



# Richmond Senior Center News

March 2014

1168 Main Street (Second Floor)  
Richmond, RI 02898

Email: [communitycenter@richmondri.com](mailto:communitycenter@richmondri.com)

Mailing address: Richmond Senior Center c/o Richmond Town Hall  
5 Richmond Townhouse Road, Wyoming, RI 02898



## Center Hours:

Staffed Daily

M-F 8:30AM - 12 Noon

> Note: The Center follows the Chariho School District for inclement weather closings.

## Senior Activities Committee Members:

Dennis McGinity - Chairman

Tom Dufficy - Vice Chairman

Mary Morgan - Secretary

Richard Millar - Financial Liaison

Jackie Lombardo - Bingo Chair

Maureen Nolan - Activities Chair

Pasquale DeBernardo

Newsletter Editor - Deb Williams

Send newsletter info to:

[deborahbbwilliams@verizon.net](mailto:deborahbbwilliams@verizon.net)

**Mardi Gras ( Fat Tuesday)**  
Just a reminder to those that have purchased ticket to this celebration—it is  
**Tuesday, March 4th at 12:15 PM.**  
Wishing everyone attending—a GREAT time!  
Watch for information on the May Breakfast in next month's newsletter.

## Richmond Senior Center Lands Another Grant



Senator Catherine Cool-Rumsey, right, dropped off the official legislative grant in the amount of \$1,500. recently, to Dennis McGinity, Richmond Senior Center Chairman.

Richmond Senior Center  
Telephone Number:  
491-9404

Next monthly members' meeting will be held at 11 AM on  
**March 13th, 2014**  
Come and get involved!

Please let the Senior Center office know of any changes to your address, phone number or email address—we want to keep all records up to date and to be able to keep you informed of the Center's events.

**WELCOME** New Members:  
.Ramona Foster and Dolores Cahoon

## From the Chairman - Dennis McGinity



appreciate it.

OK, here's my March statement. I've asked many time for pet pictures, recipes, and news items that may be of interest to our Senior community. Accumulating items of interest is becoming more difficult each month without some participation from members. So I'm asking for your help. Please send articles in or drop them off by the 25th of each month. I would really

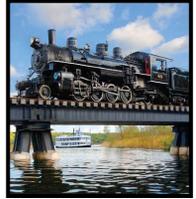
February just flew by and warmer weather is just around the corner. Our Mardi Gras luncheon is SOLD OUT and I think it will be a big success. We are still working diligently on plans for a new Senior Center. Also, if you know of a member who is ill or had a passing, please let us know that we can send our best wishes or condolences. Updating your e-mail and phone numbers is important so that we can keep you up to date on the goings on at the center. Hope you all have a wonderful March. Until next time.....



**Richmond Ramblers - Bus Tours**  
**Richmond Ramblers Reporting....**

**Rail & Sail**

**Essex, Connecticut ~ Friday, July 11, 2014**



Departs 10:30AM Returns 6:30 PM Roundtrip Motorcoach Transportation \$88 Adults \$85 Child  
 Enjoy a delicious lunch at Oliver's Taverne (Entrée choice of Grilled Flat Iron Steak, Stuffed Chicken, Salmon or Eggplant Parmesan) located in Essex, Connecticut. After lunch we will journey to Essex Station where we will board our own private car on the "Boat Train" for a lovely ride through the countryside to the dock at Deep River. Transferring to the *Becky Thatcher* riverboat, we will enjoy a narrated cruise on the Connecticut River. Our train will await us when we dock and will return us to Essex Station. Upon our return to the station, there will be time on your own to visit the museum and gift shop. Deadline for reservation and payment :June 25th.

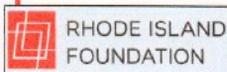
For more information contact Pat Abby (401) 539-2458

  
**Breaking News!**  
 Free Spay/Neuter  
**Friends of the Charlestown Animal Shelter**  
 have partnered with the  
**RI Community Spay/Neuter Clinic**  
An Affiliate of the Ocean State Animal Coalition  
 to offer **free spays / neuters** for both cats and dogs from Charlestown, Richmond & Hopkinton.  
 This is made possible through a grant received from **The Rhode Island Foundation.**



To schedule an appointment,  
 please contact:  
 Pam Knoecklein @ 369-7297

For more information,  
 please call: 364-1211



**Beware of Fake IRS Emails and Phone Calls**

Tax scams that use email and phone calls that appear to come from the IRS are common these days. These scams often use the IRS name and logo or fake websites that look real. Scammers often send an email or call to lure victims to give up their personal and financial information. The crooks then use this information to commit identity theft or steal your money. Some call their victims to demand payment on a pre-paid debit card or by wire transfer. But the IRS will not initiate contact with you to ask for this information by phone or email.

If you get this type of 'phishing' email, the IRS offers this advice:

- Don't reply to the message.
- Don't open any attachments or click on any links. They may have malicious code that will infect your computer.
- Don't give out your personal or financial information.
- Forward the email to phishing@irs.gov. Then delete it.

If you get an unexpected phone call from someone claiming to be from the IRS:

- Ask for a call back number and an employee badge number.
- If you think you may owe taxes, call the IRS at 800-829-1040. IRS employees can help you.
- If you don't owe taxes or have no reason to think that you do, call the Treasury Inspector General for Tax Administration at 800-366-4484 to report the incident.
- You should also report it to the Federal Trade Commission by using their "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" to the comments of your complaint.

Be alert to scams that use the IRS as a lure. The IRS will not initiate contact with you through social media or text to ask for your personal or financial information.

More information on how to [report phishing](#) or phone scams is available on IRS.gov.

## RICAN Spaghetti and Meatballs



**Fund Raiser Dinner**  
**Thursday, March 6, 2014**  
**Chariho Career and Tech Center**

Switch Rd, Wood River Junction  
4:30 – 7:00p  
\$10 Donation

*Enjoy a great meal while making a difference for your local Food Bank. Rhode Island Center Assisting Those in Need provides meals and services to over 20,000 local families in our community a year.*

*Come enjoy a Spaghetti & Meatballs' dinner prepared by our local Chariho Culinary Arts at Chariho Career and Tech Center. Your meal will include of course Spaghetti and Meatballs, Salad, bread, Dessert and a drink.*

*For more information or to buy tickets contact:*

Joe Reddish  
401-539-8798  
Joered150@aol.com

[www.rhodeislandcan.org](http://www.rhodeislandcan.org)  
[www.facebook.com/BelieveYouCanRICAN](https://www.facebook.com/BelieveYouCanRICAN)



I have been to a lot of places, but I've never been in Cahoots. Apparently you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito, I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I've made several trips, thanks to my friends and family.

I'd like to go to Conclusions, but you have to jump and I'm not much on physical activity. . .

Think I'll just stay home.

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jig-saw puzzle, and I can't figure out how to get started." Her neighbor asks, "What is it supposed to be when it's finished?" The little silver haired lady says, "According to the picture on the box, it's a rooster." Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh,

"Let's put all the Corn Flakes back in the box."

## Zumba® Fitness Party

### Fundraiser

to Benefit



American Diabetes Association  
**Tour de Cure**

**Sunday, March 23, 2014**

**2:00pm – 4:00pm, Doors open at 1:30pm**

**Chariho Regional Middle School Gym**

Behind the High School at 455 Switch Rd, Wood River Jct, RI 02894

**Admission: \$10.00 at the door**

Featuring ZIN™ Licensed Instructors: Karen Allen, Julie Abbiati, Linda Cornell, Donna Frustere, Gwynne Millar, and Lisa Tomasso

DJ, Silent Auction and Door Prizes!!!!

DJ services provided by:



401-378-1593 stellatunes.com



nordiclodge.com



Organic Landscaping for Rhode Island's Coastline  
danadesignsri.com

Can't attend but would like to support the cause? Donate online at  
<http://main.diabetes.org/goto/teamaces>

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# March 2014



## Richmond Senior Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 9:30 am Zumba
<b>2</b>	<b>3</b> 8:30 – 11:00 am Coffee AARP Taxes 9-11 9:00 am Quilting 5:30 – 6:30 pm Cardio	<b>4</b> 8:30 – 11:00 am Coffee 10:00 am Art Class 12:15 Mardi Gras Lunch 6:00 pm BINGO	<b>5</b> 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 1:00 – 2:30 pm Cribbage	<b>6</b> 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	<b>7</b> 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:30 am Yoga	<b>8</b> 9:30 am Zumba
<b>9</b> <i>Daylight Savings Time Begins</i>	<b>10</b> 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio	<b>11</b> 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	<b>12</b> 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 1:00 – 2:30 pm Cribbage	<b>13</b> 8:30 – 11:00 am Coffee <b>11 AM Members Meeting</b> 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	<b>14</b> 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:30 am Yoga	<b>15</b> 9:30 am Zumba
<b>16</b>	<b>17</b> 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio <b>St. Patrick's Day</b> 	<b>18</b> 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	<b>19</b> 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 1:00 – 2:30 pm Cribbage	<b>20</b> 8:30 – 11:00 am Coffee 9:00 am Knitting <b>9:30 Visiting Nurse</b> 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	<b>21</b> 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:30 am Yoga	<b>22</b> 9:30 am Zumba
<b>23</b>	<b>24</b> 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio	<b>25</b> 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	<b>26</b> 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 1:00 – 2:30 pm Cribbage	<b>27</b> 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	<b>28</b> 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:30 am Yoga	<b>29</b> 9:30 am Zumba
<b>30</b>	<b>31</b> 8:30 – 11:00 am Coffee AARP Taxes 9-11 9:00 am Quilting 5:30 – 6:30 pm Cardio					