



Richmond Senior Center News

July 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



MYSTERY LUNCH!!!

You asked for it—here it is!!

WEDNESDAY, JULY 23, 2014

LEAVING THE YMCA PARKING LOT AT 11:30 AM

IT'S A MYSTERY SO DON'T ASK WHERE WE ARE GOING!!!

INDIVIDUAL CHECKS

GREAT LUNCHEON MENU

RESERVED LIMITED SEATING

CALL NOW—DON'T WAIT—401-491-9404

Save the Dates:

- Bake sale to be held at the Farmer's Market on September 27th
- Fall Event to be held at the October 9th Members' Meeting.

Watch future newsletters for more information!

Richmond Senior Center

Telephone Number:

491-9404

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

July 10th, 2014

Come and get involved!

The Newsletter Editor is looking for volunteers to take over the production of the newsletter. The editor is willing to teach volunteers how to do it. If you are interested, please let Dennis know. Learn some new computer skills.

Town Hall Holiday :

July 4th—Independence Day

From the Chairman - Dennis McGinity

Happy 4th of July to all. Have a safe and happy holiday! Check out the info on 'In the Middle' health program in this Newsletter. Also a reminder about your Membership Dues. If you have not already done so, please forward you dues to us. The money is vital for the operation of the Senior Center.

Thanks to all of you who have already paid.

The Washington County Fair is scheduled for Aug 13th to the 17th. Senior Center Volunteers did a fantastic job last year. If you want to volunteer again this year please call me (401-491-9404) for a time slot. All volunteers receive up front parking and free admission.

That's enough for this month. The door is always open and the coffee's on. Until next time....

Hi Everyone,

To all of you involved in the Rainbow Race and Raffle,

You are awesome!

I have to thank you all for your help and support!

This years race was a great success, 550 people registered to walk or run and there were over 650 people here! With the race and raffle we have made \$30,500! Thank-You!!

Many great things will be done with that money to bring understanding, education and help to those in need! We have people talking which is a wonderful thing; the more we bring awareness to mental issues the more things will change! Don't stop keep talking! We have to, way too many people and their families suffer! Together we can change this!

I hope and pray that you and I will continue to talk, let's bring the change that to so needed!

See you all next year and bring yours friends, and remember keep talking!!

Thanks Ever So Much,

Love, Cindy Duncan



Save the Date

The Senior Agenda Coalition of Rhode Island Invites seniors, senior groups and senior advocates to

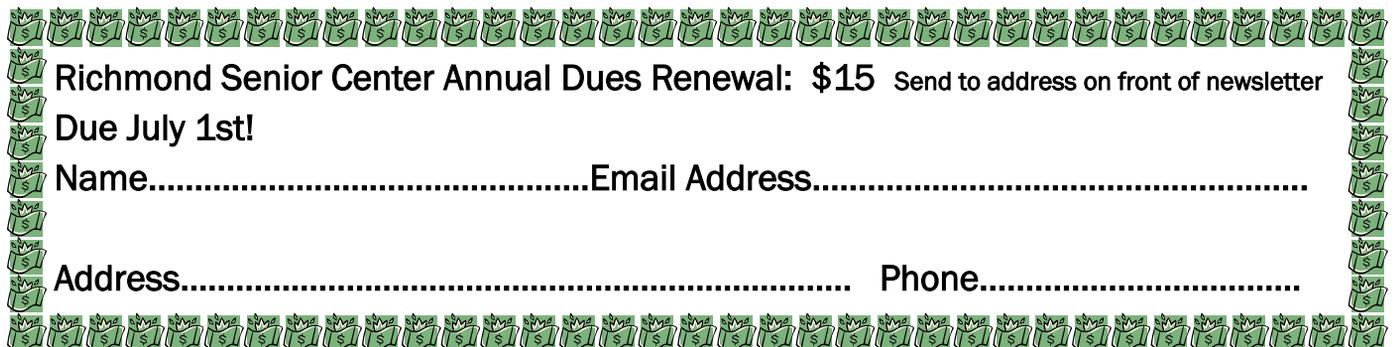
A Governor's Candidates' Forum on Senior Issues

Monday, August 4, 2014 1:00 PM-2:30 PM

At the Crown Plaza Hotel Warwick, RI

Purpose of Forum:

- To educate candidates about issues affecting RI seniors' quality of life
- To determine candidates' positions on senior issues and state policies and programs that affect seniors
- To demonstrate broad public concern about seniors and support programs that enable seniors to "age in the community" with independence and dignity


Richmond Senior Center Annual Dues Renewal: \$15 Send to address on front of newsletter
Due July 1st!
 Name.....Email Address.....
 Address..... Phone.....

**IT'S NOT
JUST KID
STUFF**



This is good news. I have negotiated a **VERY SPECIAL MEMBERSHIP FEE**

for all

Richmond Senior Center Members.

Richmond Senior Center month at the Arcadia Y.

Come in during the month of July and take advantage of our financial assistance program. Members will be given FREE access to ALL of our classes along with the opportunity to have a FREE wellness center orientation.

This offer is only good from July 1 to July 31, 2014.

The regular annual fee for Seniors is \$456.00.

The **special** annual fee for Richmond Senior Center Members is \$205.00. \$17.00 a month. I have applications in the office. A lot of time has been spent negotiating a special price for you. Please call me if you have questions. Thanks and have a great day.

The Town of Richmond is putting together a 5 year Capital Improvement Plan. It is important to establish a vision for the future and determine if/when/how we can fund any proposed projects. A Vision Committee is being established to create a draft of what we feel is important for our future. Please contact Dennis at the Center if you would like to sit on this committee along with the Richmond Senior Center executive committee.



NEW CLASS STARTING WEDNESDAY JULY 9, 2014

'In the Middle'

Wednesday's 10:15 am to 11:00 am

At the Richmond Senior Center

'In the Middle': For all ages! This class is designed to tighten, tone and improve balance, flexibility and endurance with the use of weights, balls, bands and low impact mid-tempo cardio routines.

Your first class is free!! \$3.00 charge after that. I think you will find this is the program you have been looking for. Open to the public so bring your friends.

The American Cancer Society is looking for volunteer drivers. The American Cancer Society has a program, Road to Recovery, through which it provides volunteer drivers to those with cancer who need transportation to their appointments. Many people with cancer are unable to drive themselves due to their medical condition, and, as you are well aware, South County does not have public transportation available. so it is left up to volunteers to drive these patients to their treatments and appointments. Please consider becoming volunteer drivers. Call 1-800-227-2345 to learn more or email Elisa.madore@cancer.org.



July 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 CLOSED  | 5 9:30 am Zumba |
| 6 | 7 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting Blood Drive 11AM—3 PM | 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 10:15 “In the Middle” 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 | 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 | 21 8:30 – 11:00 am Coffee 9:00 am Tai Chi 9:00 am Quilting | 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 MYSTERY LUNCH 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 Tai Chi 9:00 am Quilting | 29 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO | 30 8:30 – 11:00 am Coffee 9:00 am Sit & Get Fit 10:15 “In the Middle” 1:00 – 2:30 pm Cribbage | 31 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg 5:30 – 6:30 pm Cardio | | |