!

We have a VERY EXCITING "offsite" location this year for a couple of our events!

Please visit the front desk of the RICC Mon-Fri 8:30-2:00 to register!



MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H.	2 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Luncheon* 11:00am-2:00pm Canasta	3 9:00am-11:00am Pickleball 11:30am-12:30pm Blood Pressure Screenings 11:00am-2:00pm Whist
7	8 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H.	9 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Device Advice Luncheon* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	10 9:00am-11:00am Pickleball 11:00am-2:00pm Whist 1:00pm-3:00pm Mobile Food Pantry
14	15 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H.	16 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Luncheon* 10:00am Watercolor Poppies Pop Up Art Class 11:00am-2:00pm Canasta	17 9:00am-11:00am Pickleball 10:00am At Home Hearing Healthcare* 11:30am-12:30pm Blood Pressure Screenings 11:00am-2:00pm Whist
21	22 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 10:00am-12:00pm E.A.C.H.	23 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00am Device Advice Luncheon* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	24 9:00am-11:00am Pickleball 11:00am-2:00pm Whist
28	29 CLOSED FOR MEMORIAL DAY	30 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-11:00pm Luncheon* 11:00am-2:00pm Canasta 12:00pm Tuesday Matinee*	31 9:00am-11:00am Pickleball 11:00am-2:00pm Whist

*See program description/schedule 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

Friday
May 5th
12:30pm
E.A.C.H. Diabetes
Self-Management

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

Friday
May 12th
12:30pm
E.A.C.H. Diabetes
Self-Management

Tuesday,
May 16th
10:00am
Watercolor Poppies
Pop Up Art Class

Wednesday
May 17th
10:00am
At Home Hearing
Healthcare*

Friday
May 19th
12:30pm
E.A.C.H. Diabetes
Self-Management

Thursday,
May 25th
9:00am
Blood Drive

Friday
May 26th
12:30pm
E.A.C.H. Diabetes
Self-Management

THURSDAY	FRIDAY	SATURDAY
4 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble	5 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong 12:30pm E.A.C.H. Diabetes- Self-Management	6
11 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club	12 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong 12:30pm E.A.C.H. Diabetes- Self-Management SENIOR OLYMPICS BEGIN*	13
18 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble	19 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-2:00pm Mahjong 12:30pm E.A.C.H. Diabetes- Self-Management SENIOR OLYMPICS END*	20
25 9:00am Blood Drive 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am-12:00pm Chess Club	26 9:00am-11:00am Pickleball 9:30am-11:00am Yuanji 11:00am-12:30pm Cozy Mystery Book 18 11:00am-2:00pm Mahjong 12:30pm E.A.C.H. Diabetes- Self-Management	27
	*Fridays are FREE BREAD Fridays starting at 9am *	

Word Search

MAY FLOWERS



P	P	Q	W	M	A	T	C	Z	I	I	D	T	E
G	A	R	V	P	A	M	J	M	M	Z	E	M	D
J	J	D	H	Y	D	R	A	N	G	E	A	S	A
O	R	C	H	I	D	F	I	R	R	O	U	R	H
I	W	R	V	H	S	V	E	G	Y	C	Y	T	L
P	D	A	I	S	Y	W	V	I	O	L	S	I	I
E	G	Z	M	C	O	A	E	R	I	L	L	H	A
O	L	S	I	L	I	G	C	L	A	P	D	I	A
N	R	L	F	N	Y	H	R	I	E	D	N	B	S
Y	N	N	O	P	N	E	L	S	N	U	Y	I	T
T	U	G	P	A	T	I	O	I	T	T	U	S	U
S	E	O	U	S	R	R	A	E	L	W	H	C	L
B	P	R	A	M	I	C	P	C	E	A	J	U	I
T	J	E	D	A	F	F	O	D	I	L	C	S	P

Tulip

Rose

Petunia

Marigold

Crocus

Daffodil

Dahlia

Poppy

Begonia

Sunflower

Lilac

Orchid

Peony

Easter Lily

Hydrangea

Hyacinth

Amaryllis

Hibiscus

Daisy

Zinnia



RANDOLPH ELDER SERVICES



8TH ANNUAL SENIOR OLYMPICS

MAY 12TH - 19TH

REGISTER NOW!



Seniors! Come be a part of Randolph's 8th Annual Senior Olympic Games!

This weeklong event is filled with fun events, laughter, competition, camaraderie, sportsmanship and of course medals! If you've never participated before, make this the year you join in on the fun!

There is a \$5.00 participation fee which will get you entry into all events and your official participant T Shirt! We have a VERY EXCITING "offsite" location this year for a couple of our events!

Applications for registration are available now at the front desk of the RICC Mon - Fri 8:30am - 2:00pm.

