



April 2015

Richmond Senior Center News

1168 Main Street (Second Floor)

Wyoming, RI 02898

E-mail: CommunityCenter@Richmondri.com

Mailing address: Richmond Senior Center c/o Richmond Town Hall

5 Richmond Townhouse Road, Wyoming, RI 02898

Telephone—401-491-9404



Center Hours—Staffed Daily

M-F 8:30 am to Noon

Note: The Center follows the Charlestown School District for inclement Weather closings.

Senior Center 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

Oh April showers they come your way, they bring the flowers that grow in May etc., etc. etc. I'm looking forward to planting flowers, feeling the warm sun and refreshing breezes of Spring time. It's been a tough winter for all of us and I hope everyone made out ok. Attendance at the center has been low but now that the good weather is coming I hope to see more of you here. A new exercise program will start on May 1st. All the afternoon people will enjoy this one hour class. I'm looking for a Richmond member to help me with the secretary's position at our monthly members meeting. Please contact me if interested. Special Guest Paula Bradley from Senator Whitehouse's office will be at our Members meeting on April 9th to help with 'Problems with Government Programs'. Come and ask your questions. Until next time....

Next monthly members meeting

Will be held at 11 AM on

April 9, 2015

Come and get involved

The visiting nurse is here on the Third

Thursday of each month at **9:30 AM**

May Breakfast

From the Social Activities Chair: Maureen Nolan

The May Breakfast is planned for Thursday, May 21st @ 8:30am. There will be one seating. The menu will include pancakes, egg dishes, sausages, baked goods, fruit, juice and coffee. There will be a theme basket raffle, which will consist of three or four different themes. There also will be door prizes. Tickets will be \$6.00 for members and \$8.00 for non-members. Tickets will be available in the office starting April 6, 2015 and must be purchased in advance. Purchase your tickets early as there is limited seating. Come and join the fun!

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. Keeping you informed is important to us.

Get your Tickets Early

May Breakfast

Thursday May 21st

8:30am Seating

\$6.00 Members

\$8.00 Non-Members

Tks at office Apr 6th

A gentleman reported the following:

"I had a power outage at my house this morning and my PC, Laptop, TV, DVD, iPad and my new surround sound music system were all shut down. Then I discovered that my iPhone battery was dead.

To top it off, it was raining so I couldn't go for a walk, bike, or run.

The garage door opener needs electricity so I couldn't go anywhere in the car.

I went into the kitchen to make coffee and then I remember that this also needed power, so I sat and talked with my wife for a few hours.

She seems like a nice person.

Garlic Lemon Chicken with Red Potatoes and Green Beans (gluten free, Low Carb, Diabetic Friendly)

Ingredients:

- 6T. of olive oil
- 2 lemons-1 thinly sliced, the other 1 juiced
- 4 cloves of garlic, minced
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 3/4 lb. of trimmed green beans
- 8 small red potatoes, quartered
- 4 chicken breasts

Preheat oven 400* F (180) Coat large baking dish, or cast iron skillet with 1 T. of olive oil. Arrange lemon slices in a single layer at bottom of dish or skillet.

In a large bowl, combine the remaining olive oil, lemon juice, garlic, salt, and pepper. Add chicken, green beans, potatoes and toss to coat. Pour this mix into pan and spread evenly. Roast 50 minutes or until cooked through.

New Exercise Program

Well here it is. Starting on Friday May 1, 2015 from 2pm to 3pm we will have a new exercise program. It will be a combination of Cardio and Sit & get fit. Great workout for all. Try it!! Open to the public. YMCA instructor. \$3.00 per class. Get ready for the weekend!!

Jack Daniels Fishing Story

I went fishing this morning, but after a short time I ran out of worms.

Then I saw a cottonmouth with a frog in its mouth.

Frogs are good bass bait.

Knowing the snake couldn't bite me with the frog in its mouth, I grabbed it right behind the head, took the frog, and put it in my bait bucket.

Now the dilemma was how to release the snake without getting bit. So, I grabbed my bottle of Jack Daniels and poured a little whiskey in its mouth. Its eyes rolled back, and it went limp.

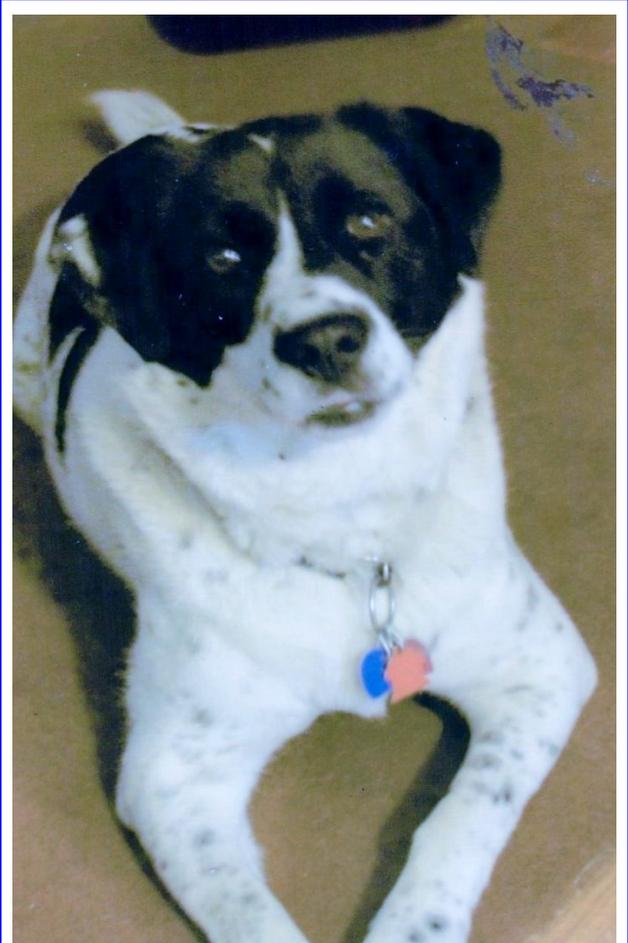
I released the snake into the lake without incident and carried on fishing, using the frog.

Not long after, I felt a nudge on my foot. It was that damn snake ... with two more frogs.

Life is good.



VIA 900G.COM



"Live your life and forget your age."



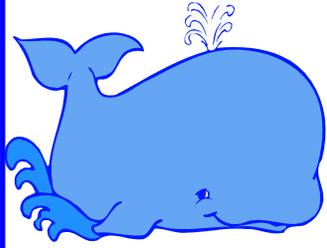
WHAT WINGS MY HEART ONE

Richmond Tax Assessor

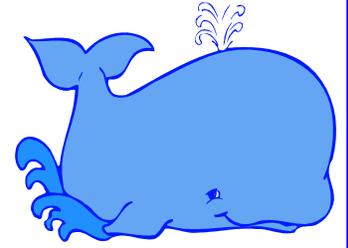
Senior Citizen Exemption Applications are due on **April 15**. We are not allowed to accept any applications after that date.

My name is **Bandit**.

Do you know my Mom & Dad???



Plymouth Whale Watch



Plymouth, MA

RICHMOND RAMBLERS
Saturday, July 11, 2015

\$70.00 Per Person

Departs 9:00 am

Returns: 8:30 pm

Tour Includes:

Plymouth Whale Watch Cruise

Motor coach Transportation Provided by Conway Tours

Enjoy a day with the whales on a wonderful cruise along the Cape Cod Bay and Stellwagen Bank. Enjoy time on own for lunch before boarding the Capt. John Boat. Discover the great whales of the North Atlantic on this Cape Cod whale watch adventure. Cape Cod is the feeding ground of the world's largest mammals-whales! Among the whale and marine mammal sightings are the Humpback Whale, Finback Whale, Minke Whales, Right Whale and Pilot Whale, as well as dolphins, porpoises and seals. A professional marine biologist will provide an informative description of the whales you are likely to see off of Cape Cod, as well as commentary on the day's whale watching activities. A fast food stop will be made en route home.

We still have space left for the Yankee/Red Sox game and a few for the Iceland trip.

For more information contact:

Pat Abby (401) 539-2458

ATTENTION PET OWNERS!!!

TOWN OF RICHMOND, RI

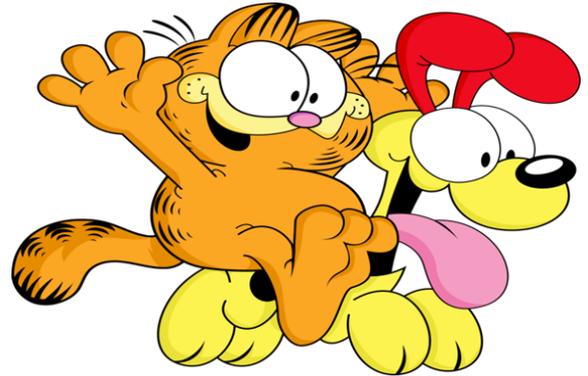
Pursuant to Chapter 4-13-4 and 4.13.1-9(d) of the RI General Laws, all dogs over the age of six (6) months old must be licensed. The fee for dog licenses is **\$8.00** due during the month of **April 2015**. Licenses are available at the Town Clerk's office during regular business hours. A current rabies certificate is required. Those having a **current rabies certificate** may mail the renewal along with the **\$8.00** fee to: Richmond Town Clerk's Office, 5 Richmond Townhouse Road, Wyoming, RI 02898

RABIES CLINIC

Sunday, April 12, 2015 from 9:00am to 11:00am

Department of Public Works Facility
51 Buttonwoods Road
Wyoming, RI 02898

COST - \$10.00 PER SHOT – **CASH ONLY**



Pursuant to Chapter 4-13-31(g) & (i) ALL Dogs, Cats & Ferrets over 12 weeks of age, MUST be rabies vaccinated per RI General Law.

IF YOUR PET HAS BEEN PREVIOUSLY VACCINATED, YOU MUST BRING THE LATEST RABIES CERTIFICATE TO THE RABIES CLINIC OR YOUR PET WILL RECEIVE A ONE-YEAR INNOCULATION INSTEAD OF A THREE-YEAR INNOCULATION.

DOG REGISTRATION WILL BE AVAILABLE AT THE CLINIC

Dog License Applications are on the Town's website at www.richmondri.com. if you have any questions, please contact the Richmond Town Clerk's Office at 539-9000 x9

Baked Corn

2 Large bags frozen corn (thawed)
3 cans creamed corn (med size) 2 eggs
Good chunk of butter
½ cup sugar
Little salt & pepper
Little milk

Mix all together – place in casserole dish (9 X 13). Sprinkle plain croutons on top – Bake 350 uncovered – place casserole dish in pan of water while baking.

Enjoy, Dottie Barber

**WE LIVE ON A BLUE
PLANET THAT CIRCLES
AROUND A BALL OF
FIRE NEXT TO A MOON
THAT MOVES THE
SEA, AND YOU DON'T
BELIEVE IN MIRACLES?**

THEGOODVIBE.CO

DRIVERS NEEDED—IMPORTANT

A request for volunteer drivers for the **American Cancer Society** Road to Recovery program would be appreciated. We need volunteer drivers who are:

Safe drivers who keep their cars in good condition and have proper insurance coverage.

Emotionally stable, friendly, and compassionate.

Sensitive to the cancer patient and tactful in both attitude and conversation.

Respectful of the patient's right to confidentiality.

Cooperative with other volunteers and staff.

Willing to attend training and evaluation sessions in Warwick.

Reliable in following through with commitments. Under the age of 85.

Drivers use their own car and do not receive any reimbursement other than the IRS allowance of 14 cents a mile as a tax deduction.

At present, there are only two drivers who cover all of South County, plus we take on patients who live further north when asked. However, the drivers from further north are not willing to come south - go figure!

Anyone interested should call 1-800-227.2345 or visit cancer.org/volunteer

Who Said this???

"The people of the world genuinely want peace. Someday the leaders of the world are going to have to give in and give it to them."

Dwight D. Eisenhower, U. S. President who said this on the day in 1959 when he signed an executive order making Hawaii the 50th state.

Battery Collection

To do our part in helping Mother Earth, the Senior Center will collect used batteries. Sizes 6 volt to hearing aid batteries. Bring them in we'll dispose of them. No Car batteries or such.

M-F 8:30am-Noon

Rainbow Race May 9, 2015

5K Run/ 5K Walk

John & Cindy's Harvest Acres Farm

425 Kingstown Rd. Richmond, RI, 02892

Our Mental Wellness affects all us everyday!!

New Member

Esther (Peggy) Brousseau



April 2015 – Senior Activities

Richmond Community Center

1168 Main Street, Wyoming, RI 02898

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	2 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg	3 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	4 9:30 Zumba
5	6 8:30 – 11:00 am Coffee 9:00 am Tai Chi	7 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	8 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	9 8:30 – 11:00 am Coffee 9:00 am Knitting 11:00 Members Meeting 12:30 pm Mah Jongg	10 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	11. 9:30 <u>Zumba</u>
Easter						
12	13 8:30 – 11:00 am Coffee 9:00 am Tai Chi	14 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	15 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	16 8:30 – 11:00 am Coffee 9:00 am Knitting 9:30 Visiting Nurse 12:30 pm Mah Jongg	17 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	18 9:30 - Zumba
19	20 8:30 – 11:00 am Coffee 9:00 am Tai Chi	21 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm Bingo	22 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	23 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg	24 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga	25 9:30 - Zumba
26.	27. 8:30 – 11:00 am Coffee 9:00 am Tai Chi	28. 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm Bingo	29. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	30 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jongg		

E-Mail – CommunityCenter@richmondri.com Phone 401-491-9404

NEW – Mah Jong every Thursday 12:30 pm with Instructor – Free Classes

Zumba every Saturday 9:30:00 am