

ON THE

SHOULDERS

WORCESTER, MA



OF GIANTS

FOUNDED 1952



Greetings!

Well... Here I am, writing my first President's Message, the Summer is almost over and we are about to embark on another year of the "Retired Friends Club of Greendale," it's 74th year and I have the honor to be your new President!

I would like to "Thank" Rick Ferguson for all that he had accomplished in our Club in its 73rd year, as well as Rick's leadership and believing in me!

Who would have thought that those 10 Norton retirees who started this club in 1952 (to go out for coffee) imagined it would have grown to a membership of well over 1600 friends covering Worcester County and turning 74 years old?

The "Retired Friends Club of Greendale", one of the largest clubs for retirees and seniors in Worcester County has many social activities to offer its members, such as, great day trips, fabulous overnight trips (which consists of trips both here in the USA and abroad), social events (Spring Luncheon, Annual Corn Roast, Christmas parties) and other social activities such as golf and bowling, which are available to those members that want to participate.

Our weekly members meeting at the Greendale YMCA is a great place to gain **New Friendships**, have a cup of coffee and a donut, talk with friends, and be entertained by several types of programs on a weekly basis, such as history, sports, music, and general interest topics.

The challenge, that I face in front of me, this coming year as your president, is to continue this social organization, in ways that our members can gain **New Friendships** and have that feeling of belonging to an organization that cares about everyone being "Friends". The challenge I see as well, is to get members involved in volunteering their time (we will be looking for help) as well as gain ideas to make the "Retired Friends Club of Greendale" a place where you want to socialize with your "Retired Friends" on Wednesday mornings.

I look forward in being your president for the next year, along with the help from our vice presidents and other officers, trip leaders and other volunteers of this club and **"YOU the Members"**, in continuing to make this, the "Retired Friends Club of Greendale", a place that you want to be proud of belonging to and be with your "Retired Friends" to have a cup of coffee as they did in 1952.

—STAN SWENSON, *President*

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.

Sept 3 The King of Rock 'n' Roll

Lets open our 74th year with a bang as we welcome back one of our favorite performers, **Mike Slater**, who is a top booked Elvis Impersonator and has been called upon to sing throughout New England! 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!



Sept 10 Trip & Fall Prevention



Asia Simpson, Injury Prevention Coordinator at UMass Memorial Medical Center, will arm us with some valuable information to help us avoid being part of one of those nasty fall statistics.

- 25% of Americans Age 65+ fall each year
- 95% of hip fractures are caused by falls
- 20% of hip fracture patients die with one year

Sept 17 Harvey Leonard

Join us for an engaging and informative conversation with WCVB TV's own chief meteorologist emeritus, **Harvey Leonard**. Widely regarded as the Dean of Boston Meteorologists, Harvey is credited as the first meteorologist to correctly predict the impact and intensity of the infamous Blizzard of '78. He will share his extensive knowledge and expertise cultivated during his 50 year career.



continued on page 2

More Upcoming Programs (continued)

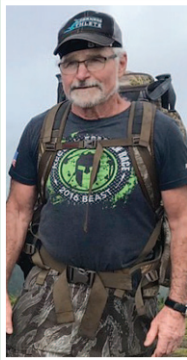
Sept 24 **Dennis the Magician**

Dennis Pimenta has been performing magic since 1964. His unique shows consist of magic, comedy, live animals, audience participation and is great fun for all ages.



Oct 1 **Conquering the Appalachian Trail at 71**

Hiking the Appalachian Trail (2,175 miles) would be an extraordinary and difficult achievement for people in their 20s. **Dave Manca**, at 71 years of age, trekked the distance from Georgia to Maine in just 133 days! He dedicated his hike to the Tunnels to Towers Foundation and subsequently raised \$36,851 for their charity through many generous donations. Don't miss this incredible man's presentation that is sure to captivate and inspire everyone.



Visit our website by scanning this QR code or by keying it in: www.rfcg.info to see past newsletters as well as detailed flyers for each of our trips.



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.

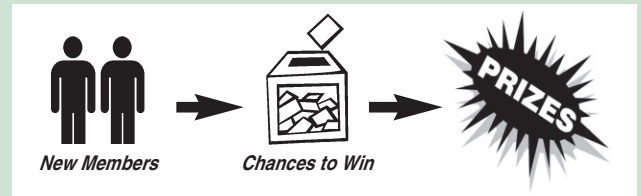
| | | |
|----------------|------------|---|
| Sept 3 | 7:00 a.m. | REHEARSAL (Get Your Music) |
| Wed. | 9:00 a.m. | SING AT MEETING (No Sing-Out Today) |
| Sept 10 | 2:00 p.m. | Corcoran House |
| Wed. | | 40 Walnut Street, Clinton (978-365-3600) |
| Sept 17 | 11:00 a.m. | Spencer Senior Center (508-885-7546) |
| Wed. | | 68 Maple Street, Spencer |
| Sept 24 | 12:15 p.m. | Westborough Senior Ctr. (508-366-3000) |
| Wed. | | 4 Rogers Road, Westborough Pre-Register for Lunch @ 11:30 |
| Oct 1 | 2:30 p.m. | Shrewsbury Nursing & Rehab |
| Wed. | | 40 Julio Dr., Shrewsbury (508-841-4783) |

*Is there room for more in the chorus?
Of course. Just speak up to a singer at a meeting or show-up at a Wednesday, 7:30 rehearsal. The more the merrier!*

MEMBERSHIP DRIVE CONTEST Starts September 3, 2025

We are very interested in growing our membership. Starting in Sept. 3rd, we will be running a Membership Drive Contest, with monthly prizes and a Grand Prize of a **\$1,000 Trip Voucher** good on any RFCG trip. This should be a lot of fun. Stay tuned to the newsletter for monthly updates as the contest will run until Dec. 17th.

CONTEST RULES



- Earn your first ticket by getting 2 new members to join the Retired Friends Club of Greendale *
- Earn additional tickets for each subsequent new member you get to join.
- Each ticket earned will go into the pot from which tickets will be drawn for monthly prize drawings and the final grand prize drawing.
- Monthly Prize: Lifetime Membership!
- Grand Prize: \$1,000 Trip Voucher good on any Retired Friends Club of Greendale trip.

* New members must be new to the club or inactive for 2 or more years. The new member must pay their first year's dues and include the name of the referring member when completing their application form.

For questions contact:
John Kelly (860) 798-6272 or
Jim Hester (978) 618-5422

www.rfcg.info

Deceased Members

JOHN BOYLE
WILLIAM D. CARR
RICHARD P. CHASE
JOSEPH L. COTE
PAUL J. CROWLEY

CHARLES J. GIORGI
DOUGLAS W. TUFTS
ELIZABETH A. VAN ATTEN
GORDON L. WALLAT

We Invite You to Attend the Following Informative Trip Presentations

Thursday, October 23, 2025 at Immaculate Conception Church

353 Grove Street, Worcester (Parking in back)

10 AM

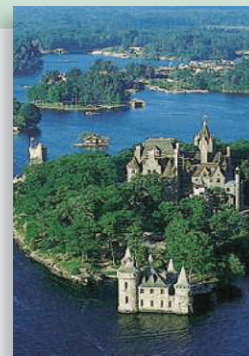
Enchanting 1000 Islands

July 27-30, 2026 – \$1,450 pp/do

NEW

Enjoy a breathtaking journey through the Adirondack Mountains of New York to the St Lawrence Seaway and the famous 1000 Islands. Before we arrive, we will stop in up-state NY for lunch on our own. Our destination is Alexandria Bay and Captain Thomson's Resort. The hotel offers waterfront dining, castle view rooms, an outdoor pool, and views of ships and other vessels navigating the main shipping channel from the Great Lakes to the Atlantic Ocean. On day 2 we'll explore the village of Alexandria Bay and take a Two Nation Cruise on a paddlewheel riverboat with a lunch on board. At the end of our cruise, we'll stop on Heart Island to visit majestic Boldt Castle. Late afternoon is free to enjoy the hotel and pool or take an included shuttle back to the castle. On day 3 we'll visit the 1000 Island Antique Boat Museum and "La Duchesse" the houseboat built

in 1903 by the Boldt family. You'll have free time in Clayton Village for lunch on your own, followed by a visit to the 1000 Islands Winery for a tasting. On day 4 we'll take a scenic drive through the heart of the Adirondacks to the lovely village of Lake Placid. This small town on Mirror Lake can boast of hosting the Winter Olympics in 1932 and 1980. You will have some free time in the village for lunch on own. Afterwards, we will meet our local guide for a history and nostalgic tour, followed by a visit to the recently opened Olympic Museum. Includes 3 breakfasts, 1 lunch, 3 dinners, all gratuities for driver, tour guide and local guide, insurance and portage of one bag per person. This will be a nice summer trip to a great area.



Please contact Trip Leader Dick Pinkes at (508) 769-2913 or rjpinkes1@verizon.net to let him know you will be coming.

11:15 AM

Great Pacific Northwest

WITH LEWIS & CLARK DISCOVERY

June 18-27, 2026 – \$5,272 pp/do

Experience the Pacific Northwest from Portland, OR to Seattle, WA on this 10-day adventure. It features stunning vistas, rugged coastlines, beautiful scenery and history on this tour of America's great Northwest. We will travel by deluxe motor coach with a full time escort. It includes nine nights hotel accommodations; 9 breakfasts and 9 dinners; guided tours of Columbia River, Portland, Pacific Coast, Seattle, and a full day Lewis & Clark experience. We'll visit several Lewis & Clark National Historical Sites, have a dune buggy experience, visit 7 museums, Oregon Coast

Aquarium, and 2 State Capitals. There will be a Portland Dinner Cruise and an Oregon Crab Fest & Oyster Tasting. There will also be visits to the Space Needle, and a Puget Sound Boat Cruise. Five of our nights will be at an Embassy Suites Hotel with their included manager cocktail reception every day. Price includes luggage handling of one bag per person, all taxes & gratuities airfare, and Travel Protection Insurance. This and many other features will be covered at our Trip Presentation. Looking forward to seeing you all there. This will be an exciting trip so sign up early!



Please contact Trip Leader Dick Pinkes at (508) 769-2913 or rjpinkes1@verizon.net to let him know you will be coming.

Another Great RFCG Recent Adventure - - Longwood Gardens



On June 6th, 2025 twenty-nine travelers departed to experience various locations in PA. We visited Valley Forge, the site of George Washington's Continental Army's winter headquarters. On the following day, we were treated to a guided tour of the Hagley Museum and Gardens where we learned the process of manufacturing black (gun) powder in the early years. Our day-time visit to Longwood Gardens was spectacular and in the evening the fountain light show was fantastic! On our final day, we visited Winterthur Library, house and Gardens. We also enjoyed two excellent restaurants and wine tasting.

—GEORGE BARRY, Trip Leader

Trip Descriptions

THE SEINE PARIS TO NORMANDY

Nov. 3-15, 2025 from \$4,345 pp/do

Highlights: 8 guided tours, 5 exclusive discovery events, a French language session, a cooking demonstration and much more. Our stops include 3 days in Paris, then on to Conflans where you can take the “Path of Van Gogh” tour. Next, we cruise to Vernon and the village of Giverny. Then to Les Andelys and then to Rouen, the Capital of Normandy. Rouen is where we will enjoy our “Home Hosted Visit”. The following day we will participate in a cooking demonstration and be treated to a French Cheese tasting. We cruise to Honfleur for D-Day discoveries, as well as optional tours. Lastly we will visit the Peace Memorial Museum before heading home.

Trip Leader: Ralph Shapiro 413-537-2435

Parking: Maironis Park ralphvshapiro@msn.com

FEVER 'N CHILLS SHOW — AQUA TURF

November 11, 2025 (Tuesday) \$122 pp

Highlights: We'll be celebrating music and show stopping hits from the 60's & 70's at the Aqua Turf Club. We'll first enjoy a complimentary tray of donuts and coffee on arrival. This will be followed by a delicious luncheon served family style – includes a fresh green salad, Roast Beef, Pan Seared Salmon, Pasta, potatoes and vegetables. A Complimentary glass of beer or wine, Coffee, Tea, Decaf and desert are also included. This will all be followed by a fantastic show by Jimmy Mazz accompanied by the fantastic Dawn Turlington. They'll sing all our favorites from the 60's and 70's. You'll enjoy every minute of this powerful tribute to many world renowned entertainers. Join your friends for a wonderful combination of great cuisine and entertainment. One more thing, they provide a free raffle for some great prizes. This is truly a great location, meal and show. Sign up early as these Aqua Turf shows sells out fast.

Parking: Immaculate Conception Church

Trip Leader: Dick Pinkes 508-769-2913
rjpinkes1@verizon.net

NEWPORT PLAYHOUSE – A TWISTED CHRISTMAS CAROL

Dec. 9, 2025 (Tuesday) \$155

Highlights: We are off to Newport, RI for a driving tour of Ocean Drive and the mansions along Bellevue Avenue. We end our tour at the Newport Playhouse for their all you can eat buffet including coffee/tea and dessert followed by a funny comedy cabaret show. Then another hilarious comedy play in their theater – *A Twisted Christmas Carol*. This farce tells the story of barbecue joint owner, Buford Johnson, who has an argument with his wife Darla and decides he's skipping Christmas. He storms out of the restaurant, goes four-wheeling in his pickup, gets hit by a twister, rolls his truck, and goes into a coma. He comes back in his dream where he's visited by his ex-business partner, Hank Walker, who plays the ghost of Christmas past, present and future. Let the laughter begin as Hank takes Buford on a journey similar to Scrooge's in a Christmas Carol, only TEXAS style. The stand-up comedy routines provide a hilarious running comedy throughout this wickedly funny performance. A perfect ending to a perfect day at the Playhouse.

Trip Leader: Dick Pinkes 508-769-2913

Parking: Immaculate Conception rjpinkes1@verizon.net

ST. PATRICK'S LUNCHEON & SHOW

NEW

March 10, 2026 (Tuesday) \$127 pp

Highlights: We'll be celebrating St. Patrick's Day at the Aqua Turf Club. We'll first enjoy a complimentary tray of donuts and coffee on arrival. This will be followed by a delicious luncheon served family style – includes a fresh green salad, traditional Corned Beef & Cabbage, Pasta, Baked Schrod, potatoes and vegetables. A Complimentary glass of beer or wine and desert are also included. Coffee, Tea and Decaf are also included.

This will all be followed by a fantastic St Patrick's Show featuring Padraig Allen and the McLean Avenue Band who have their own sound with old Irish Celtic folklore and rock pop Celtic music for your enjoyment. You'll also enjoy the Irish Step Dancers during the show. Join your friends for a wonderful combination of great cuisine and entertainment. One more thing, they provide a free raffle for some great prizes. This is truly a great location, meal and show. Sign up early as this sells out fast.

Trip Leader: Dick Pinkes 508-769-2913

Parking: Immaculate Conception rjpinkes1@verizon.net

CULTURAL CUBA EXPERIENCE

NEW

March 19 to 25, 2026 from \$4,459** pp/do

Highlights: Join us on this exclusive 20-traveler-only, People-to-People educational travel experience. Day 1 has us departing the USA arriving in Havana where we will be met by our local guide. Day 2 is spent getting a taste of local life in Havana. During our walking tour, we will visit the 4 main squares of the city, each well known for their historic importance. We will visit the San Jose Craft Market, mix and mingle with the artisans and vendors and learn about their indigenous handcrafts. We will visit a private cigar shop and see how authentic cigars are made. That evening we are treated to a ride in a vintage American car along the coast. Day 3 starts with a visit to the Fine Arts Museum in Havana and learn about Cuban art. We then depart for the village of San Francisco de Paula on an excursion to Hemmingway's former home, where we will learn about his life, work and love of Cuba. We travel on to Cojimar (the town that inspired him to write his novel “The Old Man and the Sea”). Back in Havana, we will explore the history and legacy of Cuba's cultural and political history, including the Cuban Missile Crisis and the Cold War. Day 4 we are treated to a tour of the Morro Castle and learn about its amazing history and its importance in protecting the city from pirates. We will visit a neighborhood community project where we will be given an authentic Cuban Salsa dance lesson. Day 5 we journey to the colonial city of Trinidad. En route, we will visit a privately run farm where we will have hands on opportunities in organic farming and cheese making, and share a locally prepared meal as we'll learn about food production and Cuban Agriculture. Day 6 begins with a tour of “the Athens of Cuba”, Matanzas City. We will visit a local art studio and meet artists and watch them work. We will also visit the Pharmaceutical Museum, the only one of its kind in Latin America. This evening, we have our farewell dinner at one of the city's most popular paladars. Day 7 we bid “adios” for our flight home.

****Trip Cancellation Insurance available for additional charge.**

Trip Leader: Ralph Shapiro 413-537-2435

Parking: Maironis Park ralphvshapiro@msn.com



Day & Overnight Trips For The Years 2025–2026

DAY TRIPS

| DESTINATION | DATES | F/SALE | PRICE | LEADER(S) | TELEPHONE |
|--|----------|------------------|-------|--------------|--------------|
| Octoberfest - at the Inn at East Hill Farm, NH | 9/22/25 | <i>Wait List</i> | \$124 | George Barry | 508-799-0739 |
| NH Turkey Train | 10/17/25 | <i>Wait List</i> | \$120 | Dick Pinkes | 508-769-2913 |
| Fever 'N Chills Show - Aqua Turf | 11/11/25 | NOW | \$122 | Dick Pinkes | 508-769-2913 |
| Trattoria Appia - with pasta making demo & Little Italy tour | 11/18/25 | <i>Wait List</i> | \$131 | George Barry | 508-799-0739 |
| Newport Playhouse - "A Twisted Christmas Carol" | 12/9/25 | NOW | \$155 | Dick Pinkes | 508-769-2913 |
| * St. Patrick's Luncheon and Show - Aqua Turf | 3/10/26 | NOW | \$127 | Dick Pinkes | 508-769-2913 |

OVERNIGHT TRIPS

| | | | | | |
|---|--------------|-----|-----------------|---------------|--------------|
| Upper Mississippi River – St. Louis to Minnesota | 9/5-13/25 | NOW | from \$5,609 | George Barry | 508-799-0739 |
| Cooperstown – Baseball Hall of Fame and more | 9/16-18/25 | NOW | \$751 | George Barry | 508-799-0739 |
| Northern National Parks – Glacier, Yellowstone & Grand Tetons | 9/19-28/25 | NOW | \$5,629 | Dick Pinkes | 508-769-2913 |
| The Seine Paris to Normandy – River Boat Cruise and more | 11/3-15/25 | NOW | from \$4,345 | Ralph Shapiro | 413-537-2435 |
| Caribbean Getaway Cruise – 9 Ports / 8 Islands | 1/25-2/4/26 | NOW | \$2,659 / 3,499 | Ralph Shapiro | 413-537-2435 |
| * Cultural Cuba Experience | 3/19-25/26 | NOW | from \$4,459** | Ralph Shapiro | 413-537-2435 |
| * Washington DC and Cherry Blossoms – on Amtrak | 4/17-21/26 | NOW | \$1,399 | Ralph Shapiro | 413-537-2435 |
| von Trapp Family Lodge – Stow VT Getaway | 4/28-29/26 | NOW | \$568 | George Barry | 508-799-0739 |
| Danube Explorer – River Boat Cruise | 5/5-16/26 | NOW | from \$6,174 | Rick Ferguson | 508-688-4427 |
| Great Lakes Cruise – River Boat Cruise and more | 5/22-6/1/26 | NOW | from \$6,229 | John Kelly | 860-798-6272 |
| Great Pacific Northwest – with Lewis & Clark Discovery | 6/18-27/26 | NOW | \$5,272 | Dick Pinkes | 508-769-2913 |
| * Enchanting 1000 Islands – with Boat Museum & Lake Placid | 7/27-30/26 | NOW | \$1,450 | Dick Pinkes | 508-769-2913 |
| * Mt. Washington Adventure – featuring the Cog Railway | 8/3-4/26 | NOW | \$630 | George Barry | 508-799-0739 |
| * Alaska Cruise | 8/30-9/7/26 | NOW | from \$3,349 | Ralph Shapiro | 413-537-2435 |
| * Peru: Machu Picchu & the Sacred Valley | 9/18-29/26 | NOW | \$4,945 | Ralph Shapiro | 413-537-2435 |
| Magnificent Spain | 9/28-10/9/26 | NOW | \$6,119 | Dave Cochran | 508-839-9446 |
| Christmas at the Opryland Resort | 12/6-11/26 | NOW | \$3,976 | Dave Cochran | 508-839-9446 |

* Indicates New Trips this month. ** Trip Cancellation Insurance available for additional charge.
All prices quoted are per person (Double Occupancy) - Refunds will be made per printed club policy.

Scenes from two recent RFCG trips to: England, Scotland & Wales :: Norway



More Trip Descriptions

WASHINGTON DC — CHERRY BLOSSOMS/AMTRAK

NEW

April 17 to 21, 2026 \$1,399 pp/do

Highlights: We start our journey with a short bus ride to the Providence train station where we will board the fully equipped Amtrak train to Washington DC. Day 2 has us enjoying our full-day guided tour of Washington DC. Some of the sights on this tour will include the US Capitol, the White House, the National Archives Embassy Row and Georgetown. We will see the Washington Monument, Lincoln Memorial, MLK National Memorial and the Vietnam Veterans Memorial. After breakfast on day 3, we will travel to Arlington National Cemetery, Tomb of the Unknown Soldier, the Kennedy grave sights and the Iwo Jima Memorial. We will also enjoy a visit to the Smithsonian Institution. We will have dinner with entertainment this evening before ending the day. After breakfast on day 4 we will complete our guided tour of Washington DC. After lunch we spend the afternoon at George Washington's Mount Vernon Estate and Gardens. Day 5 has us enjoying a continental breakfast before departing for our Amtrak journey home.

Trip Leader: Ralph Shapiro 413-537-2435

Parking: Maironis Park ralphvshapiro@msn.com

"DANUBE EXPLORER" — RIVER BOAT CRUISE

May 5 - 16, 2026 from \$6,174 pp/do (insurance included)

Highlights: Join us as we depart the USA and arrive in beautiful Budapest, Hungary to begin our grand river cruise on the romantic Blue Danube! We will be met at the airport and transferred to Emerald Cruises Star-Ship. We will explore Budapest's medieval quarter and the Grand Market Hall. We will sail to Bratislava, Slovakia and Vienna, Austria. We will have an optional exclusive Viennese Evening Concert featuring the music of Mozart and Strauss! Our ship will take us to cities in the Czech Republic and Germany. We will travel on to magnificent Prague in the Czech Republic to explore the Old Town Square with its historic anatomical clock and the Medieval Charles Bridge. We will be free to explore the beauty of the city, or take an optional excursion to Terezin Concentration Camp. We will bid farewell to Europe with wonderful memories of our cruise along the beautiful Danube River.

Trip Leader: Rick Ferguson 508-688-4427

Parking: Maironis Park rwfery@icloud.com

GREAT LAKES CRUISE — ALL 5 LAKES!

May 22 to June 1, 2026 from \$6,229 pp/do

Highlights: Have you ever been intrigued by the world's largest area of fresh water, the Great Lakes? Here is your chance to experience all 5 of America's Great Lakes on this 9-day cruise aboard the coastal vessel, MS Victory I. We fly to Milwaukee for a tour of that city and stay overnight before boarding our boat where our luggage will be waiting for us. The vessel has all water viewing rooms with top notch amenities. The food is excellent, and beverages are unlimited (24x7). There is a myriad of interesting excursions (all included) with some highlights being Mackinac Island, Detroit (The Ford Museum), Cleveland (Rock & Roll Hall of Fame) and Toronto (Niagara Falls). We end this trip in Toronto and will fly directly into Boston. The starting price of \$6,229 is very competitively priced and offers plenty of value.

Trip Leader: John Kelly 860-798-6272

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

MT. WASHINGTON — FEATURING THE COG RAILWAY

NEW

August 3 to 4, 2026 \$630 pp/do

Highlights: Getaway to lovely New Hampshire and explore the Lakes Region and the glorious **White Mountains**. Our first stop will be **Lake Winnepesaukee** where we will enjoy a narrated Cruise around the lake on the **Mount Washington Steamship**. Enjoy the views of splendid coves and islands and the magnificent cabins that line the shores. Hear the history and legends of the Lake and some of the great films that were shot here. We will have lunch at nearby **Harts Turkey Farm Restaurant**. After lunch we take a little time to shop at the unique boutiques at **Mills Falls**. We head to the White Mountains and the town of **North Conway** where we will check into the Fairfield Inn and Suites. Located in a magnificent mountainous setting and surrounded by National forests the hotel has modern amenities such as a pool and whirlpool, bar and evening s'mores by the firepits. This evening we will have dinner at the local **Moats Mountain Brewery and Smokehouse**. On Day 2, after a full buffet breakfast, we will head out to the base of Mt. Washington to board the famous **Cog Railway** for a captivating journey up the slopes of New England's highest Peak. Once up top enjoy the views. After we return from the summit we will get lunch on our own and board the bus for home, with a stop again in North Conway for some shopping at the discount outlets.

Trip Leader: George Barry 508-799-0739

Parking: Maironis Park george.barry77@yahoo.com

PERU: MACHU PICCHU — AND THE SACRED VALLEY

NEW

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

Highlights: This 11-day journey begins with our flight to Lima where we will spend days 2 and 3 touring the city and visit the Larco Museum, home to an impressive collection of pre-Columbian artifacts. Day 4 has us flying to Cuzco, the capital of the Inca world. Here we descend into the Sacred Valley before visiting the Pisac ruins. Day 5 We visit the ruins of Ollantaytambo including its ancient fortress, baths and temples. We take a rafting trip down the Urubamba River and then enjoy a home hosted lunch with a Peruvian family. Day 6 we travel by train thru the Sacred Valley to Machu Picchu, the "Lost City of the Incas" and a UNESCO World Heritage site. We will see remnants of the Palace of the Princess, the Main Fountain and the Sun and Condor Temples. We arrive at our hotel located at the base of Machu Picchu. Day 7 we have this full day visiting and exploring Machu Picchu. Day 8 we travel by train back to Cuzco thru the Sacred Valley and then are taken on a walking tour of Cuzco including the Qoricancha Sun Temple and the heart of the city at the Plaza de Armas. Day 9 begins our "Day in the Life" discovery in Izcuchaca where we will visit a local market. We then ascend into the nearby mountains to see Chinchero Village. Our tour in the village ends with a tour of the local weaving cooperative and interact with the women who create the beautiful cloth. Day 10 has us heading south from Cuzco to Tipon, the site of the ancient Inca waterworks that still functions 500 years after their construction, then drive to the massive Sacsayhuaman fortress that the Incas built with stones weighing up to 300 tons. Day 11 we fly to Lima for our journey back home. **This trip is limited to just 18 travelers!!**

Trip Leader: Ralph Shapiro 413-537-2435

Parking: Maironis Park ralphvshapiro@msn.com

More Trip Descriptions

ALASKA CRUISE – 7 DAYS – NORWEGIAN JADE

NEW

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

Highlights: Discover Alaska on this 7-day cruise aboard the Norwegian Jade. Discover Americans last frontier. Our journey starts with a pre-night in Anchorage. The following day, we depart for Whittier where we will board the Norwegian Jade. We will cruise the Hubbard Glacier. Watch for humpback whales, porpoises and sea lions along Icy Strait Point. Optional excursions include a Salmon Bake in Juneau or Dog Sledding in Skagway. We will visit Ketchikan and cruise the inside passage. Our journey ends in Vancouver BC where we will catch our flight home. 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 is also included. All of your transportation and travel insurance is included. You just need to park your car at Maironis Park and leave the rest to us. Please see the flyer on our web site for all of the details.

Trip Leader: Ralph Shapiro 413-537-2435

Parking: Maironis Park ralphvshapiro@msn.com

MAGNIFICENT SPAIN!

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

Highlights: Discover history, beauty and culinary delights in one of Europe's most celebrated countries- Spain! We begin by flying into Barcelona and enjoying a city tour. On Day 2, we travel to Mountserrat Mountain. Marvel at the rugged peaks with panoramic views all encompassed by the mountain top Benedictine Monastery. Day 3 begins with another adventure as we take the high-speed train to Madrid. We will meet our guide for a city tour and enjoy a stroll along La Gran Via, Madrid's principal Avenue, as well as Las Ventas Bull Ring where we learn the history and cultural significance of bull fighting. The following day we journey outside Madrid to see two of Spain's most enchanting destinations-Avila and Segovia. We will stroll the Avila cobblestone streets and visit sites including the Convent of Saint Teresa. We continue our day to Segovia- a UNESCO Heritage Site standing for over 2000 years. Visit the fairytale castle with turrets, tapestries and suits of Armor. We will enjoy a traditional lunch of suckling pig renowned for its tender meat and skin. Departing the capital the next morning we'll travel to Toledo for a tour of this historic city. Later we'll embark on a walking tour of Cordoba. The highlight is The Grand Cathedral, a former Mosque boasting an enchanting forest of red and white arches. Then we are off to Andalusia and stunning Sevilla! The next morning we'll enjoy a city tour with a visit to the Gothic Cathedral (largest in the world). We'll visit the Royal Alcazar- a stunning palace and home to royalty. We'll enjoy a dinner and Flamenco Show. We head east towards our destination of Granada with a stop at one of Spain's cliffside villages of Ronda for a tour, lunch and free time to explore. We travel in Granada to visit the magnificent Alhambra palace- an architectural masterpiece and UNESCO site. On Day 11, we take the high-speed train back to Madrid. We'll enjoy our Farewell Dinner at a Madrid restaurant, rise the next morning and fly home.

Trip Leader: Dave Cochran 508-839-9446

Parking: Maironis Park cochradow@verizon.net

CHRISTMAS AT THE OPRYLAND RESORT

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

Highlights: Enjoy 6 days 5 nights at the fabulous Gaylord's Opryland Resort in Nashville, TN. We'll fly to Nashville and check into the hotel. At 6 PM we meet our Tour Manager for dinner at the resort. Day 2: We have a tour of Nashville with a local guide seeing the sights like the Honky Tonks, Music Row, and the historic Ryman Auditorium and even a full-scale replica of the Parthenon. Then, visit the fabulous Country Music Hall of Fame and Museum. Day 3: Is a free day to explore the resort and/or do some shopping. In the resort, ride the Delta River Boat through the Delta Atrium and enjoy the holiday decorations. Dinner tonight is in the Opryland Backstage Grill followed by reserved seating for the Grand Ole Opry, the Granddaddy of Country shows. Day 4: the morning is at leisure. We have a delicious lunch and a dazzling holiday show aboard the General Jackson, one of the largest showboats ever built. After lunch we'll visit the elegant Belle Meade Plantation and learn the century-long history of the estate through a guided tour. Day 5: Today we visit the annual ICE! Show this winter holiday attraction is an interactive world of colorful hand-crafted ice sculptures created by artists from around the world. We'll enjoy a Christmas Dinner and Show at the resort. Day 6: We'll travel home with wonderful memories of our time at the Gaylord Opryland Resort..

Trip Leader: Dave Cochran 508-839-9446

Parking: Maironis Park cochradow@verizon.net

Scenes From the 2025 Corn Roast

Many thanks to all the volunteers that helped on the Corn Roast this year. We had a wonderful turnout and a beautiful day



— PHOTOS BY GEORGE BARRY

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

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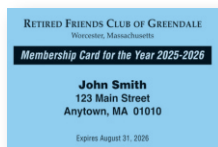
TUESDAY Summer Bowling League – (First Half)

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

| Place | Team | Captain & Team Member |
|-------|------|---|
| 1 | #3 | Bill Plante , Mike Grasseschi, Al Barsamian, John McIntyre |
| 2 | #2 | Evan Plante , Frank Visci, Bob Converse, Marty Polito |
| 3 | #4 | Don Fair , Jerry Stanley, Paul Prince, Don Desrosiers |
| HA | | Bill Plante 93, Jim Connolly 93, Paul Soden 92 |
| HIT | | Jim Connolly 312, Gerard Piscitelli 306, Carl Masshardt 305 |
| HIS | | Carl Masshardt 120, Jim Connolly 119, Dave Flint 115 |

It's Renewal Season

Membership Cards: Fall is the time of year that we ask our members to pay their **Annual \$15 Renewal Dues**. If you have not already done so for this 2025-2026 year, please renew ASAP either by mail or in person (at a Wednesday meeting).



Life Membership: For a one time fee of \$150, new or existing members can forget about paying annual dues and be paid-up for LIFE!

(see instructions for Renewing or becoming a Life Member at the bottom of this page).

Fall / Winter Bowling Starts Sept. 18 & Oct. 14 So Don't Delay ... Sign-up Today!



All right boys and girls, get ready for Fall/Winter bowling at Bayberry Lanes in Spencer. Bowling will begin October 14th for the 9:30 a.m. league on Tuesdays. The Thursday 1 p.m. league starts on September 18th. Bowlers must be Retired Friends Club of Greendale members. League registration is \$25 with weekly dues of \$18. Prizes are given at the end of the 26-week seasons, split into 13-week halves. If bowlers go on vacation they will be able to bowl in advance. Those scores will not count toward individual prizes but will count toward team totals. Teams will be determined by handicap with higher averages teamed up with lower averages. Averages range from the 60s to the 90s. Teams are changed each season based on handicap.

So sign up for either or both leagues.

TUESDAY LEAGUE

contact **Jim Connolly**
at woostatown28@charter.net
or by phone at 508-753-5737

THURSDAY LEAGUE

contact **Peter Morse**
at morsepd5@aol.com
or by phone at 508-832-4351

**It's important to let us know so that
we can set up teams.**

Both leagues are geared toward one thing, having FUN. So no matter your skill level, give candlepin bowling a try and share some laughs with fellow club members. Some of our bowlers had not thrown a ball for years but now they are at the lanes on a weekly basis and loving the camaraderie.

— SUBMITTED BY JIM CONNOLLY

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

FULL 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.