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

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Return Service

*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

January 2014

### Director's Note

As a new year begins we often come up with our resolutions for the future. Like you, we are doing that at the Adult Center, but we need your help! Our New Year's resolution is to be the best that we can be for Longmeadow's seniors.

To achieve our goal, we are looking for your input. In the hallway of the Center will be a "resolutions" box with blank paper beside it. Please take a minute to write down your ideas and suggestions for programs, trips, menu choices, etc.! By knowing your valuable thoughts we will be able to build upon the already amazing foundation that is the Adult Center. I look forward to reading your ideas and building our Center.

Best Wishes,  
Emily



### Italia Classica

November 8-16, 2014  
Rome \* Florence \* Venice \* Milan  
Book now with \$250 deposit and get the low price of \$2,699 (double)

### 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.

Trip offered by  
Friends of Longmeadow Older Citizens Assoc.  
(FOLOCA) with Colette Vacations  
Call 413-565-4150 for more information

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

Emily Perkins  
Director

# Town News



## Greenwood Office Hours:

**Representative Brian Ashe's Aide  
Robin Frechette**

Second Monday • 11 - 11:45 am

*\*3rd Monday in November due to holiday*

## ***The Adult Center is on Facebook!***

**Like our page at**

**[www.facebook.com/pages/Longmeadow-Adult-Center/174453159413765](https://www.facebook.com/pages/Longmeadow-Adult-Center/174453159413765) OR simply search for  
Longmeadow Adult Center!**

## ***Golden Cane Presented to Ivan Hoyt***

On December 12, 2013, Ivan Hoyt, a long-time member of the Longmeadow community was awarded the Golden Cane, an award given to the oldest Longmeadow resident.

At the age of 102 he credited his longevity to hiking up AND down mountains, having a loving wife, and being surrounded by a wonderful family.



## ***BEING PREPARED FOR AN EMERGENCY***

**The Longmeadow Adult Center will  
list cancellations and other weather  
related information on ABC News40  
and CBS Channel 3.**

### **In Case of Inclement Weather**

- \* Listen to NOAA Weather Radio or other local news channels for critical information from the National Weather Service.
- \* Dress in several layers of lightweight clothing, wear mittens and a hat.
- \* Wear waterproof, insulated boots to keep your feet warm and dry to maintain your footing in ice and snow.

### **Basic Disaster Supplies Kit**

A basic emergency supply kit could include the following recommended items:

- \* Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- \* Food, at least a three-day supply of non-perishable food
- \* Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- \* Flashlight and extra batteries
- \* First aid kit
- \* Whistle to signal for help
- \* Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- \* Moist towelettes, garbage bags and plastic ties for personal sanitation
- \* Wrench or pliers to turn off utilities
- \* Manual can opener for food
- \* Local maps
- \* Cell phone with chargers

## **LCTV**

**Select & School Board Meetings:** Mondays in Jan. LIVE at 7pm on LCTV 12.

All meetings are streaming 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:** "Center School Sightings" can be seen every Saturday at 10am and Tuesday at 6pm.

**New Episodes:** "Real to Reel" Sundays at 10am and Fridays at 5pm.

**New Concerts:** LHS Winter Concerts will be aired all Winter long on LCTV 12.

**Classic Arts** 24/7 on LCTV 15.

**Classic Holiday Movie Showcase on LCTV 12:**

Every weekend, Saturday at 8pm and Sunday at 5pm.

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

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

LIKE us on Facebook and watch all current LCTV produced shows and meetings on our YouTube channel. [www.youtube.com/LongmeadowTV](http://www.youtube.com/LongmeadowTV)

## **VAN SERVICES**

**The JCC Transportation service operates  
Tuesday - Thursday**

**9 am - 2 pm**

**Friday 8:30 am - 1:30 pm**

The van will be available for longer hours during special programs run by the JCC.  
Cost \$2 per ride ★ Card of 12 rides for \$18  
You do not have to be a member of the JCC  
**Call 739-4715 for reservations.**

## **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 and so much more!

## ***Donations***

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

Miriam Odentz  
Herbert Cohen  
Helen D'Amour  
Paul Santaniello  
Warren & Maryann  
Sedran  
Ann Gilman  
Nancy Hughes  
Carol Gloth  
Jack & Anne Nicholson  
Chainsaw Flyers  
Joy Garapic  
Leah Lesser

Denise Perlaky  
Felicia Klug  
Christine Woods  
Venessa O'Brien  
Joan Zecchi  
Maria Cohen  
Robert McCarthy  
Shirley Burke  
Elizabeth Abrahamson  
First Church of Christ  
Barbara Ewing  
Judy Arno



## **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.





## VETERANS NEWS

### VETERAN'S CIRCLE

Wednesday, January 8th at 12:15 pm

#### Myles Garrigan & Day of Infamy Speech

We are pleased present a video of an interview with Myles Garrigan while he was at a reunion of house pages in May of 2012. Myles is interviewed by Kathleen Johnson of the House Historian's office. Myles recalls how he, then a 17 year old high school senior from South River New Jersey, was offered an opportunity to become a page in the U S House of Representatives in Washington D.C. In addition to his recollections of the Franklin Roosevelt "Day of Infamy" speech, he talks of life as a page during the first two years of World War II. This interview is part of the official historic record of the U.S. House of Representatives.

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

## CLUB NEWS

### OVER 60 CLUB

January 9, 2014 at 12:30pm

Architectural scavenger hunt. Dave Carlson has taken pictures of architectural details of Springfield buildings. See if you can identify the details we pass everyday.

### Maternal Association

Wednesday, January 29th 10:30am

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

## AROUND TOWN

### STORRS LIBRARY

Tuesdays @ 6:00 p.m.

January 7, 14, 21 & 28

Winter Sampler for Writers

Maureen Sullivan, Marketing Director, *Springfield Republican* and veteran of the Amherst Writers and Artists community of writers will lead this four week series for writers to share ideas and to introduce the AWA method.

Tuesday, January 14 @ 11:00 a.m.

Health & Medical Information Apps presented by Margot Maloachowski, Librarian, Baystate Health Systems.

Saturday, January 25 @ 1:00 – 3:00 p.m.

Sublime Sunflowers Pastel Painting workshop with Greg Maichack. Space is limited so sign-up early.

Monday, January 27 @ 6:30 p.m.

Happier at Work presentation by Diane Coon, author of IdealatWork.com and a weekly blog.

### Wednesday Movie!

The Adult Center will show a movie every Wednesday afternoon at 12:30p (except on the 1st Wednesday). If you have a movie you'd like to watch please let us know in the office!

January 15th - *Leap Year*

January 22nd - *What's Eating Gilbert Grape*

January 29th - *Red Tails*



## Volunteer Views

Ellen Gold

Coordinator of Volunteers  
egold@longmeadow.org

### NEW YEAR

We wish you all a Happy and Healthy New Year. There is a quote by Edith Lovejoy Pierce that is very meaningful at this time: *"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."* I hope that you look at the pages that are ahead for your new year and think of all the wonderful opportunities that await you. One way to give some satisfaction and significance to the adventures filing the pages of your life is to volunteer and help others in your community. The Longmeadow Adult Center offers many ways to volunteer and we would love for you to consider spending some time here. We have positions ranging from driving seniors to doctor's appointments to serving lunch in the dining room. To find out more information about our volunteer activities, please contact Ellen Gold.

### HOLIDAY BASKETS

Holiday Baskets were sent out to all our **Meals on Wheels** recipients in December. They were filled with nutritious items for emergency situations when we are unable to deliver their regular meal. The baskets also had many treats for our clients to enjoy during the holiday season. **Felicia Klug, Phyllis Bogert, John Bogert, Mary Brevalari, Irene Beron, Jeanne Mango and Carlene Renaud** were fantastic in their efforts assembling all the baskets. We had many volunteers delivering the baskets: **Jerry Roberts, Berry Brooks, Margaret Jenkins, Terry DiPippo, Carlene Renaud, Judy Miller, Marilyn Hurst, Mary Brevalari, Felicia Klug, Rose Morace and Bob Petroff.** Thanks to all of our wonderful volunteers for giving additional hours to ensure our **Meals on Wheels** recipients received their gifts.

### MEAL DELIVERY

We still are in need of more drivers for our Meals on Wheels program. If you ever thought you might be interested in performing this vital community service, now is the time to step forward. Training is provided for a specific route in Longmeadow and you can choose the days that are convenient for you. The route consists of approximately 28 homes in town and requires about 2½ hours to complete, from 10:30 a.m. – 1:00 p.m. We ask for a commitment of one day per month and offer a very flexible schedule. Substitute drivers are available for backup in emergencies. This is a very rewarding volunteer experience and you will immediately realize how much your time and effort helps the homebound members of our community. If you are interested in joining our group of drivers call Ellen Gold at 565-4150.

# Program News

Kathy Grady  
kgrady@longmeadow.org  
Program Coordinator

To register, call 565-4150

## INDOOR PICKLEBALL Mondays 11:30 - 1:00 pm

Pickleball is fun for 2 and great fun for 4 players. The equipment is provided and new players are welcome. Come and see what it is all about!

## ZUMBACIZE

Thursdays, January 2-30 • 9:15 - 10:15 am

Instructor Debbie Tracy will teach this fun new exercise that is easy on your joints and geared specifically toward seniors. Don't be nervous to try something new! Great way to warm up for 10:30 chair exercise! \$3/session for 5 weeks if you sign up in advance. \$4 for drop-in.

## JEWELRY

Monday, January 6 • 1:00 - 2:30 pm

Sandy Merrill will help you design something lovely or fix your broken jewelry. Great selection of beads. \$3 plus supplies.

## BOOK CLUB

Tuesday, January 7 • 12:30 - 1:30 pm

The book selection is *Elsewhere* by Richard Russo, a hilarious, moving, and always surprising account of his life, his parents, and the upstate New York town they all struggled to escape. Feb. 4th the group will be discussing *Life After Life* by Jill McCorkle, a homespun mix of saltiness, warmth, pathos and humor set in the Pine Haven Retirement Facility. New members are always welcome



## POMEGRANATE GUILD

Tuesday, January 7 • 12:30 - 1:30 pm

Bring your needlework or join in an ongoing project and meet this friendly group. They would like to have more people join in the fun.

## COMPUTER COACHING (by app't) Wednesdays 12:30 - 2:45

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.

## NEW CHAIR YOGA

Thursdays, January 9-30 • 1:00 - 2:00 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.

## GERMAN IS BACK!

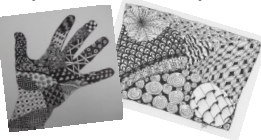
Starting Thursday, January 9 • 10:00 am

Hartmut Karottki is accepting new students as well as ongoing students. Come try German for the New Year. \$80 for 12 classes.

## \*\*\*ZENTANGLE\*\*\*

Wednesday, January 15 • 10:00 am

Do you ever doodle while you daydream? Relaxing, right? Then you already have the skills to Zentangle. Laura Lavoie, Program Director at Glenmeadow, will show you this form of artistic meditation that uses repetitive patterns to create images. Not only will it increase your focus and concentration but you will also create an interesting piece of art. Easy to learn, easy to do for people of any skill. Have some fun trying it. No charge.



## FRENCH IS BACK!

Wednesday, January 15 • 10:30 am

Therese Eiff resumes her French language and culture classes. New members are welcome. No charge.

## FUEL ASSISTANCE

Fuel Assistance reapplications are beginning to be sent out. Please call Linda Collina if you have any questions or need help filling it out.

To be eligible for assistance there are new family size and annual income guidelines:

one person – \$32,065

two people – \$41,932

three people – \$51,798

four people – \$61,664

## It's that time -TAXES!!

Starting in February, the AARP will begin providing tax preparation assistance at the Adult Center. Residents who are 60 or over and have low or moderate incomes are eligible for this help. Appointments will be on Thursdays from 9-noon. Call 565-4150 to make an appointment.

Are you a part of  
Longmeadow History?  
Ready for your close-up?



**LIVING HISTORY**  
is searching for a few  
long-time residents to talk about  
Longmeadow before 1960. Filmed  
by LCTV, the interview is  
conducted by Kathy Grady.

If you think you might be  
interested, contact Kathy at 565-  
4150 or kgrady@longmeadow.org

Check out previous interviews on  
[www.youtube.com/LongmeadowTV](http://www.youtube.com/LongmeadowTV)

## NEW AT THE CENTER

Do you use the computer? Do you have an email account? The Longmeadow Adult Center would like to start sending out an e-newsletter, along with weekly updates and reminders for programming.

If you're interested in joining this list please sign up at the Adult Center or call 565-4150 to get on the list!



If you currently use the computer, but do not have an email account, sign up for one of our computer classes or one-on-one computer coaching sessions!

## New! RADIO THEATER

Monday, January 27 10:00 am

Remember those radio days? *Fibber McGee and Molly, Our Miss Brooks, Dragnet, The Great Gildersleeve, Lux Radio Theater?*

We have the 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.

Come to this meeting to see what it's all about. All welcome. No charge.



# Wellness 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!

## BLOOD SUGAR SCREENING

Wednesday, January 15th • 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 COUNSELOR

Wednesdays, January 8th & 22nd

By appointment • 9 am - Noon

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

## IN NEED OF 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.



## LIVING WELL

### TYPE II DIABETES:

### PREVENTION AND REVERSAL

Friday, January 24th at 10:30am

A representative of Better Life Whole Foods in Springfield, will discuss Type II Diabetes and how to prevent and reverse it.

### SNAP

The Supplemental Nutrition Assistance Program helps low income individuals by providing healthy and nutritious food. If you qualify for Fuel Assistance, chances are you are eligible for food stamps.



### SNAP UPDATE

With so many changes taking place to the SNAP program over the next months, many seniors may have concerns about how this is going to affect them. SNAP recipients are encouraged to call the Hotline if they are apprehensive about how these changes will affect their benefits. Callers should have the following information available - gross income amount (social security, pensions, bank interest, etc.), monthly rent/mortgage, property tax, homeowner's insurance and medical expenses including monthly insurance premiums. Call 1-800-645-8333.

## MOVIE: HITCHCOCK

Thursday, January 16 • 12:30 pm

In 1959, Alfred Hitchcock (Anthony Hopkins) and his wife, Alma (Helen Mirren), are at the top of their creative game as filmmakers amid disquieting insinuations about it being time to retire. The struggle to adapt the lurid horror novel, Psycho, results in marital tension. Free. Subtitles. Popcorn.

## ENFIELD MALL

Friday, January 17 • 10:00 am – 2:00 pm

Stir crazy from all the winter weather? We will pick you up and bring you back home after a trip to the Enfield Mall. There should be great after-Christmas bargains. \$3

### \*\*\*LAUGH FOR THE HEALTH OF IT!\*\*\*

Thursday, January 23 • 12:30 pm

Trevor Smith, certified Laughter Leader, will help you to reduce stress, prevent hardening of the attitudes and contribute to world peace! The laughter routine, designed to make anyone feel better, works without using jokes or comedy to stimulate the laughter. "We laugh with each other, never at each other." Laughter has been shown to be a factor in happiness and good health. Start the New Year with peals of happiness-and-health-boosting laughter. Everyone welcome. No charge.



## JOURNEY TO JAZZ

Tuesday, January 28 • 1:00 pm

This month we will listen to a disc of the **Eric Bascom Trio** featuring Eric (Guitar), Ed Brainerd (Trumpet & Flugelhorn) and Genevieve Rose (Bass Violin). The music is beautiful, really cool, and very nicely arranged. Fourteen carefully selected tunes include "Easy Living", "I'll Remember April", "You Don't Know What Love Is" & "It Never Entered My Mind". This is a session I know you will not want to miss!

## TRAVEL

### SPRINGFIELD SYMPHONY 2013-2014 SEASON

Reserve your van seat for the dates you wish to attend, THEN call the box office to buy your tickets. \$6 per roundtrip.

Jan 25	New World Symphony
Feb 15	Sounds of New Orleans
Feb 22	Brahms & Beethoven
Mar 1	Bond & Beyond
Mar 28	Prokofiev & Beethoven
Apr 12	Gershwin & Rimsky Korsakov
May 3	70th Anniversary Concert

YOUR SUGGESTIONS WELCOME FOR  
2014

VAN TRIPS \* BUS TRIPS \* PROGRAMS \*  
CLASSES \* ACTIVITIES

## ONGOING ACTIVITIES

Artists' Studio	.....Tuesday 1 pm
Book Club	.....1st Tuesday 12:30 pm
Bridge - Duplicate	.....Mon. & Fri. 12:30 pm
Bridge - Rubber	.....Thursday 1 pm
Bridge Lessons	.....Friday 10 am
Bridge Refresher	.....Monday 10 am
Computer Coaching	
by appointment	.....Wed. 12:30 - 2:45
Cribbage	.....Tuesday 7 pm
Discussion Group	.....3rd Tuesday 12:30 pm
Fitness Corner	.....Daily 9 am - 3 pm
French	.....Wed. 10:30 - 11:30 am
German	.....Thursday 10:00 am
Italian	.....Tuesday 10:00 am
Jazz Journey	.....4th Tues. 1:00 pm
Knitting Group	.....Thurs. 10 - 11:30 am
Mahjong	.....Friday 12:30 pm
Movies - Free	.....3rd Thurs. 12:30 pm
Over 60	.....2nd Thursday 12:30 pm
Pickle Ball	.....M-F 11:30 am-1:00 pm
Pinochle	.....Tuesday 9:30 am
Pitch	.....Tuesday 12:30 pm
Pool	.....M-F anytime
Scrabble	.....Friday 1:30 pm
Table Tennis	.....Thursday 1 - 3 pm
Tap Dancing	.....Fri. 11:30 am - 12:15 pm
Trivia	.....Wednesday 10 am
Veterans Circle	.....1st Wed. 12:30 pm
Video Chair Exercise	.....Tues & Thurs 10:30 am
Volleyball-Sr. Men's	.....Mon 7:30 pm
Yoga, Chair	.....Thursday 1:00 pm
Water Aerobics	.....at Glenmeadow Retirement Comm.



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div>Menu</div> <div>Before you receive your meal, please inform your server of any food allergies you may have.</div> <div>2. Baked Meatloaf</div> <div>3. Fish &amp; Cheese Sandwich</div> <div>6. Meatball Grinders</div> <div>7. BBQ Chicken</div> <div>8. Open Faced Roast Beef Sandwich</div> <div>9. Jambalaya</div> <div>10. Tuna Noodle Casserole</div> <div>13. Stuffed Peppers</div> <div>14. Chicken Sandwich</div> <div>15. Baked Lasagna</div> <div>16. Oven Fried Chicken</div> <div>17. Potato-encrusted Cod</div> <div>20. Center Closed</div> <div>21. Chicken Gruyere</div> <div>22. Beef &amp; Vegetable Stew</div> <div>23. Birthday Bash: Baked Lemon Chicken</div> <div>24. Shrimp Scampi</div> <div>27. American Chop Suey</div> <div>28. Broccoli &amp; Mushroom Quiche</div> <div>29. Baked Salmon</div> <div>30. Roast Pork</div> <div>31. Baked Cod Florentine</div>
PAPER	CARD BOARD	January		<div>1</div> <div> </div> <div>Happy New Year!</div>	<div>2</div> <div>           9:00 Fitness Corner  <b>9:15 Zumbacize</b>            10:00 Knitting            10:30 Gentle Exercise            11:30 LUNCH            1:00 Rubber Bridge            1:00 Table Tennis         </div>	<div>3</div> <div>           9:00 Fitness Corner  <b>10:00 Bridge Lessons</b>            11:30 LUNCH            11:30 Tap Class            12:30 Duplicate Bridge  <b>12:30 Mahjong</b>            1:30 Scrabble         </div>	
GLASS METAL	PLASTIC	<div>6</div> <div>           9:00 Fitness Corner            9:00 Adult Fitness            10:00 Blood Pressure            10:00 Bridge Refresher  <b>11:30 Indoor Pickleball</b>            11:30 LUNCH            12:30 Duplicate Bridge  <b>1:00 Jewelry</b> </div>	<div>7</div> <div>           9:00 Fitness Corner            9:30 Pinochle            10:00 Food Pantry            10:00 Italian Class            10:30 Gentle Exercise            11:30 LUNCH  <b>12:30 Book Club</b>            12:30 Pomegranate Guild            12:30 Pitch            1:00 Artists Studio            6:30 Food Pantry         </div>	<div>8</div> <div>           9:00 Adult Fitness  <b>9:00 SHINE</b>            10:00 Trivia            11:30 LUNCH            12:30 Computer Coaching  <b>12:15 Veterans Circle</b> </div>	<div>9</div> <div>           9:00 Fitness Corner  <b>9:15 Zumbacize</b>  <b>10:00 German is back!</b>            10:00 Knitting            10:30 Gentle Exercise            11:30 LUNCH  <b>12:30 Over 60</b>            1:00 Rubber Bridge            1:00 Table Tennis  <b>1:00 New Chair Yoga</b> </div>	<div>10</div> <div>           9:00 Fitness Corner            10:00 Bridge Lessons            11:30 LUNCH            11:30 Tap Class            12:30 Duplicate Bridge            12:30 Mahjong            1:30 Scrabble         </div>	
PAPER	CARD BOARD	<div>13</div> <div>           9:00 Fitness Corner            9:00 Adult Fitness            10:00 Blood Pressure            10:00 Bridge Refresher            11:00 Rep Ashe's Aide  <b>11:30 Indoor Pickleball</b>            11:30 LUNCH            12:30 Duplicate Bridge         </div>	<div>14</div> <div>           9:00 Fitness Corner            9:30 Pinochle            10:00 Italian Class            10:00 Food Pantry            10:30 Gentle Exercise            11:30 LUNCH            12:30 Pitch            1:00 Artists Studio  <b>1:00 FOLOCA Board</b>            6:30 Food Pantry         </div>	<div>15</div> <div>           9:00 Fitness Corner            9:00 Adult Fitness            9:30 Blood Sugar Screenin            10:00 Trivia  <b>10:00 Zentangle</b>            10:30 French is back!            11:30 LUNCH            12:30 Computer Coaching            12:30 Movie Matinee         </div> <div>NEWS DEADLINE</div>	<div>16</div> <div> <b>9:15 Zumbacize</b>  <b>9:30 COA Board</b>            10:00 German            10:00 Knitting            10:30 Gentle Exercise            11:30 LUNCH  <b>12:30 Movie: Hitchcock</b>            1:00 Rubber Bridge            1:00 Table Tennis            1:00 Chair Yoga         </div>	<div>17</div> <div>           9:00 Fitness Corner            9:00 Footcare Clinic            10:00 Bridge Lessons  <b>10:00 Van trip Enfield Mall</b>            11:30 LUNCH            11:30 Tap Class            12:30 Duplicate Bridge            12:30 Mahjong            1:30 Scrabble         </div>	
GLASS METAL	PLASTIC	<div>20</div> <div> </div> <div>Martin Luther King Jr. Day!</div>	<div>21</div> <div>           9:00 Fitness Corner            9:30 Pinochle            10:00 Food Pantry            10:00 Italian Class            10:30 Gentle Exercise            11:30 LUNCH            12:30 Pitch  <b>12:30 Discussion Group</b>            1:00 Artists Studio         </div>	<div>22</div> <div>           9:00 Fitness Corner            9:00 Adult Fitness  <b>9:00 SHINE</b>            10:00 Trivia            10:30 French            11:30 LUNCH            12:30 Computer Coaching            12:30 Movie Matinee         </div>	<div>23</div> <div> <b>9:15 Zumbacize</b>            10:00 Knitting            10:00 German            10:30 Gentle Exercise            11:30 Birthday Bash!  <b>12:30 Laugh for Health</b>            1:00 Rubber Bridge            1:00 Table Tennis            1:00 Chair Yoga         </div>	<div>24</div> <div>           9:00 Fitness Corner            10:00 Bridge Lessons  <b>10:30 Living Well: Type II Diabetes</b>            11:30 LUNCH            11:30 Tap Class            12:30 Duplicate Bridge            12:30 Mahjong            1:30 Scrabble         </div>	
PAPER	CARD BOARD	<div>27</div> <div>           9:00 Fitness Corner            9:00 Adult Fitness            10:00 Blood Pressure            10:00 Bridge Refresher            10:00 NEW! RADIO THEATER  <b>11:30 Indoor Pickleball</b>            11:30 LUNCH            12:30 Duplicate Bridge         </div>	<div>28</div> <div> <b>8:30 Newsletter Collating</b>            9:30 Pinochle            10:00 Italian Class            10:00 Food Pantry            10:30 Gentle Exercise            11:30 LUNCH            12:30 Pitch  <b>1:00 Journey to Jazz</b> </div>	<div>29</div> <div>           9:00 Fitness Corner            9:00 Adult Fitness            10:00 Trivia            10:30 Maternal Assn. Bd. Mtg.            10:30 French            11:30 LUNCH            12:30 Computer Coaching            12:30 Movie Matinee         </div>	<div>30</div> <div> <b>9:15 Zumbacize</b>            10:00 Knitting            10:00 German            10:30 Gentle Exercise            11:30 LUNCH            1:00 Rubber Bridge            1:00 Table Tennis            1:00 Chair Yoga         </div>	<div>31</div> <div>           9:00 Fitness Corner            10:00 Bridge Lessons            11:30 LUNCH            11:30 Tap Class            12:30 Duplicate Bridge            12:30 Mahjong            1:30 Scrabble         </div>	<div>Reserve your day/s as soon as possible</div> <div>Lunch is served promptly at 11:30</div> <div>For lunch reservations call</div> <div>565-4150</div> <div>at least</div> <div>24hrs in advance</div>