

PROGRAM PICKS

NORICE SMITH
Program Coordinator

TAX ASSISTANCE

It's that time again! Tax Assistance appointments may be made for Wednesdays in February and March, April 1st & 8th. Our wonderful volunteers will be available to help you from 9:00-1:00 PM. Don't forget all your paper work and last year's Tax Form.

LONGMEADOW'S ADULT FOCUS

We hope you have been able to watch our Longmeadow Adult Forum on Channel 12 of Longmeadow Community Television which is composed of a panel of four members: John Bowen, Jim Jones, Ellie Tyson and Ray Marr. Past guests have included Dr. Steven Wolman of the Cable Advisory Committee; Robin Crosbie, Town Manager; Eleanor Cress, Chair of the Emerson Manor Board, concerning public housing, will air in Feb. and Mar. on Tuesdays at 9:30am and 6:30pm, and Sundays at 10:30 am.

BIRTHDAY LUNCH & LAUGHTER

Thursday, February 12th
Lunch - 11:30 AM - Program - 12:00 PM
Learn the positive power of laughter! If you come to the lunch the program will start shortly after. If not, come for 12:00 pm. Our guest is a certified Laughter Leader. "Laughter is the human gift for coping and survival." Let's have fun. Snow date: 2/19

MOVIE AFTERNOON

"The Secret Life of Bees"

Friday, February 20th - 12:30PM

A sweet melodrama about a lonely white girl, some formidable black ladies, and how they all found each other in the racist, 1964 Deep South. Good Casting. Three Star- PG-13.

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JOURNEY TO JAZZ

Tuesday, February 24th -1:00 - 2:30 PM
Saul returns to the Center to entertain and tutor us about Springfield's own Phil Woods on alto saxophone and four other talented musicians who select ten very famous movie tunes and make them "swing, swing, swing" in classic jazz style. Register-565-4150.

METROPOLITAN OPERA

Madama Butterfly

Saturday, March 7th at 1:00 PM
Puccini's popular *Madama Butterfly* will be shown Live in High Definition from the Met Stage to the big screen at the West Springfield Cinemas. The cost of admission for Seniors is \$20. Van transportation is an additional \$3. Please send in your payment of \$23 when registering. Limited van seating.

RED HAT SOCIETY

Tuesday, March 10th, Noon
The meeting is taking place at Storowton Tavern on Memorial Ave. in West Springfield at noon for a wonderful lunch.

TAI CHI

March 20th - May 10th @ 8:40 AM
Our next session of Tai Chi starts on March 20th in the Greenwood Gym. Doctor recommended for its positive effects for balance, cardiovascular and respiratory functions, preventing falls and lowering blood pressure. \$55 for 10 classes. 565-4150

CHAIR YOGA

Thursdays, 12:30 PM

\$5 per class for a series of 10 classes.

Call for details.

OVER SIXTY CLUB

Thursday, February 5th - 1:00 pm.

Bingo games with a simple format are planned. Guests are welcome, so bring a friend. Lunch at 11:30 in dining room if desired. Call 565-4150 for lunch reservation on Wednesday.



MATERNAL

Longmeadow Maternal Association
February Meeting
1:00 P M, Tuesday, February 3, 2009
Longmeadow Community House

Show and Tell

Once again, as we love to do every February we will present our Show and Tell Program. Members will display their collections, crafts, antiques and a variety of other interesting exhibits.

A valentine tea will follow the program. The public is cordially welcome to attend.



DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of DECEMBER: **Paul Lajoie, Bernice Pine, Betty Rochford, Guy D'Antonio and Miriam Odentz.** Thanks to your generosity the Friends Group has been able to recarpet the Health Room and purchase new display cabinets for the Gift Shop! Stop by to see how your donations have helped The Center!

ENERGY AUDITS

An energy audit helps you assess how much energy your home consumes and is the first step towards making your home more energy efficient. This will help you save money and be more "green."

Start by looking for air leaks in place like electrical outlets, switch plates, window frames, baseboards, weather stripping around doors, fireplaces and attics, and air conditioners.

A professional energy auditor will advise you on the cost savings you could achieve by reducing drafts, adding insulation and replacing inefficient heating systems. A free audit may be available through your electric or gas utility - they are funded as part of the rates electric or gas utility we all pay. For more guidance, visit www.massSAVE.com/ Energy Star also provides a "Home Energy Yardsstick" on their website, www.energystar.gov.

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