



Mr. Robert M. Trainor Sr.

January 30, 1930 - September 17, 2010

Robert M. Trainor, Sr.

Proud Veteran, Devoted Husband, Loving Father

CHELMSFORD—Robert M. Trainor, Sr., 80, the devoted husband of Rita B. (Pope) Trainor, passed away on Friday morning, September 17, 2010 at Lowell General Hospital.

Robert was born in Lowell on January 30, 1930, one of ten children of the late James and Gertrude (Murphy) Trainor. Bob was educated in Lowell Schools and was a graduate of Lowell High School.

Bob was a Veteran of the Korean War, honorably discharged in 1952 after serving as a Staff Sergeant in the United States Army. Following his service he married his sweetheart, Rita Pope on August 3, 1952 and together they celebrated 58 years of marriage. He was employed as a maintenance man for many years, first with the Town of Chelmsford School Department and later at the Chelmsford Housing Authority.

Bob was a charismatic, outgoing kind of guy, with a quick wit and keen sense of humor. He always had a good joke or laugh to share.

Bob was also a natural around children. His outgoing personality made him easy to be around. Children enjoy fun and games, laughing and playing – the very things that Bob was all about.

Bob was a member and Past Commander of the East Chelmsford American Legion Post 366. For many years he ran the annual East Chelmsford

Memorial Day Parade.

Bob enjoyed working around his home. Yard work and woodworking were his biggest hobbies. He crafted Box Hockey games, which were made of wood, that were used by the Parks and Recreation Department of the City of Lowell. These handcrafted games were also featured at the Lowell Folk Festival at his booth at Lucy Larcom Park.

Surviving Bob are his two children, Robert M. Trainor, Jr. of Lowell, and Susan Parent and her husband Paul of Dracut; three grandchildren, Alison Parent and her husband Ben Marcioneck of Everett, Bryan Parent of Chelmsford, and John Trainor of Lowell; also several nieces, nephews, and cousins.

Mr. Trainor was the brother of the late Francis, James, Frederick, William, and Thomas Trainor, and Annabelle Ennion, Bernadette O'Neil, Margaret Hastings, and Dorothy Trainor.

Cemetery Details

Westlawn II

Boston Road
Lowell, MA 01852

Previous Events

Calling Hours

SEP **19**. 2:00 PM - 7:00 PM (ET)

Fay McCabe Funeral Home
105 Moore Street
Lowell, MA 01852
(978) 459-9222
sean@faymccabe.com
<https://www.faymccabe.com>

Funeral Mass

SEP **20**. 10:00 AM (ET)

Holy Family Parish – St. Marie's Church
75 Chamberlain Street
at the corner of Grafton Street
Lowell, MA 01852
(978) 453-2134

Tribute Wall



“ *Mr. Robert M. Trainor Sr.*

January 28, 2023 at 03:09 PM



“ *We were so saddened to hear about Bob. He has been part of our memories since he and Rita have been together. We shared many, many laughs and good times together. Must love to the family*

Dom Charlene Longo - September 18, 2010 at 06:44 PM



“ *I was sorry to hear about Bob. My family and I have many fond memories of Bob & Rita on Stearns Street. He was a gentle person and I am glad I had an opportunity to have known him.*

Jim Hayes - September 18, 2010 at 04:59 PM



“ *Sean Rourke lit a candle in memory of Mr. Robert M. Trainor Sr.*



Sean Rourke - September 18, 2010 at 11:06 AM