

# PROGRAM PICKS

NORICE SMITH  
Program Coordinator

## WATER AEROBICS

August 2<sup>nd</sup> – August 30<sup>th</sup> -11:00 AM

You are welcome to join the second through the sixth class held at the Glenmeadow Pool. Fee is only \$30 for 5 classes. A spirited workout for upper and lower body plus strength training. Finish off with a relaxing soak in the hot tub. Must register - 565-4150.

## ONE-ON-ONE COMPUTER LESSONS

Tuesday, August 7<sup>th</sup> - 9:30-11:00

Are you hesitant to try using a computer? Do you have questions about the basic skills of using one? Come to the Center on the first Tuesday of the month and receive individual attention and help from our Computer Club members who volunteer their time. Basic skills only. Must register— 565-4150.

## CONVERSATIONAL ITALIAN

Wednesdays, August 8–29 - 11:00–12:00

Stephanie Foster will conduct a second four week summer session focusing on conversational Italian in a combined classroom situation. Stephanie makes it such fun and will accommodate all levels. \$24. Regular classes resume on September 12. Eight weeks - \$48. Register at 565-4150.

## GREENWOOD READERS

First Tuesday of the month

All are welcome to join our reading group. August 7<sup>th</sup> selection: “The House of Sand and Fog” by Andre Dubus III – Oprah pick September 4<sup>th</sup> selection: “A Great Deliverance” by Elizabeth George. Debut Inspector Lynley Series shown Mystery Theater.

## MOVIE AFTERNOON “LETTERS FROM IWO JIMA”

Friday, August 17<sup>th</sup> - 12:30 PM

Directed by Clint Eastwood as a companion piece to his ‘Flags of our Fathers,’ this is the story of the battle of Iwo Jima between the United States and Japanese during WW II as told from the perspective of the Japanese.

## DISCUSSION GROUP

Tuesday, August 21st, 1:00 PM

Lively discussion, observe or join in!  
Facilitated by Saul Finestone.

## FILM CLASSIC

ALFRED HITCHCOCK’S “VERTIGO”

Thursday, August 30<sup>th</sup> – 12:30 PM

A San Francisco detective suffering from vertigo investigates the strange activities of an old friend’s wife, while becoming dangerously obsessed with her. Hitchcock engulfs you in a whirlpool of terror and tension. Everyone is enjoying our Hitchcock series of film classics. Just drop in.

## RED HAT LUNCHEON!

Wednesday, September 12<sup>th</sup> - 12 Noon

Get out that distinctive Red Hat Society garb and meet at the Olive Garden in Enfield for a great lunch. Plan on a fun afternoon. Reservations must be in to the Center by Sept. 7<sup>th</sup>. Reservations made by calling 565-4150.

## BEGINNING TAP DANCING

Fridays, September 14th—October 19th,  
12:15 PM

Give your body a great workout doing something you will love by taking Diane Shields

## PREVENT DRYER FIRES

From the Commonwealth of Massachusetts Office of the State Fire Marshal, in 2005 clothes dryer fires caused \$365,450 in damages. The State Fire Marshal reminds people to follow these important tips: Clean the filter screen after each load. Stay home while the dryer is in use! Clean vents to the outside. Vacuum the motor area. Keep surrounding area clear.

## Replace Your Medicare Card Online

The online Medicare card replacement page is a fast, easy and secure way to get your new Medicare card sent to your home. Just go to our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) and select “Replace your lost, stolen or damaged Medicare card.” The link is on the left side of the page, under “What you can do online.” Simply fill out the requested information and you’ll get your new Medicare card within 30 days; it will be mailed to your address on record. If you need immediate proof of your Medicare coverage, visit your local Social Security office.

If you recently changed your mailing address and haven’t notified Social Security of the change, you need to change your address before requesting your replacement Medicare card.

You can report your change of address by using our online services as well. Simply go to [www.socialsecurity.gov/coa](http://www.socialsecurity.gov/coa) to report a change. You’ll need to provide your old address and new address, including ZIP codes.

# DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **JUNE**: *Lloyd Waite, Guy D’Antonio, Chatham-Beech Foundation, Marie Janik, Joan Schwartz, Helen Carey, Joyce Hastings, Patricia Twible, Jean Glantz*



## HEALTHY RECIPE CORNER

*Red Lentil and  
Spinach Casserole*

This is a healthy, convenient and tasty recipe. Prep time is 20 minutes. Serves 4.

### Ingredients:

- 8 oz. red lentils
- 2 lbs. fresh spinach
- 8 oz. peeled tomatoes (or small can of tomatoes drained)
- 3 oz. fat free yogurt to cover top

Preheat oven to 375 degrees. Boil red lentils in water for 15 to 20 min. until tender. Drain. Steam spinach (12 min.). Drain and season with sea salt and black pepper. Spread spinach evenly in oven-proof dish. Arrange tomatoes on top. Spread lentils over tomatoes to edges of dish. Top with yogurt to cover. Bake 30 min. Serve with couscous, brown rice or noodles.