



## May 2015

### **Richmond Senior Center News**

1168 Main Street (Second Floor)

Wyoming, RI 02898

E-mail: [CommunityCenter@Richmondri.com](mailto: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 Chariho 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**

I want to welcome the Town of Richmond's new Administrator, Karen Pinch. Karen has had a wonderful career and she now brings her wealth of knowledge to Richmond. Welcome aboard.

It's time for us to have another 'MYSTERY LUNCH'. I've been out scouring the State for this occasion. This will be a really fun time. Mark your calendars. June 24, 2015. The Bus will leave the YMCA parking lot at 11:30 am. Seating on the Bus is limited so call early and make your reservation. I have a list ready in the office. Call 491-9404 M-F 8:30 am to 12:00 pm.

May is a wonderful time of year. We can now get outside and work in the yard. Plant some flowers and vegetable. Get the lawn back in shape after such a brutal winter. Have a great month. Until next time...

### May Breakfast

#### **From our 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!

Next monthly members meeting

Will be held at 11 AM on

**May 14, 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. Keeping you informed is important to us.

### Rainbow Race May 9, 2015

5K Run/ 5K Walk

John & Cindy's Harvest Acres Farm

425 Kingstown Rd. Richmond, RI, 02892

401-741-2178

**Our Mental Wellness affects all of us everyday!!**

**The Rainbow Fund**

**Founded by the Duncan Family in 2011**

**In memory of their daughter Cassandra Grace Duncan**

#### Get your Tickets Early

#### May Breakfast

Thursday May 21st

8:30am Seating

\$6.00 Members

\$8.00 Non-Members

Tks at office Apr 6th

**The most effective way to do it, is to do it.**

-Amelia Earhart

**YARD SALE**  
**SATURDAY MAY 30TH**  
**9AM TO 3PM**  
**RAIN DATE MAY 31ST**  
**"NO FLEA MARKET"**

**AT**

**THE RICHMOND DOG PARK**  
**LOCATED NEXT TO**

**TRANSFER 51 BUTTONWOOD RD STATION**  
**WYOMING RI**

**EVENT IS SPONSORED BY**  
**THE RICHMOND DOG PARK COMMITTEE**  
**TO BENEFIT THE PARK**  
**BRING YOUR TABLE TO RENT A \$10 SPACE**  
**AND SELL YOUR OWN ITEMS**



**FOR MORE INFORMATION YOU CAN VISIT US AT**  
**RICHMONDRIDOGPARK.ORG**

**OR**

**ON FACEBOOK AS RICHMOND RI DOG PARK**





# 'BINGO'



Every Tuesday Evening 6:00 pm

Richmond Senior Center

1158 Main Street, Wyoming, RI 02898

Above Richmond Police Station

Elevator in Rear

Information Call 491-9404

Doors open at 4:30 pm

Open to the Public

\*Progressive Jackpot Game

\*Early Bird - \*50/50

\*Free Quickie Game

\*Winner Take All

\*Double Action

\*Door Prizes \*Refreshments \*Free Coffee

Must be 18 yrs old to Play

Fun Family Friends

Bringing our Communities together...



## Sweet Potato Casserole

Boil potatoes – peel while warm  
Layer in 9 X 13 dish  
Cover with sliced orange, melted  
Butter & pecans. (pour over oranges)

### Sauce

1 cup orange juice  
3 tbs Brown Sugar  
Thicken with corn starch  
Pour over casserole  
Bake 375 oven X 15 mins Uncovered  
Can be make ahead of time



Hi I'm The Duke. I'm of the Papillon breed and proud of it.  
My Mom, Kathy Middlemiss, takes very good care of me  
and I wouldn't trade her for anything.

## Bingo Committee Appreciation Luncheon

### Jackie Lombardo—Chairwomen

On April 8, 2015 a Bingo committee appreciation luncheon was held at the Cornerstone Pub. I would like to thank the committee once again for all the work they do week after week.

Bob & Louise Christensen, Gert Pelchat, Henry Graham, Pat Labrie, Tom Dufficy, Joan St.Clair, Al Taylor, Peti Cahoon, Judy Brayman, Georgie Majhut, Nancy Cekala, Paul Schaarschmidt, Dennis McGinity, and Paul Lombardo.

What are these things?? Call me and let me know.



## 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

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mable's ear and she said, "Mabel, did you know you've got a suppository in your left ear?"

Mable answered, "I have? A Suppository?"

She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

## 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!!

### NEW MEMBERS

Mary McCabe

&

Mary Drake

Be kinder than necessary for everyone you meet is fighting some kind of battle.

[Bob Dylan]

## CROWS

A fact you won't soon forget...

Researchers for the Massachusetts Turnpike Authority found over 200 dead crows near greater Boston recently, and there was concern that they may have died from Avian Flu.

A Bird Pathologist examined the remains of all the crows, and, to everyone's relief, confirmed the problem was definitely NOT Avian Flu. The cause of death appeared to be vehicular impacts.

However, during the detailed analysis it was noted that varying colors of paints appeared on the bird's beaks and claws.

By analyzing these paint residues it was determined that 98% of the crows had been killed by impact with trucks, while only 2% were killed by an impact with a car.

MTA then hired an Ornithological Behaviorist to determine if there was a cause for the disproportionate percentages of truck kills versus car kills. He very quickly concluded the cause: When crows eat road kill, They always have a look-out crow in a nearby tree to warn of impending danger.

They discovered that while all the lookout crows could shout "Cah", not a single one could shout "Truck."

# May 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 10:30 am Yoga 2:00pm Exercise class	2. 9:30 Zumba
3.	4. 8:30 – 11:00 am Coffee 9:00 am Tai Chi	5. 8:30 – 11:00 am Coffee 10:00 am Art Class 6: 00 pm BINGO	6. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	7. 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jong	8. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga 2:00 pm Exercise class	9. 9:30 Zumba <b>Rainbow Race</b>
10.	11. 8:30 – 11:00 am Coffee 9:00 am Tai Chi	12. 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	13. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	14. 8:30 – 11:00 am Coffee 9:00 am Knitting 11:00 Members Meeting 12:30 pm Mah Jong	15 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga 2:00 pm Exercise class	16. 9:30 - Zumba
17.	18., 8:30 – 11:00 am Coffee 9:00 am Tai Chi	19. 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	20. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	21 8:30 MAY BREAKFAST 9:00 am Knitting 9:30 Visiting Nurse 12:30 pm Mah Jong	22 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga 2:00pm Exercise class	23. 9:30 - Zumba
24/31	25. <b>CLOSED</b> <b>MEMORIAL DAY</b>	26. 8:30 – 11:00 am Coffee 10:00 am Art Class 6:00 pm BINGO	27. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 1:00 Card Party	28. 8:30 – 11:00 am Coffee 9:00 am Knitting 12:30 pm Mah Jong	29. 8:30 – 11:00 am Coffee 9:00 am Sit & get Fit 10:30 am Yoga 2:00pm Exercise class	30. 9:30 - Zumba

E-Mail – [CommunityCenter@richmondri.com](mailto:CommunityCenter@richmondri.com) Phone 401-491-9404

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

Zumba every Saturday 9:30:00 am