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Friends of Longmeadow Older Citizens Association, Inc.
231 Maple Road
Longmeadow, MA 01106

NONPROFIT ORGANIZATION
US POSTAGE PAID
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SPRINGFIELD, MA 01152

Return Service Requested

To make a tax-deductible gift that will enhance the lives of mature adults in our community today and tomorrow, please use the convenient form below. The individual or families whom you have honored will be notified of your gift. Your contributions are greatly appreciated.

Friends of Longmeadow Older Citizens Association, Inc. (FOLOCA)
In support of The Longmeadow Adult Center • 231 Maple Road • Longmeadow, MA 01106
A living memorial/honor/gratitude for services & programs

I/We have enclosed \$ _____ (Make Check Payable to FOLOCA)

In Honor of In Memory of Thank you

Name _____

SEND CARD TO: _____

Address: _____

City: _____ State: _____ Zip: _____

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Address: _____

The Voice of Longmeadow

Longmeadow Adult Center

June 2014



"Celebrate Summer" Picnic Wednesday, June 18th at 11:30am

Let's celebrate the official start of summer a few days early with hamburgers, hotdogs, and all the fixin's! Lunch will be served in the Over 60 room with outdoor seating available! We will have seating for up to 75, possibly even more weather permitting.

Longmeadow Veterans Book Event to Benefit Wounded Warriors Wednesday, June 4th at 6:00pm

Dr. Andrew Lam, a bestselling author from Longmeadow, will be hosting a discussion on his new book, *Two Sons of China*, and the history of America's role in China during World War II at the Longmeadow Adult Center. The event is free and open to the public. Proceeds from book sales at the event will benefit the Wounded Warriors Project, which assists injured servicemen who served in Iraq and Afghanistan.

The event is being held in conjunction with the Longmeadow Wounded Warrior Fit Club. For all questions, please call Emily at 565-4150.

Rose Morace,
Chair, COA Board

Diane Nadeau
President, FOLOCA



AGELESS ADVENTURES

Thursday, June 5th at 9:00am Biking at the Southwick Rail Trail

We will meet at the Adult Center and drive to the trail together. If you have a bike, but do not have a way to transport it, please call Emily. Transportation may be available.

Tuesday, June 10 at 9:00am Soapstone Mountain Road Walk/Hike

This is a paved road to the top with moderate/easy incline.



Monday, June 16 at 9:00am Quabban Reservoir Walk and Picnic

Bring a brown bag lunch for a picnic after the walk.

For the walks/hikes we will meet at the Center and drive together. If you would like to ride in the van please call ahead to reserve a seat.



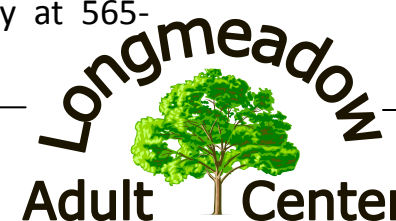
Tuesday, June 24th at 9:00am Kayaking at Barton's Cove

\$10 for van ride

\$25 for a canoe or kayak rental for 2 hours
2 person kayaks are available

We will kayak and picnic at the cove so please pack a brown bag lunch.

On all outings please wear appropriate clothing, be prepared for changing weather, wear sun screen, and have water and a snack.



A Branch of Community Support at Greenwood Park Center

231 Maple Road • Longmeadow, MA 01106

Open Monday to Friday • 9 a.m. to 3 p.m.

Telephone & TDD: 413 565-4150

www.Longmeadow.org

Emily Perkins
Director

Town News



Representative Brian Ashe's Aide
Robin Frechette
Greenwood Office Hours:
Second Monday 11 - 11:45am

Senator Gale Candaras' Aide
Greenwood Office Hours:
Second Tuesday 10-10:45am

Sign up:
 for all events: 565-4150

Police Department

**NATIONAL GRID WARNS NEW ENGLAND CUSTOMERS
 OF ON-GOING PAYMENT SCAM**
Utility Companies Report Incidents in Other States

WALTHAM, MASS. - Once again National Grid customers in New England are being targeted by utility bill scammers demanding immediate payment for electric bill balances, which customers might not even owe. The fraudulent callers are claiming to be from National Grid and threatening customers with immediate service shut-off unless they provide credit card or bank account information that can be used to access the accounts.

There have been numerous reports of these types of scams in several states over the past year and National Grid continues to advise customers to be wary of any caller who threatens service immediate service termination unless an immediate payment is made.

National Grid does contact customers with past due balances by phone to offer payment options and to remind them that service shutoff is a possibility if they fail to pay their past due balance. If customers wish, they can arrange for a payment by check, credit card or debit card if they speak directly to a customer service representative. Payment can also be made by credit card or debit card without a representative's assistance.

Customers should verify they are speaking with a National Grid representative. One way to do this is to commit to memory the last five digits of their National Grid account number to memory and ask the caller to provide those numbers. If the caller can't provide the information, if you doubt the caller is a National Grid representative, or if have any questions about your balance, hang up immediately and call our customer contact center at [800-322-3223](tel:800-322-3223).

MEALS ON WHEELS REMINDERS

There is an important new process in the scheduling of our Meals on Wheels drivers that will be starting the beginning of June. We will now be making calls to all volunteers to remind them of their upcoming volunteer assignment. Hopefully we will make the calls on Wednesday or Thursday to alert you of your appointment the following week. If you do not want to be bothered with these reminders, please let us know and we will omit you from the calling list.



Select Board Meeting: June 2nd & 16th LIVE on LCTV 12.
School Board Meeting: June 9th and 23rd LIVE on LCTV 12.
 All meetings can be watched 24/7 at
www.longmeadowtv.org

Please sign up for our monthly newsletter at
www.longmeadowtv.org



New Shows airing this summer on LCTV 12:
 LHS Graduation, Willie Ross School for the Deaf interview, LHS Major Works & LHS Spring Concert.

New Episodes on LCTV 12:
 New England Cuisine: Mon – Fri at 9am
 Longmeadow First Church Service: Sundays at 8am

Classic Movie Showcase on LCTV 12: Every weekend, Saturday at 8pm and Sunday at 5pm.

Classic Movies every night starting at 5pm on LCTV 9.

June Movies Theme: Sports & Musicals
 July Movies Theme: Westerns

Special Request

For all van trips we ask that you kindly refrain from using fragrances. More and more often we are finding that people are allergic or sensitive to them and in turn, prohibit them from attending a trip they're interested in.

Fragrance-Free Zone

VAN SERVICES

Hulmes Transportation provides transportation services through PVRTA to residents over the age of 60 and those who are physically challenged. They provide rides to Longmeadow and surrounding communities for medical appointments, errands, hairdressers, shopping and trips to the Center.

Monday-Friday
8 am—4:30 pm
Call 413-739-7436 or 866-277-7741

The JCC Transportation service operates
Tuesday - Thursday
9 am - 2 pm
Friday 8:30 am - 1:30 pm
 Cost \$2 per ride ★ Card of 12 rides for \$18
 You do not have to be a member of the JCC

Friends of
 Longmeadow Seniors



Donations

We gratefully acknowledge the generosity of the following people:

- | | |
|-------------------------|---------------------------------|
| Harry & Ruth Reynolds | Longmeadow Maternal Association |
| Ernie Fritz | Neal & Anne Magill |
| Judith Arno | Elizabeth Tyson |
| Dona & Francis Lengieza | Mr. & Mrs. F. Douglas DelMonte |
| Ruth Auerbach | Crayton Sheffield |
| Mary Lord Brown | Betty & Dick Delacretaz |
| Judith Czelusniak | Inger Bolduc |
| Donald Burnett | Patricia Perrault |
| The Hurwitz Family | Miriam Odentz |
| The Schlemmer Family | Anonymous |
| Chainsaw Flyers | Julius Resnick |
| Dawn Barkman | Doris Brodeur |
| Suzanne Morin | Frances Rumore |
| J.M. O'Brien & Co. | Jan Draymore |



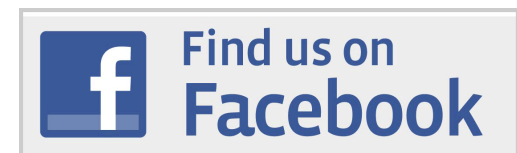
The Task Force of the Council on Aging wishes to thank all those that supported Article 30 at the Town Meeting on May 13, and we are grateful to the following businesses and people that supported the proposal for a feasibility study: The COA Board of Directors, Pat St. Amand, Jim Moulton, Chris Carr, Roger Wjocik, Armata's, The Bottle Shop, The Longmeadow Salon, Belmont Laundry, Iron Chef, Subway, Primo's To Go, Li's Brothers, Mario's Barber Shop, Grapevine, The Bagel Shop, Brightwood Hardware, Bertucci's, Semolina, Starbuck's Coffee, Asian Ume Bistro, Franconia Golf Course, Keller Williams Real Estate, Glenmeadow Retirement Community, the UPS store, Genesis House, Emerson Manor, White Hut X, and Ruth's House. With your assistance, the first step for Longmeadow's active and engaged adults and seniors is now taken and realized. Thank you all!!!



Maple Tree Shoppe

Handcrafted merchandise, new and used household items, all occasion greeting cards, clothing, baby gifts, toys and more!


Proceeds from the shop support the services at the Adult Center. Donations of merchandise are accepted Monday - Friday, 9-3.



CALLING ALL GRANT WRITERS!

FOLOCA is looking for those interested in assisting with searching for grants and helping to write/complete applications. If interested please call the Adult Center at 565-4150.

Jennifer Payette
 Director of Admission/Marketing



East Longmeadow Skilled
Nursing Center

305 Maple Street
 East Longmeadow, MA 01028
 (413) 525-6361 x208 Fax (413) 525-4434
jpayette@bhs1.org Cell #281-1708



VETERANS NEWS

VETERAN'S CIRCLE

Wednesday, June 4th at 12:15 pm
D-Day, the 6th of June

The invasion of Normandy. Operation Overlord, as shown from the perspective of our ally, Great Britain. The summer of 1944 saw the largest sea and air invasion in the history of warfare as Operation Overlord took place. Using newsreel footage and interviews, this documentary traces the events of the massive World War II offensive. Numbering more than half a million, Allied air and seafaring troops stormed Normandy, then moved across the land, gaining strength until they eventually were able to cross the Rhein. This is a 50 minute film.



Stephen Kennedy, Richard Volk, & Dave Powell representing the Veterans Circle at last month's Long Meddowe Days.

CLUB NEWS

OVER 60 CLUB

Wednesday, June 11th 2014 at 12:30pm
Annual Pizza Party!
Change of Date

Interested in advertising in The Voice? Let us help you get your name and organization out to the seniors of Longmeadow. Please contact Emily at the Longmeadow Adult Center at (413) 565-4150.

AROUND TOWN

STORRS LIBRARY

Tuesday, June 24th at 6:30 p.m.
Great Decisions Discussion Group
Topic: Energy Independence

Wednesday, June 25th at 6:30 p.m.
Marco Polo: A Multicultural Adventure performed by Marc Levitt
This program is part of the Ann and Tony Odierna Program series sponsored by the Odierna-Godhines family.

June 18 – August 8
Adult Summer Reading Program
Fizz Boom Read !

After June 18 register online at longmeadowlibrary.wordpress.com. Then pick up your reading log at the reference desk and pick out some library resources. Win prizes. Have fun - which isn't hard when you have a library card.



To the right: Myles Garrigan stands proudly as the Honorary Chairman of the Veterans Memorial Ceremony during Long Meddowe Days

Below: Peter Eiff smiles happily as he enjoys the Ageless Adventures bike trip

Bottom Right: Doris Brodeur enjoying a morning at Somers Mill Pond



Volunteer Views

Ellen Gold
egold@longmeadow.org
Volunteer Coordinator

MAPLE TREE SHOP

If you haven't visited our Maple Tree Gift Shop recently, you are in for a big surprise. Thanks to Venessa O'Brien, Diane Nadeau and the FOLOCA Board, the shop has been recently renovated – with new shades, paint and new shelving units. The result is a brighter, more open and welcoming environment. We have been receiving many donations and the shop is full with beautiful items. We have something for every occasion, taste and budget. Come stop in and look around, everything looks terrific!! The shop is very important to the Adult Center as its proceeds support many of our programs. The **Maple Tree Shop** is open 9 a.m. to 2:45 p.m., Monday through Friday for browsing or dropping off donations. We would not be as successful without the hard work of our dependable volunteers including: **Venessa O'Brien, Jeanne Mango, Bobbi Broomfield, Judy Baskin, Diane Donner, Pearl Campbell, Patty Heathcote, Shomiala Parveen, Jan Draymore, Lucille Brindisi, Sara Orr, Betty House, Marcia Soja, Sharon Franz, Virginia Johnson, Pat O'Connor, Laurie Horowitz, Ruth Brenner, Sonia Merrigan, Rosemarie Cardaropoli, Linda Lajoie, Irene Beron and Joan Thomas.** We would love to have you join these enthusiastic volunteers, please call Ellen at 565-4150 for more information.



COMMUNITY GROWTH

Longmeadow is a wonderful community in which to live and raise a family and now many residents are continuing to live here long after their family has grown. This is borne out by the change in the demographics that has occurred in the past ten years. The town's total population has remained steady with the 2000 census 15,633 and the 2010 census 15,784 – a difference of only 151 people. The dramatic change has been in the increase in the senior population and the decrease in the school age group. In 2000 the population figures for those 18 and under were 4493 compared to 3207 in 2010. The 60 and over population went from 3514 in 2000 to 4540 in 2010. That works out to a 28% decrease in the school age group and a 29% increase in those over 60!!! This trend is expected to continue over the years as the baby-boomers reach 65 and continue to stay in this delightful community. It will mean there will be more and more residents using the Adult Center and the need for more volunteers to help with our programs. We have a wide range of volunteer opportunities available. We invite you to stop by and check out the options or call Ellen Gold, the volunteer coordinator, for more information.

(L-R) Lucy Shepard, Janet Bray, Peter Amatruda, Lesley Devries, and Pat Edgerton.

COMMUNITY SUPPORT

The Adult Center continues to be very fortunate with the generous support from many community organizations. **Storrs Library** held a food collection where donations for the Longmeadow Food Pantry were collection in lieu of fines. The library also donated the unsold books from their recent book sale to our Maple Tree Shop. We thank all the library patrons for their contributions and the library staff for organizing these great projects. Employees of the **Longmeadow Big Y** spent the afternoon at the Longmeadow Adult Center as part of the company's Community Service Day. They brightened up the Center by thoroughly washing the many windows of the building, both inside and outside. The Adult Center staff and seniors are grateful to the Big Y team for their hard work. Several area businesses have donated special desserts for our birthday bashes and other special dinners in the dining room. **Glenmeadow Retirement, Wingate Healthcare and Redstone Rehabilitation** have all donated tasty treats for our dining room patrons. Everyone is very appreciative of these delicious desserts. The "Chop & Chat" Group from the **First Church of Christ** in Longmeadow has been making casseroles for our pantry each month. The casseroles are delicious and everyone appreciates the home-cooked meals. The church also held several collections of canned goods to benefit the pantry. Thanks to all the church members and staff for their generous donations. Thanks so much to all our local organizations for their donations of time and energy to our programs, your extra help is always appreciated.

Program News

Kathy Grady
kgrady@longmeadow.org
Program Coordinator



New Program Offered by LifeLine!

"LifeLine" program offers free phone: If owning a cell phone is a financial stretch for you, there is help. If you meet certain low-income requirements, you can receive a free basic cell phone with a free calling plan of 250 minutes per month. To get a free phone you need to apply to one of the regional providers serving our area. The three biggest companies are Assurance Wireless, Reachout Wireless and Safelink Wireless.

Board of Health

Summer Precautions for Preventing Rabies Infection

Wild Animals:

- Avoid approaching all wild animals and especially animals that approach humans or appear to be sick (e.g. disoriented). Instruct children when they play outside to go inside immediately if they see a wild animal straying into their yard. Wild animals are not to be petted. Do not leave young children outside unattended.
- Make sure that all domestic animals, including both dogs and cats, are up-to-date with rabies immunizations.
- Take action to prevent straying of wild animals into the home environment :
 - Capping of chimneys and blocking openings in attics, cellars and porches is recommended.
 - Secure trash cans tightly.
- Do not have direct contact with sick or dead wild animals; handle animals with heavy gloves, sticks or tools to prevent direct contact
- Call the Longmeadow Board of Health (during business hours) or the Longmeadow Police Dept. (after-hours) if you have had contact or been bitten by a wild animal.

Bats:

The Mass. Dept. of Public Health will test bats which have or might have had contact with humans and susceptible domestic animals (dogs and cats that are not current with the periodic rabies vaccinations). In general, the concern is contact with babies, young children or adults with cognitive or communications disorders who may not know or be able to express that they had been bitten.

The Longmeadow Board of Health will pick up specimens (the bats must be contained) and will ship the specimens to the State Laboratory for Rabies testing free of charge to the public. Residents may contact the Longmeadow Board of Health (565-4140) during business hours regarding bat testing. If the bat is found inside a residence after business hours or during a weekend, the specimen should be kept under refrigeration until pick-up by a representative of the Board of Health.

JEWELRY

Monday, June 2 • 1:00 - 2:00

Bring your broken jewelry or design a new piece with the talented Sandy Merrill. \$3 plus supplies.

PICKLEBALL

The tennis courts at Greenwood are available for Pickleball anytime from 9-3 this summer. During May and June the gym will continue to be available 11:30-1:00 during the week. There are players who come regularly on Mondays and Wednesdays during those hours so new players should come then. We have the paddles and equipment. Come and see what it is all about.

LINE DANCING

Mondays, 1:00 - 2:00

Anyone can have fun line-dancing, young or old, with or without a partner. We haven't offered line dancing in a while and need some people to keep it going. Come try it!! Lynn Connolly is an experienced instructor who uses all genres of music for her line dancing, including cha-cha, rumba, waltz, etc. Fun, fun. \$3 each class. Come on down!

BOOK CLUB

Tuesday, June 3 • 12:30 - 1:30

"The Light in the Ruins" Christopher Bahjalian's brilliantly crafted historical novel, is set in the glorious Italian hills south of Florence and switches between WWII and the 1950's when a serial killer is stalking the Rosati family. In July, the book selection is "Behind the Beautiful Forever's: Life, Death and Hope in a Mumbai Undercity." New members are always welcome.

POMEGRANATE GUILD

Tuesday, June 3 • 1:00 - 3:00

The Pomegranate Guild will be holding a special **Hairpin Lace** workshop this month. If you wish to learn this skill, please bring with you: a hairpin lace loom, a size H crochet hook and a skein of worsted weight yarn. Dayna will be teaching this lovely skill with a view to creating a lace shawl. Everyone is invited to come and learn. Guild members will be discussing plans for next year after the skill is taught and while we work.

COMPUTER COACHING (by appointment)

Wednesdays • 12:30 - 2:30

One hour free coaching available by appointment. Use our computers or bring your laptop, iPad or iPhone. Call 565-4150 to schedule.

MODEL AIRPLANES & DRONES

Wednesday, June 11 • 10:00 - 11:00



Mike Doran, an airplane pilot and member of the Chain Saw Flyers, will demonstrate flying model airplanes and drones. The group regularly meets on

Wednesday mornings at the Center and knows everything about model planes. Everyone is welcome to attend this unique demonstration.

AVIATION IN SPRINGFIELD*

Video: *Those Incredible Gee Bees*

Wednesday, June 18 10:00 - 11:00

The five Granville Brothers of Springfield, collectively known as GBs, designed Gee Bee racers which became the unofficial symbol of the Golden Age of flight in the late 1920's and '30's. Tom Granville's daughter June Granville Dakin will be here to discuss her book, *Farmers Take Flight*. This video features conversations with a couple of the Granvilles and a number of their associates of the period, interspersed with archival film clips of their airplanes in record-setting action. Free and open to the public.



MIDDLE SCHOOLS

JAZZ BAND & ORCHESTRA

Thursday, June 19 • 12:30



Our annual musical treat from the Longmeadow Middle Schools arrives this month. The combined jazz bands and orchestra will bring nearly 100 students and their teachers to the gymnasium to entertain seniors. Don't disappoint them. Show up and appreciate how talented they are. No charge.

NEW GOLF

Wednesday, June 25 • 10:00

It's not too late to improve your game or start learning this great game! Join in Bob Lake's lessons. You will improve painlessly at the Bob Lake Learning Center (green awning) at Fenway Golf, 112 Allen Street, East Longmeadow. \$89 for 6 lessons. Sign up at the Adult Center.



Linda Collina
Social Services
Coordinator ☐
(413) 565-4150

Carol Steiner, RN
Community Health Nurse
(413) 565-4154

**WELLNESS
CLINIC**
Mondays
10 - 11:45am



Have your blood pressure checked and chat with one of our volunteer nurses about any of your health cares or concerns.

BLOOD SUGAR SCREENING

Wednesday, June 4th 9:30 - 10am

It is not necessary to fast prior to being tested, but is HIGHLY recommended. Donation of \$1.00 is requested.

**HEALTH INSURANCE (SHINE)
COUNSELOR**

Wednesday, June 11th & 25th
By appointment 9 am - Noon

The SHINE program (Serving the Health Information Needs of Elders) provides health insurance counseling to elderly and disabled adults.

FOOT CARE CLINIC

Friday, June 20th 9 am - 3 pm
By appointment only - call 565-4150

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$29. Home visits available for an additional cost.

WILLIAM G. SCIBELLI, ESQ.
LONGMEADOW LEGAL ASSOCIATES
Wills ~ Trusts ~ Power of Attorney
Health Care Proxies

908 Shaker Road
Longmeadow, MA 01106
(413) 567-3900
wgs@scibelli.com

Wellness Center

 Sign up: for all events: 565-4150

LIVING WELL

LEGAL & FINANCIAL: ISSUES & ANSWERS
Wednesday, June 11th 12:30pm
Presented by the Alzheimer Association

Many families wait until it's too late to learn about legal and financial concerns. This presentation by an elder law attorney provides information about wills, durable power of attorney, protection of assets, health care proxy, and what Medicare and Medicaid do and do not cover. While this program is not intended to substitute for a personal appointment with an elder law attorney, you will have the opportunity to hear about typical issues and problems that can be avoided or reduced by adequate planning.



Fire Department Presentations
Join a small team from the Fire Department as they visit the Adult Center during lunch to eat and socialize and to give a short presentation on a hot topic for the month. Dates may be subject to change due to our crews being needed for emergencies in town.

Wednesday, June 18th at 11:30am
Topic: Home Oxygen Safety

Benefits Check Up Program
If you are an older adult who is struggling to pay your bills, get in touch with www.BenefitsCheckUp.org/mcoa. This is a free online service that helps seniors enroll in benefits to help pay for food, medicine, heat and more. Go to this website and learn more today! For assistance with the program please contact Linda Collina, Social Services Coordinator.

 Sign up: for all events: 565-4150

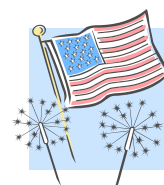
COOK-OFF: Longmeadow Fire Department
Wednesday, June 25 12:30

Members of the Longmeadow Fire Department will demonstrate safe cooking techniques as they make competing recipes. Always fun.

MOVIE: MONUMENTS MEN
Thursday, June 26 12:30

Based on the true story of the greatest treasure hunt in history, The Monuments Men is an action drama focusing on an unlikely World War II platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners. It would be an impossible mission: with the art trapped behind enemy lines, and with the German army under orders to destroy everything as the Reich fell, how could these guys - seven museum directors, curators, and art historians - possibly hope to succeed? But as the Monuments Men, as they were called, found themselves in a race against time to avoid the destruction of 1000 years of culture, they would risk their lives to protect and defend mankind's greatest achievements. From director George Clooney, the film stars George Clooney, Matt Damon, Bill Murray, John Goodman, Jean Dujardin, Bob Balaban, Hugh Bonneville, and Cate Blanchett. Free,

ROGER TINCKNELL
THIS LAND IS YOUR LAND
Thursday, July 3 12:30 - 1:30




Put on your red, white and blue and celebrate the 4th of July a day early with some patriotic music and fun. Roger Tincknell has been performing for children, adults, and seniors throughout the U.S., Canada and Europe for over 40 years. His strong, expressive vocal styles, show stopping yodeling and masterful instrumental skills bring a warmth and versatility to his performances. He will sing traditional American folksongs, patriotic songs and lead us in sing-alongs.

TRAVEL

**TAKE ME OUT TO THE BALL GAME:
THE NEW BRITAIN ROCK CATS**
Tuesday, June 24 • 4:30 pm

The New Britain Rock Cats Baseball Club, the Double A Eastern League Affiliate of the Minnesota Twins, is right down the road and offers a classic ball game experience. Let's go! Field Box Seats and van ride \$15.

 George Armstrong's bright idea.

TANGLEWOOD REHEARSAL
Saturday, July 19 8 am-2:00 pm


BSO will rehearse for the Sunday performance of Rouse's *Rapture*, Lalo's *Symphonie espagnole*, and Beethoven's Symphony No. 5, featuring Andris Nelsons, conductor and Joshua Bell, violin. Lunch at Cranwell. \$65 includes shed ticket, lunch and van.

TRAVEL



Italia Classica
November 8-16, 2014
IT'S NOT TOO LATE!


Treat yourself in 2014 with a fabulous vacation in Italy! Explore the magic of Rome, Florence and Venice, cities filled with history, culture and art. Cost is only \$2,949 each for double occupancy. Price Includes air fare and transportation to Logan International Airport, accommodations, 7 breakfasts and 3 dinners. Lots of optional excursions available.

 Tell us your bright ideas!!

ONGOING ACTIVITIES

- | | |
|---------------------------|-----------------------------|
| Artists' Studio | Tuesday 1 pm |
| Book Club | 1st Tuesday 12:30 pm |
| Bridge - Duplicate | Mon. & Fri. 12:30 pm |
| Bridge Refresher | Monday 10 am |
| Bridge - Rubber | Thursday 1 pm |
| Bridge Lessons | Friday 10 am |
| Chair Exercise | Tues & Thurs 10:30 am |
| Computer Coaching | Wed. 12:30 - 2:30 |
| Discussion Group | 3rd Tuesday 12:30 pm |
| Fitness Corner | Daily 9 am - 3 pm |
| French | Wed. 10:30 - 11:30 am |
| German | Returns in September |
| Italian -Beginners | Tuesdays 9:15 am |
| Italian-Advanced | Tuesdays 10:00 am |
| Jazz Journey | Returns in September |
| Knitting Group | Thurs. 10 - 11:30 am |
| Mahjong | Friday 12:30 pm |
| Movies - Free | See Calendar Dates |
| Over 60 | 2nd Thurs. 12:30 pm |
| Pickle Ball | Anytime |
| Pinochle | Tuesday 9:30 am |
| Pitch | Tuesday 12:30 pm |
| Pomegranate Guild | 1st Tues 12:30-1:30 pm |
| Billiards | M-F anytime |
| Scrabble | Friday 1:30 pm |
| Table Tennis | Thursday 1 - 3 pm |
| Tap Dancing | Fri. 1:30 - 2:15 pm |
| Trivia | Wednesday 10 am |
| Veterans Circle | 1st Wed. 12:30 pm |
| Water Aerobics | at Glenmeadow |
| Yoga, Chair | Returns in September |
| Zumbacise | Returns in July |

JUNE Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
GLASS METAL PAPER BOARD GLASS METAL PAPER BOARD GLASS METAL PAPER BOARD GLASS METAL	2 9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Pickleball 11:30 LUNCH 12:30 Duplicate Bridge 1:00 Jewelry 1:00 Line Dancing	3 9:15 Beginning Italian 9:30 Pinochle 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Pitch 12:30 Book Club 1:00 Artists Studio 1:00 Pomegranate Guild	4 9:30 Blood Sugar Screening 10:00 Trivia 10:00 Golf 10:30 French 11:30 Pickleball 11:30 LUNCH 12:15 Veterans Circle 12:30 Computer Coaching 6:00 Dr. Andrew Lam	5 9:00 Ageless Adventures 10:00 Knitting 10:30 Gentle Exercise 11:30 LUNCH 1:00 Rubber Bridge 1:00 Table Tennis	6 9:00 Fitness Corner 10:00 Bridge Lessons 11:30 LUNCH 12:30 Duplicate Bridge 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class	7/8	
	June 2. Stuffed Shells June 3. Shepherd's Pie June 4. Chicken Parmesan June 5. Chicken Salad June 6. Seafood Casserole June 9. Stuffed Peppers June 10. Salisbury Steak June 11. Macaroni & Cheese + Ham June 12. Cheeseburger – MOW only NO DINING ROOM MEAL June 13. Potato-encrusted Cod	9 9:00 Fitness Corner 10:00 Sen. Candaras Aide 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Pickleball 11:30 LUNCH 12:30 Duplicate Bridge 1:00 Line Dancing	10 9:00 Ageless Adventures 9:15 Beginning Italian 9:30 Pinochle 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Pitch 12:30 Book Club 1:00 Artists Studio 1:00 FOLOCA BOARD	11 9:00 SHINE 10:00 Model Airplanes & Drones 10:00 Trivia 10:00 Golf 10:30 French 11:30 Pickleball 11:30 LUNCH 12:30 Computer Coaching 12:30 Over 60 Pizza Party! 12:30 Alzheimer's Assoc.	12 10:00 Knitting 10:30 Gentle Exercise 12:30 Volunteer Luncheon 1:00 Rubber Bridge 1:00 Table Tennis	13 9:00 Fitness Corner 10:00 Bridge Lessons 11:30 LUNCH 12:30 Duplicate Bridge 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class	14/15
	June 16. Veggie Omelet June 17. Spaghetti & Meatballs June 18. Cookout – Hamburgers & Hotdogs June 19. Baked Chicken June 20. Baked Salmon	16 9:00 Ageless Adventures 9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 11:00 Rep. Ashe Aide 11:30 Pickleball 11:30 LUNCH 12:30 Duplicate Bridge 1:00 Line Dancing	17 9:15 Beginning Italian 9:30 Pinochle 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Pitch 12:30 Discussion Group 1:00 Artists Studio	18 9:00 Fitness Corner 10:00 Aviation in Springfield: Farmers Take Flight 10:00 Trivia 10:00 Golf 10:30 French 11:30 Pickleball 11:30 Summer BBQ! 12:30 Computer Coaching	19 8:30 Boston Duck Tour Trip 10:00 Knitting 10:30 Gentle Exercise 11:30 LUNCH 12:30 LM Middle School Orchestra & Jazz Concert 1:00 Rubber Bridge 1:00 Table Tennis	20 9:00 Footcare 9:00 Fitness Corner 10:00 Bridge Lessons 11:30 LUNCH 12:30 Duplicate Bridge 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class	21/22
	June 23. Chicken Pot Pie June 24. Baked Meatloaf June 25. Tortellini & Meat Sauce June 26. Birthday Bash – Turkey Dinner June 27. Lemon Pepper Fish June 30. Beef Stroganoff July 1. Baked Lasagna July 2. Beef & Vegetable Stew July 3. Chicken Marsala July 4. Center Closed	23 9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Pickleball 11:30 LUNCH 12:30 Duplicate Bridge 1:00 Line Dancing	24 8:30 Newsletter Collating 9:00 Ageless Adventures 9:15 Beginning Italian 9:30 Pinochle 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Pitch 1:00 Artists Studio 4:30 Rock Cats Baseball!	25 9:00 SHINE 9:00 Fitness Corner 10:00 Trivia 10:00 New Golf Sessions 10:30 French 11:30 Pickleball 11:30 LUNCH 12:30 COOK-OFF!! 12:30 Computer Coaching	26 10:00 Knitting 10:30 Gentle Exercise 11:30 Birthday Bash 12:30 Movie: Monuments Men 1:00 Rubber Bridge 1:00 Table Tennis	27 9:00 Fitness Corner 10:00 Bridge Lessons 12:30 Duplicate Bridge 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class	28/29
GLASS METAL	30 9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Pickleball 11:30 LUNCH 12:30 Duplicate Bridge 1:00 Line Dancing	July 1 9:15 Beginning Italian 9:30 Pinochle 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Pitch 1:00 Artists Studio	July 2 9:00 Fitness Corner 10:00 Trivia 10:00 Golf 10:30 French 11:30 Pickleball 11:30 LUNCH 12:30 Computer Coaching	July 3 10:00 Knitting 10:30 Gentle Exercise 11:30 Independence Day BBQ 12:30 Roger Tincknell 1:00 Rubber Bridge 1:00 Table Tennis	July 4 	July 5/6 <p>Before you receive your meal, please inform your server of any food allergies you may have.</p>	

For lunch reservations call 565-4150 at least 24hrs in advance