

LONGMEADOW LINES

Meet Senator Candaras' Aide

Janice Hassett

Monday, December 1st, 11- 11:45 AM

LONGMEADOW ADULT CENTER VAN

VAN AROUND TOWN

Tuesday, December 16th, 10—Noon

ENFIELD SQUARE MALL

Friday, December 12th

10—1 PM

2009 ENTERTAINMENT BOOKS

Everybody knows the Entertainment Book is full of 50% and 2-for-1 discounts on restaurants, movies, sporting events and more. If you enjoy saving money while supporting a good cause, stop by the Adult Center for your Western Mass or Hartford edition.

CHRISTMAS FAIR

December 6th, 9 – 3 PM at First Church of Christ in Longmeadow located at the corner of Williams and Longmeadow Streets. This is an old time Christmas Fair where church members make the beautiful crafts, jewelry and delicious food items. Check out our Silent Auction, Gift Baskets, Spice of Life Shop, Gifts from Afar, Wreaths, Children's Room and so much more. Stop by for lunch from 11 am - 1:30 pm or visit with Santa from 11 am - 1 pm...there's something for everyone at "Christmas on the Green". Proceeds donated to charities.

INCLEMENT WEATHER CLOSINGS

The Longmeadow Adult Center will make any weather related closings on local television stations. Prior to coming to the Center, please check to see if we are closed or have a delayed opening when the weather is inclement. Always call the Center if you are uncertain—565-4150.

Town of Longmeadow Departmental Phone List- 2008

The recently published Longmeadow-Verizon phone book (Spring 2008) eliminated the direct Town of Longmeadow department phone number listings. Because many misdirected phone calls are being received, please check and use this list below to contact various the town departments.

- Assessors 565-4115
Board of Health 565-4140
Council on Aging 565-4150
Finance / Accounting 565-4136
Fire—non emergency 567-3357
Human Resource 565-4128
Information Technology 565-4137
Parks & Recreation 565-4160
Building Dept. 565-4153
Police non emergency—567-3311
Public Works 567-3400
School Dept. 565-4200
Select Board / Town Manager 565-4110
Storrs Library 565-4181
Town Clerk 565-4103
Tax Collector 567-1066

HOLIDAY STRESS YOU HAVE A CHOICE

Do you tell yourself any of these things around the holidays?

- * It's okay not to exercise.
* It's okay to drink too much.
* It's okay to stay up too late.
* It's okay to max out credit cards.
* It's okay to overindulge in food I don't normally eat.
* It's okay to disrupt my healthy routines.

Most of us do. And yes indulging is one of life's great pleasure...and is part of a balanced life. But how do you feel when these beliefs become reality a little too often? If you are anything like the rest of us, probably sluggish, regretful and anxious... maybe even downright miserable. Before the holidays begin take a minute to formulate a game plan—what is your self-care strategy? Do you want to practice the same old behaviors? Or might moderate indulgence serve you better? If you want a different outcome this year try some of the following: exercise regularly even if it's only for 10 minutes; eat normally at breakfast and lunch on holidays and before you go to parties; sleep; drink lots of water; spend only what you have; DO indulge, but see if you can do it without making yourself miserable. If you do feel miserable, take a walk, get some sleep and recommit to your healthy routines ASAP.

HAPPY HOLIDAYS!!!

The SVRHT Wellness Program

HEALTHIER THAN YOU THINK...

Holiday dishes aren't necessarily nutritional nightmares. Here are ten you'll be happy to have. It's true. Pumpkin pie, stuffing, fruitcake, spiced pecans, and other holiday dishes pack a fair amount of fat and calories. But what's not often highlighted is that many of these foods are also good sources of some essential nutrients, providing significant percentages of the Daily Values for iron, fiber, and several vitamins and minerals. Check out the numbers below, and party on!

Holiday Dishes—% of RDA

- 1 slice pumpkin pie—237% of vitamin A, 15% of calcium
1/2 cup Brussels sprouts - 80% of vitamin C, 14% of fiber
1 slice fruitcake - 9% of iron
1/2 cup cranberry sauce -6% of fiber
6 oysters—212% of vitamin B12, 178% of zinc, 25% of iron
3 ounces roasted turkey breast (skin removed) 34% of niacin, 27% of vitamin B6
1 oz roasted chestnuts -18% of vitamin C
1 oz pecans -10% of zinc
1 sweet potato (with skin) -498% of vitamin A, 47% vitamin C, 14% of fiber
1/2 cup creamed spinach -17% of vitamin C, 13% of calcium

From Cooking Light Magazine

