

# THE SUNNYSIDE

November  
2016

## INSIDE THIS ISSUE

Restaurant Trips	Page 3
Poem by Fran Sharon	Page 3
Friends of Seniors	Page 4
Exercise Classes	Page 5
Calendar	Page 6 & 7
Saturday Programs	Page 8
Comm. Center Update	Page 9
Safety Updates	Page 10

Director of  
Community Programs  
Marc Craig

Friends of the  
Randolph Seniors  
Brenda Margolis  
President

Council On Aging  
Gerald Good  
President

16 Fencourt Avenue  
781-961-0930  
781-961-0929  
781-961-0928



**THE  
SENIOR CENTER  
IS OPEN  
ON SATURDAYS  
AS OF 10/15**

## LETTER FROM THE DIRECTOR

HELLO SENIORS,

MERRY CHRISTMAS AND HAPPY HOLIDAYS. AS WE START THE HOLIDAY SEASON, I WOULD YOU TO CONSIDER VOLUNTEERING WITH MEALS ON WHEELS. MEALS ON WHEELS IS AN AMAZING SERVICE OFFERED HERE IN RANDOLPH TO THOSE WHO NEED HELP. MEALS ON WHEELS IS CURRENTLY LOOKING FOR KITCHEN HELP (PACKING MEALS FOR DELIVERY) AND DRIVERS (DELIVERING THE PRE-PACKAGED MEALS). DRIVERS ARE PARTICULARLY NEEDED, ESPECIALLY FOR THE UPCOMING WINTER MONTHS. IT TAKES ABOUT 1 HOUR TO 1 1/2 HOURS TO DELIVER AN AVERAGE OF 10-20 MEALS. ALL OF THE MEALS ARE DELIEVERED TO HOMES IN RANDOLPH. SOUTH SHORE ELDER SERVICES REIMBURSES \$.50 PER MILE FOR GAS. IF YOU ARE INTERESTED IN BEING A VOLUNTEER YOU WILL NEED TO APPLY BY CONTACTING JODY HODGDON, VOLUNTEER COORDINATOR FOR SOUTH SHORE ELDER SERIVES. JODY CAN BE REACHED BY CALLING 781-848-3939 EX 430.

-MARC CRAIG  
DIRECTOR OF COMMUNITY PROGRAMS

---

ADS GO HERE

## **SPECIAL PROGRAMS: Sign Up Is Required**

**Corfinio Italian Restaurant Trip**—With a focus on local and organic ingredients, Corfinio's chef-designed menu offers healthy, light authentic Italian dishes. Located in North Easton, Corfinio's bread, pasta, cheese and desserts are made at the restaurant by its chefs and bakers. Pay \$2 for the van trip and pay for your lunch. **Friday, December 2,**

**Movie: *Hunt for the Wilder People***—Raised on hip-hop and foster care, defiant city kid Ricky gets a fresh, new start in the New Zealand countryside with his loving Aunt Bello and his uncle. This 2016 comedy/adventure/drama movie won an "Audience" award in the 2016 Independent Film Festival in Boston.

**Tuesday, December 6, 12:30 PM, FREE**

**Yule Log Class** (\$20 per person, prepaid by check to Sandy Johnson in the Senior Center office by Tuesday, November 29) – A birch Yule Log is a festive, non-denominational decoration suitable for the holiday season. Join artist Barbara Mulford for this fun, relaxed class. You will decorate and bring home a sustainably harvested birch log with votive glass, LED candle, greens and a festive bow.

**December 7, 1 PM.**

**Holiday Party! Winter Songs!** Frank Noonan will visit the Randolph Senior Center to sing winter songs from the Great American Song Book, including Frank Sinatra, Bobby Darin, Louis Armstrong, Dean Martin and much more. We will serve hot chocolate, tea and a selection of cookies to mark the holiday season!

**\*Tuesday, December 13, 12:30 PM, FREE**

**MUST SIGN UP BY 12/9/16**

**Stoneforge Grill Restaurant Trip**—The Stoneforge Grill in South Easton offers tantalizing classic New England fare prepared with a sophisticated global influence. Pay \$2 for the van trip and pay for your lunch. **Friday, December 16,**

**The Art of Gathering**—Join MetroArtLinks, this holiday season as we explore different kinds of gatherings from Ancient Egypt to modern-day America. The presenters, Allyson Sheckler and Suzanne Scanlan, are professors, art historians and the founding partners of MetroArtLinks, a collaborative venture designed to bring the art world to you. This presentation is presented to you courtesy of the Seth Mann 2nd Home in Randolph. **Tuesday, December 20, 12:30 PM FREE**

## **REMINDERS**

### **FREE BREAD & PASTRIES**

You can get free bread and pastries at the Randolph Senior Center at **8:30 AM on Fridays.**

### **BINGO MONDAY**

#### **AFTERNOONS**

We hold Bingo every **Monday** afternoon from **1 PM to 3 PM.** Participants are eligible to win prize money.

### **MEDICAL**

#### **TRANSPORTATION**

Appointments can be made between the hours of 9 AM and 3 PM Mondays through Thursdays. For local transportation by our Van Driver, the fee is \$3 for trips in Randolph and \$9 for trips to neighboring towns. Trips into Boston are \$15 round trip.

### **FREE TRANSPORTATION AROUND TOWN**

Free transportation for *nonmedical rides* via the Senior Center van is available on Mondays and Tuesdays. Call the Randolph Senior Center 24 hours or more before you need the transportation to book a ride from any address in Randolph to anywhere in Randolph. Call us at **781-961-0930** to book your ride! **You can book a ride as early as 8:45 AM and as late (getting back to your home) as 4:00 PM**—the driver must be able to return to the Senior Center by 4:15 PM.

## **The Randolph Garden Club**

By Fran Sharon

I thought I would write a poem  
About our Garden Club.  
But however do you rhyme  
Hard work,  
Dedication,  
Exertion,  
And yes, sacrifice?  
How to describe how you feel when you see  
The planning,  
The bright colors,  
The arrangements,  
The seasonal changes?  
Do your eyes light up at almost every corner?  
Does your day become a little brighter?  
You almost never see them at work,  
But everywhere you see what they do,  
Kudos to you, RANDOLPH GARDEN CLUB,  
We laud you!

# SHINE COUNSELING

Call 781 961-0930 to schedule an appointment with Cheryl, SHINE Counselor.

SHINE (Servicing Health Insurance Needs of Everyone) provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers. SHINE is administered by

## Medicare Recipients:

As an important reminder: The Medicare Annual Open Enrollment Period is October 15 – December 7. This is an excellent opportunity for you to review and compare your current Part D drug plan and health insurance coverage options with 2017 Medicare plan options.

Turning 65 soon? Preparing to retire from active employment? SHINE Counselors are available to assist with Medicare Drug and Health Insurance coverage options.

Is it starting to cost more to refill your prescriptions at your Medicare Part D plan's pharmacy?

Are you in the Medicare Part D Coverage Gap (aka "the Donut Hole")? The Prescription Advantage Program may be able to assist.

Prescription Advantage is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities.

If you qualify and enroll in the Prescription Advantage Program, during your Part D Coverage Gap, a 30-day supply of meds would not exceed \$12 (generics) and \$30 (non-generics).

Prescription Advantage is FREE if your monthly gross income is under \$2,871 (single)/ \$4,006 (married).

To enroll, complete and submit a Prescription Advantage application - along with proof of income and Medicare eligibility.

## F R I E N D S   O F   T H E   R A N D O L P H   S E N I O R S

### HAPPY BIRTHDAY!

A Happy December birthday to: Alice Judge (December 3), Irene Canavan (December 4), Tibby Rosenthal (December 4), Josie Marini (December 4), Donald Phillips (December 7), Peggy Sass (December 12), Sonia Barrato (December 17), Elsie Morrill (December 17), and Jill Cohn (December 22).

### ANNUAL "FRIEND" MEMBERSHIP DUES

New friends include: George Stocks, Patricia Curley and Abraham (Abe) Bornstein (in memory of Ruth Bornstein).

Become a "Friend" of the Randolph Senior Center by making an annual membership donation of \$5 (or more if you like). For your tax deductible donation, you will be featured in *The Sunnyside* as a new member and a Happy Birthday notice will be posted during your birthday month.

### FRIENDS OF THE JAMES M. HURLEY SENIOR & VETERAN'S CENTER

16 Fencourt Ave, Randolph Ma 02368    Today's Date: \_\_\_\_\_ ) \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

Membership Donation for \$5.00 pp \_\_\_\_\_ Additional Contribution \_\_\_\_\_

Memorial Donation \$ \_\_\_\_\_ In Memory of \_\_\_\_\_

## MORE ACTIVITIES

### **REIKI: Sign Up Required**

Claire Crowell and Bernadette Christian give Reiki treatments on **Tuesdays** from **10:00 to noon** for a \$2.00 fee.

### **GAMES**

- Meet on **Mondays** from **1 to 3 PM** for Canasta.
- Play Mah Jongg on **Mondays** at **9:30 AM** and **Fridays** at **1 PM**; learn to play **Thursdays** at **10 AM**.
- See the monthly calendar on page 7 for Bingo, Scrabble, Pool and Darts.

### **OVEREATERS ANONYMOUS**

Is food a problem for you? Try attending an Overeaters Anonymous meeting, **Mondays from 9:30 to 11:00 AM**.

### **COMPUTER HELP: Sign Up Required**

Elizabeth from the Turner Free Library provides computer drop-in help at the Randolph Senior Center on **December 19th at 1 PM**. She also provides 30-minute free computer training sessions at the library by appointment.

Call her at 781-961-0932.

Additionally Felisa will be at the Senior Center

**December 14th 1-3pm**

### **BLOOD PRESSURE SCREENINGS**

Screenings by the Randolph Board of Health will be held at the Senior Center on **December 7th and 21st** from **11:30 AM to 12:30 PM**.

### **WEEKLY LUNCHEON: Sign Up Required**

The SSES luncheon menu/sign-up sheet will be posted in the Senior Center each week for the next week's luncheon (suggested \$2.00 donation). Call the kitchen (at 781-963-7232 from 8-11 AM) or call Sandy in the office (afternoons at 781-961-0930) to sign up.

### **OLDE KIDS ON THE BLOCK**

These senior musicians/singers practice at the Senior Center on **December 7th and 21st @9:30**

### **HAITIAN SENIORS**

The Haitian seniors will celebrate the Christmas holiday when they meet on Tuesday, December 27 from 1:30 PM to 3 PM.

## EXERCISE CLASSES: Sign Up Not Required

### **YOGA CLASSES**

One-hour yoga classes for \$5 for the more experienced are held **Mondays at 11:15 AM** and **Fridays at 10:00 AM**. Chair yoga is held on **Wednesdays at 11:15 AM** for the less experienced for \$5.

### **CARDIOVASCULAR FITNESS**

Deb teaches a one-hour fitness class for a \$3 fee on **Wednesday** mornings at **10:30 AM** and **Friday** mornings at **9:00 AM**. Bring weights and a bottle of water.

### **TAI CHI**

Rupert Hon teaches Yang's 88-Form Tai Chi on **Tuesdays at 9:00 AM** and **Wednesdays at 9:30 AM** for \$1.

### **YUANJI DANCE CLASS**

Mona teaches Yuan Ji (combination of yoga, tai chi, & dancing) on **Mondays and Fridays** from **9:30 AM to Noon** at no charge.

### **TAP DANCING**

A free tap dancing class is offered on **Thurs at 10am**

### **PICKLEBALL**

Play pickleball Tuesday and Thursday afternoons in the large hall at the Randolph Senior Center where we can fit one court. Pickleball is one of the fastest growing sports in the country, combining elements of tennis, badminton and table tennis. Paddles provided! No experience necessary. Must sign up in advance because we won't be playing unless 4 people register. **Tues./Thurs., 1:30 to 4:15**

## **PROGRAMING NOTES**

The Randolph Health Department will hold a free grant-funded cooking class designed to help participants cook to manage weight, diabetes, high blood pressure and/or cardiovascular disease. This class will be held in Haitian Creole and English on **Monday, December 19 at 1 PM**. This class is limited to 20 people. **Sign up by Thursday, 12/15**

# CALLING ALL MEN!!

- by Chris Frasier

The James M. Hurley Senior and Veterans' Center is currently formulating a group for men like no other. This group shall be dynamically centered around men, with active adventures that we men of all ages enjoy, and issues we want to share in a setting that is safely guarded and confidential. Many of you have reached an age where we feel we have nothing more to offer, so we just sit around and wait for our final destination. It is you who we are calling to share your wisdom, integrity, courage, strength, and valor.

“As iron sharpens iron, so one man sharpens another” - Proverbs 27:17

To be a participant, please call the James M. Hurley Senior and Veterans Center Mondays through Fridays between the hours of 8:30 AM to 4:30 PM at 781-961-0930 and let us know what day of the week works best with your schedule for future Mens' Group Meetings.

## WHAT DO YOU THINK ABOUT THAT?

There has been a new addition to the walls of the James M. Hurley Senior and Veterans' Center. Outside the office you can find a large poster labeled “What do you think about that?” This interactive social experiment is displayed to encourage seniors to give their opinion on a weekly topic. In November we asked you, “What do you think about the possibility of retirement age being raised to 70?” and “What are you thankful for?”

Each week the topic will change so please be sure to check regularly, and **be sure to give your opinion.** Your opinions or thoughts will be completely anonymous. However, we ask that you please be respectful, as not everyone may not agree with you. If you have an idea for topic please let Marc know. We are going to try to stay away from direct political conversations until we have all cooled down after this election cycle.

MONDAY	TUESDAY	WEDNESDAY
5	6	
Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Pool & Darts 2:00	Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Movie 12:30</u> Pool & Darts 2:00 Pickleball 1:30 Weight Watchers 6:00	Tai Chi 9:00 Olde Kid Craft 10:00 Cardio 11:00 Chair Yo Adult Co <u>Yule Loc</u>
12	13	
Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Pool & Darts 2:00	Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Winter Songs 12:30</u> TRIAD 12:30 Pickleball 1:30 Pool & Darts 2:00 Weight Watchers 6:00	Tai Chi 9:00 Craft 10:00 Cardio 11:00 Chair Yo Blood Pr Adult Co <u>Compute</u>
19	20	
Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 <u>Healthy Cooking Class 1</u> Pool & Darts 2:00	Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Art of Gathering 12:30</u> Pickleball 1:30 Pool & Darts 2:00 Weight Watchers 6:00	Tai Chi 9:00 Olde Kid Craft 10:00 Cardio 11:00 Chair Yo Adult Co Friends o Council
26	27	
SENIOR CENTER IS CLOSED	Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> Pickleball 1:30 <u>Haitian Luncheon 1:30</u> Pool & Darts 2:00 Weight Watchers 6:00	Tai Chi 9:00 Craft 10:00 Cardio 11:00 Chair Yo Adult Co

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>3</b>
	Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pickleball 1:30 Pool & Darts 2:00	Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Vietnamese 11:30</u> Mah jongg 1:00 Pool & Darts 2: 00 <u>Restaurant Trip</u>	Zumba for Seniors 9:00 Singo 12:00 Zumba 10:00 Indoor Gardening 10:00 College Affordability Workshop 12:00 Chess/Cards 10:00 Holiday Card Making 11:00 Lunch Bunch for Kids 11:00 Jeopardy 1:00 Senior Volleyball 11:00
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:30 s 9:30 00 0:30 ga 11:15 loring 11:30 l 1:00	Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pickleball 1:30 Pool & Darts 2:00	Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Chinese 11:30</u> Mah jongg 1:00 Pool & Darts 2:00	Pancake Brunch 9:00 Let's Talk About College 12:00 Zumba for Seniors 9:00 Yoga 9:00 Zumba 10:00 Baking 101 1:00 <b>Winter Market 10:00</b> Lunch Bunch for Kids 11:00 Holiday Spa Day 11:00 Wooden Snowman Craft 12:00
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:30 00 0:30 ga 11:15 essure 11:30 loring 11:30 er 1:00	Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pickleball 1:30 Pool & Darts 2:00	Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Restaurant Trip</u> Mah jongg, 1:00 Pool & Darts 2:00	Zumba for Seniors 9:00 Holiday Movie Matinee 1:00 Yoga 9:00 Zumba 10:00 Singo for Kids 10:00 Travel the World Lunch 11:00 Lunch Bunch for Kids 11:00 Gingerbread House Decoration 11:00 Singo For All 12:00 Paint Afternoon with Barb 12:00
<b>21</b>	<b>15</b>	<b>23</b>	<b>24</b>
9:30 s 9:30 00 0:30 ga 11:15 loring 11:30 of Seniors& on Aging 1:00	Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pickleball 1:30 Pool & Darts 2:00	Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00  <u>SENIOR CENTER CLOSES AT NOON</u>	JAMES M. HURLEY SENIOR CENTER IS CLOSED
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
9:30 00 0:30 ga 11:15 loring 11:30	Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pickleball 1:30 Pool & Darts 2:00	Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00  <u>SENIOR CENTER CLOSES AT NOON</u>	JAMES M. HURLEY SENIOR CENTER IS CLOSED

# S A T U R D A Y S

## **Zumba for Seniors 60+-**

A low intensity total aerobic workout program focusing on cardiovascular, muscular conditioning, flexibility and balance. Infused with Latin routines. 9-10 \$7.00 **\*All Saturdays\***

## **Zumba for All- All ages**

High-intensity total aerobic workout program focusing on cardiovascular, muscular conditioning, flexibility and balance. Infused with Latin routines. 10-11 \$10.00 **\*All Saturdays\***

## **Yoga-**

Practice Strength and flexibility and bring balance to the body and mind. Modifications and variations of postures are offered so that beginners and intermediate/ advanced students can flow together. **9-10 Dec 10th & Dec 17th \$5**

## **Indoor Gardening Demo with FREE plants-**

Do your plants die during the winter? Want healthy plants? Learn how to repot plants and bring plants back to life and keep them healthy for years and years to come. FREE plants with the demo. **10-11 am Dec 3rd**

## **Holiday Card Making- all ages welcome**

Make your own holiday cards to send out to family friends. All supplies included....cardstock, colors, decorations ect. **11-12 pm \$5.00 Dec 3rd**

## **Lunch Bunch for Children- ages 4-10**

This two hour program is great for parents, grandparents, guardians, ect to have a quick break. Welcome to drop off kids and participate in Senior Center Activities. Our great Randolph Recreation Staff will provide crafts, games, books and more. **Please provide a lunch, limited to 25 children. Register online at [www.RandolphRec.com](http://www.RandolphRec.com) 11-1 pm**  
**\*every Saturday\***

## **Senior Citizen "Beach Volleyball"- Seniors 60+**

Want a new and fun way to exercise? This growing sport is a just that...a fun and easy way to get in some exercise during the day. Sign up with a team or join solo. Seniors SIT n chairs on opposite sides of a volleyball net. Once the ball is tossed in the air, the game begins, just as a normal volleyball game would. Fun for all. **Limited to 14 People.** 11-1 pm \$5.00 **\*First Saturday of every month\***

## **Sing Along Bingo-All ages welcome**

Come and play bingo all the while singing to some of your favorite hits. Fun for all. Refreshments will be served. **12-1pm Dec 3rd**

## **Holiday Pancake and Waffle Brunch- All ages**

Come and enjoy a holiday brunch with pancakes, waffles, fruits and more. Fun for all ages. Feel free to bring friends and family. **Limited to 35 people. 9-10:30 am \$5.00 Dec 10th**

## **Winter Market-**

Enjoy vendors, artisans and more. Come and shop to get your weeks pastries, baked goods, jewelry and more. 10-1 pm **\*2nd Saturday of every month\***

## **Holiday Special Spa Day-All ages welcome**

We have an Arbonne Representative that specializes in skin care, makeups, and healthy products made all naturally. We invite you to come and try some of their products including a foot soak and more. **11-2 pm Dec 10th**

## **Baking 101-All ages Welcome**

Learn about what goes into baking and then join us in making some delicious treats with step by step instruction. **Limited to 12 people.** 1-230 pm Dec 10th \$5.00/ \$3.00 for Materials

**Gingerbread House Decorating-** Enjoy a fun and festive hour of decorating gingerbread houses. ALL Supplies included. **Best House** wins a prize at the end! **11-12 pm Dec 17th \$5.00**

## **Paint Afternoon with Barb- All ages welcome**

Online registration [www.randolphrec.com](http://www.randolphrec.com)  
Learn Step By Step instruction on a specific painting. ALL Supplies included. **12-2 pm Dec 17th**

## **Travel the World Luncheon- All Ages Weclome**

Wanted to travel the world but can't? Now is your chance to experience some of the food and culture from different countries around the world. Food and drinks are provided and real life pictures from people that have traveled will be shown. Passports will be made and handed out...made to be stamped when you come for the lunch. Once you reach 10 stamps in your passport, you get something really special. Enjoy a fun time. 11-1 \$5.00 **\*Dec 17th\***  
**\*3rd Saturday of every month**

# NOTES

## **FREE MEMORY CAFE**

Cornerstone at Canton at 175 Revere Street in Canton has opened a free Memory Café on the 4th Thursday of each month from 1:30 to 3 PM for those living with memory changes and their care partners.

## **OUTREACH NOTES**

Brenda Margolis is now working by appointment at the Randolph Senior Center. Make an appointment with Brenda on Mondays, Tuesdays or Thursdays between the hours of 10 AM and Noon by calling 781-961-0930 or 781-961-0928,

## **AROUND RANDOLPH**

### **COMMUNITY POOL**

Open swims for seniors will be Tuesdays and Thursdays from 5 PM to 6 PM through November 22. The cost is \$3 per person. If you have questions, call the Randolph Community Pool at **781-961-6260**.

### **REC DEPT TRIPS**

- Yuletide Newport mansions, LaSalette Shrine & lunch, **Thursday, December 15, \$89**
- Foxwoods Trip, **Thursday, January 19, 2017, \$29**

These trips fill up fast. You are not considered “registered” for a trip until full payment is made. More information is available on each trip at the Rec Department (781-961-0939), which is located at the Senior Center

### **POWERS FARM**

Autumn is the perfect time to take a walk around Powers Farm, located at 592 North Main Street.

### **ZAPUSTAS ARENA**

Open Skate is every Saturday 11:15am-12:45pm \$3 per skater. \$5 skate rental.

## **COMMUNITY CENTER UPDATES**

### **GIVE YOUR INPUT**

What programs should we offer in our new Intergenerational Community Center? **IN PERSON:** Fill out a comment card in the Senior Center Office.

**ONLINE:** [www.tinyurl.com/CommCenterSurvey](http://www.tinyurl.com/CommCenterSurvey)

### **FACES OF RANDOLPH**

Our new Intergenerational Community Center will be have a large mosaic tile wall representing Randolph. Please stop by the office to pick up a “Faces of Randolph” application. The application includes a small area to draw your face (anything else you would like). We would love to see a large number of Randolph seniors artwork to be on permanent display in our new building.

### **INTERIOR OF GYMNASIUM**

Second Floor  
Entrance to Gym

Future site of  
wooden Gym  
Floor



### **EXTERIOR OF GYMNASIUM**

Indoor Walking  
Track

Exterior Storage



# TURNER FREE LIBRARY

**Tuesday, December 13**, 6:30 PM to 8:30 PM, Knitting with Denise at Turner Free Library in Randolph

**Thursday, December 15**, 7 PM, Author Talk at the Turner Free Library in Randolph with Channel 5's Chronicle reporter Ted Reinstein, *Wicked Pissed: New England's Most Famous Feuds*

## Holiday Events in the Area

St. Mary's Church bus trip to Reagle Theater in Waltham for their amazing Christmas Time show, \$59 per person, on **Saturday, December 10**. This trip is for members of St. Mary's Church as well as friends and relatives. The bus depart St. Mary's parking lot at 11 AM and return at 4 PM. Tickets can be purchased at St. Mary's office at 22 Seton Way in Randolph or at Randolph Savings Bank at 129 North Main Street in Randolph. Call 781-963-9152 for more information.

*A Christmas Carol* is playing at the Company Theater in Norwell, Massachusetts from **Thursday, December 1 to Sunday, December 18**. Charles Dickens' *A Christmas Carol* tells the story of a bitter old miser named Ebenezer Scrooge and his transformation into a gentler, kindlier man after visitations by the ghost of his former business partner Jacob Marley and the Ghosts of Christmas Past, Present and Yet to Come. **Ticket prices range from \$39 to \$41**. Call the Box Office of the Company Theater for more information at 781-871-2787. The Box Office is open Monday through Friday from 11:00 AM to 6:00 PM, and during all performances.

South Shore Conservatory's renowned Conservatory Concert Series presents Holiday Favorites on **Sunday, December 11, 4 PM** at Derby Academy, 56 Burditt Street in Hingham. **The concert is free and open to the public**. Holiday Favorites features both classical and musical theater holiday favorites. From lush arrangements of traditional carols such as O Holy Night, to sweet tunes from beloved musicals, to duets from The Messiah, this concert is sure to put everyone in the holiday spirit.

## WINTERFEST

**12/3 1:00-4:30**

**Crawford Sq & Turner Free Library**

## Safety Tips

From Randolph Police Dept, Sgt Hughes

With the onset of autumn the sun setting earlier, the colors of the foliage changing and the weather becoming cooler, there are several season specific safety tips that everyone can use to have a safe autumn.

If you have house lights on a security timer, remember to reset the time to fit the earlier sun set. With fall weather comes rain, wind and falling leaves. Be sure to give yourself adequate time to brake your car when driving, as wet leaves on the ground can be almost as slippery as ice.

Sunday November 6<sup>th</sup> at 2:00 AM we 'fell back' for daylight savings. If you haven't already done so, this is a great time to test and replace the batteries in your smoke and carbon monoxide detectors.

The grandkids (and for some, the great grandkids) and back to school, and with that comes exposure to all sorts of germs and viruses. Speak to your doctor about getting a flu shot and about any steps you can take to strengthen your immune system.

If you plan to go away for the holidays, be sure to let a trusted friend or neighbor know, and to have them pick up your mail. A pile of mail is an indicator of a empty home to a thief. Also, if you receive food deliveries from Meals on Wheels, let them know that you will be away. This will prevent Meals on Wheels from unnecessarily requesting well being checks on you from the police, as well as will prevent the waste of food within the organization.

On behalf of the Randolph Police Department, have a safe and wonderful holiday!

## Boston Symphony Orchestra Open Rehearsals

Do you want to hear the Boston Symphony for a more reasonable price (\$18 to \$30)? If so, consider attending their open rehearsals, which are as follows:

**Thursday, January 12, 10:30 AM**

(rehearsing Barber, Riley and Elgar)

**Thursday, March 23, 10:30 AM**

(rehearsing Berlioz, Pintscher and Beethoven)

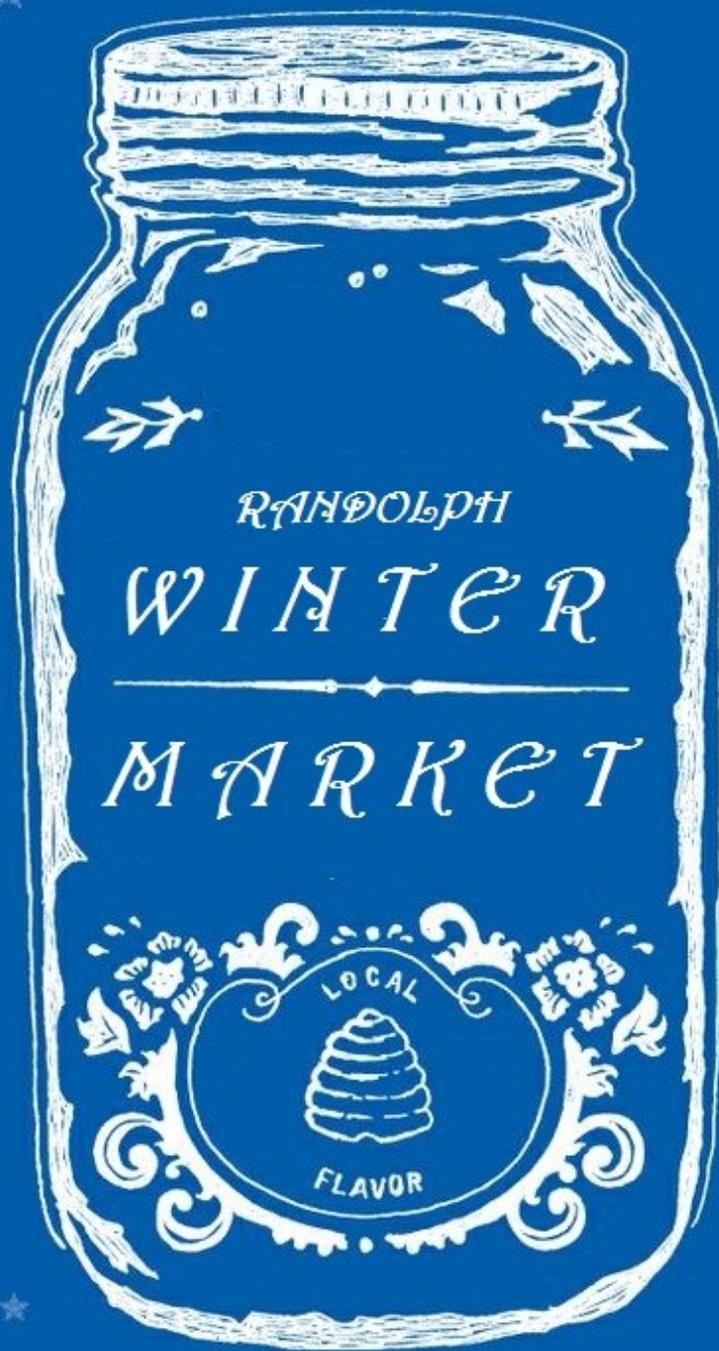
**Thursday, April 20, 10:30 AM**

(rehearsing all-Mozart program)

**Thursday, May 4, 10:30 AM**

(Shostakovich, Rachmaninoff and Mahler)

Open rehearsals offer audience members a unique perspective on the creative dynamic between orchestra and conductor. Please note that all seats for open rehearsals are ticketed—buy online at [www.bso.org](http://www.bso.org)—rather than general seating. Ticket holders also can attend a free pre-rehearsal talk from 9:30 AM to 10 AM in Symphony Hall.



*Artisans - Fresh Food - Crafters*

*2nd Saturdays  
November-April*

*Now  
Open!*

*10am-1pm*

*James M. Hurley Senior & Veterans' Center*