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Return Service Requested

Please use this form for your convenience in making a gift that will enhance the lives of mature adults in our community today and tomorrow. The individual or families of those you have honored will be notified of your gift. Your contribution is greatly appreciated.

FRIENDS OF LONGMEADOW OLDER CITIZENS ASSOCIATION, INC.
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IN SUPPORT OF

The Longmeadow Adult Center—231 Maple Road, - Longmeadow, MA 01106
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February 2010

THANK YOU

We would like to acknowledge two sponsors whose names were omitted from last months newsletter! Without their support, we would not be able to deliver your monthly VOICE!

**Venessa O'Brien
Weldon Hearing Center**



THE HEART TRUTH

Friday, February 5, 2010, is National Wear Red Day®—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Join *The Heart Truth* on National Wear Red Day to help spread the critical message that "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women.®" Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie, or [Red Dress Pin](#) on Friday, February 5, 2010

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LONGMEADOW FOOD PANTRY

Tuesdays, 10—Noon
Or by appointment
Call 565-4150 with questions.



George Pennington
Chair

"A Branch of Community Support"
at Greenwood Park Center
231 Maple Road, Longmeadow, MA 01106

Karen Neiman Michelman
Director

Telephone & TDD
413-565-4150

www.Longmeadow.org
Mon-

Minibus: 739-7436
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