



Golden Acres R. O. Association, Inc. 2025-2026

President	Tammy Davis
Vice President	James Schmitt
Treasurer	Randy Nickle
Secretary	Don Webb
Director	Dick Donnally
Director	John Nabb
Director	Gordon Spafford
Property Manager	Tony Falco / (Karin Desmone)

Golden Acres Recreation Committee 2025-2026

Chairperson	Maureen Shannon
Vice-Chairperson	Eleanor Saunders
Treasurer	Glenda Spafford
Secretary	Richard Barnes
Bingo	Anne Knott
Kitchen	Deb Pollard
Member-at-Large	

Events

Bingo Committee	Anne Knott, Marilyn McKay, Paula Bunevith
Darts League	
Fun Shuffle	Team Captains
Golf	Ron Tasior and Ed Richtmyer
Health and Welfare	Master of Ceremonies (Coffee Hour)
Indoor Exercise	Elaine Janes
Newsletter Editor	Sue Bailey
Paddling Club	
Pickleball	Staicy Boyd Gunter
Pool Exercise	Debra Farris
Progressive Cards	Dave & Lynn Roselli
Shuffleboard	Rose West

President's Report

By Tammy Davis #21

Hello GA members,

During our summer months, we work on general maintenance and upkeep within our community. We have installed two new commercial-grade doors with impact glass in the clubhouse. The office outside ceilings and trim are scheduled to be painted. AWO has laid new mulch at our entrance and in the clubhouse beds. Sidewalk repairs have been identified and will be taken care of this summer.

If you haven't done so, please take some time to read our updated rules. It is important that you understand the rules regarding renters and guests for the upcoming season. If you have returning renters, you must complete paperwork and have them approved, prior to their return. A guest is someone who stays in your home while you are in residency. If you don't plan on being in residency when they visit, then your guests are defined as renters and must complete the paperwork and be approved as a renter. The maximum time for renting is 90 days in the defined calendar year. If you have any questions, please contact the office.

As for this writing, we have six units for sale.
Have a great month.



From the Editor's Desk

By Sue Bailey #188

suebail999@gmail.com

The summer season at Golden Acres slows down considerably so the newsletter reflects less articles than it does in the winter months. So please keep everyone informed of your summer activities wherever you are located by sending articles and pictures for the monthly newsletter.

As June approaches, here are some notable events to remember:

June 14th is Flag Day in the US. It commemorates the adoption of the flag of the United States which happened on this day in 1777.

Father's Day is June 15th, so Happy Father's Day to all you Dads out there. I hope you have a very relaxing and memorable day!

June 20th is the first day of summer (Summer Solstice) and is recognized as the longest day of daylight except in the polar regions where daylight is continuous.

June is graduation in the northern climates and the promise of some time off for the summer for all students attending school.

June is also the month of weddings, so if your anniversary is this month, Happy Anniversary!

Quote of the Month: "It's one of the greatest gifts you can give yourself. To forgive. Forgive everybody."

Maya Angelou - poet, memoirist, and civil rights activist.

Until next time,

May God bless and keep you well and safe...

RocOpraNatra

By Lynn & Dave Roselli #97

Editor's Note: My apology to Lynn & Dave Roselli and to RocOpraNatra for my oversight of not including this article in the May Newsletter. I love their performance, and we are so fortunate to have them perform at Golden Acres!

RocOpraNatra performed in Our park on March 14th, and we raised \$2000. The money was donated to St. Jude's Hospital on behalf of RocOpraNatra and Golden Acres. Many thanks to the 180 people that attended and donated.







Rec Committee Report – June 2025

By Maureen Shannon #200

By the time you read this, I think everyone going home will be there. The Summer Rec Committee has already started. The summer “sip and paint” was excellent, thanks to Maureen Perry. Looking forward to the next season. THANK YOU, Deb Douthit #60, Elaine Mackey #59, Fran Clark #47 & Gina Douthit #55 for stepping up. Enjoy all your planned activities.

Thank you to all who participated in this past season. We couldn’t do it without YOU. The next year is off to a good start. The three bands have been signed for New Years Eve, Valentine’s Day, & St Patrick’s Day. CanAm is under way so consider getting involved. Contact Jim Davis #21 for more information. Please consider joining us at all these events.

Remember, Wednesday Weekly will start in November and run until April 1, 2026. Thank you to Claudia Burke #141 & Nancy Karhoff #67 for starting out. Sign-up sheets are posted in the Clubhouse. Please consider signing up to help. See/contact Eleanor Saunders #76 for more information.

Regular activities such as Bingo, exercise, water aerobics, sip and paint, etc. are scheduled as usual. Please check the monthly calendar.

I hope everyone has a wonderful, safe summer. See you in the fall.

Summer Recreation Committee

By Debbie Douthit #60

Activities Beginning:

“Support our local restaurants”

The second Wednesday of each month @ 12:30.

Those wishing to carpool need to meet at the clubhouse no later than 12:10, where golf carts and vehicles will transport you to and from each gathering. (Sign-up sheet posted in the clubhouse.)

“Activities Day”

Meet the third Thursday of each month @ 1:00 at the club house.

Please sign up by Tuesday 12:00, allowing for time for purchasing adequate supplies prior to the event.

We look forward to welcoming new and old residents to Golden Acres as we embark on a summer filled with activities. Your presence enriches the fabric of our community, and we are committed to exceeding your expectations at every opportunity throughout the summer season!

We extend our sincere gratitude to our residents for your support and engagement, contributing to the vibrant atmosphere at Golden Acres.

Summer Recreation Members: Elaine Mackey #59, Gina Douthit #55, Fran Clark #47, and Debbie Douthit #60

Florida Musings

DID YOU KNOW...

Well, well, well, do we really need to get you interested in Miami? Here’s a fun tidbit to blow your mind, **the sand we enjoy sunbathing on along the beach is not native at all!** The gorgeous, pristine sand that lines the coast is imported from Caribbean beaches! Additionally, Florida State spends millions of dollars every year to restore the beaches with some top-notch sand.

Emotional Wellness Toolkit “Be Mindful”

From NIH (News in Health) newsinhealth.nih.gov

The concept of mindfulness is simple. This ancient practice is about being completely aware of what’s happening in the present—of all that’s going on inside and all that’s happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

To be more mindful:

- **Take some deep breaths.** Breathe through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- **Enjoy a stroll.** As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- **Practice mindful eating.** Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.
- **Be aware of your body.** Mentally scan your body from head to toe. Bring your attention to how each part feels.
- **Find mindfulness resources, including** online programs and teacher-guided practices.

Fake Jobs, Real Losses—With New Twists

By Sue Bailey #188 as an AARP Fraud Watch Fighter

Free Helpline at (877) 908-3360 or

<https://www.aarp.org/benefits-discounts/all/aarp-fraud-helpline/>

Job hunting is stressful enough without having to worry about criminals posing as legitimate employers. These scammers aim to steal personal information and money or to make their victims into unwitting accomplices in crime.

Business and job opportunity scams have surged since the pandemic. According to the Federal Trade Commission (FTC), reports nearly tripled, and losses soared from \$90 million to \$501 million between 2020 and 2024.

If you’re not job hunting, chances are someone you know is. Please share this information to help protect them against fake employer scams.

How It Works

- You spot a listing on a job board or social media or get a text message offering a work-from-home opportunity — like processing paperwork, stuffing envelopes or data entry.
- The job often promises remote work with high pay and requires little to no experience.
- You may be asked to pay up front for training and specialized equipment or receive a check to “cover” these expenses.

What You Should Know

- Criminals advertise jobs the same way real companies do, often impersonating well-known businesses or inventing fake ones. Their listing may include bogus testimonials and personal success stories to make the offer seem real.
- The goal of the scam could be straight up identity theft, or it could be to steal money or turn you into an unwitting money mule.

•In the money mule scenario, the criminals who “hire” targets ask them to set up a bank account to receive and transfer funds. Others hire work-from-home employees to receive, repackage and reship stolen merchandise, which can land you in trouble with law enforcement.

What You Should Do

- To ensure a job listing is legitimate, contact the company directly through its verified website or phone number.
- Research the employer by searching the company’s name alongside words like “scam”, “review” or “complaint” to see what other people are saying.
- Ask detailed questions before accepting any work-from-home offer. Clarify how and when you'll be paid and whether there are any upfront costs.
- Protect your personal information. Never share personal or financial details until you verify a job offer is legitimate.

Active-Duty Soldiers to Remember

Please take a moment to offer a prayer of thanks and remembrance to all those who help to protect our way of life. Keep them in your prayers until they return safely to their loved ones.

Adam Coburn (British Army), Nephew of Mildred and David Todd, Lot #2.

Damien Fitzpatrick (Tech Sgt. USAF) Grandson of Judith Fitzpatrick, Lot #87.

Sean Fitzpatrick (Major US Army) Grandson of Judith Fitzpatrick, Lot #87.

Reid Forster (Master Corporal with the 4th Royal Canadian Regiment) son of Dave Forster & Colleen Collins #128

Tim Joy, US Army Special Forces Green Berets, Fort Bragg, NC - Nephew of Jack Terry, Lot #141.

Daniel Jones (US Navy) Grandson of Carol Diniz, Lot #25.

Matthew Jones (US Navy) Grandson of Carol Diniz, Lot #25.

Brian Karhoff (US Army LTC) Son of Nancy Karhoff, Lot #67.

Colleen Terry, US Navy, Petty Officer 3rd class, Naples, Italy - Daughter of Jack Terry, Lot #141.

Joshua Ryan Torres Air Force National Guard Staff Sargent (EOD unit) deployed – Son of Susan Franco, Lot #17

John Wilson (PFC 1st Class USMC) Iraq – Grandson of Jean Key, Lot #138.

So that we might get to know these courageous soldiers better, I would like to add their pictures to this section. Please forward any photos to Sue Bailey suebail999@gmail.com

For changes to the list of soldiers, please contact Sue Bailey suebail999@gmail.com

Birthdays and Anniversaries

By Norma Moore #54

Golden Acres June Birthdays

We want to mention all those who are celebrating this month and send them our absolute best wishes.

Stephany Frederick	June 1
Michael Hickey	June 2
Mark Johnson	June 3
Curtis Reeves	June 3
Mary Ellen Hearn	June 4
Marie Nieszyewski	June 4
Theresa Quinn	June 6
Gary Collins	June 6
Regina Perry	June 7
Cynthia Hubbard	June 8
Lucille Nabb	June 8
Bonnie Colby	June 12
Robert Larson	June 12
Kathy Merriam	June 12
Janet Rodman	June 12
Doug Templeton	June 13
Christine Treadway	June 17
Norm Sanford	June 19
Barbara Eckart	June 21
Tod Blanchard	June 24
Kathy Cobb	June 25
Christine Rainsforth	June 25
Marleen Baker	June 26
Angela Frantz	June 26
Marilyn McKay	June 26
Raymond Lamoureux	June 27
Bea Read/Rochford	June 28

Golden Acres June Anniversaries

James List and Robin Jewell	June 1
George and Norma Moore	June 10
Dan and Cynthia Guggi	June 16
John and Phyllis Cullen	June 17
David and Kathy Merriam	June 17
Mark and Linda Johnson	June 18
Mike and Stephany Frederick	June 20
Terry and Krys Woods	June 20
Robert and Lynne Mickle	June 21
James and Katherine Schmidt	June 21
Tom and Theresa McGrory	June 22
Ed and Donna Richtmyer	June 28
Richard and Belinda Sezbenski	June 28

Obituary

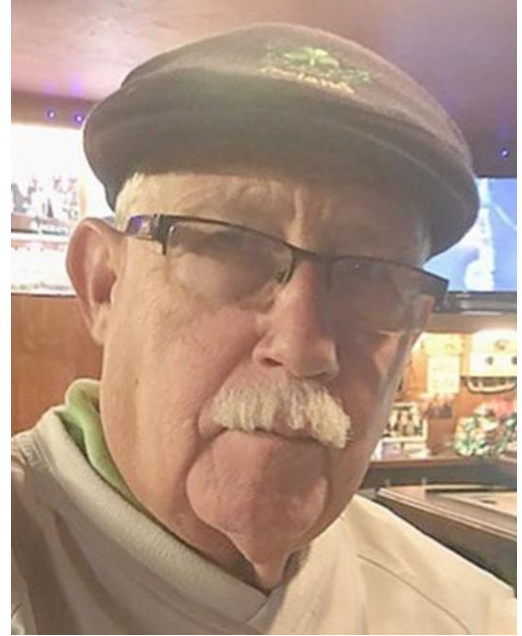
Richard J. Higgins

June 14, 1950 — April 14, 2025

Shrewsbury, MA

It is with extreme sadness, we announce the passing of a husband, father and grandfather who believed he was living the dream in retirement. Richard J. Higgins, 74, of Shrewsbury passed away with the love of his life, Patricia, by his bedside on Monday, April 14, 2025, after a brief period of declining health.

Richard was born June 14, 1950, in Worcester, the only child of Michael F. and Mary (Fleming) Higgins. Raised in Worcester in the Lake Avenue area, Richard graduated from North High School. He then began a 49-year career for the Sprague Electric/ Allegro Microsystems Corporation before retiring in 2017. Richard then spent his retirement, living his dream, between Hampton Beach in the summer, working part time for the New Hampshire State Park, a job he loved, and the winters in Dunedin, Florida with friends.



Richard is survived by his best friend and soulmate, Patricia (Mills) Higgins who never left his side; his two sons, Christopher Higgins and his wife Jill of Framingham, and Michael Higgins and his wife Denise of Auburn; grandchildren; nieces, nephews, his favorite cousin, Debbie Verdini, and extended family and friends.

Richard was a kindhearted, compassionate individual, always willing to help. He loved to make friends and listen to anyone. He was happiest alongside Patricia, with whom he celebrated his 25th anniversary on Valentine's Day, February 14, 2025. He also enjoyed summering in New Hampshire and spending winters with his friends in Florida. He loved planning trips with his large group of friends and looked forward to his yearly trip to Antigua to celebrate Thanksgiving with his Antiguan family.

Friends and relatives are invited to attend calling hours, Monday, April 21, from 4 pm to 7 pm in the MERCADANTE FUNERAL HOME & CHAPEL, 370 Plantation St. His funeral will be held Tuesday, April 22, from the funeral home with a procession beginning at 10:15 to St Peters Church, 931 Main St where his celebration of Christian burial mass will be held at 11:00 am. Burial will follow in St John Cemetery. Flowers may be sent or memorial remembrances made to the UMass Memorial Health, Office of Philanthropy 365 Plantation Street, One Biotech, Worcester, MA 01605.

June – 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Aqua Fit 10:30am	3	4 Aqua Fit 10:30am	5	6 Aqua Fit 10:30am	7
8	9 Aqua Fit 10:30am	10 Deadline for July Newsletter at 5pm	11 Aqua Fit 10:30am Lunch at 12:30	12	13 Aqua Fit 10:30am	14 Flag Day
15 Father's Day	16 Aqua Fit 10:30am	17	18 Aqua Fit 10:30am	19 Activities Day at clubhouse at 1:00	20 Aqua Fit 10:30am Summer Solstice	21
22	23 Aqua Fit 10:30am	24	25 Aqua Fit 10:30am	26	27 Aqua Fit 10:30am	28
29	30 Aqua Fit 10:30am					