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

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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: \_\_\_\_\_

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# The Voice of Longmeadow

Longmeadow Adult Center

March 2014

## LONGMEADOW SKI GROUP

While winter is hopefully coming to a close, ski season is still upon us. Join us and enjoy the snow while it lasts!



### Berkshire East

When: Tuesday, March 4th

Cost: \$5 van, \$28 for lift ticket (65 & up), \$40 (under 65)

### Mt. Snow

When: Monday, March 10th

Cost: \$5 van, \$58 for lift ticket (65+)

\*Price varies (call the Center)

We will leave from the Longmeadow Adult Center at 7:30am.

### Ski Butternut

When: Tuesday, March 18th

Cost: \$5 van, \$20 for lift ticket (70+), \$25 (14-69yo)

We will leave from the Longmeadow Adult Center at 8:30am.

\*Please call if special arrangements are needed\*

## BALLROOM DANCING

At the Longmeadow Community House

Mondays 1:30-3:30

March 3 & 17

\$2.50/p/p



Saturdays 7:00-10:00

March 1 & 29

\$9 p/p

(including Italian grinder)



Rose Morace,  
Chair, COA Board

Diane Nadeau  
President, FOLOCA

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  
PVTA Minibus 413-739-7436 or 1-866-277-7741

Emily Perkins  
Director



# Town News



**Representative Brian Ashe's Aide**

**Robin Frechette**

**Greenwood Office Hours:**

**Second Monday 11 - 11:45 am**

## Department of Public Works

- 1) DPW could use some assistance in reporting streetlights out to WMECO. Residents can call the DPW at 567.3400. Callers should provide the street name, house number, and utility pole number. The pole number is very helpful in making sure the proper light is replaced. DPW will then call the streetlights in to WMECO and be able to track them to see they are put back into service.
- 2) Pothole season is upon us. Residents are encouraged to call DPW to report a pothole. The more precise the information the easier it is for DPW to respond. ie, it is easier for us to respond to a claim of a pothole in the west bound lane of Maple Road in front of house #96 than it is to respond to a call of a pothole on Maple Road between Longmeadow Street and the Greenwood Center.
- 3) Residents are also asked to remember to shovel out around fire hydrants. Easy access to a hydrant in an emergency can save very valuable minutes in the event of a fire.



### 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.

## Parks & Recreation

### Springtime in New York City

Come and enjoy a day in the Big Apple! Sit back and relax, while we do the driving! Plan the day to your liking to include shopping, visiting museums or just enjoying all that New York City has to offer! Stops will be along 5th Avenue.

Visit [www.lprd.net](http://www.lprd.net) for registration. Call 565-4160 for information (please note: registration cannot be taken over the phone).

Dates: Saturday, April 26th

Time: 7:00am - 10:30pm

Location: Greenwood Parking Lot

Fee: \$50 per person

## Longmeadow Public Schools

Longmeadow Public Schools are blessed to be in a community where children flourish academically, socially and emotionally due to strong community support. In addition, the new high school is a state of the art facility where learning in this twenty-first century can and does excel, and this is directly due to you.

We would like to thank you for many contributions to our schools. It is our hope to do so by opening the doors of our high school for adult education classes under a program called Life Long Learning. Classes will be planned according to the results of the survey that Emily Perkins has sent out electronically. If you would like a paper copy of the survey, please see Emily or drop by the superintendent's office for one.

Thank you for all that you have done for us, and I look forward to meeting many of you at our Life Long Learning classes at the new Longmeadow High School.



## Highlights

Select Board Meeting: March 3<sup>rd</sup> and 17<sup>th</sup>, April 7<sup>th</sup> and 22<sup>nd</sup> LIVE on LCTV 12.

School Board Meeting: March 10<sup>th</sup> and 24<sup>th</sup>, April 14<sup>th</sup> and 28<sup>th</sup> LIVE on LCTV 12.

All meetings can be watched 24/7 at

[www.longmeadowtv.org](http://www.longmeadowtv.org)

Please sign up for our monthly newsletter at

[www.longmeadowtv.org](http://www.longmeadowtv.org)

New Shows on LCTV 12:

POLKA! with Frank Knight – Monday – Friday at 4:30pm.

Money Doctor – Sundays at 10:30am, Mondays at 10am

and Thursdays at 6pm.

Skin Talk – Tuesdays at 10am and Fridays at 7:30pm.

Hollywood Makeover – Thursdays at 5:30pm and Saturdays

at 10:30am.

New Episodes on LCTV 12:

The Upside with your host Paul Santaniello – Sundays at

10am and Wednesdays at 6:30pm.

The Steve Katsos Show – Tuesday – Friday at 11pm.

Mass Factor – Sundays at 9:30am and Mondays at 6:30pm.

Classic Movie Showcase on LCTV 12: Every weekend, Satur-

day at 8pm and Sunday at 5pm.

Classic TV shows on LCTV 12: Every Friday night at 8pm.

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

### **VAN SERVICES**

**Holmes 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**



The Friends of Longmeadow Older Citizens Association, Inc. (FOLOCA), a nonprofit, tax-exempt 501(c)(3) organization, raises funds to support programs and services at the Longmeadow Adult Center. The generosity of area businesses and local residents provides funding for our newsletter, as well as needed equipment for the kitchen, a commercial dishwasher, refrigerator for the Town's Pantry and support of our daily meals program, our van and so much more!

## ***Donations***

*We gratefully acknowledge the generosity of the following people:*

**Dr. & Mrs. Paul McKenna**

**Miriam Odentz**

**Dick Kmetz**

**Chainsaw Flyers**

**Louise Chambers**

**Susan Mayo**

**Robert McTaggart**

## **WOUNDED WARRIOR FIT CLUB**

**Sundays at 9:00am**

Longmeadow's Wounded Warrior Fit Club offers free fitness classes and nutritional tips to veterans, the residents of Longmeadow, and the surrounding communities. The group meets every Sunday morning at the Greenwood Community Center. No membership fee is required of our participants. All fitness levels are welcome.

We are proud supporters of the Wounded Warrior Project and we, in conjunction with the Town of Longmeadow's Department of Veterans' Services, plan on raising \$10,000+ for the WWP, and presenting the donation to the WWP at the Town of Longmeadow's 5K run/walk and Veterans' Day ceremony in November, 2014.

We hope to raise the \$10,000+ through donations from our workout participants; the sale of WWP/Longmeadow Fit Club T-shirts at our Fit Club workouts and various events; and sponsorships. Questions please contact Anthony Lawrence, 565-4150.





# VETERANS NEWS

## VETERAN’S CIRCLE

Wednesday, March 5th at 12:15 pm

Vet Center and The Disabled American Veterans

Representatives from the Vet Center and The Disabled American Veterans will be coming to talk and answer questions about benefits and services that are available to Veterans, such as family counseling, yoga and meditation, benefit assistance, and Aid & Attendance.

If you have any questions, please contact the Longmeadow Veterans’ Service Officer Anthony Lawrence at 413-565-4150.



# CLUB NEWS

## OVER 60 CLUB

March 13, 2014 at 12:30pm

James Woolsey, Superintendent of the Springfield Armory National Historic site, will be here to tell the exciting history of the armory.

## Maternal Association

Tuesday March 4, 2014 at 1:00 PM  
at the Longmeadow Community House

A Heritage Meeting

Members will talk about their respective country of origin and culture. The tea hostess will be Terry DiPippo. Please come, all are welcome.

Wednesday, March 26th at 10:30am

Board meetings will take place on the last Wednesday of the month.

## Red Hatters

Wednesday, March 12th at 12:30am

The group will meet at Storrowton Tavern. Call the Adult Center to reserve your seat.

# AROUND TOWN

## STORRS LIBRARY

### Latin American Book Discussions II

Sample Latin American literature through readings and discussions. Dates for this year’s meetings are:

Wednesday, March 26

Wednesday, April 16

Wednesday, April 30

Wednesday, May 21

Discussions will be led by Holyoke Community College Professor of Spanish Monica Torregrosa. Professor Torregrosa is the most recent recipient of the College’s Elaine Marieb Faculty Chair for Teaching Excellence. All discussions will be held at 6:30 p.m. at Storrs Library. Multiple copies of the titles will be available on a first come, first served basis. Call the library at 565-4181 to register or register online at [longmeadowlibrary.wordpress.com](http://longmeadowlibrary.wordpress.com).

### Victorian Lady

Dressing from Corset to Gloves – the fashion, life and etiquette of the Victorian and Edwardian eras with performance artist Kandie Carle has been rescheduled to Monday, March 24<sup>th</sup> at 6:30 p.m. Call the library at 565-4181 to register or register online at [longmeadowlibrary.wordpress.com](http://longmeadowlibrary.wordpress.com).

### Writers’ Group

A new writers’ group is forming to provide writers an opportunity to practice their craft in a supportive environment. Everyone from beginners to experienced writers is welcome. The sessions will be led by Maureen Sullivan. Maureen has worked in the newspaper industry for more than thirty years as a marketing director, creative director, editor and writer. Space is limited. All sessions will be held on Tuesday evenings at 6:00. Dates are: March 25; April 1, 8, 22, 29; May 6, 20, 27; June 3. Attendance at all sessions is strongly encouraged. Call the library at 565-4181 to register. *This program is supported by a grant from the Longmeadow Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."*



Annette Agnos\* Sylvia Allen\* Judith Arno\*David and Linda Arthur\* Stefanos Axas\* Andrew Balder and Cynthia Sommer\*Adele Barden\* Mark Barowsky\*Cathleen Basdekis\* Barry and Phyllis Beckwith\* Samuel and Alice Bedrosian\* Carol and Ron Berger\* Jennie Black\* Salena Blake\* Sheila Blum\* Inger Bolduc\* Sarah Bombich\* Peter and Brenda Bouvier\*Mr. and Mrs. John Bowen\* Ms.Ann Bracchi\* Suvesh and Saroj Brahmavar\* Catherine Brill\* Mr. and Mrs. Douglas Brunner\* Alan Burstein M.D\* Don and Bonnie Campbells\* Ron and Gisela Canova\* Jean Carbonneau\* Mr. and Mrs. Christopher Carr\* Norman Caruolo\* Carolyn Casella\* Philip Castleman\* Nan Cavers\* Suzanne Chorowski\* Louise Collins\* Nancy Collins\* Edward and Barbara Corrigan \*Tom and Jen Cosgrove \*Stephen Crane \* Stewart and Carol Creelman \*Tomasina Cullinan \*Peter Cullinan\* Suzette Damboise\* Helen D'Amour \*Wallace Darden\* Cynthia D'Arrigo\*Paula Davitt\*Lena DeCarlo\* Tina deMeza\* Dominick Dieni\* Theresa DiPippo\* Matilda Dojka\* Robert and Diane Donner\* Lin and Bill Donoghue \*Mary Dowd \*Kay and Larry Duclos\* Kenneth Dukeshire\* David Dumais\* Bernadette and Michael Dunnirvine\* Betty Einzig \*Cathy Ferrero\*Saul Finestone\*Mr.Steven E. Fitzek\*Hilda Flayhan\*Shirley Frangie\*Robin Frechette\*Tricia and Michael Freedman\*Phil and Johanna Fregeau\* Ernest Fritz Andrew and Dee Gainski\* Diane Gallan\* Myles Garrigan\*Helen Gentile\*Alan Gerstein\*Brenda and Charlie Gibson\*Jeanne Gitsas\*Natalie Gogal \*Ellen and Mark Gold\*Stan Goldaper\*Thelma Goldberg\*Susan and Marc Goldman\*Alan and Nancy Goldsmith\* Eleanor Goldstick\*Ildefonso Gomez\*Cynthia Greenberg\*Dr..and Mrs. John Grippio\*Peter and Joanne Guernsey\*John and Lisa Gur-lahan\*Dr. and Mrs. Bruce and Samuel Hellerman and Michelle Hicks \*Deacon Winnie Hopfe\* Jane Hopkins Nancy Hughes \*Estelle Hur-Paula Ingalls\* Judy and Ted Jim and Nancy

Jones\*Lorraine Kaylor\*Tom and Claire Keane\* Patricia Keeley\*Jim and Maureen Kennedy\*William Klein\*George Klotsas\*Lorraine Koetsch\*Marie Kozlowski\*Craig Kronlund\*Marion Kulik\*Albert Laakso\*Rudolph Lachut\* Paul & Linda Lajoie \*Patricia Landis Florence and Michael Languieri \*Joan Levinson\* Jay Lieb\* Srinivas Loke \*Ann Marie Lynch\* Susan and Morton Lynn \*Marie Lyons\* Marguerite Martin\* Eileen and Leon Maglathlin\* Clara Mathisen\* Betty McCann \*Helen and Dennis McGann \*Robert McGarry \*Frederick Molyneux\* Joan and Bill Morey\* Angeline Morisi \*Leon Moynihan \*Dorothy Mulvey \*Helen Murphy \*Ronald Nadel\* Nolan Family\* Tom and Claire Nowicki \*Venessa O'Brien \*William O'Conner \*Miriam Odentz \*June Okun \*Yvonne Paris\* Douglas Parker \*Selma Paroshinsky \*Daniel Keefe Patick Jones \*Merton Peck \*Adam Peck\*Rosemarie Pellegrino\* Maria and Frank Podgurski \*Vivian Poisson\* Dave Powell\* Mary Quigley\* Robert Radzihovsky \*Margaret Rakas \*Lesley Remig \*Sarafina Rinaldi J\*eanelle Robinson\* Mark and Cindy Rodolakis \*James and Leona Ross\* Robert Rothstein\* Nan Rudolph \*James Russell\* Mary Jean Ryan \*George and Judy Sachs\* Gladys Sadow \*Pauly Sample \*Aaron and Barbara Sanofsky\* Burns Savage \*Ronald Schnitzler \*Donald and Tina Schwartz\*Rae Peterson Selvy\*Warren Sheridan\*Regina Shriver\* John and Inge Shuttleworth \*Robert and Sheila Simon\* Judy Sinder Cohen\* Eunice Smith \*James Sophinos\* Mary Ann Spencer\* Diana Srebnick \*Harold Stainer\* Allen and Barbara Steiger \*Marge and Phil Steiger \*Frank Sterba \*Catherine Sullivan \*Henry Sundberg Owen \*and Marilyn Sutton \*The Goodhines/Odierna Family \*Ray Thomas\* Bruce and Linda Underwood \*Robert and Jean Walker \*Anna and Kathy Warren and Krahala Family \*Carol Wernick \*Jeanne Wheeler\* Charles Wilkinson\* Fred Wilochka \*Marshall N. Wood \*Christine Woods \*Ruth Yanne \*Frank Zabeneh \*Fausto Zabeni\* Steven Zicolella

Thank You

For your generous response to the annual letter

(more donors next month)



# Program News

Kathy Grady  
kgrady@longmeadow.org  
Program Coordinator

## INDOOR PICKLEBALL

**Mondays & Wednesdays 11:30 - 1:00 pm**

Pickleball uses a Badminton-size court, a hard paddle and whiffle balls. It is fun for 2 and great fun for 4 players. We have the equipment and new players are welcome. Come and see what it is all about.



## NEW!! BALLROOM DANCING

**Mondays, March 3 & 17 1:30-3:30 pm**

**Saturdays, March 1 & 29 7-10 pm**

**Community House**

Join in our newest activity! No partner necessary. Some line dancing included. Mondays, \$2.50 p/p. Saturdays, \$9 (includes Italian grinder).

## BOOK CLUB

**Tuesday, March 4 • 12:30 - 1:30 pm**

The March 4 selection is *The Aviator's Wife* by Melanie Benjamin. The April 1 book is *Songs of Willow Frost* by Jaime Ford. New members are always welcome.

## POMEGRANATE GUILD

**Tuesday, March 4 • 12:30 - 1:30 pm**

Bring your needlework or join in an ongoing project and meet this friendly group. They welcome people to join in the fun. This group will be meeting in Springfield for the month of March.

## 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 and meet with Dave, Max or Peter. Call 565-4150.

## NO FRENCH CLASSES UNTIL APRIL 9

## ZUMBACIZE

**Thursdays, March 6-27 • 9:15 - 10:15 am**



Instructor Debbie Tracy continues with this fun new exercise that is easy on your joints and geared specifically toward seniors. Try something new! Great way to warm up for 10:30 chair exercise! \$12 for 4 weeks if you sign up in advance. \$4/session for drop-in.

**\*\*\*DURHAM CALDWELL\*\*\***

**Thursday, March 6 • 12:30 pm**

Rescheduled from snowy February, Durham Caldwell returns with his latest book *An Unusual Arrangement*. Set in a Cape Cod radio station, a romance with special ground rules leads to many humorous situations. BTW, Durham met Jean, his wife of 66 years, in a radio station. Come and enjoy Durham's reading and discussion of this book.

## NEW CHAIR YOGA

**Thursdays, March 6-27 • 1 - 2 pm**

Lyn Hopkins' popular yoga class fills up fast, but she usually makes room for more. Get fit where you sit. Reserve today. 4 classes \$26

## MOVIE: ENOUGH SAID

**Thursday, March 20 • 12:30 pm**

A divorced and single parent, Eva (Julia Louis Dreyfus) spends her days enjoying work as a masseuse but dreading her daughter's impending departure for college. She meets Albert (James Gandolfini) - a sweet, funny and like-minded man also facing an empty nest. As their romance quickly blossoms, Eva befriends Marianne (Catherine Keener), her new massage client. Marianne is a beautiful poet who seems "almost perfect" except for one prominent quality: she rags on her ex-husband way too much. Suddenly, Eva finds herself doubting her own relationship with Albert as she learns the truth about Marianne's Ex. *Enough said* is a sharp, insightful comedy that humorously explores the mess that often comes with getting involved again

## RADIO THEATER

**Monday, March 24 10:00 am**

We had a great time reading a George Burns and Gracie Allen script and then *Our Miss Brooks*. We have more scripts. Let's have fun recreating those shows of yesteryear. If you can read, you can do this! We need people for sound effects as well. All welcome. No charge.

## JOURNEY TO JAZZ: MORE TOMMY DORSEY

**Tuesday, March 25 @ 1:00 pm**

The very popular 1940 Tommy Dorsey Band continues to rock with such favorites as *Opus Number One*, *Bye Bye Baby*, *All of Me*, and *Sweet Georgia Brown*. Other great hits on this disc include *Lullaby in Boogie* with a vocal by Jack Duffy and *The Cuttin' Out Blues*, composed and sung by trumpeter Charlie Shavers. All in all, there are sixteen tunes. Definitely a sweet trip down memory lane.



## GET READY FOR GOLF!!

**Wednesday, March 26-April 30 10-11 am**

It's spring!! Time to think about sharpening your golf game or even starting golf. Bob Lake is your man to help you do either. His lessons are always popular. He knows what he's doing, and he does it with a smile. You will improve painlessly. Lessons are held 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.



## A Message from the Fire Department

### "Home Heating Safety"

- If you heat your home by burning solid fuels (coal, firewood, pellets, etc.) be very careful before, during, and after use. You should have your chimney professionally cleaned once a year. You must obtain a building permit before installing a heating stove. You should keep items / belongings at least three feet away from the stove. You should dispose of any ashes in a metal container with a lid away from your house, garage, and / or shed.
- Space heaters require space in order to operate safely. Do not use a space heater as your primary source of heat. You should keep items / belongings at least three feet away from the space heater. You should always turn off the unit when going to bed or leaving the house. You should only use heavy duty extension cords with the unit. As a side note, portable kerosene heaters are ILLEGAL.
- You should have your furnace and hot water heater professionally checked once a year; this includes both natural gas and fuel oil units. If you smell natural gas, call 911 immediately. If your oil burner releases smoke or soot into the house, call 911 immediately.
- Heating equipment is the leading source of carbon monoxide poisoning in the home. By law it is required that you have a carbon monoxide detector on every level of your home. It is important to remember that you need to keep appliance vents and exhaust pipes clear of snow and/or bushes.

If you have any further questions please contact the Longmeadow Fire Department via the business telephone number of 413-567-3357.



Emily Perkins has a vision.

Born in Rochester, NY, Emily grew up in Alma, Michigan where her parents worked for Alma College. She and her older sister learned to ski on a small hill called Snow Snake Mountain. But when she went to New England College in Henniker, New Hampshire, where there are considerably higher mountains, she did not ski. Instead, she was a star basketball player who was not allowed to ski or risk any kind of injury during the season.

At college, Emily majored in Human Services and Elementary Education with a minor in Psychology and played softball as well as basketball. At away games, Emily would somehow always find seniors whom she would recruit to attend the games as her cheering "grandparents." At one game, she had as many as 15 grandparents. Her coach said to her, "I know you are going to school to be a teacher, but I think you should look into this."

Coach was right. A college internship at a nursing home launched her career in senior services. After graduation, through AmeriCorps, Emily became the Activities Coordinator at a Housing Authority with 6 senior housing facilities in Westbrook, Maine. When her parents moved to Springfield for jobs at WNEC and AIC, Emily became Director of Residents' Programs at Glenmeadow. Confident now in her career, she attended St. Joseph's University in Philadelphia for a Master's degree in Health Administration. She returned to this area and worked at East Longmeadow Skilled Nursing and Glenmeadow.

And then, one year ago, at the end of March, Emily Perkins became the Director of the Longmeadow Adult Center. Here she has had the opportunity to bring together two of the great passions of her life—seniors....and skiing. But that is only part of her vision. She wants to put Longmeadow on the map as having the best services and the most fun for seniors and almost-seniors. She feels that with the help of Longmeadow's seniors and community, the Adult Center has the capability to do almost anything. Go, Emily!



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, March 12th 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, March 12

*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, March 21st 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.

**LOAN CLOSET FOR MEDICAL EQUIPMENT**

The Health Office at the Adult Center is running low and looking for donations of commodes, tub transfer benches and shower seats. If you have any of these items and are no longer in need of them, we would greatly appreciate their donation. We ask that the equipment be in good condition. If you need to borrow equipment, make an appointment for the Loan Closet .

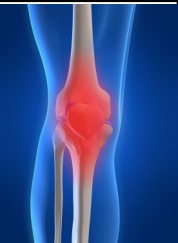
# Wellness Center

## LIVING WELL

**THE ACHES & PAINS OF  
ARTHRITIS**

Wednesday, March 12th at 1:00pm

Keith Reidy, Physical Therapist/Central Manager of NovaCare Rehabilitation will present and answer questions on this condition that affects so many of us.



**IMPORTANT NEW INFORMATION  
REGARDING DISPOSAL OF SHARPS**

The Massachusetts Department of Public Health regulations require disposal of sharps generated by residents as medical waste.

Many residents have been clipping off the needle section of syringes and disposing only this needle section as medical waste. They have then mistakenly been disposing the plastic barrel of the syringe in their regular household trash which is picked up at curbside for disposal.

Both the needle and the plastic barrel of a syringe must be disposed of as medical waste. However you may first detach the needle section with needle clippers in order to fit in medical waste containers (red boxes). Also, if needle clippers are used, such devices must also be disposed of as medical waste when their internal storage drawers (for clippings) are filled.

The Town of Longmeadow does not “take-back” medical waste generated by household use. The Town has adopted a mail-in system. Medical waste containers together with pre-paid mailing boxes for shipping to medical waste disposal facilities are sold, at cost, by the Board of Health Nurse at her Greenwood Center Health Office and at the Town DPW Offices , Pondside Drive, during regular business hours.

For further information, please feel free to call Carol Steiner, R.N., Board of Health Nurse (565-4154).

Register for all classes, events & trips: 565-4150



**CHILI COOK-OFF**

Thursday, March 27 12:30 pm

Let's compare recipes of Chili! Marie Angelides and Emily Perkins will each prepare their favorite chili. Spoons provided.

## TRAVEL

**SPRINGFIELD SYMPHONY**

Van ride \$6 per roundtrip. Van leaves at 5:45 pm.

Mar 1 Bond and Beyond

Mar 28 Prokofiev & Beethoven

Apr 12 Gershwin & Rimsky Korsakov

May 3 70th Anniversary Concert

**MOUNT HOLYOKE FLOWER SHOW**

Friday, March 14 12:30 – 3 pm

Enjoy the first spring flowers! The van will bring 14 lucky people to see the show at Mt. Holyoke and a stop at Friendly's for ice cream on the way back. \$6 for van. Buy your own ice cream.

**TAKE ME OUT TO THE BALL GAME:  
THE NEW BRITAIN ROCK CATS**

Thursday, May 22 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.

**GOODSPEED: DAMN YANKEES  
(The Red Sox Version)**

Wednesday, May 28 10 am-6:00 pm

Batter up! Just in time for baseball season comes the muscular musical comedy about a Red Sox super-fan who is transformed into a star slugger after he makes a deal with the devil — and his sexy associate, Lola. Goodspeed re-imagines a Broadway classic that swings for the fences, no matter which team you root for. In the game of love and baseball, you gotta have "Heart" — but watch out for "Whatever Lola Wants." \$115 includes orchestra seating, lunch at the historic Griswold Inn and motor coach.

**BOSTON DUCK TOUR & LEGAL SEAFOOD**

Thursday, June 19 8:30 am-5:30 pm

Hop aboard Boston's World Famous, Boston Duck Tours and enjoy a fully narrated, historic tour of Boston in a WWII style amphibious vehicle that travels on land and water. One of the legendary ConDUCKtors, will narrate your tour. You'll cruise by all the places that make Boston the birthplace of freedom and a city of firsts. Then it's time for a Big Splash as your ConDUCKtor drives the DUCK right into the Charles River for breathtaking views of Boston and Cambridge. Come see Boston's Most Popular Tour! Then enjoy a 3-course lunch at the famous Legal Seafood and a little free time to shop at the Prudential Shops and Copley Place. \$97 includes everything.



John Bowen'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*, for violin and orchestra, and Beethoven's Symphony No. 5, featuring Andris Nelsons, conductor and Joshua Bell, violin. Bring a picnic lunch and enjoy the beautiful grounds. \$65 includes shed ticket and motor coach.

***Italia Classica***

November 8-16, 2014

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. Book now with a \$250 deposit and get the low price of \$2,699 (double occupancy). Includes air fare and transportation to Logan International Airport, accommodations, 7 breakfasts and 3 dinners.

## ONGOING ACTIVITIES

Artists' Studio

Book Club

Bridge - Duplicate

Bridge - Rubber

Bridge Lessons

Chair Exercise

Bridge Refresher

Computer Coaching

Cribbage

Discussion Group

Fitness Corner

French

German

Italian

Jazz Journey

Knitting Group

Mahjong

Movies - Free

Over 60

Pickle Ball

Pinochle

Pitch

Billiards

Scrabble

Table Tennis

Tap Dancing

Trivia

Veterans Circle

Water Aerobics

Yoga, Chair

Zumbacise

Tuesday 1 pm

1st Tuesday 12:30 pm

Mon. & Fri. 12:30 pm

Thursday 1 pm

Friday 10 am

Tues & Thurs 10:30 am

Monday 10 am

Wed. 12:30 - 2:30

Tuesday 7 pm

3rd Tuesday 12:30 pm

Daily 9 am - 3 pm

Wed. 10:30 - 11:30 am

Thursday 10:00 am

Tuesday 10:00 am

4th Tues. 1:00 pm

Thurs. 10 - 11:30 am

Friday 12:30 pm

3rd Thurs. 12:30 pm

2nd Thurs. 12:30 pm

M-F 11:30 am-1:00 pm

Tuesday 9:30 am

Tuesday 12:30 pm

M-F anytime

Friday 1:30 pm

Thursday 1 - 3 pm

Fri. 1:30 - 2:15 pm

Wednesday 10 am

1st Wed. 12:30 pm

at Glenmeadow

Thursday 1:00 pm

Thursday 9:15-10:15am

# Menu

- 3. Meatball Grinders
- 4. BBQ Chicken
- 5. Open Faced Roast Beef Sandwich
- 6. Baked Lasagna
- 7. Jambalaya

- 10. Chicken & Cheese Sandwich
- 11. Broccoli & Mushroom Quiche
- 12. Oven Fried Chicken
- 13. Stuffed Peppers
- 14. Fish & Cheese Sandwich

- 17. St. Patrick’s Day Luncheon  
Corned Beef & Cabbage
- 18. Baked Meatloaf
- 19. American Chop Suey
- 20. Chicken Gruyere
- 21. Tuna Noodle Casserole

- 24. Beef Turnovers
- 25. Lemon Chicken
- 26. Birthday Bash! Roast Pork
- 27. Kielbasa & Kraut
- 28. Potato Encrusted Cod
- 31. Beef & Vegetable Stew

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

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
GLASS TASTIC METAL	PAPER BOARD	3	9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Indoor Pickleball 11:30 LUNCH 12:30 Duplicate Bridge 1:30 Ballroom Dancing	4	8:30 Ski Berkshire East 9:30 Pinochle 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Book Club 12:30 Pomegranate Guild 12:30 Pitch 1:00 Artists Studio 6:30 Food Pantry	5	9:00 Fitness Corner 10:00 Trivia 10:30 NO French Class 11:30 LUNCH 12:15 Veterans Circle 12:30 Computer Coaching	6	9:00 Tax Help 9:15 Zumbasize 10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:30 LUNCH 12:30 Durham Caldwell 1:00 Chair Yoga 1:00 Rubber Bridge 1:00 Table Tennis	7	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
		10	7:30 Ski Mount Snow 9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 11:00 Rep. Ashe Aide 11:30 Indoor Pickleball 11:30 LUNCH 12:30 Duplicate Bridge	11	9:30 Pinochle 9:30 Blood Sugar Screening 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Pitch 1:30 Artists Studio 1:00 FOLOCA BOARD 6:30 Food Pantry	12	9:00 SHINE 9:30 Blood Sugar Screening 10:00 Trivia 10:30 LUNCH 12:30 Computer Coaching 1:00 Aches of Arthritis	13	9:00 Tax Help 9:15 Zumbasize 10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:30 LUNCH 12:30 Over 60 1:00 Chair Yoga 1:00 Rubber Bridge 1:00 Table Tennis	14	9:00 Fitness Corner 10:00 Bridge Lessons 11:30 LUNCH 12:30 Duplicate Bridge 12:30 Flower Show 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class
		17	9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Indoor Pickleball 11:30 ST. PATRICK'S DAY LUNCH 12:30 Duplicate Bridge 1:30 Ballroom Dancing	18	8:30 Ski Butternut 9:30 Pinochle 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Discussion Group 12:30 Pitch 1:00 Artists Studio 6:30 Food Pantry	19	9:00 Fitness Corner 10:00 Trivia 11:30 Heart Healthy Lunch & Talk or 11:30 LUNCH 12:30 Computer Coaching	20	9:00 Tax Help 9:15 Zumbasize 9:30 COA Board Mtg 10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:30 LUNCH 12:30 Movie: Enough Said 1:00 Rubber Bridge 1:00 Table Tennis 1:00 Chair Yoga	21	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
		24	9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 10:00 Radio Theater 11:30 Indoor Pickleball 11:30 LUNCH 12:30 Duplicate Bridge	25	8:30 Newsletter collating 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 1:00 Journey to Jazz 6:30 Food Pantry	26	9:00 Fitness Corner 10:00 Trivia 10:30 Maternal Ass'n Board 11:30 Birthday Bash 12:30 Computer Coaching	27	9:00 Tax Help 9:15 Zumbasize 10:00 Knitting 10:00 German 10:30 Gentle Exercise 11:30 Lunch 12:30 Cook-off 1:00 Chair Yoga 1:00 Rubber Bridge 1:00 Table Tennis	28	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
		31	9:00 Fitness Corner 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Indoor Pickleball 11:30 LUNCH 12:30 Duplicate Bridge	Before you receive your meal, please inform your server of any food allergies you may have.			MARCH				