

the SUNNYSIDE

April 2025

**CLOSURE:
PATRIOTS' DAY APRIL 21ST**

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.



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



Hello Friends!

Well... we've made it out of winter and find ourselves in April once again! Where the days are lighter, longer and ...still pretty brisk! But that's O.K. because if you look around, you'll find promises of warmer days to come in the form of small buds on trees and bushes. Brave crocuses are already poking their way up through the earth to be among the first to share their colorful blooms! Let's not forget the sounds of spring too! The orchestra of birds with their daily symphonies, and of course the pitiable chorus of snifflers and sneezers (of which I am one) whose seasonal allergies are also waking up! We have a host of great programs happening here in April. I hope you mark your calendars and come on down to join in the fun! This month we have a live music performance as well as some crafty fun! We hope to see you here!

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 9:00am-2:00pm

“AROUND THE TOWN” VAN SERVICE

Appointments must be made in advance for this service.

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

For more details, please contact the Randolph Elder Affairs Transportation department

Monday-Friday 9:00am-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-4:00pm.

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.**

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 9:00am-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, April 2nd 11:30am-12:30pm
Wednesday, April 16th 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, April 9th 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 fewer than 10 registrations

Wednesday, April 16th 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, April 10th 10:00am-12:00pm
Thursday, April 24th 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.

Tuesday, April 15th 12:00pm-1:00pm

CRAFTERNOONS @ 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.

Thursday, April 24th 12:00pm-1:00pm
Craft: Seaside Spa w/ Lindsay Sprague
Please note that registration for this program opens April 1st.

FOTRS KENTUCKY DERBY FASCINATOR CRAFT (\$)

Get ready to make a statement at the Kentucky Derby or anywhere with your very own custom fascinators! This craft is all about fun, flair, and a little bit of Southern (South Shore?) charm. Whether you're going for bold feathers, delicate lace, or a pop of color, this DIY fascinators will have you looking like a true Derby diva /divo in no time! Let's get crafting and make your race day style unforgettable! \$2.00 cash at door

Wednesday, April 30th 12:00pm

TUESDAY MATINEE

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

April 8th at 12:00pm— A View to a Kill (PG)
April 22nd at 12:00pm— Ordinary Angels (PG)
April 29th at 12:00pm— Inspector Clousseau (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
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, April 16th

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 (\$)

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! \$10.00 per session

Monday, April 7th 12:00pm-1:00pm
Monday, April 28th 12:00pm-1:00pm



April 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.		1 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 Senior Circuit	2 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 11:30am-12:30pm Blood Pressure Screenings*
6	7 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist 12:00pm-1:00pm Gentle Chair Yoga*	8 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*	9 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 1:00pm-3:00pm Mobile Food Pantry*
13	14 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist	15 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*	16 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
20	21 CLOSED FOR PATRIOTS' DAY	22 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*	23 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 12:00pm Women Singers of the British Invasion*
27	28 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist 12:00pm-1:00pm Gentle Chair Yoga*	29 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*	30 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 12:00pm FOTRS Kentucky Derby Fascinator Craft*

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
3 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Water Color Painting Group	4 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong	5
10 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	11 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong	12
17 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Water Color Painting Group	18 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong	19
24 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 12:00pm Crafternoon*	25 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong 11:00am Cozy Mystery Book Club Tea Party 41*	26
31 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Water Color Painting Group	<p style="text-align: center;">FREE BREAD every Friday Morning (while it lasts!)</p>	

QUESTIONS?

Email:

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

Liz LaRosee Director of 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, April 7th 12:00pm Gentle Chair Yoga

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

Tuesday, April 15th 12:00pm RPD Mini-Police Academy

Wednesday, April 16th 10:00am At Home Hearing

Wednesday, April 16th 12:15pm Dynamic Stretch and Dance

Monday, April 28th 12:00pm Gentle Chair Yoga

Wednesday, April 24th 12:00pm Crafternoon

Wednesday, April 30th 12:00pm FOTRS Kentucky Derby Fascinator Craft

**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 9:00am-2:00pm.
*Please see posted menu for the meals offered this month.

WOMEN SINGERS OF THE BRITISH INVASION

Join Randolph Elder Affairs at the RICC for a fun and exciting musical program with the Retro Politan duo Jill Goldman and David Politan! Enjoy live music, storytelling, and some dancing if the mood hits you! In their performance, they will highlight iconic female singers from the 1960's British Invasion, including Petula Clark, Dusty Springfield, Lulu and more!
Wednesday, April 23rd at 12:00pm

SENIOR CIRCUIT BREAKER TAX CREDIT

Please join Randolph Elder Services and members of the Randolph Legislative Delegation at the RICC on **Monday, April 1st at 12:00pm** as we welcome Brian Lynch from Mass DOR. Mr. Lynch will be on hand to present information on the Senior Circuit Breaker Tax Credit and how to apply for the credit! Light lunch will be served.

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 42 (May): *A Catered Mother's Day*
Registration Deadline for Book 42 is May 1st.
Cozy Mystery Tea and Book 41
(*Blood Orange*) Discussion:

April 25th, 11:00am-12:30pm

*Please note that all books will now be picked up at the Turner Free Library. You must be registered for the book club and have your library card with you to pick up your book.



RETRO POLITAN DUO

PRESENTS

WOMEN SINGERS

OF THE BRITISH INVASION



Join Randolph Elder Affairs at the RICC for a fun and exciting musical program with the Retro Politan duo Jill Goldman and David Politan!



April 23rd at 12:00 PM



Enjoy live music, storytelling, and some dancing if the mood hits you!

In their performance, they will highlight iconic female singers from the 1960's British Invasion, including Petula Clark, Dusty Springfield, Lulu and more!



Questions? Please call or visit Randolph Elder Affairs at the front desk of the RICC between 9:00am and 2:00pm Mon-Fri 781-961-0930 Option 2