



# September 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 & Secretary

Richard Millar—Financial Liaison

Jackie Lombardo—Bingo Chair

Maureen Nolan—Activities Chair

Pasquale DeBernardo

Newsletter Editor—Dennis McGinity

### From the Chairman—Dennis McGinity

Well it has been one hot August. Don't you agree? I Hope everyone is doing well. The really pleasant weather is coming and we can all enjoy it. Here's a couple of reminders. We have a great Mystery Lunch planned for Sept 24. (see page 2). Also, our Tuesday Morning Art Class is having an Art Show on Sept 20. (see page 5) The Senior Center will have a Bake Sale on Saturday Sept 19. (see page 6) Help us out if you can. Send in Pictures and recipes.

Stop by the office when you can, we would love to see you. Have some coffee/Tea/water/soda/snack and a chat. Until next time.....

Next monthly members meeting

Will be held at 11 AM on

**August 13, 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.**

**New Members—Welcome**  
**Howard & Simone Andrews**  
**Lois Beauchain**

### Mark the Date

**CVS Flu shots at the Center**

**Oct 22, 2015 10am to Noon**

A blonde gets a job as a physical education teacher of 16 year olds.

She notices a boy at the end of the field standing alone, while all the other kids are running around having fun kicking a ball.

She takes pity on him and decides to speak to him.

'You ok?' she says.

Yes.' he says.

'You can go and play with the other kids you know' she says.

'It's best I stay here.' he says.

Why's that sweetie?' says the blonde.

The boy looks at her incredulously and says,

"Because I'm the Goalie !"

### Battery Collection

To do our part in helping Mother Earth, the Senior Center is collecting 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



## **MYSTERY LUNCH**

Thursday September 24, 2015

The Bus leaves the YMCA Parking lot at 10:30am Sharp

### **Here's the September Deal:**

#### **Luncheon Menu**

**Cranberry Sauce**

**Fresh Luncheon Rolls & Butter**

**Tossed Salad with Famous Dressing**

**Macaroni Shells with Homemade Sauce**

**French Fried Potatoes**

**Farm Fresh Roasted Chicken**

**Coffee/Tea & Ice Cream**

**All above served Family Style**

**Tax & Tip Included**

**\$13.00 pp Wow!! Must be paid in Advance. Cash only.**

**Reserved Limited Seating w/payment**

**Stop by the Senior Center to reserve your spot on the Bus**

**Free Entertainment**

**Call the Senior Center (491-9404)**

**Members first – limited seating**



## Trips & Tours—Pat Abby

Hi everyone,



Could I get a little help from those who are interested in bus trips. I need some suggestions for 2016 bus trips. As you all know we have a problem booking the minimum number of people needed to have the trips and have had to cancel quite a few. During 2015 we went on a whale watch which was really fun and we did have a NYC trip including a Red Sox/ Yankees game which 2 couples went on and in October, 11 of us are leaving from exit 3 for a trip to Iceland which should be fantastic.

I would like to get ideas for a few day trips for next year. Many want to go back to Atlantic City in the spring. Does anyone have any other ideas for overnight trips? I have been looking at a trip which includes flying to Memphis and staying a couple of nights and then going by bus to Nashville and flying back from there. This trip includes accommodations at the Opryland Hotel and many attractions. Would anyone be interested in doing this? In order to get free transportation from exit 3 to airport, we need 10 passengers. Please let me know how many have interest and I will book if there is a minimum of 10. Let me know if you want info. on the trip.

Please contact me by phone 530 2458, email [patriciaabby@hotmail.com](mailto:patriciaabby@hotmail.com), or message Richmond Ramblers on Facebook.

Thanks, and looking forward to hearing from everyone.

### **Think About It - Laugh For The Day**

The federal government, which has "Tomahawk" cruise missiles and "Apache," "Blackhawk," "Kiowa" and "Lakota" helicopters - and used the code name "Geronimo" in the attack that killed Osama bin Laden, officially objects to the name of the Washington Redskins.

Really?

### **Mother—Daughter**

Yesterday my daughter e-mailed me again, asking why I didn't do something useful with my time. "Like sitting around the pool and drinking wine is not a good thing?" I asked. Talking about my "doing-something-useful" seems to be her favorite topic of conversation. She was "only thinking of me", she said and suggested that I go down to the Senior Center and hang out with the guys. I did this and when I got home last night, I decided to play a prank on her.

I e-mailed her and told her that I had joined a Parachute Club.

She replied, "Are you nuts? You are 78 years old and now you're going to start jumping out of airplanes?" I explained that I even got her a Membership Card and e-mailed a copy. She immediately telephoned me and yelled, "Good grief, Mom, where are your glasses?! This is a Membership to a Prostitute Club, not a Parachute Club."

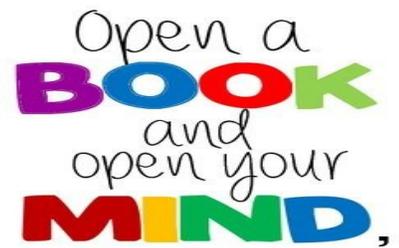
"Oh man, I'm in trouble again," I said, "I really don't know what to do. I signed up for five jumps a week!!" The line went quiet and her friend picked up the phone and said that my daughter had fainted.

Life as a Senior Citizen is not getting any easier, but sometimes it can be fun.

A big mouth college student challenged a senior citizen saying it was impossible for their generation to understand his world. "You grew up in a different world," the student said.

"Today we have television, jet planes, space travel, nuclear energy, computers, the internet..."

Taking advantage of a pause in the student's litany, the senior said, "You're right sonny. We didn't have those things when we were young... so we invented them!"



### **The Life-Changing Magic of Tidying Up (2014) by Marie Kondo –Potter/TenSpeed Harmony Press**

Several months ago I waited in a Home Depot checkout line behind a fellow purchasing an impressive supply of large plastic storage containers. I jokingly asked him if he was packing up all his worldly possessions and moving far away. “Not really”, was his reply, “my wife says we have to get organized and these bins looked like the best way to get the job done”.

No one would disagree more with this man’s approach to organizing, or “tidying”, than internationally renowned Japanese organization consultant, Marie Kondo. In her NY Times bestselling little book (barely 200 sparsely printed pages and measuring about 5” x 7”), she details her approach to tidying up. She firmly believes that few things affect our well-being, happiness and overall good health to a greater extent than the cleanliness and organization of our home environment. However, her approach is not a philosophy, like *feng shui*, but a practical step-by-step guide to decluttering and organizing.

Kondo may have an eastern world-view, but her basic principles on cleaning and organizing are universally adaptable. Our furnishings and possessions either should “spark joy”, or should be discarded. She rejects all the “storage solutions” and advice touted in popular magazines. In particular, tidying cannot be done seasonally or piecemeal, as so many of these sources recommend. “Tidying” commences as a massive evaluation (usually followed by a massive discarding) of “things” and, in a specific order, to wit:- first your clothes, then books, followed by papers and documents, then *komono* or “miscellany” in Japanese, and finally, mementos. After such a drastic purge, storage solutions are vastly simplified. Regardless of whether we live in a small Tokyo apartment, or in an eight bedroom mini-mansion on a 5 acre lot in rural Rhode Island, our personal environments should encourage us, nourish our souls, enhance our well-being, and above all, “spark joy” And, every item should be evaluated in that light.

I think of myself as reasonably tidy, but after finishing this book, just for example, I took a good hard look in my clothes closet. Oh my, my! Sweaters are folded on shelving, but not all visible or easily accessible. There are a half-dozen blouses hanging there which don’t fit me and; consequently, are never worn. Occupying the entire floor of the closet is an inflatable mattress which has never been used, so why, with two spare bedrooms available, does it continue to dwell there? Maybe, not so tidy after all? Kondo warns that her methods work only if the initial tidying is accomplished all at once and in the order of the aforementioned specific categories, not room-by-room, seasonally, half-heartedly, or over a period of weeks or months. The reward of experiencing a drastic and sudden improvement becomes your inspiration against recidivism. And, Kondo claims, none of her clients backslide once they organize their living space according to her principles.

Kondo made me a laugh out loud a few times. For instance, she rigidly subscribes to that tried and true maxim of “a place for everything and everything in its place”, but her devotion can go a little off the deep end. Garments are hung in a specific order in a closet and when she retires a jacket or dress at the end of the day, she also verbally acknowledges her appreciation and thanks to the garment for its hard work that day and in “sparking joy”. Talking to my favorite jacket? I’ll pass, thank you.

Kondo’s little book is thought-provoking regardless of whether or not you become her disciple. At some junctures I even wondered if Kondo was reading my mind. Finishing an early chapter, I cynically questioned how anyone can practice neatness and good organization if they must share living space with mess makers or quasi-hoarders? The very next chapter advises that no matter how close your quarters, every family member needs a personal space to individually organize, a sanctuary that he or she alone controls. Kondo theorizes, and anecdotally supports, that tidying-up can inspire other household members to discard and organize. But, she cautions, don’t try to force anyone else to tidy up; it is a self-initiated and very personal journey.

I borrowed this book from a local library so, obviously, I have to return it. But if it was my possession and I had to evaluate its fate using Kondo’s principles, it would remain on my bookshelf. I’ll certainly re-read it at some point, and quite simply, it “sparks joy”. THE VERDICT :

Don’t miss this; one of the best I’ve read

Terrific; couldn’t put it down

**A Great Read**

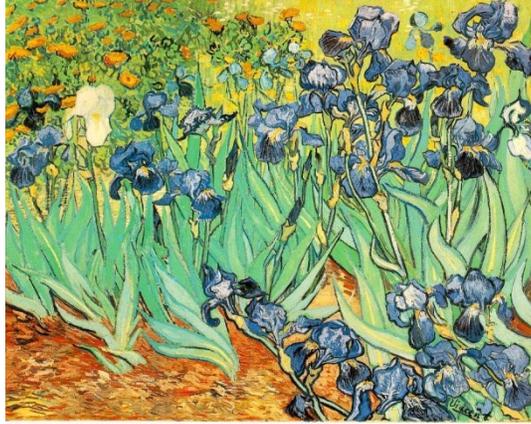
Pretty Good

Some of it was OK

Mediocre

Not so Great

Awful; don’t even waste your time



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## *Art Show*

Showcasing the talents of the  
Tuesday Morning Art Class

Meet the Artists and Instructor Beth Drainville.

View their collection of works.

Richmond Community Center

1158 Main Street, Wyoming, RI

Above the Richmond Police Department

(Elevator in Rear of Building)

**Sunday, September 20, 2015**

**1:00 pm to 4:00 pm**

**Refreshments will be served**

# ***Richmond Senior Center***



***Saturday—Sept 19, 2015***

***9:00 am to 12:30 pm***

***If you would like to help out by donating***

***A baked item***

***Please contact the Senior Center***

***401-491-9404***

***Also***

***Stop by the Bake Sale and help***

***Make it a success.***



A Special Thank You to all those who volunteered at the  
Washington County Fair—Aug 12th through the 16th



Lois Cuddy  
Sally Hoyle  
Patricia Labrie  
Mary McCabe  
Henry Graham Jr  
Patty Millar



Paul & Jean Schaarschmidt

Maureen Nolan

Brent Reyburn

Roger & Anne Fleet

Al Taylor

Nancy Cekala

Dan & Helena Bowen

Paul & Jackie Lombardo

Dennis McGinity

Patti Grant

Jeff & Bonnie Wright

Tom & Barbara Dufficy

Velma Clinton

Lois Beauchain

Henry Graham III



**Great job by all**

◀ August	~ September 2015 ~						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<b>1</b> 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	<b>2</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	<b>3</b> 8:30 – 11:00 Coffee 9:00 am Knitting 12:30 pm Mah Jong	<b>4</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga	<b>5</b> <b>NO ZUMBA</b>	
<b>6</b>	<b>7</b> <b>CLOSED HAPPY LABOR DAY</b>	<b>8</b> 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	<b>9</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	<b>10</b> 8:30 – 11:00 Coffee 9:00 am Knitting 11 am <b>Members Meeting</b> 12:30 pm Mah Jong	<b>11</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga	<b>12</b> 9:30 - Zumba	
<b>13</b>	<b>14</b> 8:30 – 11:00 Coffee 9:00 am Tai Chi	<b>15</b> 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	<b>16</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	<b>17</b> 8:30 – 11:00 Coffee 9:00 am Knitting <b>No Visiting Nurse</b> 12:30 pm Mah Jong	<b>18</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga	<b>19</b> 9:30 - Zumba <b>BAKE SALE 9AM—12:30P Richmond-Farmers Market</b>	
<b>20</b>	<b>21</b> 8:30 – 11:00 Coffee 9:00 am Tai Chi	<b>22</b> 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	<b>23</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	<b>24</b> 8:30 – 11:00 Coffee 9:00 am Knitting 10:30 Mystery Lunch 12:30 pm Mah Jong	<b>25</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 10:30 am Yoga	<b>26</b> 9:30 - Zumba	
<b>27</b>	<b>28</b> 8:30 – 11:00 Coffee 9:00 am Tai Chi	<b>29</b> 8:30 – 11:00 Coffee 10:00 am Art Class 6:00 pm Bingo	<b>30</b> 8:30 – 11:00 Coffee 9 am Sit & Get Fit 1 pm Card Party	<b>Notes:</b> <b>E-Mail-</b> <a href="mailto:CommuntyCenter@Richmondri.com">CommuntyCenter@Richmondri.com</a> <b>Phone – 491-9404</b> <b>Mar Jong Thursdays 12:30pm w/instructor Free Zumba – Saturdays 9:30am</b> <b>MYSTERY LUNCH Sept 24, 2015 Bus leaves the YMCA parking lot at 10:30am Call the center for details</b>			

### From the Richmond Tax Collector's office:

The first installment of property taxes will be due on **September 7<sup>th</sup>**. Since September 7<sup>th</sup> falls on Labor Day, 1<sup>st</sup> quarter installments received by 4PM on Tuesday, **September 8<sup>th</sup>** will be considered timely.



### Farmers Markets Certificates

RI State food Certificates for the Farmers Markets are available at the Richmond Senior Center For ages 65 or older or Disabled. Office hours are M-F 8:30am to Noon

