



# Richmond Senior Center News

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

January 2015



## 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 - Dennis McGinity

## From the Chairman – Dennis McGinity

**Happy New Year!!! I love Christmas and New Years. Most of us are in a really good mood. Friendly and peaceful. Here's what I'm looking forward to. I don't sail but I love being by the ocean with gentle breezes and warm sunshine. Enough of**



**that. It was a good year for us and I want to thank all the volunteers who make this happen. You're a very special group. We all appreciate your outstanding work. Stay tuned there are more events planned. Until next time...**

**Next monthly members' meeting**

**will be held at 11 AM on**

**January 8, 2015**

**Come and get involved!**

**The Visiting Nurse is here on the Third  
Thursday of each month at 9:30 am**

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 Holidays:

**January 1-New Year's Day**

**January 19-Martin Luther King**



Senator Kathy Cool – Rumsey came through again with a Senatorial Grant (\$1,500.) for the Richmond Senior Center. Receiving the check on left Town Administrator Rob Rock and on right Senior Center Chairman, Dennis McGinity. We are all grateful to Senator Rumsey for her continued support of our Center.

# Dec 7, 2014—Senior Center Christmas Party



## Social Activities 2014 Recap

Hard to believe another year has gone by as we look over the events that have been presented by the Social Activities Committee. It began with a Mardi Gras celebration on March 4<sup>th</sup> (Fat Tuesday). A menu with a Cajun flair was provided by a local restaurant and a good time was had by all. Once again the May Breakfast was a delicious meal. The birdhouse theme raffle gave the winner an opportunity to win either a lottery ticket or a gift certificate. In September the annual Bake Sale was held at the Farmer's Market. This was very successful due to all the wonderful baked items donated by members of the Center. In October the Fall Event took place. Members who attended enjoyed mulled cider and donuts, a trick or treat raffle was held where the treats were great and the tricks weren't so bad either. To round out the year, the annual Christmas Party was held on December 7<sup>th</sup>. The potluck dishes were a nice variety and tasted oh so good.

There were beautiful baskets for the raffle and the door prizes were the lovely centerpieces that decorated each table. Santa paid a visit and handed out a stocking stuffer gift to each person attending.

More help was needed by the committee to put on many of these events. We would like to thank the following people for all their help: Barbara Dufficy, Jean Schaarschmidt, Joan St. Clair, Teresa Blais, Helen Kenyon, Judy McElroy, Jackie Lombardo, Rhonda Wasilewski, Bob Christensen, Maria Randall and Lucy Mann.

All of these events would not have been possible if it were not for the all important set up of tables and chairs. So a grateful thank you goes to: Tom Dufficy, Paul Schaarschmidt, Tom Egan, Dick Millar, Henry Graham, Al Taylor and Bear Randall.

We appreciate all the people who supported and attended these events.

While sports fishing off the Florida coast, a tourist capsized his boat. He could swim, but his fear of alligators kept him clinging to the overturned craft. Spotting an old beachcomber standing on the shore, the tourist shouted, "Are there any gators around here?!"

"Naw," the man hollered back, "they ain't been around for years!"

"Feeling safe, the tourist started swimming leisurely toward the shore.

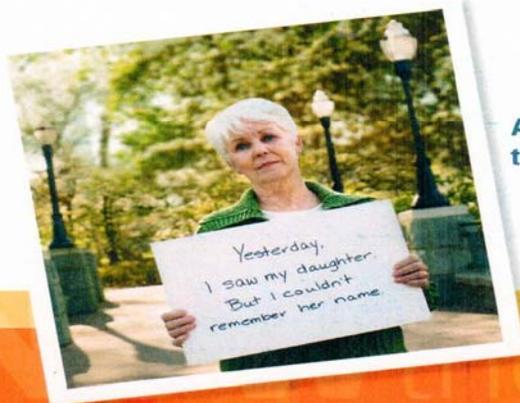
About halfway there he asked the guy "How'd you get rid of the gators?"

"We didn't do nothin'," the beachcomber said.

"The sharks got 'em."

# Know the 10 Signs

## Early Detection Matters



A workshop presented by  
the Alzheimer's Association

### Know the 10 signs.

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

alzheimer's association

**KNOW** the  
**10 SIGNS**  
EARLY DETECTION MATTERS

[www.alz.org/10Signs](http://www.alz.org/10Signs)  
877-IS IT ALZ

**Hosted by:** Richmond Senior Center  
Workshop is free to the public and pre-registration is requested

**Time:** 1:30pm for a one hour presentation plus time for Q&A  
Light refreshments will be provided

**Date:** Monday, January 12, 2015

**Location:** Richmond Senior Center 1168 Main St Whoming, RI 02898  
Contact: Alzheimer's Association RI Chapter to register  
1-800-272-3900 or (401) 421-0008 website [alz.org/ri](http://alz.org/ri)

*I want to take this time to express my sincerest gratitude to Deb Williams for the outstanding job she has done as Editor of the Senior Center Newsletter over the Past four (4) years. I can not thank her enough. It will be impossible to replace her as editor. I wish her all the best with her very busy life.*

**This is a reminder for all who signed up for the Mystery Lunch. The Bus is nearly full. Mark your calendars. If you can't make it please call me so I can add folk who want to go. Thanks, see you then.**

# **MYSTERY LUNCH!!!**

## **WEDNESDAY—JANUARY 21, 2015**

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

Bus Ride Entertainment—FREE

Bring your Singing voices

---

LIFE HACKS

#854

**Running your Bacon under Cold  
Water before cooking will reduce  
Shrinking by up to 50%**

---

Q.: How can you tell if your holiday turkey has gone bad??

A.: It smells 'fowl'. (ooooogh)

FYI: It was decided at a Wednesday meeting of the Card Party players that we would only have Card Parties on Wednesdays at 1:00pm. NO THURSDAYS!! This change is affective starting January 7, 2015.

---

We have an open door policy here at the Senior Center. The office is open for you to come into at any time. It's your office. Come in and visit at your convenience. Have a cup of coffee and let's chat.

## ***Richmond Ramblers - Bus Tours***

### ***Richmond Ramblers Reporting....***

#### **August 6 - 7, 2015 / 2 days Red Sox Verses Yankees**

Enjoy a great getaway as you root for your favorite hometown team in the new Yankee Stadium and enjoy free time to explore New York City at your leisure.

TOUR INCLUDES: \*Overnight Accommodations at the Hyatt Place located in Secaucus, NJ \*Deluxe Continental Breakfast included \*Reserved Seating to Thursday's Game (time TBA)\*Services of a Professional Conway Tour Manager \*Deluxe Motor coach Transportation

◆Double Occupancy \$349 pp◆Triple Occupancy \$339 pp ◆Single Occupancy \$449 pp◆Child Rate \$289 pp

\$70.00PP NON REFUNDABLE DEPOSIT IS DUE 3/26/2015. FINAL DUE 6/14/2015

#### **October 4-9, 2015 6 Days/ 4 Nights to ICELAND**

Join us for an uncommon adventure to Iceland, filled with dramatic natural wonders. You'll dis-cover thundering waterfalls, hot springs, steaming lava fields, massive glaciers, thermal springs, and volcanic landscapes. **TOUR INCLUDES:**

□ **Round Trip Air via Icelandair featuring di-rect nonstop flights** □ **4-Night Accommodations at the Center Hotel Plaza in downtown Reykjavik** □ **4 Breakfasts** □ **Gullfoss Waterfall, Hot Springs of Geysir, Thingvellir National Park, Selheimajokull Glacier, & Icelandic Horse Farm** □ **Reykjavik City Tour** □ **Blue La-agoon** ◆ **Double Occupancy \$1749** ◆**Triple Occupancy \$1729**◆**Single Occupancy \$1999**

*Rates include \$364 in air transportation taxes, fees & fuel surcharges - subject to change. All rates are based out of Boston. Call for rates out of New York.*

**\$250 PER PERSON DEPOSIT DUE 4/27/2015. BALANCE DUE 6/25/2015.**

For more information on the above trip, please contact Pat @ (401) 539-2458 or patriciaabby@hotmail.com Or check out Richmond Ramblers on Face book.

# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>Closed</b> <b>Happy New Year</b>	<b>2</b> 8:30–11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	<b>3</b> 9:30 - Zumba
<b>4</b>	<b>5</b> 8:30–11:00am Coffee 9:00 am Tai Chi	<b>6</b> 8:30 – 11:00 am Cof- fee 10:00 am Art Class 6: 00 pm BINGO	<b>7</b> 8:30–11:00 am Coffee 9:00 am Sit & Fit 1:00 pm Card Party	<b>8</b> 8:30–11:00 am Coffee 9:00 am Knitting <b>11:00 Members Meeting</b> 12:30 pm Mah Jong	<b>9</b> 8:30–11:00 am Coffee 9:00 am Sit & Fit 10:30 am Yoga	<b>10</b> 9:30 - Zumba
<b>11</b>	<b>12</b> 8:3 –11:00am Cof- fee 9:00 am Tai Chi <b>Alzheimer's Ipm</b>	<b>13</b> 8:30 – 11:00 am Cof- fee 10:00 am Art Class 6: 00 pm BINGO	<b>14</b> 8:30–11:00 am Coffee 9:00 am Sit & Fit 1:00 pm Card Party	<b>15</b> 8:30–11:00 am Coffee 9:00am Knitting <b>9:30am Visiting Nurse</b> 12:30 pm Mah Jong	<b>16</b> 8:30–11:00 am Coffee 9:00 am Sit & Fit 10:30 am Yoga	<b>17</b> 9:30 - Zumba
<b>18</b>	<b>19</b> <b>Closed</b> <b>M L King Day</b>	<b>20</b> 8:30 – 11:00 am Cof- fee 10:00 am Art Class 6: 00 pm BINGO	<b>21</b> 8:30–11:00am Coffee 9:00 am Sit & Fit <b>11:30 Mystery Lunch</b> 1:00 pm Card Party	<b>22</b> 8:30–11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jong	<b>23</b> 8:30–11:00 am Coffee 9:00 am Sit & Fit 10:30 am Yoga	<b>24</b> 9:30 - Zumba
<b>25</b>	<b>26</b> 8:30–11:00 am Coffee 9:00 am Tai Chi	<b>27</b> 8:30 – 11:00 am Cof- fee 10:00 am Art Class 6: 00 pm BINGO	<b>28</b> 8:30–11:00 am Coffee 9:00 am Sit & Fit 1:00 pm Card Party	<b>29</b> 8:30–11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jong	<b>30</b> 8:30–11:00 am Coffee 9:00 am Sit & Fit 10:30 am Yoga	<b>31</b> 9:30 - Zumba

Alzhei-

mer's Presentation Jan 12 @ 1:00 pm. Mar Jong Thursdays 12:30 pm Free instructions.

Card playing on Wednesdays only 1:00 pm