# the **SUNNYSIDE**

#### SEPTEMBER 2018 | Program Guide

RANDOLPH INTERGENERATIONAL

COMMUNITY CENTER

#### **IN THIS ISSUE**

## New season. New programs!

Program guide for September programs at the RICC Important Reminders for Seniors Updates and highlights from the RICC Contact Info for Staff Farewell and Thank You to our Director

> HOURS OF OPERATION Su-Th | 7:30am-9:00pm F-Sa | 7:30am-10:00pm

The second

781-961-0930 128 Pleasant St www.randolphicc.com

**RICC CLOSED LABOR DAY: 9/3/18** 

## A FAREWELL AND THANK YOU TO A BELOVED TOWN OF RANDOLPH EMPLOYEE AND OUR COMMUNITY PROGRAMS DIRECTOR

Walt Disney once stated, "If you can dream it, you can do it."

Marc Craig, a lifelong dedicated Disney fan(atic), embraced this quote to the fullest and has showered it's truth all over the Town of Randolph.

After having spent nearly 8 years serving our Town, Marc leaves a legacy of *dreaming* and *doing*. His latest and most impressive feat was seeing through the creation of our very own Intergenerational Community Center, the RICC.

Additionally, under Marc's leadership, the Elder Affairs and Recreation departments were greatly expanded to provide a robust set of programs and services to our community. Then



Marc, with some of his former employees, posing at the RICC parking lot, where there once was an old shack that held the former Recreation Department.

there's the expansion of Powers Farm, the improvement of Belcher Park and integration of Summer Camps into it, the outstanding and ever improving Night Before the 4th Parade and much, much more.

As much as we are excited for him to continue his journey spreading his magic, he will surely be missed here at the RICC and in Randolph at large.

Marc, thank you. Keep dreaming. Keep doing. You've cemented your legacy here in Randolph. We leave you with this final quote from Walt Disney:

*"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."* 

In appreciation, Your team



Marc, with appreciative Town of Randolph employees and members of the community, at his farewell.

## NAMASTE



#### **THE PASSION, THE COMMITMENT and THE MULTICOLORED HAIR** A look into the life of an RICC Yoga and Pound Subcontractor

Susan Johnson, multicolored hair and all, has been with the RICC since the very beginning. Civil Engineer for Massdot by day, Yoga and Pound Instructor for the RICC by night, Susan took a leap of faith bringing her talents to the RICC and is now currently running 3 successful wellness programs. Deshaun Darling, one of our Member Experience Specialists said, "she is such an inspiration to all the RICC Staff and we love seeing her multiple times a week."

Susan has been teaching Yoga and Pound for 3 years now. She told me that when she first started her practice at Back Bay Yoga with teacher and mentor, Goldie Graham, she absolutely fell in love with Yoga and became so inspired and that she decided to start her "second career" as a Yoga instructor herself.

One of the great ways to get involved at the RICC is to become a Program Subcontractor. If you have a skill, talent, ability or small business, you can work alongside our Programs team to develop a program that you

teach through the RICC. Susan was one of our first and has been our longest standing Subcontractor.

Today she teaches 3 classes at the RICC: Pound and 2 sessions of All Levels Vinyasa Yoga. She explains that All Levels Vinyasa Yoga is her all time favorite to teach and that "each week there has been a consistent group of participants and everyone in the class has truly noticed positive changes in their bodies, from being able to garden again to just sitting properly in a chair. It is super rewarding to see."

What can you expect from one of Susan's Yoga classes? Susan welcomes all levels and abilities and teaches a vinyasa-style class, which focuses on linking your breathing and movement together. Participants have said that she brings an infectious positive energy that makes the class that much more enjoyable. Her main goal is to build stamina, strengthen and lengthen muscles, practice breathing and bring the Savasana; which is the art and practice of bringing pure relaxation - one muscle at a time - to the body and to the senses.



### "Stay open to new and challenging opportunities."

-SUSAN JOHNSON RICC SUBCONTRACTOR Susan goes by a

simple philosophy that has shaped her into the person that she is today and that she now works to instill into her class. She says, "stay open to opportunities and always challenge yourself to find something that you can improve upon."

So just as she would end her class, I am putting my hands together in the center of my chest, closing my eyes, bowing slightly and ending with a word that leaves you with a sense of peace and balance:



#### Namaste.

WRITTEN BY: LOREN PHINNEY,, RICC TEAM MEMBER

A word of thanks for trying something new and a thank you to the world that was created around us.

Susan currently offers **All Levels Vinyasa Yoga** weekly on **Tuesdays and Thursdays from 6:30-7:30pm**. She also offers **Pound** on weekly on **Mondays** from **6:30-7:30pm**.

## News and Reminders



### **Reminders for Seniors**

#### SEPTEMBER RESTAURANT TRIPS

*Friday, September 7th -*Fox and Hound- Quincy *Friday, September 21st -*Stars-Hingham Harbor *Friday, September 28th -*The Chateau-Norton

Call 781-961-0930 x163 to reserve your seat for one of our trips.

#### SEPTEMBER AFTERNOON MOVIES

Tuesday, Sept 4th 12:30pm-Finding Your Feet Tuesday, Sept 25th 12:30pm-The 15:17 to Paris

\*For movie descriptions please see Keri Sullivan, Adult/Senior Program Director

#### New! "WHO ARE THE PEOPLE IN YOUR TOWN?"

Come meet and speak with Commander David Avery of the RPD. Commander Avery will be on hand to talk about his role in the department and our community.

Tuesday, September 11th at 12:30pm

#### **TRIAD MEETING**

Joe Canavan from the Norfolk County Sheriff's Office will be on hand to talk to us about current phone/emails scams and what to look out for.

Tuesday, September 18th at 12:30pm

#### SENIOR CRAFT GROUP

Every Wednesday 10:00-2:00pm Please drop in and bring your crafting projects! Share your ideas, your expertise, and learn!

#### SOUTH SHORE ELDER SERVICES WEEKLY LUNCHEON AT 11:30AM

We kindly request you register by the <u>Thursday</u> <u>before the luncheon</u> 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 - all other adult guests, \$5.00).

Call our Member Experience Team today at 781-961-0930 to sign up!

#### BLOOD PRESSURE SCREENINGS

\* Starting September 19th, once a month there will be <u>BOTH</u> a Blood Pressure and Flu Clinic \*

Randolph Board of Health hosts *free* Blood Pressure Screenings on the first and third Wednesday of each month! For any other times needed pease call the Public Health Nurse @ 781-767-1406 to make an appointment.

Wednesday, Sept 5th 11:30-12:30 pm (BP ONLY)

Wednesday, Sept 19th 11:00-1:00 pm (BP and FLU)

TO BOOK MEDICAL TRANSPORTATION YOU MUST CALL: 781-961-0930 x163

"Around the town" shopping trips can be booked by calling **781-961-0930 x163** *Monday-Thursday: 9am-3pm Only* 

### SHINE (Medicare/Medicaid) COUNSELING

Medicare Annual Open Enrollment period is coming soon!

Be smart. Meet with a SHINE counselor during the **October 15 through December 7 Medicare Annual Open Enrollment period** to review Medicare's 2019 health care insurance options. Ask if you qualify for health insurance or co-pay assistance programs like PA, LIS, HSN, or MSP.

Do you have a Medicare Prescription Drug Plan? List your current medications on the SHINE Pre-Enrollment Drug Search form. The completed form will be placed in the confidential SHINE folder. The SHINE counselor will prepare a suggested 2019 Medicare Prescription Plan report for your review.

Retiring soon? Turning 65? Speak with Cheryl, the Randolph SHINE Counselor, to discuss health care insurance options. **Call 781 961-0930 Ext. 107** (or visit RICC) to schedule a SHINE appointment. SHINE counseling services are free and confidential.

#### **OUTREACH NOTES: FOR SENIORS ONLY**

Jonathan Ramage is the new Outreach Coordinator for the RICC. For appointments please call **781-961-0930 x105**.

#### New!

#### <u>資訊服務 /SOCIAL SERVICES</u>

**On the 2nd and 3rd Friday** of each month, a Boston Chinese Golden Age Center outreach worker will provide the following social services at the RICC. Mass health or SNAP application, home care services, lifeline phone help, Randolph Housing Application, interpreting, letter reading and any relative elder service. Please contact GAC Main # 617-357-0226, direct # 857-990-3326 for more information. Drop-ins welcome!

每個月第二和第三個星期五, 耆英會職員將到本大樓, 在活動室為大家服務包括: 填寫申請白 咔、糧食卷、家居護理、電話、房屋表格、讀寫書信,文件翻譯, 以及解答有關社會福利, 健康 保險等問題。當日現場洽詢。如有疑問, 請致電總機 617-357-0226專线 857-990-3326查詢。

#### VETERANS/VETERAN SURVIVORS

The Randolph Veteran Services office is located at the Randolph Intergenerational Community Center. Our office hours are Monday through Friday 8:30-4:30. 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 <u>awilliams@randolph-ma.gov</u> or <u>kcook@randolph-ma.gov</u>

#### FRIENDS OF THE RANDOLPH SENIORS

\*\*Our Policy is to announce your birthday in the *Sunnyside* if you have renewed your membership within the last two calendar years (i.e. 2018 or 2017). We do not list your birth month and day in the *Sunnyside* if you do not write it on your newest membership form.



#### **Questions?**

**Keri Sullivan** Adult/Senior Program Director

781-961-0930 x116

**Jovan Zuniga** Acting Director of Community Programs

781-961-0930 x113

randolphicc.com

## intergenerational programs

LEARN SIGN WITH LITTLE ONES (6 mths-1.5 years) 9:00-10:00am Aug Dates Vary (please call) Babies and Caregivers can learn some basic ASL signs that may help with communication and expressive language skills. Each session we will focus on different signs so registering for multiple sessions is encouraged. *REGISTRATION REQUIRED	COOKING W/ NATACHA <i>Tuesdays 6:00-8:00 pm</i> Join Natacha Clerger as she teaches you how to make delicious recipes. Hands on cooking class. All ages welcome! *REGISTRATION REQUIRED free! KINDERGARTEN PREP Wednesdays 5:15-6:00pm Learn the basics of ABC'S, numbers, colors, shapes	Loren Phinney Night/ Weekend Coordinator 781-961-0930 x102
KNITTING AND CROCHETING Sundays 1:00-3:00pm Learn how to knit and crochet while following patterns. Instructors will teach correct patterns.*REGISTRATION REQUIRED\$5CREATIVE WRITING CLUB Thurs 5:30-7:00pmNew!	and more. Our in house staff does a lesson plan with kids as well as read to them and more. *REGISTRATION REQUIRED free! FAMILY FUN FITNESS/TRAINING (ages 10 and up) Saturdays 1:00-2:00pm A variety of family friendly exercise that helps build up the mind, body and soul as well as add some healthy competition between family members.	<b>Kristen</b> <b>Pellerin</b> Night/ Weekend Coordinator
Every other Saturday Night 9/8 Feel inspired? Come and join our creative writing club. We will be working on group projects, such as children's stories as well as individual projects. *REGISTRATION REQUIRED	These exercises will encourage strong bones and reduce the risk of osteoporosis. There will be boxing, cardio and more.*REGISTRATION REQUIREDfree!	781-961-0930 x103 randolphicc.com
OPEN STUDIO WITH JADE       New!         Saturdays 1:00-6:00pm       New!         Come and enjoy some fun in the art room. Various projects will be done weekly with our art instructor Jade. Imagination is key!       *DROP INS WELCOME	BAKING WITH MELODY Fridays 5:30-8:00pm / Saturdays 4:30-7:00pm Enjoy some baking fun! Melody is baking up a storm in the kitchen. Various recipes provided and instruction included. Supplies all included. *REGISTRATION REQUIRED \$1	
INTERGENERATIONAL MAGAZINE Fall season out sometime in September Enjoy the different pieces that members of the RICC have put together! From games, to articles about food and basketball to much much more! The Intergenerational Magazine is a seasonal magazine! Our next issue will be out in the Winter! If you want to submit any articles, pieces please email <u>lphinney@randolph-ma.gov</u> ! free!	SOCIAL DANCING       Starting September 14th         2nd and 4th Friday Night of every Month         For more information including cost, please call our         Member Experience Team at 781-961-0930.         *REGISTRATION REQUIRED	

**Questions?** 



## RANDOLPH INTERGENERATIONAL

## adult & senior **Programs**

**FUTSAL (CO-ED)** Fridays 7:30-9:30pm Indoor Soccer at the RICC! Drop in and play. All skill levels welcome! free!

#### **OVER 30 PICKUP BASKETBALL** \*\*New Night\*

Mondays 6:30-8:30pm Drop in and play. All players are welcome!

free!

New!

#### ALL LEVELS VINYASA YOGA

1st and 3rd Saturdays 8:30-9:30am Tuesdays 6:30-7:30pm

Thursdays 6:30-7:30pm

A vinyasa style class suitable for all levels including beginners through experienced yoga. Please bring a yoga mat and any props used in your practice. \$7

**\*REGISTRATION REQUIRED** 

### NORDIC POLE WALKING Mondays 11:00-12:00 pm Thursdays 6:30-7:30 pm The <u>Smarter Way to Walk</u>.

Come learn! Nordic Pole Walking is a great way to get a better walking experience. Participants exercise nearly 90 % of their muscles in a low-impact physical activity! We will be walking in and around the RICC to start.

#### Limited to only 10 spots! Walking poles provided!

**\*REGISTRATION REQUIRED** 

rep, and maybe even five more!

\*REGISTRATION REQUIRED.

STRONG BY ZUMBA

Wednesdays 6:30-7:30 pm Stop counting the reps and start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced music that was designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last

\$5

free!

#### ADULT CO-ED VOLLEYBALL Tuesdays 7:00-9:00pm Sundays 6:00-9:00pm

Adult drop in co-ed pick up volleyball. All level free! players welcome!

#### **CARDIO KICKBOXING & GROUP FITNESS** Tuesdays 7:30-8:30pm

Sundays 5:00-6:00pm Are you ready to push yourself? Come experience this full body workout mixed with dynamic stretching, interval training and kickboxing. This high energy fitness class is for all levels, so be prepared to challenge yourself by reaching new goals physically and mentally.\*REGISTRATION REQUIRED **\$7** 

### BOOT CAMP \*Bi-Weekly\* Sundays 9:00-10:00am

The weather is nice and it's time to work out - boot camp style. Be prepared to do different obstacles, resistant training, ropes and cardio. This will be challenging, but fun at the same time. Come and build your endurance, sculpt your body and meet new people.

**\*REGISTRATION REQUIRED** 

#### \$15

free!

#### POUND!

Mondays 6:30-7:30pm 2nd and 4th Saturdays 8:30-9:30am Cardio fitness using lightly weighted drumsticks (provided). Instead of only listening to music, you become part of the music in this full body workout. This class is for all learning levels.

\$7 \*REGISTRATION REQUIRED

**IMPROV LAB W/ TONYA** 

Free Trial Class for September: Tuesday Sept 25th 6:30-8:30pm Attend this free class and you can register for the upcoming 6 week series before you leave! This theater improv class will teach the elements of improvisational acting. Learn to improvise with others through a variety of skill building games exercises.

**\*REGISTRATION REQUIRED** 



### RANDOLPH INTERGENERATIONAL

**COMMUNITY CENTER** 

#### **Questions?**

Keri **Sullivan** Adult/Senior Program Director

781-961-0930 x116

Sue Romain Adult Program Coordinator

781-961-0930 x104

randolphicc.com

BASIC FUNDAMENTALS OF SINGING *6 WEEK PROGRAM (9/18-10/23)* *Starting 9/18/18* Tuesdays 7:00-8:30pm Students ages 18-99 will learn the basic principles of	CANASTA Mondays 1:00-3:00pm A fun card game played by 4 players in 2 partnerships with a standard deck of cards.	Questions?
singing; breathing, relaxation, characterization knowledge of text and musicality. At the end of the 6 week course you will perform. *REGISTRATION REQUIRED \$140	free! YUANJI Mondays and Fridays 9:00-11:30am	<b>Keri</b> Sullivan Adult/Senior
MEDITATION IN THE MORNING Wednesdays 9:00-10:00am Each session begins with a brief discussion. This	Mixture of martial arts, physical therapy, meditation, dance and qigong exercise. Multicultural dance promotes health and well being. <b>free!</b>	Program Director
meditation will guide you into your inner quiet space and the instructor will also provide reiki for those who want it.	HAITIAN SENIOR GROUP Thursdays 1:00-2:30 pm	781-961-0930 x116
*REGISTRATION REQUIRED \$7	Salitasyon! Nou envite tout grandèt Ayisyen pou jwenn ak nou chak jedi a 1è aprè midi (1PM), nan nouvo lokal Randolph Community Center, 128 Pleasant Street, Randolph, MA. Chak jedi, nap pase yon bon	Sue Romain Adult
EVENING REIKI Thursdays 7:00-9:00pm Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administrated by "laying hands" and is based on the	moman ansanm nan kèk aktivite tankou ekzèsis fizik, rakonte istwa, bay blag, manje ansanm, bwè ti kafe, pataje bon enfomasyon, ak anpil lòt bagay ankò. Nap kontan wè ou! Mèsi anpil!	Program Coordinator
idea that an unseen life force flows through us and is what causes us to be alive. *REGISTRATION REQUIRED \$5	<b>English Translation:</b> Greetings! We would like to invite all Haitian seniors to join us for our new Haitian Senior Program every Thursday at 1PM at the Randolph Intergenerational Community Center located at 128 Pleasant Street, Randolph, MA. Every Thursday, we'll spend some time together in	781-961-0930 x104
BALLROOM BASICS Mondays 7:30-8:30pm Learn the basic step elements, posture, poise, lead/	activities such as exercise, reminiscing/story telling, sharing a snack with coffee, info sharing and more.	randolphicc.com
follow, technique, etc. Merengue, waltz, foxtrot, tango, swing, rumba, salsa/cha cha. No partner or prior experience necessary. Look for social dancing happening soon!	*SPECIALTY HAITIAN SENIOR PRESENTATION* <i>Thursday September 6th @ 1:00pm.</i> Please join us for a presentation on fall prevention by a nurse from Presidential Home	
*REGISTRATION REQUIRED \$12	Health Care! Le 6 septanm a 1è aprèmidi, souple vini patisipe ak nou sou prezantasyon nap genyen sou prekosyon	
PAINT ALONG WITH JESSIE Monday, September 10th @ 10:30am Thursday, September 20th @ 6:30pm Saturday, September 29th @ 12:00pm Come and paint your masterpiece! Class teaches the	grandèt yo dwe pran pou yo pa tonbe. Enfimyè ap sòti nan Presidential Home Health Care, pou vini bay enfòmasyon sou sa. Nap tann ou. Mèsi. free!	
painting process step by step. *REGISTRATION REQUIRED \$10	SCRABBLE Mondays & Fridays 10:00-12:00pm It's the original 3-D version of "Words with Friends"! A dictionary is provided. Come and play! free!	



RANDOLPH INTERGENERATIONAL

Monday, September 10th @ 10:30am Thursday, September 20th @ 6:30pm Saturday, September 29th @ 12:00pm Come and paint your masterpiece! Class teaches the painting process step by step. *REGISTRATION REQUIRED \$10	Tuesdays 9:30am-11:00am @ Powers Farm Wednesdays 9:30am-11:00am @ RICC Great Chinese tradition of relieving stress. Gradual form of exercise. Involves a series of movements performed in a slow focused manner and by deep breathing. Improves balance and overall health.
MAH JONGG Mondays 9:30-12:00pm Fridays 1:00-4:00pm A tile based game that originated in China. Commonly played by 4 players with 152 tiles with Chinese symbols and characters. Thursdays - Learn how to play! (by appt - please call) free!	WATER COLOR PAINTING Thursdays 12:30am-2:30pm Watercolor is a painting method in which paints are made of pigments suspended in a water-based solution. Refers to both medium and art work. fre CHAIR YOGA
YOGA Mondays 11:15am-12:15pm Fridays 10:00am-11:00am A 1 hour yoga class suitable for more experienced learners. *REGISTRATION REQUIRED \$5	Wednesdays 11:00-12:00pmA gentle form of yoga that is practiced sitting on a chair or standing using a chair for support.*REGISTRATION REQUIRED\$
INTERMEDIATE/ADVANCED TAP DANCE Thursdays 11:15-12:15pm Intermediate and Advanced level of instruction in Tap for Adults and Seniors. Show and Jazz techniques taught. Performance opportunities available.	REIKITuesdays 10:00-12:00pm (30 minute sessions)Reiki is a Japanese technique for stress reduction an relaxation that also promotes healing. It is administrated by "laying hands" and is based on the idea that an unseen life force flows through us and is what causes us to be alive.*REGISTRATION REQUIRED
PICKLEBALL <i>M, T, Th, 9:00am-11:30am</i> Join in this fun hybrid of badminton and tennis. This         program is an expansion of the current seniors         pickleball program into a community-wide pickleball         program.         *REGISTRATION REQUIRED	DOMINOS & CRIBBAGE Mondays & Fridays 10:00-12:00pm The classic games we all love. Drop in and play! fre
FOREVER FIT Wednesdays 10:35am, Fridays 9:05am 50 minutes of total body workout. Cardio, strength training, balance and stretching. Chairs will be available for those that need them. Please bring your own handweights.	

RANDOLPH INTERGENERATIONAL

## children & teen programs



#### YOUNG SCIENTISTS (7-12 year olds) **KID'S NIGHT AT THE MOVIES** 8 week program 9/4-10/23 (12 and under) Fridays 7:00-9:00pm Tuesdays 5:30-6:30pm Come by and enjoy a family-friendly movie at the RICC! Make sure to check in during the week to find out what we will be showing. If you loved the kids movies from the 80's and 90's, then bring your kids **\$20** and experience them together! BALLET, TAP AND JAZZ (5-6 yr), (7-12 yr) New! Please call the front desk for more free! information at 781-961-0930. Children in this class will be introduced to more formal dance technique which will lay the foundation for safe, correct, and successful dancing in the years that Tuesdays 4:00-5:00pm (9/4-10/23) follow.

**\*REGISTRATION REQUIRED** 

\$40 Monthly

free!

PRESCHOOL BALLET AND TAP (3-4 yr) New!

Please call the front desk for more information at 781-961-0930.

Dancers ages 3-4 will learn basic steps and terminology in ballet and tap and explore their own creative movement styles through the use of imaginative music, games, and props in a safe, positive and encouraging environment.

#### **\*REGISTRATION REQUIRED**

\$40 Monthly

#### This 8 week course will explore many different

scientific concepts and how they are connected. From plants to planets and everything else. **\*REGISTRATION REQUIRED** 

#### **KID'S VOLLEYBALL**

welcome!

Tuesday 4:30-5:30pm This will be an 18 and under only program consisting of organized pick up games. All skill levels are

#### INTRO TO CODING I (8-WK PRGM) (7-12 yr)

Mondays 4:00-5:00pm (9/10-11/5)

We utilize the fantastic and free web-based software at <u>khanacademy.org</u>. Teaches the basics of writing JavaScript. We start w/ programming simple shapes and colors and will move on to functions. This class moves at a pace of the students in it.

#### **\*REGISTRATION REQUIRED**

#### free!

#### INTRO TO CODING II (8-WK PRGM) (7-12 yr) Mondays 5:00-6:00pm (9/10-11/5)

This Program will expand on the lessons from Intro to Coding I and will explore animation, java functions and game design.

\*must have completed Intro to Coding I

**\*REGISTRATION REQUIRED** 

free!

#### ADVANCED CODING (8-WK PRGM) (7-12 yr) TBA

For the kids who have completed <u>Intro to Coding I</u> and II this course will explore more advanced aspects of JavaScrip. Beginning with multi-scene programs, 3DS graphics and scored games, we will then work on developing our own java-based video games.

**\*REGISTRATION REQUIRED** 

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free!
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### RANDOLPH TERGENERATIONAL

#### EXCEPTIONAL KIDS GAMING HOUR

Tuesdays 6:30-7:30pm

During this hour, the media room will be reserved for our community members with special needs and their families. free!

WE "R" BASKETBALL CLINICS

Thursdays (K-2nd gr) 4:00-5:00pm (3rd-5th gr) 5:00-6:00pm

This program will teach the fundamentals and logic of the game of basketball through the use of different drills and games.

**\*REGISTRATION REQUIRED** 

YOUNG MEN'S GROUP (12-25 yr) Wednesdays 6:00-7:00pm

This program empowers youth to own their life outcomes by discussing history, current events and how both intersect to impact their lives. Youth also begin a process of career exploration by learning about different industries and career options.

free!

New!

New!

\$2

#### INTRO TO CODING (10 wk prgm) (13-18 yr)

Thursdays 4:00-5:00pm (9/6-11/8) This program will teach teens the basics of writing computer code using JavaScript.

**\*REGISTRATION REQUIRED** 

#### OUT OF MANY, ONE RANDOLPH (12-18 yr) **8 WK PRGM**

Contact Wil Thompson if interested This program will involve Randolph teens interviewing local seniors and veterans of different cultural backgrounds to create written stories, podcasts and digital media to tell their stories. This program will bring together generations and cultures that typically have minimal interactions and provide an avenue for the sharing of experiences. \*REGISTŘATION REQUIRED

free!

#### LEARNING TO BAKE FOR KIDS (8-12) Saturdays: 9/15, 10/10, 11/17 10:00-12:00pm

Come learn the basics of baking delicious treats at the RICC! During this 2 hr class, kids will get to make tasty snacks. free!

**\*REGISTRATION REQUIRED** 

**\*REGISTRATION REQUIRED** 

Thursdays

WE "R" BASKETBALL CLINICS

#### STEAM WORKS (8 wk session) Tuesdays 9/11-10/30 3:00-5:00 pm

STEAMworks is more than a science program and more than an arts club. STEAMworks challenges middle and high school students to use their ideas to solve real problems, while learning the innovation and entrepreneurial skills they will need in the future. Every week, participants will do fun and engaging projects that stretch their knowledge and creativity. At STEAMworks, no one will tell you what to create.

(6th-8th gr) 6:00-7:00pm (9th-10th gr) 7:00-8:00pm (11th-12th gr) 8:00-9:00pm This program utilizes basketball as an outlet to reach

better understanding of staying healthy on and off the

and teach children and teens. We will help teach characteristics for life skills, building and gaining a

court. Full body workouts are to be expected.

**\$30**/8-weeks or

\$5/session

\$2

free!

randolphicc.com

Child/Teen Director

Wil

781-961-0930 x115

Damon

Harper Child/Teen Coordinator

781-961-0930 x115

**COMMUNITY CENTER** 

## free!

#### **BACK -TO- SCHOOL DODGEBALL TOURNAMENT (ALL AGES)** More details to come. For more information please call Wil Thompson 781-961-0930 x115.

**\*REGISTRATION REQUIRED** 

YOUTH VOLLEYBALL (13-18)

Tuesdays 5:30-7:00pm This will be an 18 and under only program consisting of organized pick up games. All skill levels are welcome!



**Questions?** 

Thompson

## A PAGE OF LOVE FROM THOSE WHO KNEW MARC BEST

"Marc genuinely cared about improving the quality of life for the citizens of Randolph. That feeling was infectious for those of us that had the privilege of working with him." - Wil Thompson, Child & Teen Program Director.

"You will be missed as a boss and more importantly as a friend. I know you will be able to do amazing things at your new job but no team will ever compare to the ones you leave today. Cheers to you and everything you have done!" - Loren Phinney Intergenerational Program Coordinator

"Marc was so caring and kind and is always willing to take time out of his day to help. My brother was struggling to find a job and so I asked Marc if he had any openings. Marc went out of his way to help my brother find a job within the Recreation Department." - Jenny Prime, Member Experience Team.

*"Marc is like an older brother in a way. He's there when you need him and he gives you good advice and helps you better yourself as a brother should."* 

- Jade Queen, Intergenerational Program Staff

"Foxboro is lucky to have a guy like Marc. He always has a smile on his face and he carries around an almost weightless personality that is just infectious. You would never know he was having a bad day. We loved having him around." -Sue Romain, Adult Coordinator.

"Thank you Marc for being handy and being able to always fix things at the drop of a hat." - Pat Ryan, Child & Teen Program Staff

"Marc, you believed and trusted in me. Thank you for giving me the opportunity to serve our community in such a meaningful way. Keep your youthful spirit and fervent drive alive. Can't wait to see what you have in store for Fo. 'I'll see ya'." -Jovan Zuniga, RICC Director

"14.560 hours.

Fourteen Thousand five hundred and sixty hours. That's a 40 hour work week for 7 years. So many weeks were over 40 hours, and all of them filled with memories. We've laughed, supported, learned, laughed some more, worked really hard, grieved, grown and supported great growth and change to our "Rec" landscape. There is no easy way to capture all of the emotions attached to these memories without the sadness that comes with the end of this chapter. Thanks for the memories friend."

-Keri Sullivan, Adult & Senior Program Director

## **THANK YOU MARC**

DAILY PROGRAM SCHEDULE DIGITAL SUNNYSIDE PROGRAM HIGHLIGHTS PROGRAM FLYERS SPECIAL EVENT INFO



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RICC CLOSED LABOR DAY 9/3/18 Enjoy your holiday, friends! -RICC Team

