

# Retired Men's Club of Arlington

## PRESIDENT'S MESSAGE/NEWSLETTER FOR FEBUARY 2026 47<sup>th</sup> Anniversary

We lost the following brother members, may they Rest in Peace.

James "Mac" Moran                      Waltham                      date of death 1-4-26

### UPCOMING SPEAKERS:

2/11/26      Mary DeCourcy                      Protect against Falling  
2/25/26      TBD

**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**

2/5/26	Residence at Pearl, 75 Pearl St, Reading	Thursday	2:00
2/13/26	Belmont Manor, 34 Agassiz Ave, Belmont	Friday	2:00
2/25/26	Neville Place, 650 Concord Ave, Cambridge	Wednesday	2:00
2/27/26	Sancta Maria, 799 Concord Ave, Cambridge	Friday	2:00

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

**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 John Matte as Assistant.**

**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.

**Corn Hole and Darts** starting on Tuesday's at 10 am to noon on October 14 in the lower church hall. Any questions please contact John Vieira or Tony Masci ([arl\\_mass@yahoo.com](mailto:arl_mass@yahoo.com)).

***BOWLING:*** *To all members looking for an opportunity to start bowling and enjoy a social experience.* New bowlers are more than welcome to join even as a substitute, and have some fun and meet with your brother members. The league is a fully-handicapped league, so it does not matter what your average is. Bowling started on September 4, time to think about joining. Substitues are welcome, even for a few weeks. The RMCA Bowling League meets at 9:30AM every Thursday at the Wakefield Bowladrome, Doors open at 9AM for a few minutes of free practice.

Our League is for **members only**. There are 4 members per team and the teams bowl against

each other. Bowling fee is \$16.00 (\$13 for bowling fees and \$3 for dues) each Thursday, absentee fee is \$3.00. We use the dues for rolloff prizes and a free luncheon banquet at the end of the season. The Wakefield Bowladrome is located at 92 Water Street, Wakefield. Enter through the parking lot door. There is no bowling if Wakefield schools are closed or delayed because of storms. Bowling Chairman is Tony Masci ([arl\\_mass@yahoo.com](mailto:arl_mass@yahoo.com))

**DUES ARE DUE!!:** Again, one of our goals is to increase our membership. 350 renewal letters were sent out for 2026. 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 meeting.

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**RMCA MEMBERSHIP APPLICATION**

**January 1, 2026, thru December 31, 2026, 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**

**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!**

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

RMCA OFFICERS 2024 - 2026

OFFICER/COMM.

CURRENT HOLDER PHONE

PRESIDENT-

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- PAUL MAHONEY

857-205-9529

ASST MEMBERSHIP- CHARLIE CIAMPA

781-643-4155

**Editor     Joseph Clark     978-337-8230**

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**Hello fellow members** Our membership wants to increase and you have an opportunity to help.

**For a start, this introduction has been successfully published in the newsletters and bulletins of Our Ladies Parish in Waltham, and Arlington's Council on Aging and a request** has been submitted to St Agnes and St Camillus, etc.

Would you please request your church, COA etc. to post our introduction memo into their flyers? As a member of your organization, the posting should be free. Remember, these organizations look for information to publish.

Thanks and regards,

Phil Ste Marie

Programs

**See our welcome letter below, feel free to use and circulate.**

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# **Retired Men's Club of Arlington**

## **Welcome**

Welcome to our Retired Men's Club of Arlington!

Come join our approximately 200 members, from all of the local cities and towns, for a social experience of fellowship and activity. Consider us as "friends you have yet to meet".

We meet on the 2nd and 4th Wednesday of each month in St. Camillus lower church hall. We are located in Arlington, off Route 2, Exit 132, Dow Avenue. Doors open at 9:30 AM for companionship with free coffee and donuts.

Our meetings begin at 10:00 AM. Approximately 50+ of our members enjoy a keynote speaker followed by club business. Our meetings end at approximately 11:00 AM.

There are also several other member activities available to enjoy in addition to our meetings: Cribbage Tournaments on Mondays – Bowling League on Thursdays – Drop-in Center Monday thru Friday – Golf League on Tuesday when in season – Raffles – Trips – Singing Grandpops

Please visit our website [www.rmcarlington.org](http://www.rmcarlington.org) and click the other tabs to learn more about the RMCA.

The Retired Men's Club of Arlington MA. is a non-profit organization and social club also registered with the Commonwealth of Massachusetts.

**For further information about our Men's Club, please contact Pete Galluzzo at [PJGtaxes@yahoo.com](mailto:PJGtaxes@yahoo.com).**

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## William Koehler, Ph.D - Discussion of Football

(Jan 14, 2026) The Retired Men's Club of Arlington was presented an excellent discussion on football by William Koehler, Dean, Regis College.

William used a slide presentation to discuss every position on a football team. He discussed what each position is responsible for, the position's weight and salary range and then discussed some players who stood out in that position. Bill's then grouped his presentation of players into offense, defense and special teams. He then went into salary caps and then opened the floor for questions.

William may be contacted at [william.koehler@regiscollege.edu](mailto:william.koehler@regiscollege.edu)

For additional information about the Retired Men's Club of Arlington, visit [www.rmcarlington.org](http://www.rmcarlington.org) or call Peter Galluzzo at 781-308-0007