

the **SUNNYSIDE**

February 2025

**CLOSURE:
PRESIDENTS DAY
FEB 17TH**

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.

**** Inclement Weather Cancellation Policy****

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

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**

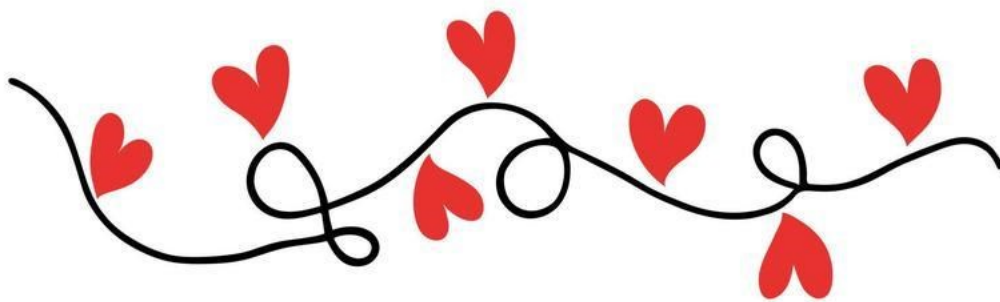
randolphicc.com

Senior Only Hours

Mon-Fri:
8:30am-2:00pm

Member Hours

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



**RANDOLPH
INTERGENERATIONAL
COMMUNITY CENTER**



Hello Friends,

February seems to always find me wishing for warmer weather and wondering how the shortest month can feel so loooooong! We've been blown right into this month on those icy winds of January! But fear not! Randolph Elder Affairs at the RICC has plenty going on here to keep you warm, informed and active! Whether it's Sweet Treat Bingo, Randolph Police Senior Mini-Academy, Ping Pong or Fraud Prevention with the Massachusetts Office of Consumer Affairs and Business Regulation, we hope to see your face! While we are on the subject of faces... we still have some camera shy seniors who have no picture for their membership identification. Please make sure to come down to the front desk after 2:00 pm and get that squared away!

Yours in Friendship,

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

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 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, February 5th 11:30am-12:30pm
Wednesday, February 19th 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, February 12th 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 less than 10 registrations

Wednesday, February 19th 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, February 13th 10:00am-12:00pm
Thursday, February 27th 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.

Did you ever wonder how police patrols keep our communities safe or how dispatchers coordinate emergency responses? This is your chance to learn about the vital functions of patrols and dispatch in law enforcement!

Tuesday, February 18th 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.

Wednesday, February 26th 12:00pm-1:00pm
Craft: DIY Zen Gardens

Please note that registration for this program opens February 1st.

TUESDAY MATINEE

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

February 4th at 12:00pm— The Pink Panther (1963) (PG)
February 11th at 12:00pm— Arthur the King (PG-13)
February 25th at 12:00pm— Never Say Never Again (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

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, February 19th

FRAUD PREVENTION

Please join Robin Putnam from the Office of Consumer Affairs and Business Regulation as she provides you with essential information to stay steps ahead of fraudsters and inform you about the latest scams. This program will be a bilingual discussion, in Vietnamese and English. To register or for questions, please call or visit Randolph Elder Affairs front desk at the RICC between 8:30am and 2:00pm

Mon-Fri 781-961-0930 Option 2
Friday, February 27th 10:00am

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.

BID MILTON COMMUNITY LISTENING SESSION


Beth Israel Lahey Health and its member hospitals are conducting a Community Health Needs Assessment to better understand the most pressing health-related issues impacting the people living and working in the communities we serve. Please join us to hear key themes from our assessment, share your perspective, and discuss potential solutions. To register, please visit this link <https://www.eventbrite.com/e/bid-milton-community-listening-session-tickets-1113275630379?aff=oddtcreator>

Monday, February 24th 12:00pm-1:30pm



FEBRUARY 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.			
2	3 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist	4 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*	5 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 11:30am-12:30pm Blood Pressure Screenings*
9	10 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 10:00am-12:00pm E.A.C.H. 10:30am-1:00pm Whist 11:30am Sweet Treat BINGO*	11 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*	12 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 1:00pm-3:00pm Mobile Food Pantry*
16	17 CLOSED 	18 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	19 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
23	24 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 BID Milton Community Listening Session	25 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*	26 9:00am-11:00am Pickleball 10:30am-1:00pm Whist 12:00pm Crafternoon*

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
		<p>1</p> 
<p>6 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Water Color Painting Group</p>	<p>7 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong</p>	<p>8</p>
<p>13 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</p>	<p>14 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong</p>	<p>15</p>
<p>20 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 12:00pm-2:00pm Water Color Painting Group</p>	<p>21 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong</p>	<p>22</p>
<p>27 9:30am-11:00am Tai Chi 10:00am-12:00pm Scrabble 10:00am Fraud Prevention 10:00am-12:00pm Chess Club 12:00pm-2:00pm Water Color Painting Group</p>	<p>28 9:00am-11:00am Pickleball 9:30am-11:30am Yuanji 11:00am-2:00pm Mahjong 11:00am Cozy Mystery Book Club Tea Party 39*</p>	<p>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 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

Monday, February 10th 11:30am Sweet Treat BINGO

Wednesday, February 12th 1:00pm Mobile Food Pantry

Wednesday, February 19th 10:00am At Home Hearing

Wednesday, February 19th 12:15pm Dynamic Stretch and Dance

Monday, February 24th 12:00pm BID Milton Community Listening Session

Tuesday, February 18th 12:00pm RPD Mini-Police Academy

Wednesday, February 26th 12:00pm Crafternoon

Thursday, February 27th 10:00am Fraud Prevention

**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 8:30am-2:00pm. *Please see posted menu for the meals offered this month.

SWEET TREAT BINGO

Seniors, are you ready for some Sweet Treat BINGO? Get ready for a sweet time with Randolph Elder Affairs at Sweet Treat BINGO on **Monday, February 10th at 11:30am!** This is your chance to BINGO your way into some fun and tasty prizes! Enjoy some fun filled BINGO games with your Bingo hostess (cupcake) with the mostest, Robyn. In a sugary twist!- winners will be taking home some delicious treats! Don't miss out on the fun, registration 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.

FUEL ASSISTANCE

Randolph Elder Affairs 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 781-961-0930 press option 3 Mon-Fri between 8:30am and 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, 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 40 (March): *Honey Drop Dead*
Registration Deadline for Book 40 is March 1st and books will be available for pickup at the RICC starting on March 7th.

**Cozy Mystery Tea and Book 39
(*Paper Cuts*) Discussion:
February 28th, 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.



RPD MINI-POLICE ACADEMY:

BUILDING CONNECTIONS WITH SENIORS

Ever wondered how police patrols keep our communities safe or how dispatchers coordinate emergency responses? This is your chance to learn about the vital functions of patrols and dispatch in law enforcement!

Please join us at the RICC for our first session of the RPD Mini-Police Academy on **Tuesday, February 18th** at **12:00pm**

The RPD Senior Mini Academy is a six-month 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.



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



Sweet Treat BINGO

Seniors, are you ready for some Sweet Treat BINGO?

Monday February 10th 2025 @ 11:30am

Get ready for a sweet time with Randolph Elder Affairs at Sweet Treat BINGO on Monday, February 10th at 11:30am! This is your chance to BINGO your way into some fun and tasty prizes!

Enjoy some fun filled BINGO games with your Bingo hostess (cupcake) with the mostest, Robyn. In a sugary twist!- winners will be taking home some delicious treats! Don't miss out on the fun, registration 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