

ON THE

# SHOULDERS

WORCESTER, MA



# OF GIANTS

FOUNDED 1952



## Greetings!

Spring is here, what a welcomed sight after this past Winter, now we can go outside and enjoy the crisp air, plant our flowers, go for walks and enjoy good weather.

EASTER, this year will be the first Sunday in April, it is one of the central holidays or Holy Days of Christianity, it celebrates the resurrection of Jesus Christ, where 3 days after his death by crucifixion, Jesus rose from the dead. It is a time where family and friends gather to celebrate Easter and to be grateful and blessed for what we have and to love one another as the Bible says.

Baseball starts as well, let's pray for the great season for the Boston and Worcester RED SOX and the Worcester Bravehearts and let's not forget, the golf season will be coming upon us this month, the leagues at Greenhill, Pine Ridge and Quail Hollow will be starting. Please, contact the people running these leagues as soon as you can, so they can plan for this season.

We have some great programs in April for our weekly meetings, **remember on April 22<sup>nd</sup> we will be at the Worcester Senior Center**, and DOUG SCHMOLZE will be there. Doug puts on a great show. We will be having other great programs as well at the YMCA such as the History of CANDLEPIN BOWLING on April 15th, a look at the MIDSTATE TRAIL on April 29th, and ELVIS (who will be back in the building) on April 8<sup>th</sup>. So come and join us each week to enjoy the programs and bring a friend to let them see what we are all about. It is a place to make GREAT NEW RETIRED FRIENDS! God bless you all!

—STAN SWENSON, *President*

## Save The Date!



At our **May 13th** meeting we will be recognizing our members who have or will reach their 80th and 90th birthdays during 2026.



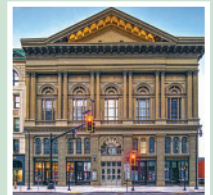
*If you are in one of those categories, we encourage you to attend this meeting and please check-in at our membership desk that day so that we can recognize you during the ceremony.*

## Check out this great line-up of Programs !

*We invite our members, friends, and spouse to be our guests at ALL of these great programs held at the Greendale YMCA. Come at 8AM for Coffee & Donuts. Meeting begins at 9AM with our Color Guard followed by our Chorus and the Program.*

### April 1 **History of Mechanics Hall**

Executive Director, **Meghan Montaner**, will paint for us the fascinating history of Mechanics Hall. Admired for its architecture, it has hosted legendary artists notable speakers including Yo-Yo Ma, Ella Fitzgerald, Charles Dickens and Mark Twain.



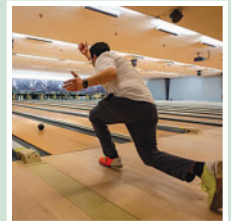
### April 8 **The King of Rock 'n' Roll**

We are thrilled to welcome back one of our favorite performers, **Mike Slater**. We will be returned to the days of our youth when the "King" changed the course of music history! You'll be sure to have a fabulous time listening to "Elvis," and singing along!



### April 15 **History of Candlepin Bowling**

**Vanessa Bumpus**, Exhibits Coordinator at the **Museum of Worcester**, shares the fascinating history of Candlepin Bowling, which was invented locally in 1880 by Pearl Street pool hall owner Pop White. Her presentation explores the sport's unique origins and technicalities.



### April 22 **Sentimental Journey**

Singer and guitarist, **Doug Schmolze** revisits some of the great songs of the swing era. Works by composers such as Duke Ellington, Rogers and Hammerstein, Glenn Miller and others are featured. Doug gives these classic songs new life.



***THIS PROGRAM WILL BE AT THE Worcester Sr. Ctr., 128 Providence Street***

*continued on page 2*

## More Upcoming Programs (continued)

### April 29 MidState Trail

**Mike Peckar**, a board member of the Greater Worcester Land Trust and director of the Green Mountain Club-Worcester will provide a brief history of the 92-mile Massachusetts Mid-state Trail, highlighting its unique origins, scenic landmarks, and the volunteer efforts to maintain it.



### May 6 DJ Extraordinaire

Graduating from Berklee College of Music was just the beginning of **Tom Bruhl's** passionate pursuit of music. He has performed with such luminaries as The Platters and Paulo Cole. He now performs for you as both a cutting edge DJ/Emcee AND brilliant musician.



## Chorus Group Activities Schedule

*Our choral group will sing on meeting days, following practice. If you'd like to attend one or more of the following outside programs, call ahead to check space availability.*

April 8 Wed.	2:00 p.m.	<b>The Residence at Orchard Grove</b> 251 Walnut Street, Shrewsbury (508-841-5735)
April 15 Wed.	9:00 a.m.	<b>Club Meets At Worcester Senior Ctr.</b> 128 Providence Street, Worcester
April 22 Wed.	1:30 p.m.	<b>Gardner Senior Center</b> (978-630-4067) 294 Pleasant Street, Gardner
April 29 Wed.	2:00 p.m.	<b>Christopher Heights of Webster</b> 338 Thompson Road, Webster (508-949-0400)

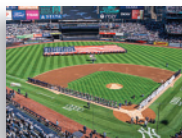
## Trip Presentations

### Tuesday, April 7, 2026 - 1:00 PM at Immaculate Conception Church

353 Grove Street, Worcester (Parking in back)  
(The parish hall is in the basement of the church.)

### Red Sox vs Yankees Aug 28 to 29, 2026 — \$644 pp/do

Experience the legendary Yankees vs. Red Sox rivalry with this exciting overnight getaway. Enjoy the game from terrace infield seats, stay at the Hilton Garden Inn and explore New York City icons including the 9/11 Memorial, One World Observatory, and Brookfield Place.



Please contact George Barry to reserve a spot if you plan to attend this trip presentation or for more info.  
(508) 799-0739 or [george.barry77@yahoo.com](mailto:george.barry77@yahoo.com)

## More Trip Presentations

### Thursday, April 16, 2026 - 1:00 PM at Immaculate Conception Church

### Ocean City, Maryland WITH ANNAPOLIS & ATLANTIC CITY May 18 to 22, 2027 — \$1,436 pp/do

Experience a bayside sunset dinner, a guided tour of Ocean City, Assateague Island (home of the famous wild horses). Enjoy a classic Maryland crab feast. Visit Annapolis and the U.S. Naval Academy. Travel by ferry to Cape May, NJ for a trolley tour of Victorian homes, then continue on to Atlantic City.



Please contact George Barry to reserve a spot if you plan to attend this trip presentation or for more info.  
(508) 799-0739 or [george.barry77@yahoo.com](mailto:george.barry77@yahoo.com)

### Thursday, April 16, 2026 - 2:15 PM at Immaculate Conception Church

### San Francisco / Napa Valley / Yosemite NP / Reno Aug 14 to 22, 2026 — \$4,998 pp/do

For those of you that missed the first presentation we are having a second by popular demand. This seamless itinerary begins with a **NON-STOP** trip from Boston to the West Coast. Your adventure kicks off with a comprehensive city tour and scenic bay cruise, followed by the towering redwoods of Muir Woods and the refined estates of Sonoma. A highlight of the region includes an exquisite three-course lunch in the heart of Napa Valley before heading toward the Sierras. You will enjoy two serene nights at the Yosemite View Lodge, providing the perfect base for guided tours of the park's crown jewels: Half Dome, El Capitan, and the ancient giants of Mariposa Grove. The adventure continues through Carson City to Reno, where you will spend two nights at the vibrant Silver Legacy Hotel and Casino and step back in time with a visit to historic Virginia City. The final evening celebrates the trip with a festive dinner and show, concluding the experience with a **NON-STOP** flight back to Boston. Includes roundtrip airfare, transfers, premium accommodations, and all gratuities. Many other features will be covered at this Trip Presentation. Looking forward to seeing you all there. This will be an exciting trip so sign up early!



Please contact Dick Pinkes to reserve a spot if you plan to attend this trip presentation or for more info.  
more info. (508) 769-2913 or [rjpinkes1@verizon.net](mailto:rjpinkes1@verizon.net)

## Serving Happiness one cup at a time



Their day starts predawn, about 6 a.m. Brew master **Dave Nolan** gets the coffee percolating on the second floor of the Greendale YMCA. A little later, his wife, **Debbie Nolan**, and newcomer **Diane Lindberg** scurry about setting up tables with packets of cream and sugar and a multitude of doughnuts and pastry procured by **Terry Monfreda** from Culpeppers Bakery. These are the friendly faces that provide morning sustenance for weekly meetings of the Retired Friends Club of Greendale.

### This is the Coffee and Tea Crew

Dave and Debbie are the senior members, having served since 2018. They have been married for 54 years after meeting at Marconi Beach on Cape Cod. It seems Debbie suffered an outbreak of hives from sun poisoning. A lifeguard used his First Aid knowledge to assuage her suffering. The lifeguard happened to be Dave Nolan and that was the start of their relationship. They have a son, Greg, a pharmaceutical salesman in San Diego, and a daughter, Beth, a behavioral specialist in Lowell, and two grandchildren.

Dave, now 78, is a native of Brookfield who excelled in track and football at Tantasqua Regional High School, earning a football scholarship at the University of Vermont. He was a defensive lineman and linebacker standing 6-foot-2 and weighing 265 pounds. Dave went on to a career in the Worcester Public School system. At Burncoat High he wore two hats as a physical education and special education teacher before retiring after 11 years as assistant principal.

Debbie took up physical therapy as her vocation, working in places like Fairlawn Hospital and Becker Junior College to mention a few stops during a 43-year career. Although she is a singer and club chorus member, Debbie seems to be the quiet one behind the scenes until she points out how her husband retired just to work fulltime.

“He puts in 30 to 40 hours a week,” said Debbie of Dave’s volunteer efforts at Salem Covenant Church. “I’m a people person,” he said. As the community coordinator, he serves as the conduit for people wishing to utilize the church. As might be expected, he is very involved in the various activities.

Dave talks passionately about the church’s affiliation with the Guild of Saint Agnes and Alcoholics Anonymous. Between them, the church is host to 870 people a week. The Guild’s day care for 50 children is open from 6:15 a.m. to 5:15 p.m. A van is available to transport other children to school. The noontime AA meeting attracts more than 40 people a day. Recreational programs also abound with basketball and classes including Zumba, yoga, kick boxing and exercising to music.

Diane, the third member of the crew, came to know the routine at the club having driven her husband Stephen to meetings. They had been married for 34 years before



*TOP: Dave & Debbie Nolan, and Terry Monfreda.*

*BOTTOM: Diane Lindberg (in the middle) flanked by Dave and Debbie*

illness claimed his life a year ago. Diane has become an integral, enthusiastic club member.

Before and during meetings she brings the YMCA to life, greeting people, singing in the chorus and shaking it up on the dance floor. She was born and raised in Shrewsbury, a self-described Shrewsbury girl who has dedicated her life to helping others. Diane never had children of her own but has influenced the lives of hundreds during her career as an early childhood special education teacher. She was also very involved with the Teachers Union.

Her interests are innumerable including crafting, reading, exercise, walking and gardening. In other words, she does it all. Upon learning that the coffee crew needed help, of course she volunteered. “I’ve always been an early riser,” she said.

These early risers bring smiles to the faces of club members every Wednesday ... one cup at a time.

Submitted by JIM CONNOLLY





Thursday, May 7, 2026  
Maironis Park,  
Shrewsbury, MA

Get your tickets before they're gone!  
The Rhythms will provide the music.  
The meal will be your choice expertly  
prepared chicken, fish or beef, together with  
salad, rolls, coffee or tea, and dessert. Tickets are **\$25  
per person**. See Ralph Shapiro or Jim Hester at any  
of our weekly meetings at the YMCA. Or contact  
Ralph at [Ralphvshapiro@msn.com](mailto:Ralphvshapiro@msn.com) or 413-537-2435.

**Trip Descriptions**

**LOG CABIN – KENNY ROGERS TRIBUTE SHOW**

August 5, 2026 (Wednesday) ..... \$159 pp

**Highlights:** We are off to the Log Cabin Restaurant and Showroom for a fantastic Kenny Rogers Tribute Show. First we'll have a delicious dinner with choice of twin lobsters or prime rib accompanied by starch and vegetables, with coffee/tea/desert included. Then it's show time. Dave Karl will have everyone tapping their feet, dancing, and singing along to Kenny Rogers' favorite tunes. You will be mesmerized by his performance of classics such as: "The Gambler" "Lady" "Ruby" "She Believes in Me" and so many more! You'll be blown away by the authentic sounds of this tribute show.

**Trip Leader:** Dick Pinkes ..... 508-769-2913

**Parking:** Immaculate Conception ..... rjpinkes1@verizon.net

**ALASKA CRUISE – 7 DAYS – NORWEGIAN JADE**

Aug. 30 to Sept. 7, 2026 ..... from \$3,349 pp/do

**Highlights:** We begin with a pre-night stay in Anchorage and then sail from Whittier to witness the Hubbard Glacier, explore the Inside Passage, and visit iconic ports like Juneau, Skagway, Ketchikan and ending in Vancouver. Your pricing includes all port charges, fees, taxes and pre-paid gratuities. All meals and entertainment on board the Jade. \$100 on board credit per cabin, Wi-Fi package and shore excursion credit. The premium beverage package and all of your transportation and travel insurance is included.

**Trip Leader:** Ralph Shapiro ..... 413-537-2435

**Parking:** Maironis Park ..... ralphvshapiro@msn.com

**WEST POINT – RHINEBECK AND FDR MUSEUM**

Sept 13-14, 2026 ..... \$558 pp/do

**Highlights:** Join us for a historic journey through the Hudson Valley, starting with the Old Rhinebeck Aerodrome to witness vintage WWI dogfights and biplanes. You'll explore West Point, the nation's oldest military academy, walking in the footsteps of legends like Eisenhower and Patton while taking in the stunning views from Trophy Point. The tour continues in Hyde Park at Springwood, FDR's beautiful estate, and his Presidential Library. Includes 1 breakfast and 1 dinner as well as insurance and all entrance fees.

**Trip Leader:** Rick Ferguson ..... 508-688-4427

**Parking:** Maironis Park ..... rwfery@icloud.com

**NANTUCKET ISLAND**

September 15, 2026 (Tuesday) ..... \$223 pp

**Highlights:** Experience the quintessential charm of Nantucket Island with this seamless day trip. Your journey begins with a scenic high-speed ferry from Hyannis, followed by a narrated tour of the island's most iconic landmarks. You'll visit the historic Old Mill, the rose-covered cottages of 'Sconset Village, and the striking Sankaty Head Lighthouse. Spend your afternoon in the town center, where you can enjoy local seafood for lunch, browse boutique shops, and explore the world-class Whaling Museum. It's a perfect blend of maritime history and coastal beauty packed into one unforgettable day.

**Trip Leader:** George Barry ..... 508-799-0739

**Parking:** Immaculate Conception ..... george.barry77@yahoo.com

**PERU: MACHU PICCHU – AND THE SACRED VALLEY**

September 18 to 29, 2026 ..... from \$4,945 pp/do

**Highlights:** This 11-day Peruvian odyssey begins in Lima with a private tour of the Larco Museum. After flying to Cuzco, you will explore the Sacsayhuaman fortress and ancient waterworks. The adventure continues with a rafting trip on the Urubamba River and a home-hosted lunch in the Sacred Valley. A "Day in the Life" visit to Izcuchaca offers a chance to browse local markets and visit a weaving cooperative. Finally, travel by train to stay at the base of Machu Picchu, enjoying ample time to discover the "Lost City of the Incas".

**Trip Leader:** Ralph Shapiro ..... 413-537-2435

**Parking:** Maironis Park ..... ralphvshapiro@msn.com

**MARGARITAVILLE ON CAPE COD**

September 21 to 23, 2026 ..... \$699 pp/do

**Highlights:** Did you know that there is a Margaritaville Resort in Hyannis MA? Me neither, but that's where we are headed. We stay at this new resort for two nights with a buffet breakfast each morning. We will dine at the resort each night before a dinner show. One show will feature a Legends Tribute of Dolly & Kenny. The second show will feature the dynamic Edwards Twins. They can impersonate any number of legendary performers. Additionally, there will be a visit to the Twin Rivers Casino, free time to shop on the Main Street of Hyannis, a Harbor Cruise (Kennedy Compound) and a guided tour of Hyannis. Of course, this trip is insured and driver gratuity is included.

**Cape Cod is Going Tropical!**

**NEW RESORT:** 2 nights at the brand-new Margaritaville Resort with buffet breakfasts to start your day right.

**DINNER & A SHOW:** Two nights of resort dining followed by world-class entertainment:

**THE LEGENDS TRIBUTE:** A heartwarming nod to Dolly Parton & Kenny Rogers.

**THE EDWARDS TWINS:** Prepare to be amazed by their uncanny impersonations of legendary stars.

**COASTAL ADVENTURE:** A Harbor Cruise past the famous Kennedy Compound and a guided tour of historic Hyannis.

**PLAY & SHOP:** Test your luck at Twin River Casino and enjoy free time to stroll and shop along Hyannis Main Street.

**Trip Leader:** John Kelly ..... 860-798-6272

**Parking:** Maironis Park ..... kelly.john.r@gmail.com



Rhinebeck



Amsterdam



Yosemite



Edwards Twins

## Day & Overnight Trips For The Years 2026–2027

### DAY TRIPS

DESTINATION	DATES	FIRST SALE	PRICE	LEADER(S)	TELEPHONE
Newport Playhouse - "Sexy Laundry"	4/9/26	Wait List	\$140	Rick Ferguson	508-688-4427
Annual Spring Luncheon – Maironis Park, Shrewsbury	5/7/26	NOW	\$25	Ralph Shapiro	413-537-2435
Cape Cod Canal Cruise	6/9/26	Wait List	\$143	George Barry	508-799-0739
Boston Duck Tour – with lunch at Venezia Restaurant	6/30/26	Wait List	\$149	George Barry	508-799-0739
Newport Playhouse - "Weekend Comedy"	7/8/26	Wait List	\$155	Dick Pinkes	508-769-2913
Tall Ships, Boston – with lunch at Venezia Restaurant	7/14/26	Wait List	\$160	Dick Pinkes	508-769-2913
Log Cabin - Kenney Rogers Tribute Show	2nd Bus Added 8/5/26	NOW	\$159	Dick Pinkes	508-769-2913
Cape Cod Luncheon Train & Sandwich Glass Museum	8/26/26	Wait List	\$179	Dick Pinkes	508-769-2913
Nantucket Island – with Whaling Museum	9/15/26	NOW	\$223	George Barry	508-799-0739
Rob Zappulla Celebrates Herb Alpert & Sergio Mendez - Aqua Turf	10/13/26	NOW	\$132	George Barry	508-799-0739
* NH Turkey Train	10/15/26	NOW	\$135	Dick Pinkes	508-769-2913

### OVERNIGHT TRIPS

Washington DC and Cherry Blossoms – on Amtrak	4/17-21/26	Wait List	\$1,399	Ralph Shapiro	413-537-2435
von Trapp Family Lodge – Stow VT Getaway	4/28-29/26	Wait List	\$568	George Barry	508-799-0739
Great Lakes Cruise – River Boat Cruise and more	5/22-6/1/26	NOW	from \$6,229	John Kelly	860-798-6272
Enchanting 1000 Islands – with Boat Museum & Lake Placid	7/27-30/26	Wait List	\$1,450	Dick Pinkes	508-769-2913
Mt. Washington Adventure – featuring the Cog Railway	8/3-4/26	Wait List	\$630	George Barry	508-799-0739
San Francisco / Napa Valley / Yosemite / Reno	8/14-22/26	NOW	\$4,998	Dick Pinkes	508-769-2913
Red Sox vs Yankees (in NY) – with 9/11 Memorial and more	8/28-29/26	NOW	\$644	George Barry	508-799-0739
Alaska Cruise	8/30-9/7/26	NOW	from \$3,349	Ralph Shapiro	413-537-2435
West Point / Rhinebeck / FDR Museum	9/13-14/26	NOW	\$558	Rick Ferguson	508-688-4427
Peru: Machu Picchu & the Sacred Valley	9/18-29/26	NOW	\$4,945	Ralph Shapiro	413-537-2435
Margaritaville on Cape Cod – Dolly & Kenny & Legends	9/21-23/26	NOW	\$699	John Kelly	860-798-6272
Magnificent Spain	9/28-10/9/26	NOW	\$6,119	Dave Cochran	508-769-9323
Atlantic City – Tropicana Resort & Casino	10/27-29/26	NOW	\$439	Dick Pinkes	508-769-2913
Hawaii Cruise	10/30-11/7/26	NOW	\$4,249/5,199	Ralph Shapiro	413-537-2435
Christmas at the Opryland Resort	12/6-11/26	NOW	\$3,976	Dave Cochran	508-769-9323
Allure of the Adriatic	12/31/26-1/16/27	NOW	from \$5,645	Ralph Shapiro	413-537-2435
Caribbean Cruise	1/23-31/27	NOW	from \$2,499	Ralph Shapiro	413-537-2435
Miami / Costa Rica / Panama Canal	4/4-16/27	NOW	\$3,579/5,619	Dick Pinkes	508-769-2913
Tulip Time on Jewels of the Rhine	4/25-5/5/27	NOW	\$6,283/9,163	Dave Cochran	508-769-9323
Ocean City Maryland – with Annapolis & Atlantic City	5/18-22/27	NOW	\$1,436	George Barry	508-799-0739

\* Indicates New Trips this month. All prices quoted are per person (Double Occupancy).  
Refunds will be made per printed club policy.



Visit our website [www.rfcg.info](http://www.rfcg.info) for detailed flyers for each of our trips.

## More Trip Descriptions

### MAGNIFICENT SPAIN!

Sept. 28 to Oct. 9, 2026 . . . . . \$6,119 pp/do

**Highlights:** This grand tour captures the essence of Spain, from Barcelona's modernist flair to the rugged peaks of Montserrat. After a high-speed train to Madrid, you'll explore the history of bullfighting at Las Ventas before stepping back in time in Avila and Segovia. There, you'll marvel at the fairytale Alcázar and savor traditional suckling pig. Journeying south, you'll witness Cordoba's iconic red-and-white arches and Sevilla's massive Gothic Cathedral, paired with an authentic Flamenco performance. The journey culminates in Granada at the breathtaking Alhambra, a Moorish masterpiece and the ultimate highlight of Andalusia's rich heritage.

**Trip Leader:** Dave Cochran . . . . . 508-769-9323

**Parking:** Maironis Park . . . . . cochradw@verizon.net

### ROB ZAPPULLA CELEBRATES

#### HERB ALPERT & SERGIO MENDEZ — AT AQUA TURF

October 13, 2026 (Tuesday) . . . . . \$132 pp

**Highlights:** Experience the non-stop energy of renowned trumpeter Rob Zappulla and his 10-piece orchestra at the Aqua Turf Club in Plantsville, CT. Rob's incredible trumpet-playing skills are front and center as he is joined by sensational vocalists. Today's delicious luncheon is served family style by a friendly, efficient staff, and we will have a complimentary glass of beer, wine or soft drink. There is also a cash bar for additional drinks. Trip includes taxes and gratuities.

#### A Brass-Filled Blast!

*Get ready for a high-energy afternoon of jazz and nostalgia*

**THE SHOW:** Rob Zappulla, world-class trumpeter and vocalist, celebrates Herb Alpert & Sergio Mendez, featuring Rob's incredible 10-piece orchestra.

**THE JOURNEY:** A musical tribute covering the Tijuana Brass era, Herb Alpert's solo hits, and the infectious rhythms of Sergio Mendez.

**THE MENU:** A delicious family-style luncheon featuring Lemon Chicken and Pork Schnitzel, fresh greens, vegetables, and dessert.

**THE PERKS:** Enjoy a complimentary glass of beer, wine, or a soft drink with your meal (cash bar also available).

**Trip Leader:** George Barry . . . . . 508-799-0739

**Parking:** Immaculate Conception . . . . . george.barry77@yahoo.com

### ATLANTIC CITY, NJ —

#### TROPICANA RESORT & CASINO

October 27 to 29, 2026 (Tuesday to Thursday) . . . . \$439 pp/do

**Highlights:** This Tropicana Atlantic City motor coach getaway package includes round-trip transport, two nights on the Boardwalk, and \$100 in total bonuses (\$50 slot play and \$50 dining credit). You'll enjoy two 8 PM evening shows, with all taxes, baggage handling, driver gratuity, and trip insurance fully covered. It's a perfect, worry-free escape to enjoy gaming, entertainment and world-class dining.

**Trip Leader:** Dick Pinkes . . . . . 508-769-2913

**Parking:** Maironis Park . . . . . rjpinkes1@verizon.net

### NH TURKEY TRAIN

**NEW**

October 15, 2026 (Thursday) . . . . . \$135 pp

**Highlights:** Join us as we travel North to scenic NH. Sit back and enjoy the changing colors signaling nature's change of seasons. We'll make a stop at Moulton Farms in Meredith. This store has been in existence for decades and provides a unique, farm store, experience. Now it's off to the train. On your arrival at the station, it's All Aboard your scenic dining car for your train ride, traveling along the lake shore through the scenic woodsy setting. You'll also be served a delicious full course luncheon (included) featuring Hart's Turkey Farm Roast Turkey with whipped potatoes, butternut squash, a beverage and a ice cream sundae for dessert, YUM.. After our train returns, you'll board your motor coach for additional sightseeing and a stop at the Kellerhouse gift shop. We'll also make a rest stop on way home at the NH State Liquor Store. Sign up early as this sells out fast.

**Trip Leader:** Dick Pinkes . . . . . 508-769-2913

**Parking:** Immaculate Conception . . . . . rjpinkes1@verizon.net

### HAWAII CRUISE

Oct 30 to Nov 7, 2026 . . . . . \$4,249 / \$5,199 pp/do

**Highlights:** We start with a pre-night stay in Honolulu followed by a 7-night cruise aboard the NCL Pride of America. Discover the diverse beauty of the islands with overnight stops in Maui and Kaua'i, plus visits to Kona and Hilo on the Big Island. Trip includes round-trip airfare, NCL's "More-at-Sea" package and travel insurance.

**Trip Leader:** Ralph Shapiro . . . . . 413-537-2435

**Parking:** Maironis Park . . . . . ralphvshapiro@msn.com

### CHRISTMAS AT THE OPRYLAND RESORT

Dec. 6 to 11, 2026 . . . . . \$3,976 pp/do

**Highlights:** Experience the ultimate holiday getaway with a 6-day stay at Gaylord Opryland, featuring 5 million lights and the world-class ICE! exhibit. This Nashville adventure blends music history with festive flair, including tours of Music Row, the Ryman Auditorium, and the Country Music Hall of Fame. Enjoy a classic Southern lunch and holiday show aboard the General Jackson Showboat, followed by a historical tour of Belle Meade Plantation. Evenings are highlight-filled, featuring dinner at the Opryland Backstage Grill and reserved seating for a live performance at the legendary Grand Ole Opry.

**Trip Leader:** Dave Cochran . . . . . 508-769-9323

**Parking:** Maironis Park . . . . . cochradw@verizon.net

### ALLURE OF THE ADRIATIC

Dec. 31, 2026 to Jan. 16, 2027 . . . . . from \$5,645 pp/do

**Highlights:** Ring in the New Year on an unforgettable 17-day journey through Croatia, Italy & Slovenia, featuring a private small-ship cruise aboard the 50-passenger M/V Artemis—with only 25 exclusive spots secured for our group. Start in Zagreb before exploring the Istrian coast, featuring Pula's Roman Amphitheatre and the wildlife of Cres Island. Savor authentic culture with cooking classes, olive mill visits, and home-hosted lunches in Rovinj. After visiting Trieste and the mosaics of Ravenna, your voyage concludes in Venice with iconic sightseeing and a classic gondola ride through the winding canals.

**Trip Leader:** Ralph Shapiro . . . . . 413-537-2435

**Parking:** Maironis Park . . . . . ralphvshapiro@msn.com

## CARIBBEAN CRUISE

2027

January 23 to 31, 2027 . . . . . from \$2,499 pp/do

**Highlights:** Our trip begins with a flight from Boston and a pre-cruise hotel stay in Florida. You'll sail from Port Canaveral to Great Stirrup Cay, Jamaica, Grand Cayman, and Cozumel, with all taxes, port fees, and tips already covered. The package features a premium beverage package, specialty dining, Wi-Fi, and onboard credits, travel insurance and all ground transfers.

**Trip Leader:** Ralph Shapiro . . . . . 413-537-2435

**Parking:** Maironis Park . . . . . ralphvshapiro@msn.com

## MIAMI / COSTA RICA / PANAMA CANAL

2027

April 4 to 16, 2027 . . . . . \$3,579/\$5,619 pp/do

**Highlights:** Join us as we fly to Miami and stay overnight in a beach-front hotel, with free time for shopping and leisure. Our 1900 passenger ship, the Norwegian Sun, was refurbished in 2024. We'll spend 11 days with 8 ports of call and includes a Panama Canal transit to Gatun Lake and back. We visit Falmouth, Jamaica; Cartagena Columbia; Gatun Lake, Panama; Colon, Panama; Puerto Limon, Costa Rica; Harvest Cay in Belize; and Cozumel, Mexico. As usual the trip includes all gratuities including the daily service charge applied to each cabin by NCL as well as those for the included Premium Beverage and Specialty Dining Packages (2 dinners per person, four for Balcony and above). It also includes RT air from Boston or Hartford, all airport hotel transfers, portorage of one bag PP, and trip insurance. This will be an exciting trip so sign up early!

**Trip Leader:** Dick Pinkes . . . . . 508-769-2913

**Parking:** Maironis Park . . . . . rjpinkes1@verizon.net

## TULIP TIME ON JEWELS OF THE RHINE

2027

April 25 to May 5, 2027 . . . . . \$6,283/\$9,163 pp/do

**Highlights:** Sail the romantic Rhine River in spring and visit the world-famous Keukenhof Gardens, home to seven million blooms. Explore Amsterdam's charms before cruising past windmills and tulip fields. Enjoy guided tours of Cologne, Koblenz and Strasbourg, and visit Schwetzingen Palace. Conclude your journey with two nights in Lucerne, Switzerland, nestled amid the breathtaking Swiss Alps. The ship has two single cabins that can be booked on a first come first serve basis that doesn't incur the "single premium" charge. This tour includes free round trip airfare, trip insurance, round trip transportation to the airports, all gratuities.

**Trip Leader:** Dave Cochran . . . . . 508-769-9323

**Parking:** Maironis Park . . . . . cochradow@verizon.net

## Many Hand Make Light Work

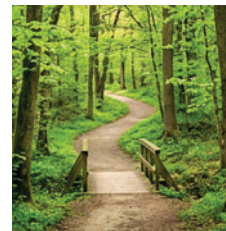


We are still looking for someone to share some of their time and talent to help Carol Chester with the Club Secretary duties. This vital role keeps our club thriving. The tasks involve attending weekly and monthly meetings to take minutes and sending sympathy cards to member families. It's a wonderful way to give back and build priceless friendships. If you're ready to lend a hand, please contact Carol directly at [clchester@charter.net](mailto:clchester@charter.net).

## HIKING CLUB UPDATE

*Good New: Spring is finally here!*

It is now time to think seriously about spending some quality time in Nature. Hiking will start after snow has receded and the resulting mud has dried up, probably by the beginning of April.



### Key Details:

- The Wednesday Club meetings follow the Worcester Public School calendar which indicate May 26 as the last day of school, but the hikes will continue throughout the Summer and Fall.
- Hikes will take place midweek, starting at 10 am on the designated days.
- We will not need to travel long distances as all locations are within 20 miles from the Greendale Y.
- The first hike will be at the Leominster State Forest. Details will follow online at [rfcg.info](http://rfcg.info) or by calling Tom Pokoly at 508 397-9411. Meantime check out the site at [Mass.gov/locations/Leominster-state-forest](http://Mass.gov/locations/Leominster-state-forest).

### Hike Specifics:

- The hikes will average 3 miles and not exceed 5 miles, avoid difficult terrain and are subject to suitable weather.
- The pace is around 1.5 mi per hour.
- Each hike will have a leader. Ideally all participants will take turns in leading a hike, but this is entirely voluntary.
- Of course, the hikes are free although there may be a charge for parking. Sr. Parking Pass, usually valid for all state forests, are available on the above web page.

**So get your sturdy shoes and backpack ready and watch out for further announcements.**



### Show your interest in hiking!

Email your name and cell number to:

[tbpokoly@gmail.com](mailto:tbpokoly@gmail.com)

Or call Tom Pokoly at: 508 397-9411.

## WE WANT YOUR FEEDBACK



**Your voice matters!** Next week's email will include a link for a quick **club survey**. We truly value your input and would love to hear your thoughts on how we're doing.

**The Retired Friends Club  
of Greendale, Inc.**  
Greendale Y. M. C. A.  
75 Shore Drive  
Worcester, MA 01605

PRSR STD  
U.S. POSTAGE  
**PAID**  
Worcester, MA  
Permit No. 46

Check out our Website: [rfcg.info](http://rfcg.info)

# Golf & Summer Bowling Starts VERY Soon!



## SIGN-UP NOW!



To sign-up\* or to get more details about each league, see last month's newsletter OR visit our website [rfcg.info](http://rfcg.info) OR contact the coordinator of the league you are interested in to sign up.

### Green Hill Golf League – Starts Mid April

John Kelly, Coordinator ..... 860-798-6272  
kelly.john.r@gmail.com

### Pine Ridge Golf League – Starts April 20

Nancy Shivick, Co-Coordinator ..... 508-479-7401  
nshivick@charter.net  
Artie Goulet, Co-Coordinator ..... 508-853-2601

### Quail Hollow Golf League – Starts April 20

Dick Whippee, Co-Coordinator ..... 978-355-4842  
whippees@verizon.net  
Rick Wheeler, Co-Coordinator ..... 508-864-1083  
wheel1125@aol.com

### Summer Bowling League – Starts April 21st

Jim Connolly, Coordinator ..... 508-753-5737  
woostatown28@charter.net

*\* Participation in the Retired Friends Club of Greendale Golf and Bowling Leagues is for members who have paid their annual club dues (\$15) or are Life Members. If you paid your dues anytime after May 1, 2025, you are good through August 31, 2026. If you have not gotten around to sending in your renewal dues yet or if you would like to join as a new member, please see the Remittance Form below.*

### TUESDAY Bowling League – (as of March 17, 2026)

**BAYBERRY LANES** ..... 326 Main Street, Spencer  
Coordinators: **Jim Connolly** (woostatown28@charter.net), **Bob Converse**, **Dave Meyers**

Place	Team	Captain & Team Member
1	#12	<b>Charlie Welsh</b> , Dennis King, Rollie Laflash, Al Barsamian
2	#11	<b>Ken Miller</b> , Paul Prince, Steve Gully, Ron Jablanski
TIE	3 #3	<b>Jim Connolly</b> , Chris Mudd, Louise Hester, John McIntyre
	3 #14	<b>Mike Grasseschi</b> , George Calimeris, Jerry Stanley, Sheila Dahlgren
HA	Joe Dooley 99, Bill Plante 96, Jim Connolly 95	
HIT	Joe Dooley 338, Bill Plant 331, Jim Connolly 327	
HIS	Carl Masshardt 124, Joe Dooley 123, George Calimeris 123	
HA (women)	Sheila Dahlgren 79, Louise Hester 71, Pam Masshardt 71	

### THURSDAY Bowling League – (as of March 19, 2026)

**Peter Morse**, Coordinator ..... Email: [morsepd5@aol.com](mailto:morsepd5@aol.com) ..... 508-832-4351

Place	Team	Captain & Team Members
1	BORG	<b>John McIntyre</b> , Don Casey, Chris Mudd, Robin White
2	JOHN DOLAN BARRY	<b>Jack Geneva</b> , Denny King, Bob White, Dave Flint
3	PLACE PAUL COURCHESNE	<b>Joe Dooley</b> , Paul Prince, Mike Mudd, Joe Dooley, Sr.
HA (men)	Joe Dooley 97.11, Evan Plant 94.20, Jim Connolly 93.33	
HA (women)	Robin White 88.74, Sandra White 76.80, Ollie Villensky 73.14	

## RFCG Remittance Form for New Members, Renewals & Life Members

### Dues For NEW Members

(Men & Women - Age 55 & Over)

- ANNUAL = \$15/yr  
or  
 FOR LIFE = \$150/life-membership
- Complete Application Information.
  - Pay at any meeting.
  - If not possible, mail form and check to:  
RFCG  
YMCA - 75 Shore Drive  
Worcester MA 01605

The monthly Newsletter is included in dues.

### RENEWAL Dues

(For Current Members)

- ANNUAL = \$15/yr  
or  
 FOR LIFE = \$150/life-membership
- Note address, phone, etc. info changes.
  - Pay at any meeting.
  - If not possible, mail form, check and a **pre-addressed postage-paid envelope AND prior Year's Membership Card**  
to: RFCG  
YMCA - 75 Shore Drive  
Worcester MA 01605

### Application Information

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY - STATE - ZIP \_\_\_\_\_  
TEL (  HOME OR  CELL ) \_\_\_\_\_  
EMAIL \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_ VETERAN   
RETIRED FROM \_\_\_\_\_  
FORMER OCCUPATION (CAREER) \_\_\_\_\_  
REFERRED BY \_\_\_\_\_

New or Current members paying after May 1st will be considered paid-up for the next fiscal year which starts on September 1st and ends August 31st.