

# CIGAR BOX BULLETIN



Retired Men's Association of Greenwich, Inc.  
1 West Putnam Avenue, Greenwich, CT 06830



<https://www.greenwichrma.org>

Chair/Editor: **TIM BROOKS**

Scribes: **Mike Abrahams, Kris Bratberg, Jim Dean, Bob Giaquinto, Arnold Gordon, Michael LaGamma, David Michonski, John Reese, Frank Scarpa, Charlie Shapiro, Mike Tebay, Fred Wu**  
Archivist: **Tad Larrabee** Website: **Mark Geimer** Format: **Len Carusi, Mark Geimer**

*Fellowship, Volunteerism, Service*

**VOLUME 71 NUMBER 40 July 17, 2024**

**SCRIBE: JOHN REESE**

**Next Meeting Scribe: July 24 – FRANK SCARPA ([FRANKJSCARPA@GMAIL.COM](mailto:FRANKJSCARPA@GMAIL.COM))**

Log your volunteer hours at [www.greenwichrma.org/log](http://www.greenwichrma.org/log)

*"All I ask is the chance to prove that money can't make me happy."  
– Spike Milligan*

Another thrilling morning at the Retired Men's Association kicked off with Vice President **DAVID MICHONSKI** calling the meeting to order. Then **BOB BISHOP**, who turned 90 today, led the Pledge of Allegiance. Let's just say some of us were pledging allegiance to our morning coffee as much as the flag. Next up, **MIKE HAYDEN** bravely led the group in song, with **BOB MORGAN** tickling the ivories. They started with a patriotic number that had everyone feeling nostalgic for the good ol' days - you know, last week. Then we took a musical trip down South to the Carolinas, probably because someone mentioned "early bird specials." We wrapped up by putting on our happy faces, which for some of us meant adjusting our bifocals to see the lyrics better.

All in all, it was a rousing start that proved these retired men still know how to rise and shine - even if the rising part takes a little longer these days!

**DAVID** took the mic to thank the unsung heroes who make this meeting possible every week. It's like a well-oiled machine, if that machine was powered by coffee and dad jokes. First up, we've got **CRAIG WALTERS** as our greeter. He's the one making sure you're all awake before you enter - a Herculean task if I've ever seen one. **MICHAEL AMBROSINO** is today's mentor. He's here to answer all your burning questions, like "Where did I park my car?" and "What day is it?" **JOHN REESE** is our scribe, furiously taking notes and probably wishing he'd taken that speed-writing course back in '62. **DON ROTZIEN** is our volunteer advocate. We're not sure what that means, but it sounds important, so we keep him around. **JOHN KNIGHT** brought the refreshments. Let's give him a hand for remembering the prune juice!

Now, for our tech wizards - the AV team. These guys can operate a projector AND a microphone. It's like NASA, but with more orthopedic shoes. We've got **TONY COCCHI, ED PARKER, MARK GEIMER, PETER DODGE, HORST TEBBE, BARRY RICHELSON, STEVE MARINO, and ARN WELLES**. Plus **JOHN FEBLES** and **JERRY STINSON**, because apparently, we can never have too many Johns. And let's not forget our setup crew: **JOHN CRAINE, JIM BUTLER**, and the indomitable **BOB BISHOP**. These guys could probably set up a meeting on the moon if we asked nicely.

So there you have it, folks. It takes a village to run this meeting, or in our case, a retirement community. Let's give them all a round of applause - but not too enthusiastically, we don't want anyone pulling a muscle!

**DAVID** introduced **MARK GEIMER** to talk about the RMA picnic. The date of the picnic is September 12, and preparations are well underway. We've picked the caterer. We've assigned the chairmen for the various functions, but we have to find out how many are coming. Please tell us you are coming by giving us a check—there is no separate sign-up sheet. We're going to be charging \$15 per attendee this year, so if you bring your wife, that's \$30. Importantly, we're going to pay just by check this time. You can either give it to **MARK** next week- he sits in the back of the room at most meetings - or send it to Greenwich RMA

152 E Putnam Ave. #12, Cos Cob, CT 06807. Make the check out to the RMA.

## **CORRESPONDING SECRETARY'S REPORT**

Corresponding Secretary **ARNOLD GORDON** reminded everyone that there will be a celebration-of-life memorial service for former member Tom McGuire, who died on May 2. It will be held on Monday, July 29 at 10:00 am at Saint Michael Church, 479 North Street, Greenwich.

### [Thomas McGuire Obituary](#)

For all you shutterbugs, the Greenwich Parks & Recreation Department is celebrating Parks and Recreation Month, with its fourth annual "For the Love of Parks and Recreation" photo contest which launched Monday, July 1 and runs through the rest of the month. You may submit up to four photos taken in Greenwich that express what you love most about our public parks and recreational facilities. Some good prizes for the winners. See details here:

### [Greenwich Parks Rec Photo Contest Information](#)

Did you know that July 18 is known as Greenwich Founders Day? Greenwich's roots go back to 1640 when on that date, Robert Feake and Daniel Patrick jointly purchased land in what today we know as Old Greenwich from the Munsee Indians. The historic Feake-Ferris House, the oldest in Greenwich, was built in 1645, and is at 181 Shore Road near the entrance to Tod's Point. Tours are available:

### [Greenwich Historical Society Founders Day](#)

Thanks to Friends of Greenwich Point, we can enjoy some outdoor music programs at the Point. For details:

<https://www.friendsofgreenwichpoint.org/concerts>

Before jokester for the day, **JOE MANCINELLI**, took the stage, **ARNOLD** once again was able to elicit some groans with these silly questions:

“Why does chewing gum never go bad? It’s always in mint condition.”  
“What food was never allowed on the Titanic? Iceberg lettuce.”  
“What kind of flour should you use to make Easter goodies? Self-rising.”

Then, with a bit of retro-humor, he invoked some sayings of the great comedian, Red Skelton, who acted in several movies, had his own TV show, and performed to packed audiences everywhere. He had some great advice for a happy marriage, among which are these:

1. “Two times a week we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays; I go on Fridays.”
2. “I asked my wife where she wanted to go for our anniversary. ‘Somewhere I haven’t been in a long time!’ she said. So, I suggested the kitchen.”
3. “We always hold hands. If I let go, she shops.”
4. “She got a mud pack and looked great for two days. Then the mud fell off.”
5. “I married Miss Right. I just didn’t know her first name was ‘Always’.”
6. “And lastly, remember: Marriage is the number one cause of divorce.”

**JOE MANCINELLI** regaled us with stories about the legendary comedian, Bob Hope, whose career spanned over 80 years, 70 films and countless shows in front of the military. Bob died at the age of 100. On his deathbed, when he was asked by his wife where he wanted to be buried, he said, “Surprise me!”



**JOE** shared with us a few of Hope’s rapid-fire jokes and one-liners.

On golf, he said, “Golf is my profession. Show business is just to pay for my greens fees.”

On Presidents, he said, “I’ve performed for 12 presidents, but I entertained only six.”

On why he chose a show business career, he said, “When I was born, the doctor said to my mother,

‘Congratulations, you have an 8-pound ham’.”

On his family’s earlier poverty, he said, “Four of us slept in one bed. When it got cold, Mother just threw on another brother.”

He had six brothers, and he said, “That’s how I learned to dance, waiting to get into the bathroom.”

On getting old, he said, “To me, ‘drink responsibly’ means don’t spill it.”

At age 60, he said, "Age 60 is the new 40, but 9:30 is the new midnight."

"I remember being able to get up without making sound effects."

"I finally got eight hours of sleep, but it took me three days."

On turning 70, he said, "I still chase women, but only downhill."

On 80, he said, "That's the time of your life when even your birthday suit needs pressing."

On 90, he said, "You know you're getting old when the candles cost more than the cake."

And finally, on 100, he said, "I don't feel old. In fact, I don't feel anything until noon. Then it's time for my nap."

### **SPEAKERS PROGRAM**

**SPIKE LIPSCHUTZ** informed us that today's panel discussion will be on "Successful Aging at Home and in the Community", and thanked **BOB RIMMER** and **HOLLISTER STURGES** for helping arrange it. A summary of the panel can be found later in this CBB. **BOB** announced that our speaker next week will be Philip James Dodd speaking about American Renaissance architecture in New York City. Philip trained in some of the most recognized classical architecture firms in the country before establishing his own firm. His designs can be found in New York, Greenwich, Hudson Valley, Palm Beach, and as far away as Bangalore, India. He serves as a Commissioner on the Town of Greenwich Historic District Commission and is the author of several best-selling books, one of which he'll be discussing here next week: "An American Renaissance: Beaux-Arts Architecture in New York City."

### **MEMBERSHIP REPORT**

**PETER STERN** delivered the membership report. In-person attendance was 84, plus six on Zoom, for a total of 90 (count by: **BO JARNSTEDT**). Today's Greeter is **CRAIG WALTERS**. Birthday boys, serenaded by **BOB MORGAN** at the piano were:

<b>Jeff</b>	<b>Junker</b>	72
<b>Bob</b>	<b>Bishop</b>	90
<b>Jim</b>	<b>Dean</b>	80

Guests today were Stan Godoff, guest of **JIM DEAN** and **AL MORELLO**, Greg Cartine, guest of **PAT MacCARTHY**, Fernando Carranza, guest of **ANDRE MAZUREK** (his son-in-law), and Al Lomoriello, guest of **MICHAEL AMBROSINO**. Returnees were **TROY JOHNSON** from Naples, Florida and **BILL FEATHERSTON** from Lenox, Massachusetts. An in-person welcome was extended to **BOB PHILLIPS** (first time in a long time). And on Zoom, **WALT ANDRES** and **DOUG TAYLOR** are our most faithful **ZOOMERS**.

Regarding special occasions, **JOHN** and Mary **CRAINE** are celebrating their 65<sup>th</sup> Wedding Anniversary. Wild applause.

### **SPECIAL EVENTS**

**ALAN WEYL** will accept checks only at our next meeting (July 24<sup>th</sup>), for the Caramoor event, which is on July 27, a Saturday.

He added, just to give you a background on it, because people said, "I'm not sure I know what it's all about," there are really two parts. Number one, you can go any time from noon to 6 pm for a day visit with 10 to 12 different jazz ensembles, all certified by Jazz at Lincoln Center. You can sit on the grass. You can drink some beer and wine. You can have a picnic lunch, and you can come at any time. You can come at 3 and leave at 6. You can come at 12 and leave at 4 or 3, or 2. That ticket is \$75.

Number two, the full ticket is \$100, which enables you to go to an evening concert with a jazz master, Matthew Whitaker, for a concert in the Venetian room. It's \$100, and it would enable you to come earlier in the day if you wanted to see any of the daytime. You're not obligated to do so.

Here's a link to our RMA Wild Apricot Event Page on the Caramoor Summer Jazz Festival for further information and registration:

<https://grma.wildapricot.org/event-5795826> (login required)

For general background information on the artists:

<https://caramoor.org/event/jazz-festival-summer-2024/>

So, you've got two choices. You can pay \$100, and then you can come late afternoon, enjoy the fellowship picnic that we have scheduled for 5:15 pm. Please bring your checks, made out to RMA, next week (July 24) if you intend to go. If we don't get enough checks next week, we'll cancel the event.

**TROY JOHNSON** says our trip to the US Open tennis on Thursday, August 22, has 35 people signed up to go. We have a TAG bus ready to go with them. That's a 25-person bus. If we get more signups, we'll either get another TAG bus or we'll get a bigger bus. So, if you want to go, bring your checkbooks next week, and that's an opportunity to give us a check which we will not cash until we make a firm commitment to the transportation mode.

We're planning to do a trip to Innisfree, which is going to be the subject of a program talk on October 9. It's a 185-acre botanical garden in NY, near Poughkeepsie. It's a magnificent place, and **TROY** is working on a possible Sunday October 14 trip up there. It's the first of the joint Program Committee-Special Events Committee collaborations.

**MICHAEL AMBROSINO** proudly announced that he and **TROY JOHNSON** are spearheading an RMA trip to West Point to see the Army-Air Force game, the most popular game at West Point. The game is November 2 at 12 noon (our bus will leave Greenwich about 9:30 am). We have bleacher seats, but the stadium is small, relatively speaking, compared to Ohio State-Michigan. Seats are not that bad, but in fairness to you, football is secondary to the experience of going to West Point to see the Army-Air Force game. It's a great trip. **TROY** says firm pricing is coming soon. Nevertheless, it will be imperative that we get the payment relatively quickly because the seats go quickly, and to save a processing fee, we will need to buy all the tickets at once. We have a sign-up sheet in the back. We already have 22 people.

**DAVID** clarified: **MICHAEL** needs a check *now* for \$65 (made out to RMA) or cash in order to secure the tickets and avoid a \$20 processing fee for each ticket. But then on top of that, there'll be an additional amount that we will pay once the transportation cost is known.

**DON ROTZIEN** explained the ROMEO lunch. ROMEO stands for “Retired Old Men Eating Out.” A group of us get together on a voluntary basis on an irregular schedule. If you're a new member, or even just considering membership, you're welcome to come and join us. It's a very casual event, a great way to make some new friends and get to know some of your fellow members. The next ROMEO is this coming Thursday, July 25, at one o'clock at Greenwich Point, in the usual spot behind the main concession stand. There's plenty of parking, and plenty of picnic benches to pull up. Just bring your beach card and your lunch. If you forget your lunch, there's a concession stand where you can get something. If you forget your beach card (or don't have one), we've made arrangements with the town so you can just mention to the guard that you're with the RMA, and they'll let you in. It's supposed to be sunny in the mid-eighties next Thursday, so it should be a great day. Look forward to seeing you there.

### **RMA TEMPORARY VENUE ANNOUNCEMENT**

On August 7 and 21, we will not meet here (First Presbyterian), but will meet in the parish hall at Christ Church. The week before, **DAVID** will give you a map. He will show you where to go, and he assures us that when you walk into their auditorium, the back of the hall will be set up precisely the way it is here, so it'll be very familiar to you - where your name tags are, where the coffee is, and so forth. There's parking for over 200 cars. We can have food and drink during both the meeting and during the speaker. More information and directions coming.

### **GAMES and RMA ACTIVITIES**

**Walkers and Talkers:** **JEFF JUNKER** shared they had a good walk last Thursday. They met at the parking lot for Cranberry Lake Park, explored an old trail, checked out a brand-new bridge built across the south pond, and then took some lower trails they haven't taken in the past around the lake. All in all, they had a pretty good time. If you're not on the group list, see **JEFF** or **TAD LARRABEE** to add your email address.



**Hearts:** **BOB SHULLMAN** said that last week was a light week for hearts, as a good number of the players were on vacation. They had only one table, four players. The winners were **MIKE AMBROSINO**, who won two of four games. **JOE DOWLING** and **TOM HEALY** each won one. In the world of moonshots, which is part of the game, **MIKE** also did very well with two moonshots. **JOE DOWLING** had two, and **TOM HEALY** had one. For those of you who may be interested in hearts, we play at the library on Wednesday from 1 to 4. If you're interested in learning more, just see **BOB** in the back during coffee time, or see **MIKE** or **TOM**.

**Golf:** **MICHAEL AMBROSINO** was the captain yesterday, and informed us that it was a somewhat steamy day, but not as bad as they thought it would be. They had 13 brave souls play golf, of which seven played 18 holes, and six played nine holes. Closest to the pin on Number 5 was nobody. **TONY COCCHI** took the honors on hole number 7 closest to the pin. **ANDRE MAZUREK** took the honors on hole 15 closest to the pin. **BILL GRAD** had the longest drive. People who broke 100 yesterday were **ANDRE MAZUREK** at 95, yours truly, **MICHAEL AMBROSINO**, at 97, and **PHILIP SCIBONA** at 98.

**MIKE** also announced "One thing that has nothing to do with golf. On Veterans Day, Pasta Vera for years has given us their restaurant and coffee, and finally, I convinced them that I would provide the refreshments. But they're out of business as of August 1. It's a big disappointment for me. They're very proud, patriotic people. They will be missed."

**Bridge:** **RON MURRAY** told us the bridge results for the nine players last Wednesday, July 10, were: in third place, our projectionist **TONY COCCHI**, with 2,130. With a close race between two other players, **RON M.** wound up in second place with 4,550, and **RON FREEMAN** was first with 4,640. I'm sorry to say there were no slams again. **RON M.** was very envious of the hearts players, "They have moonshots every week. Obviously, I'm doing something wrong. So, I'm gonna have a meeting with **TOM HEALY** and **MICHAEL AMBROSINO**, and find out what it is that we're doing wrong." Bridge is played Wednesday afternoon at 1 pm in the cafe on the ground floor of the Greenwich Library. Lunch is available. We invite all members and guests who are interested in bridge, whether you're a newcomer or an experienced player, to

join our game. Don't worry if your game is a bit rusty. We have some excellent players who'll be happy to help you with your questions.

**Pickleball:** Plays Mondays and Thursdays (currently 9 to 11 am) at Western Middle School. See or email **PAT MacCARTHY** to sign up.

With that, **DAVID** adjourned the meeting at 10:30 am.

### TODAY'S SPEAKER

**SPIKE LIPSCHUTZ, MD** introduced a distinguished panel of local experts to tackle the complex issue of “how can we age not just successfully, but comfortably?” Before we dive into the key takeaways, let's introduce our esteemed panelists.



*At table (L-R): Ziac, Pallett, Lang, Katz*

Steven Katz is President of Sterling Home Health Care and chair of the Commission on Aging for the Town of Greenwich. Mr. Katz brought a wealth of experience in healthcare management and policy to the discussion. Roni Lang, LCSW, is a clinical social worker with over 40 years of experience, Ms. Lang specializes in aging and family caregiving. She currently works with the Department of

Psychiatry at Greenwich Hospital. Dr. James Pallett is board certified in Internal Medicine. Dr. Pallett serves as the Medical Director of the Hospitalist Program at Greenwich Hospital leading a group of 32 physicians and professionals. His international experience with Doctors Without Borders adds a unique perspective to his practice. Linda Ziac is founder and president of the Caregiver Resource Center. Ms. Ziac has nearly 50 years of experience in the health and mental health field. Her organization helps seniors and their families navigate the complex healthcare system.

Following are some key insights and advice.

**Proactive Planning is Crucial.** Ms. Ziac emphasized the importance of conducting home safety audits and creating advance directives. "It's about identifying potential risks *now*, before they become problems," she advised. She went on to describe the importance of having a "go bag" for emergencies and maintaining a comprehensive medical and legal binder. "Think of it as your life's operating manual," Ziac said with a smile. "Everything in one place, ready when you need it."

**Embrace "Comfortable Aging."** Ms. Lang introduced the concept of "comfortable aging" as an alternative to "successful aging." She explained, "It's about accepting help when you need it, without feeling like you've failed." To illustrate her point, Lang shared a story that brought chuckles of recognition from the audience. She spoke of a client who had resisted using a walker, seeing it as a sign of old age and decline. "He always drove a red convertible," Lang recalled. "So, I joked, 'Too bad they don't make red convertible walkers'." The laughter that followed was tinged with understanding. Many in the room had faced similar struggles, balancing their desire for independence with the realities of aging bodies. "The next time I saw him," Lang continued, her eyes twinkling, "he had gone to the Mercedes dealership and had his walker painted cherry red, complete with the Mercedes logo." The room erupted in appreciative laughter and applause.

**Maintain Social Connections.** All panelists stressed the importance of social ties in aging well. Dr. Pallett noted that research shows strong social connections can be as beneficial to health as quitting smoking or maintaining a healthy weight.

**Find Your "Ikigai."** Ms. Lang introduced the Japanese concept of "ikigai" – finding one's purpose in life. "It could be your grandchildren, your garden, or helping a friend," she explained. "Whatever gets you up in the morning with a sense of anticipation."

**Regular Health Maintenance.** Dr. Pallett shared the American Heart Association's "[Life's Essential 8](#)," a simple tool for maintaining cardiovascular health. "Bring this list to your doctor," he urged. "Personalize it. Make it your own roadmap to health."

**Medication Management.** The panel stressed the importance of regular medication reviews with physicians to avoid side effects and unnecessary prescriptions as one ages. Furthermore, the side effects of some medications can mimic dementia when that's not the problem at all.

**Cognitive Health.** The experts emphasized the need for cognitive stimulation, physical activity, and socialization to maintain brain health and potentially reduce dementia risk.

**Adapt Your Environment.** Ms. Ziac discussed the importance of adapting one's living space and accepting assistive devices to maintain independence and safety.

**Stay Positive.** Ms. Lang highlighted the value of staying optimistic, cultivating gratitude, and maintaining a sense of humor while aging.

**Use Local Resources.** The panel encouraged attendees to take advantage of local resources, including the Greenwich Commission on Aging website and community lectures at Greenwich Hospital.

These are some key exchanges from the audience Q&A.

Q: Regarding "aging in place," wouldn't most seniors be better advised to move to a one-floor, pedestrian-friendly apartment instead of remaining in a multi-story house?

A (Steven Katz): There's no one-size-fits-all solution. It depends on individual preferences, financial resources, and support networks. Some prefer staying in their homes with modifications, while others benefit from moving to more accessible environments. The key is to consider personal needs and circumstances.

Q: How can I deal with frequent changes in primary care doctors and the use of hospitalists instead of my primary care doctor during hospital stays?

A (Dr. Pallett): The healthcare system is evolving, with efforts to improve primary care models. While turnover is a challenge, hospitalists provide specialized inpatient care. Improved communication between hospitalists and primary care doctors through electronic medical records is key to ensuring continuity of care. (Scribe's note: we realize that does not answer this frustrating question.)

Q: What's the latest on diagnosis and care for dementia?

A (Ronnie Lang & Dr. Pallett): Early diagnosis is improving, allowing for earlier interventions. While there's no cure yet, research is advancing, including potential blood tests for early detection. Current focus is on maintaining cognitive health through lifestyle factors like exercise, socialization, and cognitive stimulation.

Q (Tony B., Radio Host): How important is mental support and therapy for seniors dealing with fear of the unknown, isolation and loneliness, and senior scams?

A (Ronnie Lang): Mental support is crucial. Therapy can help seniors cope with these fears and challenges. Encouraging social engagement, joining community activities, and seeking accurate information can alleviate fears and reduce isolation. It's important to "jump back into the world" post-pandemic.

Q: Is there one spot in Greenwich where residents can find information about all the different services and resources available?

A (Steven Katz & Linda Ziac): Lori Contadino, director of the Commission on Aging, is a comprehensive resource. Additionally, the Commission on Aging has a directory of resources for Greenwich and surrounding towns available on the town's website, covering various senior services and providers.

Q: Are there resources that give an overview of the impacts of dealing with diseases like Alzheimer's or Parkinson's, including mild to severe impacts?

A (Steven Katz & Dr. Pallett): Your physician is the best primary resource for personalized information. Reliable online sources like WebMD can provide general information. Greenwich Hospital offers community lectures on

various health topics. Geriatric care managers can also provide disease-specific information and guidance.

RMA talks are broadcast live on the Town cable, Channel 79 on Optimum, 24 on Verizon FIOS. Reruns are as follows: the previous week's talk is rebroadcast on the following Sunday, Monday, Wednesday, and Friday at 5:30 pm. Two week-ago talks are rebroadcast on the same days at 11 am. All shows (live and rerun) are also available on the Town YouTube channel: search for Greenwich Community Television in YouTube.

The full presentation can be viewed by going to the RMA website at <https://greenwichtma.org>, and clicking on "Speakers." Note: The views expressed in RMA presentations are those of the speakers. They are not intended to represent the views of the RMA or its members.

### **IMPORTANT REMINDERS**

**TO CBB CONTRIBUTORS:** Scribe for the next meeting will be →**FRANK SCARPA**←. Please send a copy of any remarks you want included in the CBB to him, *via email please!*

**ALL MEMBERS:** Do not forget to report all your inside and outside volunteer hours at [www.greenwichtma.org/log](http://www.greenwichtma.org/log).

**ALL MEMBERS:** The CBB team works every week to write and publish an informative and concise bulletin for our members' enjoyment. We can always use new members to join the Scribe Tribe. Please contact **TIM BROOKS** at [tim@timbrooks.net](mailto:tim@timbrooks.net) if you can support this effort.

**ALL MEMBERS** are reminded that in addition to streaming on the Internet, RMA speakers are normally shown on the local public access TV channels, Verizon FIOS channel 24 and Optimum (Cablevision) channel 79.

Picture by **PETE UHRY**.

Retired Men's Association of Greenwich, Inc. · 1 West Putnam Avenue ·  
Greenwich, CT 06830 · USA. Visit our website at <https://greenwichrma.org>

### RMA 2024 CALENDAR

Weekly Repetitive Activities*			
Day	Time	Activity	Contact
Mondays	9:30 am	QiGong and Tai Chi Workout	Register in advance with Will Morrison – <a href="mailto:wdmorrison@gmail.com">wdmorrison@gmail.com</a>
Mondays	9:00-11:00 am	Pickleball	Pat MacCarthy – <a href="mailto:pmacCarthy415@gmail.com">pmacCarthy415@gmail.com</a> Michael LaGamma – <a href="mailto:mdlgamma@optonline.net">mdlgamma@optonline.net</a>
Tuesdays	9:30 am	RMA Golf, the Griff Golf Course, Greenwich	Joe Mancinelli - <a href="mailto:jlmanc@optonline.net">jlmanc@optonline.net</a>
Tuesdays	Resumes in Fall	Platform (paddle) tennis	James Dean - <a href="mailto:Jhdeanco@gmail.com">Jhdeanco@gmail.com</a>
Wednesdays	9:45 to 10:30 am	RMA Weekly Meeting	Horst Tebbe – <a href="mailto:onehorst@optimum.net">onehorst@optimum.net</a> or Len Carusi at <a href="mailto:lencarusi@gmail.com">lencarusi@gmail.com</a>
Wednesdays	1:00 pm	Hearts	Bob Shullman – <a href="mailto:bob.shullman@gmail.com">bob.shullman@gmail.com</a>
Wednesdays	1:00 pm	Bridge	Ron Murray - <a href="mailto:mitmurray@aol.com">mitmurray@aol.com</a>
Thursdays	9:00 am	RMA Walking	Tad Larrabee - <a href="mailto:tadlarra@optonline.net">tadlarra@optonline.net</a> Jeff Junker - <a href="mailto:jjunker@optonline.net">jjunker@optonline.net</a>
Thursdays	9:00-11:00 am	Pickleball	Pat MacCarthy – <a href="mailto:pmacCarthy415@gmail.com">pmacCarthy415@gmail.com</a> Michael LaGamma – <a href="mailto:mdlgamma@optonline.net">mdlgamma@optonline.net</a>
Friday	1:30-3:00 pm	Indoor Tennis	Andre Mazurek - <a href="mailto:Mazurek.a.j@gmail.com">Mazurek.a.j@gmail.com</a>

\*Day & time of some events may vary; check with contact