

Retired Men's Club of Arlington

PRESIDENT'S MESSAGE/NEWSLETTER FOR March 2026 47th Anniversary

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

UPCOMING SPEAKERS:

3/11/26 Annette Reynolds AARP, the six pillars of brain health
3/25/26 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

3/6/26	Brudnick Ctr, 240 Lynnfield St, Peabody	Friday	1:45
3/18/26	Courtyard, 202 Governors Ave, Medford	Wednesday	2:00
3/26/26	Summer Place, 20 Summer St, Chelmsford	Thursday	2:00

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

CRIBBAGE: Monday mornings at 9:45 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.

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)

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.

**The next Chateau Fundraiser is Thursday, April 9
Mark your Calendar!**

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

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.

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 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.

(Jan 28, 2026) The Retired Men's Club of Arlington listened to Henry Quinlin present a layman's description of "Artificial Intelligence". Henry has been using AI for three years and have given over 39 talks on AI. He has been appointed to the MIT Age/Lab as a Senior Advisor.

Henry described and defined AI. He explained how to use it, explained some of the most amazing benefits from AI now and in the future. He concluded with explaining the dangers encountered in using AI.

Our members all thought it was a great presentation. It was positive to see members who could not attend be told by other members how they liked it. Henry Quinlin may be contacted at henry@omni-pub.com

TRIPS

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Revised: Version 2, Date: 2/1/2026



Retired Men's Club of Arlington, Inc

2026 TRIP SCHEDULE & COSTS

TRIP DATE	Description	Tour Company	COST	PAYMENT DUE DATE
April 18th Thursday	Ohio Tribute Show Windham, NH Chicken Parmesan OR Vegetable Lasagna & Salad/Potato/Veg/Dessert/Coffee/Tea	Best of Times	\$148	3/10/2026
April 29th-May 1st Wed-Fri	Limited Seats Left - Book Today! Penn Dutch (3day) 2 Nights Lodging+Meals*Joshua/Oklahoma Sight & Sound Dinner Show+Train Ride+Longwood Gardens Book Now Online: https://bit.ly/YMClap (Payment Vendor: WTJMCA)	Best of Times	\$8190x \$1179single	3/1/2026
June 3rd, Wednesday	Newport Playhouse Buffet / Cabaret Show & PLAY "Serial Cops"	Foxy Travel	\$189	4/25/2026
July 29th Wednesday	Newport Harbor Choice of 3 Meals: Chicken OR Seafood OR Cruise Vegetarian & Potato/Vegetable	Foxy Travel	\$140	6/22/2026
August 19th Wednesday	Beach Boys Tribute Whole Scaled 1 1/4 LB. LOBSTER OR 1/2 BKG CHICKEN & Star Musicals/Carnival/Carn on the Cub	Best of Times	\$150	7/23/2026
September 17th Thursday	Solid Gold 5th & 6th Dinner+port Chicken Parmesan OR Scaled Haddock & Salad/Potato/Veg/Dessert/Coffee/Tea	Best of Times	\$152	8/21/2026
October 22nd Thursday	Red Diamond Tribute Windham, NH Apple Cranberry Compote/Stuffed Chicken OR Veg Lasagna & Salad/Potato/Veg/Dessert	Best of Times	\$148	9/25/2026
November 12th Thursday	The Lovin' Spoonful Real Artists Thanksgiving Dinner with Sides & sides OR Veg Lasagna & Dessert / Coffee / Tea	Best of Times	\$148	10/16/2026
December 2nd Wednesday	Lafayette House Luncheon Pawridge Centre La Solerte Show Christmas Light Display Grand Buffet Style Meal	Foxy Travel	\$131	10/29/2026

TRIPS CONTACTS

Jim Haynie 781-218-9073

RMCA.Activities@gmail.com

William Young 617-484-7898

Find all of these trips on our website:

<https://rmcarlington.org/trips>

RMCA Listens to “Avoiding Falls”

(Feb 11, 26) The Retired Men’s Club listened to Mary DeCoursey, MS

Director, Community Benefits, Mount Auburn Hospital.

Mary discussed: Extreme fear of falling can increase your risk of falling. Social circles can assist you with this problem.

She made us aware of falling hazards in the home. Falling during several household activities and their hazards were detailed. Making small changes or modifying how we do things can save us from a fall.

Mary also discussed our contribution to our personal risk factors. Included are leg weakness, poor flexibility, Eyes and ears, blood pressure and food, pain/problems.

Detailed were: risky situations to include risks in each room of the house and how they may be addressed.

Mary may be contacted for further information email mdecourc@mah.org

For additional information about the Retired Men’s Club of Arlington, visit www.rmcarlington.org or call Peter Galluzzo at 781-308-0007

Two Brothers Take a Flight

It was said in an authoritative media source: "If a million men ...work for a million years, flight might be possible".

(Feb 25, 2026) The Retired Men's Club of Arlington listened to a professionally produced lecture about Wilbur and Orville Wright and the invention of the world's first flying machine.

We listened to how they began with gliders and faced the challenges of materials, wings and engines. Their research included the Weather Service for the best location of wind conditions and the Smithsonian Institution for materials. An aluminum engine was developed.

The brothers then faced the challenges of overcoming yaw, pitch and roll.

On December 17, 1903 Orville made the first flight in front of a group of witnesses at Kitty Hawk.

When the war began in 1939, strategists developed the idea of using planes to drop bombs.

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