

LONGMEADOW RECREATION NEWS

DISCOUNTED INDOOR POOL PASSES

Indoor pool passes are now prorated, as we are halfway through the pools season. The new fee's are as follows: Individual pass for residents \$31, non-residents \$43.50, Family passes for residents is \$102.50 and \$168 for non-residents. Please visit www.LPRD.net for additional information, or call 413.565.4160.

ADULT BALLROOM DANCE

Ballroom dance is an excellent form of exercise and an opportunity to learn the classic art of ballroom dancing. Classes are geared toward beginners, with the focus being the Fox Trot! Bring your dance shoes, gather your partner or come alone and have a good time getting some exercise and meeting new people. Class meets on Wednesdays beginning 3/4 through 4/29 from 6-7pm in the Greenwood Gym. The fee is \$65 per participant. Visit www.LPRD.net for information and registration.

SENIOR MEN'S VOLLEYBALL

Fun pick up games for men ages 50+ years. Approximately 15 men show each night Wednesday night. This program offers a great way to stay fit, with some players preparing for the Senior Olympics in June during this program. Program meets on Mondays from 7:45-9:15pm at Greenwood Center. The fee is \$30 per participant for the season or \$3 per night. Visit www.LPRD.net for information and registration.

EVENING TAI CHI

MASSACHUSETTS SENIOR GAMES
SPRINGFIELD COLLEGE
Tai Chi is a classical Chinese Martial Art that includes a series of postures and graceful movements. The emphasis is placed on movement, meditation and breathing techniques to promote peacefulness while achieving physical and mental well being. Wear comfortable clothing, a flat sole indoor sneaker, dance shoe or bare feet. Your Instructor, James P. Shea 6th Dan SKIF, a licensed Karate DO and Tai Chi Instructor has been teaching for over 36 years. Classes are held on Tuesdays beginning 3/10 through 4/28 from 6:30-7:30pm at the Old Town Hall. The fee is \$60 per person. Visit www.LPRD.net for registration and additional information or call 413.565.4160.

CRIBBAGE LEAGUE

New members always welcome, but please come with experience. Approximately 25-30 players attend each night and play nine, fifteen-minute games. League meets on Tuesdays from 7:15-10pm in the Adult Center Dining Room and Greenwood Center. The fee is \$35-\$45 collected on site. Call Bob Arnold at 413.283-8438 for information.



VOLUNTEER VIEWS

Ellen Gold
Coordinator of Volunteers

THE HEART OF OUR PROGRAMS

Thank you to all our dedicated volunteers who keep our programs and services running smoothly. People like you are everyday heroes. By choosing to care, and to give your best, you enhance the lives of many as you pass their way. Not only do you touch them through your dedication and thoughtfulness, you inspire others to care as well.

We greatly appreciate your hard work, and are proud to be able to count on you. Your loyal service is your gift to the community and it is a gift that does not go unnoticed. We wish you all a Happy Valentine's Day and we wish you happiness and love from all your family and friends.

TERRIFIC NEW VOLUNTEERS

We have some wonderful community minded people who have just become our most recent volunteers. Meals on Wheels: **Tom Johnson, Serge Evangelidi, Lynne Skypeck, Luke Ahlasdas** and **Raymond Mansfield**. Delivering Groceries will be **Carol Slasinski** and **Wayne Fisher** is an Errand Runner. Maple Tree Shoppe are **Pearl Campbell** and **Jeanne Mango** and joining the Senior Readers in the elementary schools is **Betty Cooley**. Our deep appreciation to you for joining our program and helping make the Adult Center successful!

MAPLE TREE SHOPPE

We have been working very hard to improve the Maple Tree Shoppe and our efforts have been evident in the past few months. New shelving units and a display hutch have been purchased and several of the display tables have been removed. The result is a more spacious and attractive store. We have received many wonderful donations and the store is well stocked with a wide assortment of women's clothing, gifts and household items. We also have a great selection of handmade hats, afghans and a variety of other items. The shop has been doing very well lately and we appreciate all our dedicated donors and customers. Please stop by and see our new look and new merchandise. We would not be successful without the hard work of our dependable volunteers: **Venessa O'Brien, Jean Glantz, Gussie Kavitsky, Bobbi Broomfield, Esther Dogon, Pam Rich, Rose Troiano, Patty Heathcote, Helen Blount, Irene Kotula, Rita Soter, Betty House, Pearl Campbell, Justine Rioux, Andrea Lucia, Gloria McCauley, Shirley Nichols, Anamariie Friberg, Millicent Sacks, Elsie Haroshevsky, Barbara Testori, Dorothy O'Brien, Statia Staszko, Vivian Poisson** and **Jeanne Mango**.

Our gratitude to the family of **Ruth Richards** who donated some of her wonderful handmade afghans and hats to our shop. We will miss her creativity.