



Richmond Senior Center News

April 2014

1168 Main Street (Second Floor)
Richmond, RI 02898

Email: 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

Social Activities Committee

Mardi Gras Thank You If good food and having an enjoyable time is a measure of success, then the first celebration of Mardi Gras by the Richmond Senior Center was a success. Thank you to Mulligan's Tap and Grille who provided the delicious food, and to the Social Activities Committee for planning this event.



The Social Activities Committee is looking for gently used large baskets, which can be used for basket raffles. We would appreciate this donation, which can be dropped off at the center. Thank you.

The **May Breakfast** will be held on Thursday, May 15th from 8:30 to 10:00. Come and join us for pancakes, egg dishes, sausage, baked goods, fruit, juice and coffee. There will be a basket raffle and door prizes to add to the fun. Tickets are \$6.00 for members and \$8.00 for nonmembers. Tickets are available at the Center on April 7th and must be paid for in advance. There is limited seating, so purchase your tickets early.



Richmond Senior Center

Telephone Number:

491-9404

Next monthly members' meeting will be held at 11 AM on

April 10th, 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.

Town Hall Holiday :

Memorial Day—May 26

From the Chairman - Dennis McGinity

Spring is almost here, but don't put away the scarves and gloves just yet. We still may have a few more days of chilly weather. The AARP Free Tax preparations went very well on both the 3rd and 31st of March. Participation in the exercise programs has been down for a few months. Probably the weather. We need to get that back up or we may have to cut some of the programs. Let's not let that happen. Come on out and get in shape for the summer. The Rainbow race is on for May 10th. I'll be contacting the traffic volunteers from last year to see if you are willing to help again this year. I have visited a number of restaurants over the winter to see which one I might pick for the Mystery Lunch. I've been to some good ones, In the planning stages now, so keep watching the newsletter for the date. I want to thank Walgreens Pharmacy and CVS for their contributions to the Senior Center. It is greatly appreciated. Please patronize these stores. Hope everyone is doing well. Stop by the Center for coffee and a chat, I'd love to see you. Until next time...

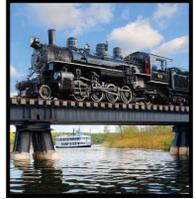




Richmond Ramblers - Bus Tours
Richmond Ramblers Reporting....

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

WARNING Another SCAM:

Attorney General and Director of Health Warn Consumers of Possible Medical Phone Scam Attorney General Peter F. Kilmartin and Director of Health, Michael Fine, MD, are warning the public of a possible scam in which individuals, primarily women, are being called by a medical compensation company or the state department of health asking about recent surgeries and other personal information. The targets of the calls appear primarily to be women, some, but not all of whom, may have had a recent surgery. Based on the information provided to the Rhode Island Department of Health (HEALTH) by individuals who have been contacted, the caller will often hang up when asked why they are calling, and the caller refuses to provide an official company name or contact information, two red flags that lend belief that this is a scam and not a legitimate phone call. The phone calls that have been reported to HEALTH and the Attorney General's Office appear to originate from a 201 area code in New Jersey, although the phone number is not in service when the phone number is dialed. This is another red flag it is a scam and may not be based in the United States at all. My office regularly educates consumers on how to identify scams, how to avoid being scammed, and to alert the appropriate authorities when contacted by a scam artist. The many phone calls from concerned consumers made to my office and HEALTH help us inform all consumers of the possible scam, said Attorney General Kilmartin. The Health Department regularly conducts telephone surveys to help us track our progress in promoting healthy behaviors, such as eliminating smoking, reducing binge drinking, getting kids vaccinated, and promoting healthy weight and physical activity, said Director of Health, Michael Fine, MD. However, our surveys are always anonymous and we never collect information that would identify you or others in your household. It appears Rhode Island consumers are not the only group being targeted. New Hampshire Attorney General Joseph Foster has also received multiple phone calls from consumers who report a similar scam. If you receive such a call, do not provide the caller with any personal information such as your address, date of birth, social security number, any banking or credit card information, health insurance or Medicaid numbers, or any health-related information. Simply hang up. You may report the calls by contacting the Office of Attorney General Consumer Protection Unit at 401-274-4400 or email at contactus@riag.ri.gov.



I did not know this ...

When you drink vodka over ice, it can give you kidney failure.
 When you drink rum over ice, it can give you liver failure.
 When you drink whiskey over ice, it can give you heart failure.
 When you drink gin over ice, it can give you brain problems.
 Apparently, ice is really bad for you! Warn all your friends!

A SHORT LOVE STORY

A man and a woman who had never met before, but who were both married to other people, found themselves assigned to the same sleeping room on a Trans-continental train. Though initially embarrassed and uneasy over sharing a room, they were both very tired and fell asleep quickly, he in the upper berth and she in the lower. At 1:00 AM, the man leaned down and gently woke the woman saying,

“Ma'am, I'm sorry to bother you, but would you be willing to reach into the closet to get me a second blanket? I'm awfully cold.”

“I have a better idea” she replied. “Just for tonight, let's pretend that we're married.”

“Wow! That's a great idea”, he exclaimed.

“Good,” she replied, “Get your own blanket.”

Rainbow Race

A 5K Run / 5K Walk will be held on May 10th, 2014 at 9am at John and Cindy's, Harvest Acres Farm, 425 Kingstown Rd. Richmond, RI to benefit NAMI (National Alliance on Mental Illness) of Rhode Island.

Contact Cindy Duncan, 425 Kingstown Rd, W. Kingston, RI 02892
www.rainbowrunwalk.com
email-HarvestAcres@cox.net
[Facebook.com/RainbowFund](https://www.facebook.com/RainbowFund)



Tuna Fish Dinner

1 can of Tuna or Salmon if preferred
 1 can of cream of chicken soup
 1 small can of peas
 1 small bag Wise Potato chips
 Mix fish, soup, peas and part of chips together in a greased casserole. Cover the top well with potato chips. Bake in 350° oven about one hour. Serve with mashed potatoes and a green salad. Joan St.Clair

FREE LAST MINUTE TAX HELP AVAILABLE THROUGHOUT RHODE ISLAND

Taxpayers can get free, last-minute tax assistance in their communities

The Internal Revenue Service is sponsoring free, last-minute tax help at several locations throughout Rhode Island. Some are walk-in, others are by appointment.

Help includes preparation of federal and state income tax returns, extensions to file and free electronic filing. This service is designed to help people whose incomes are \$52,000 or less.

Individuals seeking assistance must have photo identification and Social Security Cards (or Individual Taxpayer Identification Numbers) for themselves, spouses and dependents. They should also bring wage and earnings statements (Forms W-2), interest and dividend statements (Forms 1099), a copy of last year's return, and any other information concerning their income and expenses for the 2013 Tax Year. Both spouses must be present to sign the required forms if filing status is Married Filing Jointly.

To locate a completely free tax assistance site near you please call the AARP Tax Aide hotline 888-227-7669 or call the United Way Hotline by dialing "211".



April 2014



Richmond Senior Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	2 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 1:00 – 2:30 pm Cribbage	3 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	4 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:30 am Yoga	5 9:30 am Zumba
6 <i>Honor Veteran's Fly a Flag Persian Gulf War Ends</i>	7 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio	8 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	9 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 1:00 – 2:30 pm Cribbage	10 8:30 – 11:00 am Coffee 11 AM Members Meeting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	11 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:30 am Yoga	12 9:30 am Zumba
13	14 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio	15 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	16 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 1:00 – 2:30 pm Cribbage	17 8:30 – 11:00 am Coffee 9:00 am Knitting 9:30 Visiting Nurse 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	18 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:30 am Yoga	19 9:30 am Zumba
20 <i>Easter</i>	21 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting 5:30 – 6:30 pm Cardio	22 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	23 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 1:00 – 2:30 pm Cribbage	24 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio	25 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:30 am Yoga	26 9:30 am Zumba
27	28 8:30 – 11:00 am Coffee 9:00 am Quilting 5:30 – 6:30 pm Cardio	29	30			