



PROGRAM PICKS

NORICE SMITH
Program Coordinator

ADULT FOCUS ON LONGMEADOW Tuesdays, 6:30 pm

Have you had the opportunity to see our monthly Adult Forum being run on Channel 12, Longmeadow Community Television and sponsored by the Adult Center? It consists of a panel focusing on issues of interest to town residents and will be aired weekly at 6:30pm and rerun on Sundays at 11:00. Our first program featured questions we had about the Longmeadow Cable TV which were adeptly answered by the Chair of our Cable Advisory Committee. Our next program features our Town Manager, Robin Crosbie, who will answer questions we all share.

GREENWOOD READERS Tuesday, December 2nd

Due to unavailability of the book, please note we are changing the selection for December again. We will be reading *Harriet and Isabella* by Patricia O'Brien. Our Jan 6th selection is *Run* by Ann Patchet.

RED HAT MADHATTERS

Wednesday, December 10th - 12:00 pm

Celebrate the Holidays with lunch at the Monte Carlo on Memorial Avenue in West Springfield. Please register at 565-4150. We'll meet at noon in our Purple and Red garb (if you wish. Not necessary.)

WHAT IS CHAIR YOGA?

Wednesday, December 10th at 12:30

Come find out at a free demonstration on the above date. It is a unique and holistic form of gentle yoga that is perfect for anyone who prefers a chair to a mat. It promotes health and well-being that leads to increased flexibility, vitality and strength. It is beneficial for all of us, but especially for those with limited mobility resulting from Arthritis, Osteoporosis, MS, etc. Register—565-4150.

MOVIE AFTERNOON

“THEN SHE FOUND ME”

Friday, December 19th @ 12:30pm

Based on the book by local author Elinor Lipman, a woman must suddenly choose between her ex-husband and a new friend, and between the memory of a dead parent and a stranger who suddenly shows up and claims to be her real mother. Helen Hunt directed, co-wrote and stars in it.

GERMAN RESUMES!

Thursdays, 10:00 am

Welcome back Hilde Kmetz .

NEW ITALIAN CLASSES

Stephanie will start a new series of classes. She had purchased new equipment for the beginners class which accounts for the change in price. Beginning Italian: Tues, 10:30 am from Jan 6th to Feb 24th @ \$64 for 8 weeks. Advanced Italian: Tues, 12:00 pm from Jan 6th to February 24th @ \$48 for 8 weeks.

OVER SIXTY CLUB

No meeting on December 4th in order to give us time to prepare for the holidays. Please do remember to save January 8th for the next meeting. More info in next month's VOICE. Happy Holidays to all!

MATERNAL

Tuesday December 2, 2008 1 p m
Longmeadow Community House

Our Holiday program this year will feature the JCC Dancers and Singers presented by our President Dolores Morin. They will perform a holiday song and dance revue. Following the entertainment Dolores Morin and Joyce Kakley will host a seasonal tea. As always the public is cordially invited. There will be a holiday gift exchange between members and guests. If you bring a gift, you take one home-\$3.00 limit

Our Christmas Charity this year will be Bethlehem House in Easthampton MA. This is a home for unwed mothers, part of the Lady of Guadalupe Foundation. The association will give a cash contribution.

Please stop by the glass display cases at Storrs Library. There is a presentation of some of the memorable periods of the rich 173 history of the Longmeadow Maternal Association.

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to *thank* the following individuals for their donations during the month of **October: Sam & Joan Hellerman, Betty Rochford, Dickinson Streeter Funeral Home, Ellen Heye, Wednesday Bridge Group, Chainsaw Fliers, Discussion Group, Mr. & Mrs. Ciro Camerota, Inger Bolduc, Jane Booth and Mary Bailey.** Your donations helped with the purchase of the new Adult Center Awning, interior painting of the Health Room and purchase of an additional transport chair. Thank You for your support!

NEED HELP WITH FOOD SHOPPING

Save up to 50% and more on high-quality, fresh foods by buying your meats, fruits, veggies and other staple items through the SERVE New England Food Program. All for only \$25. Longmeadow SERVE NEW ENGLAND, Chapter 5432 Contact: Cindy @ 413-896-4979. For more information on this wonderful program, call 1-888-742-7363 or go on-line to www.servenewengland.org.

MEDICAL EQUIPMENT NEEDED

We loan about 15 items of medical equipment per month from our Loan Closet. Our supply is getting low. We have a need for canes, walkers, commodes, toilet risers, wheelchairs, incontinence products and dressing supplies. We appreciate items are that are clean and in good condition.