

# PROGRAM PICKS

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Program Coordinator

## LANGUAGES

**Tuesday, January 6<sup>th</sup>**

Stephanie will begin a new series of classes for which she has purchased special equipment for the beginner's class, which accounts for the difference in price.

- **Beg Italian:** 10:30 am - \$64 for 8 wks
- **Adv Italian:** 12:00 pm - \$48 for 8 wks
- **German** at 10:00 am on Thursdays
- **French Resumes** on Tue, Feb. 3<sup>rd</sup>.

## TAI CHI CLASSES

**Fridays, January 9-March 13 @ 8:40am**

Tai Chi is still the fastest growing fitness and health maintenance activity in the U.S. Doctors are increasingly recommending it for its positive effects for balance, cardiovascular and respiratory functions, preventing falls and lowering blood pressure. Adult Center's gym. \$55 for 10 classes. 565-4150.

## LINE DANCING WITH LYNN

**Mondays, Jan. 12-Feb. 16 @ 9:00 am**

Another fun way to get all the benefits of low impact cardiovascular exercise. This beginner's class also helps with your balance and coordination. All that for \$4 a lesson—pay as you go, and it's great fun, too! Give it a try. Register at 565-4150.

## E-MAIL CLASS ON COMPUTER

**Wed., Jan 7<sup>th</sup> & 14<sup>th</sup> - 10:00-11:30 am**

There are a few spots left for this class. \$2 per class. Register at 565-4150.

## PRESCRIPTION ADVANTAGE

**Tuesday, January 13th, 1:00 PM**

SHINE and Prescription Advantage are holding informational sessions across to explain

the changes happening to Prescription Advantage Coverage.

## COMMONGOOD BANK- A TIMELY NEW CONCEPT

**Wednesday, January 14<sup>th</sup> -1:00 pm**

William Spademan will introduce us to a whole new concept of banking. They will be a new kind of community savings bank, designed expressly for economic justice, sustainability and strong local economies. "This is not just another bank with a social agenda. This is a social agenda with a bank!" Common good banks can make a better world for everyone. It promotes the common good by distributing excess profits to the community. All lending and spending decisions are made through participatory democracy. They are starting with us to spread the word with this presentation. Register at 565-4150.

## AFTERNOON MOVIE

**"VANTAGE POINT"**

**Friday, January 16<sup>th</sup> @ 12:30**

This 3 \*, PG-13 movie tells a story of an American President who is shot in Spain and unfolds from several vantage points-of-view, as journalists, Secret Service Agents and witnesses all try to remember what happened. Dennis Quaid, William Hurt and Sigourney Weaver do a very good job and it ends with a final 'slam-bang' half hour.

## NEW CHAIR YOGA

**Thurs, January 22-February 26 -12:30 pm**

Class of 10—the fee is \$5 per class. If you are not in a fitness class you should definitely try this. Call to register—565-4150.

## OVER SIXTY CLUB

Thursday, January 8<sup>th</sup> – 1:00 pm. Guest speaker Linda Abrams is the Curator of the Museum and Archives of the Longmeadow Historical Society located at the Storrs House. Her talk will include little known interesting facts about historical people and places in Longmeadow. Please call your lunch reservations—565-4150.

## Better Words—continued from page 1

- I can't....Replacements: **I can...or I'm choosing not to right now....**
- This always happens....Replacement: **Sometimes this happens....**
- I always do the same thing....Replacement:
- **I make this mistake sometimes...**
- This is so overwhelming... Replacement:
- **I'm busy with many goals....**
- I have to....Replacement:...
- **I choose to....**

*Never*, and *always* commonly show up in phrases that are counter-productive. They are sometimes powerful de-motivators that drain your energy. 'This never works for me,' or 'I always screw up,' are not likely to help you get results that you want, are they? Avoid over-generalizing like this, unless it is more like, 'I always find a way to get things done.' In other words, start using more positive words

## DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of NOVEMBER  
*Eleanor Manners, Inger Bolduc, Wednesday Bridge Group, Chainsaw Fliers.*

## PARK & REC DEPART OFFERINGS

### EVENING TAI CHI

Class meets on Tuesdays beginning 1/13 through 3/3 from 6:30-7:30pm at the Old Town Hall. The fee is \$60 per person.

### SENIOR MEN'S VOLLEYBALL

Fun pick up games for men, 50+years. Players call their own violations. Approximately 15 men show up each Monday evening. Some players prepare for the Senior Olympics in June during this program. Volleyball meets on Mondays, now through 6/1/09 from 7:45pm-9:15pm at Greenwood Center. The fee is \$30 per season or \$3 each week.

### MONEY MANAGEMENT SEMINAR

Planning for a successful and secure retirement can be a long and difficult process unless you know which plan to follow. This is not a class on forced budgeting or saving plans and no specific products will be mentioned. Class meets Tuesdays, 1/13—1/27 from 6:30-8:30 pm at the Community House. The fee is \$35 per person plus a \$30 workbook fee payable on the 1<sup>st</sup> evening.

Visit [www.LPRD.net](http://www.LPRD.net) for additional information and registration or call 565-4160.