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Irene Kotula.....567-8520

Rogers Memorial Studio.....860-745-2466
Tazzini Funeral Home.....413-734-7926
Venessa O'Brien.....413-567-1375

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

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Return Service Requested



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: _____

Donor's Name: _____ Phone: _____

Address: _____

The Voice of Longmeadow

February 2016

Our Center Staff

Amy Saada.....Director
Judith Portier...Administrative Assistant
Meralee Kratovil....Administrative Assistant
Elayne Ayan....Activities Coordinator
Michael Squindo...Outreach Coordinator

Teresa Turcotte.....Head Cook
Patricia Devoto.....Assistant Cook
Claudette Grzywacz.....Assistant Cook
Jesus Pereira.....Veterans' Services Officer
Carol Steiner.....Community Health Nurse

Musical Expressions with Maggie!

Monday, Feb. 22 10:30 AM

Do you remember a time before TV when friends and family sat around on a Saturday night and made music together? Maggie captures this essence through active music making, bringing participants back to a time when people had to make their own entertainment rather than be "entertained". Popular, patriotic and folk songs will be sung along with drumming and story telling. Attendees are encouraged to participate, but are also welcome to come watch and listen as well. You just never know what adventure Maggie will bring her group on, so come and see what it is all about!



SPECIAL DATES

- 2/1 New Zumba Gold Starts
- 2/4 Climate Talk
- 2/8 Stress Free Coloring!
- 2/12 Heart Health Discussion
- 2/22 Musical Expressions w/ Maggie
- 2/22 Stress Free Coloring!
- 2/17 Trip to Butterfly Museum
- 3/2 Special Presentation of British Landscapes



Monthly Trip

Come see the butterflies with us! Magic Wings is a huge facility, 8000 square foot tropical conservatory with upwards of 3000 free-flying tropical and native butterflies from all around the world! In addition, they have exotic reptiles, frogs, fish, and insects to see up close and personal.

When: Wednesday February 17, 9:30am-2:00pm

Cost of Van: \$3.00 due upon signing up for trip.

Entry fee is \$10.50 on your own and will be paid day of event

Lunch will be on your own at Monarchs Restaurant which is located at Magic Wings. Join us for a fun day trip!

NEW! Zumba Gold

Mondays, 9 - 9:45 AM

**\$32. for series of four Feb. classes
or \$10. per class drop-in rate.**

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion & coordination. Come ready to sweat, & prepare to leave empowered and feeling strong. Zumba Gold Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!



231 Maple Road
Longmeadow, MA 01106

Bob Petroff,
Chair, COA Board

Longmeadow
Adult Center
A Branch of Community Support at Greenwood Park
www.Longmeadow.org

Monday – Friday 8:00am-3:00pm
Telephone & TDD: 413-565-4150
Fax: 413-565-4152

Bill Morey
President, FOLOCA



Town News

The Annual Town Meeting will be held May 10, 2016. In order to accommodate notice and publication schedules, below are the deadlines for submission of articles:

1. **All articles from departments and boards** are due in the Select Board's office no later than 4:00 pm on Tuesday, March 1, 2016. The date for closing the warrant is scheduled for March 7, 2016 with the warrant to be signed on March 21, 2016. Once the warrant is set, it will go to Town Counsel for review and to the Finance Committee for recommendations on funding articles. Zoning proposals requiring drafting and review must be submitted earlier.

When submitting articles, the following must be submitted in writing on the form .

1. The proposed article. A general draft is acceptable as it will be properly formatted by me or by Counsel, if accepted by the Select Board.
2. A brief narrative describing the purpose and the need for the article.
3. Estimated costs, if any, for the requested article.

2. **Citizen Petition articles** are due in the Select Board's office no later than 12:00 pm on Tuesday, March 1, 2016. In order for a petition to be guaranteed placement on the Annual Town Meeting warrant, 10 names/signatures/addresses of registered Town voters are required, and must be certified by the Town Clerk. Forms and instructions to be used for petition articles are available in the Select Board's office and online on the Select Board page at www.longmeadow.org . Petition articles will be printed in the warrant verbatim, so citizens are asked to review the forms and instructions carefully.

Department of Public Works News

All sidewalks must be cleared of snow within 24 hours after a storm ends. Please do not put any snow in the street as this is a safety hazard. If you have a fire hydrant in front of your house, please clear snow from around the hydrant. If it is predicted there will be an overnight storm, please do not put your trash and recyclables out the night of the storm and keep your trash barrel 5 feet from the roadway during a storm so it doesn't get plowed over. Please remove any portable basketball hoops from the roadway. Have a safe and warm winter!

Town Clerk News

The **Presidential Primary Election** will be held on Tuesday, March 1, 2016 at the Community House between the hours of 7:00 am and 8:00 pm. Absentee ballots will be available and an application must be filed in order to vote absentee. The deadline to register to vote (if not already registered) or change party affiliation will be February 10, 2016. The deadline to request an absentee ballot will be Monday, February 29, 2016.

The Select Board set the Annual Town Election date for June 14, 2016. Nomination papers are available for two -3 year terms on the Select Board, two-3 year terms on the School Committee, one-5 year term on the Planning Board and one-5 year term on the Housing Authority.

Storrs Library News

Tech Tuesdays Drop-In Session

Learn how to download free eBooks, audiobooks, music and movies. Bring your device to our Tech Tuesday sessions, every Tuesday from 12:30 to 2:00 p.m., and get your technology questions answered!

Tech Tuesdays @ Night Drop-in Session

Tuesday, February 2nd, from 6:00 p.m. to 7:45 p.m. An evening version of our popular technology advice.

Foreign Film Series

Wednesday, February 3rd at 6:30 p.m., *Human Capital*
Wednesday, February 10th at 6:30 p.m., *Europa, Europa*

Fishing the North Quabbin with Allan Butler

Tuesday, February 9th at 6:30p.m.

Storrs Scribblers

Tuesday, February 16th from 6:00 to 7:00 p.m. join us for adult coloring. All supplies and refreshments will be provided.

Find Your Friends on Facebook

Wednesday, February 24th at 6:30 p.m. join us for a beginners session on using Facebook.

Great Decisions Discussion Group

Weigh in on important foreign policy issues facing the United States. On February 23rd at 6:30 p.m., Middle East Alliances will be discussed.

ARE YOU A KNITTER?

Come join the Novel Knitters! This is a drop-in program for all adults that meets every Tuesday morning from 10:15 - 11:45 Bring your own projects or participate in ongoing community projects. All levels of expertise are welcome.

For further information, call Carole at 565-4182.



Highlights

Select Board meetings: Feb. 1 & 16 at 7:00 PM

School Committee meetings: Feb. 8 & 22 at 7:00 PM

All meetings can be watched 24/7 at

www.longmeadowtv.org

Please sign up for our monthly newsletter at

www.longmeadowtv.org



TRANSPORTATION 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

JCC Transportation

Tuesday - Thursday

9 am - 2 pm

Friday pm

8:30 am - 1:30

Cost \$2 per ride or Card of 12 rides for \$18
You do not have to be a member of the JCC

Call 739-4715 for reservations.

We want to send a special **THANK YOU** to those who contributed to our Friends Group...FOLOCA during their annual fundraiser.

And a special thank you to the following for their contributions last month.

Tina DeMeza

First Church of Longmeadow
Chainsaw Flyers

And again, a very special thank you to our anonymous donor who allows all of our Veteran's to receive a free meal one time per month!



Taxes, Taxes, Taxes!

Senior Circuit Breaker Tax Credit

The Circuit Breaker is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the year.

Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes including water and sewer charges. Renters can count 25% of their rent as real estate tax payment.

IF YOU DO NOT OWE TAXES, YOU CAN STILL GET THIS CREDIT!!

You must file a state income tax return to claim the Circuit Breaker Credit whether or not you have to file otherwise.

Income Tax Preparation

Its that time of year again! IRS trained AARP volunteers complete Federal and State income tax returns at no charge for seniors aged 60 and over with low or moderate incomes. This free service is intended for the completion of average tax returns. If your return cannot be completed in 1 hour or less, and is overly complex or involves business related forms (schedules C, E or 2106), it is advisable to use the services of a paid tax professional. To enable our volunteers to complete your return more easily, please bring the following to your appointment:

All original documents for 2015 Taxes:

Last Years Federal & State Tax Returns and W-2's, 1099's, Social Security Statements, Town property tax bills for home and car, Water/Sewer bills, Proof of Health Insurance/ Medicare Card

Appointments available :

Mondays & Wednesdays

9am-12pm

Call 413-565-4150 to schedule appointment!



VETERANS NEWS

At this month's Veterans Circle, Wednesday, February 3, 12:15 PM, we will meet with **Paul Barabani** and discuss services provided by the Holyoke Soldiers Home.

We will also discuss Veteran property tax abatement available here in Longmeadow.

What is Massachusetts Chapter 115 Benefits?

Under Chapter 115 of Massachusetts General Laws (M.G.L. Ch. 115), the Commonwealth provides a uniform program of financial and medical assistance for **indigent** veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as they would were the veteran still living.



A lunch will be served at 11:30 AM, prior to the meeting, and is free to veterans. You must call and sign up for lunch at least 24 hours ahead at

MONTHLY FIRE DEPARTMENT LUNCH SPEAKERS



DATE: Wednesday, February 24 12

PM This month's topic:

Dryer Fire Prevention



JGS LIFECARESM

Discover the wide range of lifecare services we offer. Learn more at JGSLifecare.org

Longmeadow, MA • 413-567-6211

CLUB NEWS

Maternal Association

Tuesday, February 2, 1:30

Inge Shuttleworth will talk about growing up in the 40's in the Black Forest of Germany.

For more information, please contact Susan Devonshire, President at 413-567-5989 or Sonia Arakelian, Vice President, at 413-567-6622.

OVER 60 CLUB

The next OVER 60 meeting will be held on **Thursday, February 11 at 12:30 PM**

ELAINE FRANKONIS

A published poet and former creative writing teacher, Elaine will help us find inspiration, camaraderie and maybe a few laughs.

Sponsored, in part, by the Longmeadow Cultural Council.

New members are always welcome; yearly dues only \$10, drop in rate is \$5. Enjoy a social afternoon, entertainment, cake & coffee. Any questions, call 567-0584



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.

Volunteer Views

Volunteering—Why does it matter?

Volunteers provide an essential role in promoting the mission and vision of the Longmeadow Adult Center. Not only do volunteers help to save the town money by donating services and time, they provide an authentically unique service to the recipients of our services.

As a volunteer you deliver meals to seniors who cannot cook or leave their home, you help get people to doctor's appointments and other daily errands. For some of these individuals, you may be the only reason they can continue to live happily and safely in their home throughout their lives. You provide comfort to loved ones who may need help caring for a family member, you provide hope to those who are concerned they may lose their independence.

Perhaps the greatest service that you provide to your community is a reminder that no one is forgotten. Your service tells people, "I thought about you today, and I wanted to make it a little better".

To all our volunteers, on behalf of those recipients who whose lives have been improved because of your work, I would like to say "thank you". If you ask yourself why it matters, the answer is because you make someone else matter when you volunteer.

Tech this Out!

We will be running this new section to focus on keeping you up to date about new technologies and devices that may help you in your day to day activities! In order to provide you relevant information that you want to read about, we are asking you to tell us what you would like us to include in this section. Please e-mail topics to msquindo@longmeadow.org

Technology can serve you in many aspects of your life. Whether you want to stay in touch with family, need help remembering medications, or just want to learn something new, technology is constantly evolving and finding new ways to assist you. While section will be brief, it is intended only to be snapshot of what is out there and how it can help you. If you have an interest in learning more about something, or sharing something you have learned let us know.

The Longmeadow Adult Center is proud to offer office hours for the following:

Rep. Brian Ashe's Aide Robin Frechette & Sen. Eric Lesser's Aide Mary Lee Walsh



**Greenwood Office Hours:
Second Monday
10:00 - 11:00 AM**

Q: I heard that anyone can get my name and address and even directions to my house on the Internet. This is scary. Is it true?

A: There are a lot of places on the Internet where somebody can find out all kinds of information about you. Most of this information is a matter of public record that anyone could have learned about from the court records, phone book, etc. but the Internet makes it very quick and easy to use. Let's look at an example.

If you go to the main Google page at www.google.com you will see a box where you can type in something and then click Google Search. Try typing in your phone number - in quotes, skip the dashes and periods - just the numbers, such as "1234567890" and see what you get. It will come up (usually) with your name, phone, address, city, state and zip plus a link to Yahoo Maps and MapQuest that will display your home or office in a map.

So when you give out your phone number to someone they can easily find out your real name, where you live and have a map showing directions to your door. If you want to be removed from the list, just click on the icon of the telephone that appears next to the result and you will be taken to a page where you can fill out a form to be removed. But that will only remove you from that one particular list. There are limitless such lists on the Internet.

The key is to prevent important personal information such as social security number and mother's maiden name from getting out. No reputable web site or e-mail message will ask for your social security number. Just don't give it out. If you are buying from a reputable e-commerce site like Amazon.Com or QVC.Com you may have to enter credit card information but never your social security number.

Program News

**NO JEWELRY MAKING CLASS THIS MONTH!
Returns in March!**

NEW!! ZUMBA GOLD

Mondays, Feb. 1, 8, 22, 29; 9:00 - 9:45 AM
\$32. for 4 class series; \$10. per session drop-in rate.
Designed specifically for seniors, Zumba Gold is a total workout, with the fun of dance. Call to reserve your spot!

CHAIR YOGA

Thursdays, Feb. 4, 11, 18, 25; 12:45 PM
Certified Yoga Instructor Carleen Sarno is leading this new session which meets on Thursdays from 12:45 - 1:25 PM.
\$32. for 4 sessions in February



SKI CLUB NEWS

Ski season is finally here! Join us to ski Butternut, one of Massachusetts' top ski resorts. Call us to be added to the ski club group e-mails. Just \$5. for the van; most ski dates we leave at 8:30 AM..

CLASSICAL MUSIC (and MORE!)

Wednesday, February 10; 12:30 PM

Special presenter Anesti Nova is a world-class accordion player & a composer. Born in Turkey to an Albanian family, Anesti's music is truly international. He will talk about & play his instrument & answer questions. After that, we'll hear a CD of his original compositions.

BOOK CLUB

Tuesday, February 2; 12:30 - 1:30

This month we'll discuss *Dead Wake* by Erik Larson, which is the story of the WWI maritime tragedy. March 1 book is *The Nightingale* by Kristin Hannah. Two sisters join the French resistance in WWII. Newcomers always welcome!

PLAY NON-COMPETITIVE BRIDGE

Thursdays 12:30-3:00

These bridge games are for non-competitive players. You are welcome whether you're a beginner, haven't played for a long time, or just like to play for fun.

DISCUSSION GROUP

Tues., February 19, 12:30

This group, run by Saul Finestone, is an open discussion of current events & topics that you bring to discuss.

QIGONG & TAI CHI; Fridays, Feb. 5, 12, 19, 26

Qigong only - 12:00 - 12:30 PM; \$20.

Tai Chi Chuan - 12:00 - 1:30 PM; \$60.

New last month, Qigong & Tai Chi are now offered at the Adult Center. These gentle martial arts improve physical function, promote mental and spiritual wellbeing & reduce stress. Qigong is helpful for those folks who want to enjoy the more simple aspect of this Asian discipline. Those who want the more challenging elements of Tai Chi Chuan would attend for the full 90 minutes. The 30 minute Qigong is **\$20 for four weekly sessions**; Qigong + Tai Chi Chuan is just **\$60 for four 90 minute sessions**. Payment may be made at the first session. Start the new year right with this low impact, health-improving program!



STRESS-RELIEF COLORING

Mondays, Feb. 8 and 22, 12:30 - 2:30

Join the latest craze! Research indicates that coloring can help relieve stress and anxiety. We will provide coloring pages and colored pencils. Why not give it a try? No cost.

POMEGRANATE GUILD

Tuesday, February 2, 12:30-3:00

The Color Wheel—what it is & how to create a quilted one. Everyone is welcome to participate or bring your own project and work on it. Please contact the Guild if you plan to attend: pvpom@bumblelion.com

BINGO

Wednesday, February 17, 12:30

Join us for a special time of **BINGO** with Valentine's Day prizes!

MOVIE: MAX

Thurs., Feb. 18 & 24, 12:30 PM;

A dog that helped U.S. Marines in Afghanistan returns to the U.S. and is adopted by his handler's family after suffering a traumatic experience. Rated PG; starring Thomas Haden Church, Josh Wiggins, Luke Kleintank



JOURNEY TO JAZZ: Karrin Allyson - Footprints

February 23, 1:00

Karrin Allyson, nominated for 4 Grammy awards, is an exciting contemporary jazz artist, undeniably one of today's most distinctive and masterful jazz vocal stylists. *Footprints* is her 10th Concord Jazz CD.

Outreach Corner

Michael Squindo, MSW
Outreach Coordinator

*****NEW UPDATE*** DTA Expands SNAP Services**

Have you previously been denied SNAP benefits because you have too much income? SNAP has changed its policies to allow all households to meet the same guidelines for eligibility. Previously if you were over 130% of the Federal Poverty Level, and had no children under 18 and no adults over 60, you were denied SNAP Benefits. The department of Transitional Assistance (DTA) has increased the income limit to 200% of the Federal Poverty Level for all households.

Effectively this means if you are a single person between the ages of 18-59 you may now qualify for SNAP if you earn less than \$1,962 as a gross monthly income. For a family of four your household income can be as high as \$4,042 as a gross monthly income.

If you believe you may qualify, or have questions about how to apply please call the Longmeadow Adult Center and ask to speak with our Outreach Coordinator.

Note that the gross income is only one piece of the screening eligibility and does not guarantee your approval for SNAP.

NATIONAL SHUT-IN VISITATION DAY

A visit to a shut-in can make a positive difference in that person's life. **February 11th** celebrates National Shut-in Visitation Day and each year on this day, many people across the nation take time to make a difference.

Due to physical, mental and/or emotional reasons, there are people that are shut-ins that may feel lonely, isolated, sad and cut off from the rest of the world. Sometimes these people do not have family and friends available to visit and spend time with them and they lack companionship.

We often take for granted our freedom to be able to go outside each day, take a walk around the block, drive to the mall, eat lunch at a restaurant, go to the gym, walk through the park and enjoy the scenery. These are things that shut-ins are not able to experience on any day. A visit with them would brighten their day and we could share our experiences with them.

Mass Options—Access to Long-Term Services and Supports

On November 2, 2015, the Executive Office of Health and Human Services (EOHHS) launched Mass Options- a website and call-center aimed at improving access to Community Long-Term Services and Supports (LTSS) for elders and individuals with disabilities throughout the Commonwealth. This is a 7-day a week, free service aimed at simplifying access to long-term services and supports for the elderly, individuals with disabilities and their caregivers throughout the Commonwealth.

"Mass Options is a free resource that links elders, family members, caregivers, and individuals with disabilities to services that better allow them to live independently in the setting of their choice," said Lieutenant Governor, Karyn Polito. "I'm proud to be here announcing a program that connects our citizens with services that will ultimately lead to greater savings for the Commonwealth."

For help please visit www.massoptions.com or call 1-844-422-6277.

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

Wellness Center

WELLNESS CLINIC Every Monday 10:00am - 11:30am

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, February 3 9:30am - 10:00am

It is not necessary to fast prior to being tested, but is HIGHLY recommended. Donation of \$1. is requested.

HEALTH INSURANCE (SHINE) COUNSELOR

February 10 and 24

By appointment only: 9:00 am - 12:00pm

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

FOOT CARE CLINIC

Friday, February 19; 9:00 am - 3:00 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.

Friday, February 12, 10 AM Wellness Discussion: What are you doing to keep your heart healthy?

February is Heart Health Month. Heart disease is the leading cause of death for both men and women. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

Please come and join in a discussion group on ways to lower your risk of heart disease.

Providing premier housing
and the services people need
to live a worry-free retirement.



glenmeadow.org/info

800-633-6313 or 413-567-7800

BOARD OF HEALTH NEWS

On July 1, 2012, a Mass. State Law banning the disposal of used medical "sharps" (e.g. syringes, lancets) in the residential trash became effective.

Since that time, both the Town of Longmeadow Public Health Nurse and the DPW have been selling to residents, at cost, medical waste disposal "systems" (i.e. medical waste c containers together with self-addressed, postage-paid mailing boxes to ship such containers directly to medical waste disposal companies). The cost of medical waste disposal is also included in the purchase price. For those individuals who cannot purchase the "systems" during business hours of Town offices, most retail pharmacies also stock medical waste disposal "systems". Except in a limited number of circumstances, practically all used medical sharps generated by residents should now be disposed of directly by residents using mail-in "systems".

Under no circumstances should medical waste be deposited outside the Greenwood Center Building during off-hours, left in the Greenwood Adult Center hallway, or shipped directly to the Town Nurse Town Public Health Nurse. For all questions related to medical disposal, please contact Carol Steiner (565-4154) at her office at the Greenwood Adult Center.

DAY TRIPS & MORE

SPRINGFIELD SYMPHONY 2015-2016 Season

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

Feb 6 Grieg Piano Concerto; van leaves at 5:45 PM
Feb 13 Centennial Sinatra; van leaves at 6:45 PM
Feb 27 Gershwin's "Porgy & Bess"; leave at 5:45 PM
Mar 12 Stravinsky "The Firebird"; leave at 5:45 PM
Apr 9 Beethoven & Brahms; van leaves at 5:45 PM
Apr 23 Blockbuster Movie Scores; leave at 6:45 PM
May 7 Season Grand Finale; van leaves at 5:45 PM

Coming in October:

British Landscapes getaway featuring England, Scotland & Wales! See London, Cambridge, York, Edinburgh Castle, Stonehenge and more! Vinnie from Collette Travel will be here on **March 2nd at 3:00** to show details of this trip including day by day highlights! No obligation - come to find out more! Please RSVP 565-4150 to save a seat for this presentation!



Special Presentation: Climate Change Talk Thursday, February 4; 2:00 - 3:30 PM Talk repeated at 7:00 PM

Part 1: "The 2015 Paris Climate Summit Agreement - What Does it Mean to Me?" presented by Andrea Chasen, Climate Reality Project

Part 2: Massachusetts Leadership in Fair Carbon Pricing - What Can I Do?" featuring Michele Marantz, Climate Activist & Chair of Sinai Temple Green Team

WHAT WE DO FROM A-Z

Artists' Studio	Tues 1:00, Free
Bingo	3rd Wednesday 12:30. \$3.00
Billiards	M-F anytime, Free
Blood Pressure	Monday s, 10:00 - 11:00, Free
Blood Sugar Screening	1st Wednesday of the Month
Bocce	M—F anytime, Free
Book Club	1st Tuesday 12:30 Free
Bridge - Duplicate	Mon. & Fri. 12:30
Bridge Refresher	Mondays 10:00, Free
Bridge Lessons	Fridays 10:00, Free
Bridge, Non-Competitive	Thursdays 12:30, Free
Chair Exercise	Tues & Thurs 10:30 Free
Chair Yoga	Thursdays 12:45
Classical Music	2nd Wednesday Free
Computer Coaching	Wed. afternoons by appt., Free
Discussion Group	3rd Tuesday 12:30, Free
Fitness Corner	Daily 9:00 - 3:00, Free
Food Pantry	Tuesdays
Foot care	3rd Friday of each month
Fuel Assistance	Call for Appointment
French	Wednesdays 10:30, Free
Games	Scrabble, Mahjong, Puzzles
German	Thursdays 10:00
Health Insurance Counseling	Wednesdays (see calendar)
Hearing Screenings	Returns in March
Italian-Advanced	Tuesdays 10:00
Jazz Journey	4th Tuesday 1:00 Free
Jewelry	NOT MEETING IN FEBRUARY
Knitting Group	Thursdays 10:00, Free
Library	Books to loan, daily, Free
Lunch	11:30 Daily, \$3.00 donation
Mahjong	Fridays 12:30, Free
Meals on Wheels	To home bound, M-F, \$3.00
Medical Equipment Loan	Free wheelchairs, walkers etc.
Movie	February 18 & 24; Free
Newsletter	Free to all over 60 in town
Over 60 Club	2nd Thursday 12:30
Pickle Ball	M-F, Free
Pinochle	Tuesdays 9:30, Free
Pitch	Tuesdays 12:30
Pomegranate Guild	1st Tuesday 12:30, Free
Scrabble	Fridays 1:30, Free
Shredding of Documents	Secure Bin shredded offsite
Social Services	Fuel assistance, food programs home visits/assessments etc.
Table Tennis	Thursdays 1:00, Free
Tap Dancing	Fri. 1:30 - 2:15
Tax Aides	Mon & Wed. mornings by appt
Travel	Day & Overnight trips
Trivia	Wednesdays 10 :00, Free
Veterans Circle	1st Wed. 12:15, Free

Menu

Feb 1 Lemon Chicken
 Feb 2 Stuffed Peppers
Feb 3 Meatloaf (Veteran's Lunch)
 Feb 4 Cheese Ravioli
 Feb 5 Teriyaki Salmon

Feb 8 Chicken Primavera
 Feb 9 Salisbury Steak
 Feb 10 Seafood Newburg
 Feb 11 Veal Parmesan
 Feb 12 Hearty Veg Soup/Salad/
 Grilled Cheese
Feb 15 Center Closed
 Feb 16 Sheppard's Pie
 Feb 17 Chicken & Broccoli Alfredo
 Feb 18 Pot Roast
 Feb 19 Potato Encrusted Cod


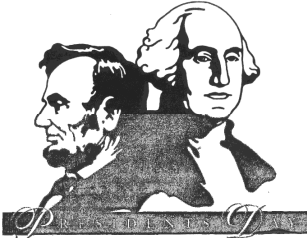
Feb 22 Baked Chicken
 Feb 23 Cheese Ravioli w/ Meat Sauce
Feb 24 Turkey—B-Day Bash
 Feb 25 Beef Burgundy
 Feb 26 Soup, Salad, Bread
 (Clam Chowder)

Feb 29 Chicken Cordon Blue
 Mar 1 Ravioli w/ Meat Sauce
 Mar 2 American Chop Suey

*Before you receive your meal,
 please inform your server of any
 food allergies you may have.
\$3.00 Donation Appreciated!*

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

**Meal Program Sponsored By:
 Greater Springfield Senior
 Services, INC. & FOLOCA**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	8:30 AARP Tax Aides 9:00 Zumba Gold 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 LUNCH 12:30 Duplicate Bridge	2 9:30 Pinochle 10:00 Food Pantry 10:00 Italian Class 10:30 Gentle Exercise 11:30 LUNCH 12:30 Book Club 12:30 Pitch 12:30 Pomegranate Guild 1:00 Artists Studio 1:30 Maternal Club	3 8:30 AARP Tax Aides 9:30 Blood Sugar Screening 10:00 Trivia 10:30 French Class 11:30 LUNCH 12:15 Veterans Circle Mtg 1:00 Computer Coaching	4 10:00 German 10:00 Knitting 10:30 Gentle Exercise 11:30 LUNCH 12:30 Non Compete Bridge 12:45 Chair Yoga 1:00 Table Tennis 2:00 Climate Talk 7:00 Climate Talk	5 10:00 Bridge Lessons 11:30 LUNCH 12:00 Qigong & Tai Chi Chuan 12:30 Tai Chi Chuan 12:30 Duplicate Bridge 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class	6/7 Van to Symphony, leaves at 5:45
8	8:30 AARP Tax Aides 9:00 Zumba Gold 10:00 Blood Pressure 10:00 Bridge Refresher 10:00 Rep. Ashe's Aide 10:00 Sen. Lesser's Aide 11:30 LUNCH 12:30 Duplicate Bridge 12:30 Coloring for Stress Relief	9 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 2:00 FOLOCA Board Mtg	10 8:30 AARP Tax Aides 9:00 SHINE 10:00 Trivia 10:30 French Class 11:30 LUNCH 12:30 Classical Music & More 1:00 Computer Coaching	11 10:00 German 10:00 Knitting 10:30 Gentle Exercise 11:30 LUNCH 12:30 OVER 60 CLUB 12:30 Non Compete Bridge 12:45 Chair Yoga 1:00 Table Tennis	12 10:00 Heart Health Discussion 10:00 Bridge Lessons 11:30 LUNCH 12:00 Qigong & Tai Chi Chuan 12:30 Tai Chi Chuan 12:30 Duplicate Bridge 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class	13/14 Van to Symphony; leaves at 6:45 
15	Presidents Day CENTER CLOSED 	16 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	17 8:30 AARP Tax Aides 9:30 Trip to Butterfly Museum 10:00 Trivia 10:30 French Class 11:30 LUNCH 12:30 BINGO 1:00 Computer Coaching	18 9:30 COA Board Meeting 10:00 German 10:00 Knitting 10:30 Gentle Exercise 11:30 LUNCH 12:30 Non Compete Bridge 12:30 MOVIE: Max 12:45 Chair Yoga 1:00 Table Tennis	19 9:00 Footcare by Appt. 10:00 Bridge Lessons 11:30 LUNCH 12:00 Qigong & Tai Chi Chuan 12:30 Tai Chi Chuan 12:30 Duplicate Bridge 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class	20/21
22	8:30 AARP Tax Aides 9:00 Zumba Gold 10:00 Blood Pressure 10:00 Bridge Refresher 10:30 Musical Expressions 11:30 LUNCH 12:30 Duplicate Bridge 12:30 Coloring for Stress Relief	23 8:00 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	24 8:30 AARP Tax Aides 9:00 SHINE 10:00 Trivia 10:15 Maternal Club Board Mtg 10:30 French Class 11:30 LUNCH - B-DAY BASH & LFD Dryer Fire Prevention 12:30 Movie Re-Run: Max 1:00 Computer Coaching	25 10:00 German 10:00 Knitting 10:30 Gentle Exercise 11:30 LUNCH 12:30 Non Compete Bridge 12:45 Chair Yoga 1:00 Table Tennis	26 10:00 Bridge Lessons 11:30 LUNCH 12:00 Qigong & Tai Chi Chuan 12:30 Tai Chi Chuan 12:30 Duplicate Bridge 12:30 Mahjong 1:30 Scrabble 1:30 Tap Class	27/28 Van to Symphony; leaves at 5:45
29	8:30 AARP Tax Aides 9:00 Zumba Gold 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 LUNCH 12:30 Duplicate Bridge			FEBRUARY		