

Retired Men's Club of Arlington

PRESIDENT'S MESSAGE/NEWSLETTER FOR MAY 2025 46th Anniversary

UPCOMING SPEAKERS:

5/14/2025 Daniel Breen Battle of the Gauntlet
5/28/2025 Annette Reynolds AARP, Downsizing and Decluttering
You can't take it with you.

The Singing Grandpops: are still in need of singers (you really do not need singing ability) to join the Singing Grandpops. Contact Ray Carmichael, or Tom Woodbury. The Grandpops are the ambassadors of the Club, bringing joy and happiness wherever they go. You will enjoy this special activity.

The Singing Grandpops now have a Facebook page: Singing Grandpops - RMCA

May 6	Winthrop COA, 35 Harvard St	12:30 Tuesday
May 22	Providence House, 180 Corey Rd, Brighton	2:00 Thursday
May 30	Bridges, 56 Watertown St, Lexington	2:00 Friday

Feel good story for the month!

After a recent show, a couple approached me with the following comments. His mother has memory issues and sometimes goes a couple of weeks without talking with them. On a recent visit with her, she started talking about a group of men who were funny and sang. She told them that she really enjoyed their show. This was unusual for her, and the couple didn't know if his mother was talking about a dream or an actual performance. They found out that she was actually talking about a Singing Grandpops show. So, they showed up at our show the next time we performed at that venue. After the show, they came up to me, told me the above information, said they enjoyed our show very much, and they thanked us for bringing joy to his mother and the rest of the residents.... This is why we do what we do!

Then, after seeing the message on our Facebook page, the Activity Director at that location sent me the following email:

- "I saw the post – the pictures and the narrative with that resident and family member! I remember having that conversation with that family member and he couldn't believe it really happened and it wasn't just a dream ? Just shows how special you all are and how what you do, makes a difference!

Practice on Wednesdays at 10:00 am except on RMCA meeting days, when practice is after the meeting.

BOWLING is over for this season but we'll be starting up again in September, watch for details. Enjoy your summer!

Golf:

2025 RMCA GOLF LEAGUE APPLICATION

NAME:_____ **RMCA**

MEMBERSHIP#_____

STREET:_____ **TEL.# ()**_____

CITY:_____,**MA. ZIP**

CODE:_____

EMAIL ADDRESS:_____

Complete & provide \$65 payment to RMCA GOLF LEAGUE. Give the above information and mail payment to:

Mike Comer

7 Marcus Road

Wilmington, MA. 01887

Chris Ciano

49 Wilbur Avenue

Arlington, MA. 02476

\$65 - 2025 membership cost includes:

- **Membership in the RMCA Golf League**
- **Participation in cookout (August 5th) (rain date August 12th) and closest to pin contests**
- **Senior Greens Fee provided to RMCA Golf League members**
- **Members only invitation to free League celebration luncheon at Reading Mandarin (currently scheduled for October 7th)**

Due to tee time requirements, Reedy Meadow has reserved a 9:00-9:20

AM slot for RMCA. If you intend to tee off before or after this RMCA slot, you must schedule a tee time on the Reedy Meadow web site or by phoning the club house.

2. We anticipate starting league play on Tuesday, May 6th and extending league play through Tuesday, October 7th.

3. If there is a "rain out" on Tuesday, League play will be moved to Thursday in any given week.

4. SOFT SPIKES AND COLLARED SHIRTS ARE REQUIRED AT THE GOLF COURSE.

5. Greens fees are \$20, the Reedy Meadow Senior rate. Golf cart rentals are \$12 for rider and \$3 for pull carts.

6. YOU MUST BE ENROLLED IN THE LEAGUE AND PAID-UP MEMBER TO BE ELIGIBLE FOR LEAGUE PARTICIPATION.

2025 Reedy Meadow Golf Course Fees:

1. 9 holes of golf - \$20 (senior greens fees)

2. Riding Golf Carts \$12pp. Current golf course requires to team up when possible. Pull Carts - \$3

CRIBBAGE: Monday mornings at 9:30 in lower Church Hall. Brush up your skills by coming down and playing. Dues are \$8.00 per week. Note that women are allowed to play. They do not have to be related to Club members. Great prizes to all that participate. Our last Cribbage tournament resulted in payouts of approximately \$1600.00. Our amount of participants are approximately 30-35. Thanks to John Boudreau as Chairman and Bill Young as Assistant.

Whist Players Wanted: Bob Coffey would like to begin a Whist Card Game. If interested in playing whist, please call Bob at 781-933-7930. Games would be held in *the Hall area*.

Poker players wanted: Games are played on Monday, Wednesday and Fridays from 10:00 to 2:00 in the lower Church Hall. The stakes are 10/20 cents with a \$5 buy-in. Come on down and enjoy a friendly game with fellow club members.

Miscellaneous : Get involved! You only get out of it what you put into it. Do nothing, get nothing.

DUES ARE DUE!!!: Again, one of our goals is to increase our membership. 350 renewal letters were sent out for 2025. 197 members have renewed their dues for 2024. Dues remain at \$35. 1000 RMCA brochures will be distributed to members to reach out to your friends, relatives, neighbors etc. If each of you brings in one new member, we can double our membership. Membership has been increasing during the past few months. As a result of the pandemic, many workers have decided to retire, and they are looking for something to do. If you know one, then sign them up as a new member and if they do not like what we offer then they do not have to pay or if they do pay their dues, they can ask for a refund. Attached to this newsletter and on our website is a membership card, so cut it out and give it to your neighbor, relative, friend and meet and make new friends. Note that they do not have to be retired or from Arlington. Also, note that the membership application now contains a contact name and phone number in case of an emergency. New membership cards will be issued at regular meetings.

ESTATE PLANNING: Please note that the Club is a 501(C)(3) charitable tax-exempt organization so any donations to the Club are tax deductible on your tax return. The exemption certificate is posted on our website. New from the IRS is that you can take a distribution from your IRA as part of your Minimum Required Distribution and donate it to the Club and it will NOT be included in your taxable income and get lifetime income from the annuity payments. Please think about this option in your estate planning. Another suggestion is a donor advised fund where contributions are fully deductible and are distributed to your favorite charities including RMCA. See you soon at a meeting!

Mac Moran, RMCA President

RMCA OFFICERS 2024 - 2026

OFFICER/COMM.	CURRENT HOLDER PHONE
PRESIDENT- MAC MORAN	781-899-8908
VICE PRES- PHIL STE. MARIE	781-894-6157
TREASURER- JOHN VIEIRA	781-249-0769
SECRETARY- TOM CORDIMA	781-325-3255
MEMBERSHIP- JOE DIBACCO	978-486-4395
ASST. TREASURER- JOHN BOUDREAU	781-858-3159
ASST. SECRETARY-	
ASST MEMBERSHIP- CHARLIE CIAMPA	781-643-4155

Trip Committee: Our trip committee is seeking a volunteer for the following: We need someone to form the committee and pick out trips for the year, etc. Potential committee members would be Tom Cordima, Joe DiBacco, Charlie Ciampa and Bill Young.

If interested in chairing the committee, please contact Mac Moran

These are the trips that have already been planned.

RMCA 2025 TRIPS

DATE	TRIP DESTINATION/DESCRIPTION	COST
4-June	MOHEGAN SUN, GEORGE'S OF GALILEE LOBSTER OR RIB EYE	\$160
2-July	LAKE SUNAPEE LUNCH CRUISE BAKED CHICKEN/VEG LASAGNA	\$140
20-Aug	NEWPORT PLAYHOUSE, BUFFET, PLAY "IT'S JUST SEX", CABARET SHOW	\$160
17-Sept	INDIAN PRINCESS, SLATER'S REST BAKED COD/STEAK TIPS/CHICK PICATA	\$145
1-Oct	CAPTAIN JACK/FOXWOOD CASINO LOBSTER OR PRIME RIB	\$135
3-Dec	SALEM CROSS INN/MGM CASINO BRIGHTLIGHTS, CHICKEN POT PIE/SALMON	\$125

SICK & VISITATION – 4/23/25

SICK

John Santosuosso; 37 Drake Road Apt. 513; Arlington, MA 02476; (781) 643-7046

I talked to John yesterday. John suffered a serious fall and spent a short time in the hospital. This was followed by PT and OT. He is resting a lot. He has much difficulty in movement, but is slowlyprogreesing He misses cribbage as much as we miss him. He will return.

Bill Landry; 10 Lehigh Street; Arlington, MA 02476; (781) 646-1284

I managed to reach Bill yesterday. He is continuing his exercises at home. He is able to get around the house not using his walker by making sure he is holding on to something. He uses a walker whenever away from home. The VA ophthalmologist prescribed three different sets of eyeglasses. Bill is not happy with the resulting vision. Currently driving is out. He was very happy attending Easter Sunday Mass together with his son's family and spending the day at Easter dinner with them. He really misses the cribbage tournament and hopes to be back

George Gibson; 4 Tremont Street; Bedford, MA 02139: (781) 778-7061

I call George and left a message. He is slowly recovering from a serious fall and is facing long-term therapy He gets around the house with a cane. George ran the cribbage tournament and is a long-time participant. He is anxious to return to the tournament. I know George would enjoy hearing from all you cribbage players. So give him a call or send him some get well wishes.

Shaun O'Halloran; 7 Eliot Road; Arlington, MA 02474; (781) 646-9016

I talked to Shaun yesterday. He is housebound and has a visiting nurse twice a week. A recent fall caused damage to his ribs. He is in a lot of pain. He is taking a blood thinner. He is suffering from stage 4 kidney failure which has stabilized with medication. He remains cheerful which is his hallmark. So send him an Easter card to let him know we are thinking of him.

Bob Tosi; 14 Inverness road; Arlington, MA 02476; (781) 646-8120:

I talked to Bob yesterday. He still suffers from neuropathy which causes instability in his walking. He uses a walker both in house and outside. His eyesight is still problematic due to occasional blurry vision and double vision. The good news; Bob keeps contact with several members and friends by telephone. He has long been a caring active RMCA member. Many members have been graced with his calls. So give Bob a call or send him a card

SICK & VISITATION – 4/23/25

VISITATION

These members all are homebound or in assisted living. They generally have chronic conditions and feel very isolated. I intend to call them to determine any changes. Meanwhile, a call or a card from an RMCA member would provide some comfort. So please consider it.

John Pellegrino; Blair House; 10 Elin Terrace; Tewksbury, MA 01876; (781) 698-1385

Alex Armenio; Sunrise Assisted Living; 1395 Massachusetts Ave; Arlington, MA 02476; (781) 646-4769

Bob Carrasitti; 187 Scituate Street; Arlington, MA 02476; (781) 648-5284

If any of you know these members, take time to call them. You will pleasantly be surprised at how they appreciate your thoughtfulness in calling. Also, if you are aware of an RMCA member who is ill or disabled, confined or just might like a call, please contact me so I can assure him that the RMCA Membership cares. Contact Tony Dello Russo at: 781-572-1987. Please provide name, phone number and the nature of the member's condition. (Address would help)

The next Club fundraiser at the Waltham Chateau will be on Thursday, May 1. Funds raised will go towards our scholarship program. Make sure your waitress has “fundraiser” on the bill.

RMCA MEMBERSHIP APPLICATION

January 1, 2025, thru December 31, 2025, DUES \$35.00 Renewal_____

Information_____

New_____

Name: _____MI_____

Address: _____

City: _____State_____Zip_____

Email Address: _____

Telephone: _____

Emergency Contact: _____Phone_____

Cash Amount_____Check #. _____\$_____

Please mail application along with payment made to: RMCA

Mail to: John Vieira, RMCA, P.O. Box 195, Arlington, MA 02476-0002

Editor Joseph Clark 978-337-8230