

Please use this form for your convenience in making a gift that will enhance the lives of mature adults in our community today and tomorrow. The individual or families of those you have honored will be notified of your gift. Your contribution is 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)
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Friends of Longmeadow Older
Citizens Association, Inc.
Greenwood Park Center
231 Maple Road
Longmeadow, MA 01106



THE VOICE

APRIL 2008

CHEF ROBERT'S BIRTHDAY BASH

Wednesday, April 30th, 11:30 AM
Join Us for a delightful afternoon!

Soup'n Sandwich Fridays

April 4 - Turkey Melt

April 11 - Tuna Melt

April 18 - Corned Beef Ruben

April 25 - Cold Cut Grinder

Try Something New
At
Your Adult Center!

ECONOMIC STIMULUS

What's It All About? - Page 8

MASSACHUSETTS SENIOR GAMES

Get Ready With Some Training! - Page 4

DO YOU PLAY CHESS?

Helps Maintain Your Brain Cells! - Page 5

COIN/STAMP COLLECTING CLUB

Show Your Collection To Others! - Page 5

PLAY YOUR FAVORITE SPORTS!

Try Something New! - Page 4

GOOD BODY BALANCE

Keeps You Vertical - Page 6

NAVIGATING LONG TERM CARE

Get Your Questions Answered- Page 9

FREERICE.COM

Play this vocabulary game at Freerice.com to keep your mind strong and help feed the hungry! For each word you get right, they donate 20 grains of rice through the UN World Food Program to help end hunger!



Patricia Camerota
Chair

"A Branch of Community Support"
at Greenwood Park Center
231 Maple Road, Longmeadow, MA 01106
Monday—Friday 9—3 PM

Karen Neiman Michelman
Director

Telephone & TDD
413-565-4150

www.Longmeadow.org

Minibus: 739-7436
or 1-866-277-7741