

# PROGRAM PICKS

Kathleen Grady  
Program Coordinator

## BOOK CLUB

**Tuesday, January 5<sup>th</sup> 1:00 pm**

The book chosen for the January meeting is the classic *My Cousin Rachel* by Daphne Du Maurier. On the first Tuesday in February, the book will be *Sarah's Key* by Tatiana de Rosnay. New members are welcome.

## VETERAN'S GROUP

**Wednesday, January 6<sup>th</sup> 12:15 pm**

**Note New Meeting Time!**

Two speakers this month! Mike Lieb will share his experiences in special weapons recovery in the Mediterranean. Retired dentist Dr. Richard Deslauriers will talk on soldiers' trench mouth, sailors' scurvy and prevention. The new meeting time will make it easier to combine the meeting with lunch at the Center. Please make a lunch reservation at least 24 hours in advance by calling 565-4150. All area veterans are welcome to join.

## WORD COMPUTER CLASS

**Wednesdays, January 6<sup>th</sup> – Feb 10<sup>th</sup>  
10:00 to 11:30 am**

Ed Edler will teach this class in basic word processing. Topics include creating, editing, formatting, saving, and printing documents. \$12.00 for 6 classes. Register at 565-4150.

## NEW ZUMBA SESSION

**Weds, January 6<sup>th</sup>–February 24<sup>th</sup> 4:00 pm**  
Donna Gendron will lead another session of this popular aerobic fitness program set to the beat of Latin music. Class is geared toward seniors. Bring your sneakers and a bottle of water and join the fun. The fee is \$25.00 for 8 weeks. Call 565-4150 for more information.

## CHAIR / MAT YOGA

**Thurs, Jan 7<sup>th</sup>—Feb 11<sup>th</sup> 12:30 pm**

Lyn Hopkins is offering another session of this unique and holistic form of gentle Yoga, beneficial for all, and designed especially for those with limited mobility. Fee of \$36 for 6 classes as long as we have more than ten students. 565-4150 to register.

## BINGO DAY IN JANUARY

**Thursday, January 7<sup>th</sup> 12:30 pm**

Join the Over 60 Club for a fun afternoon of Bingo. Coffee and dessert will be provided. A fun activity for a cold afternoon!

## MOVIE AFTERNOON-THE PROPOSAL

**Friday, January 15<sup>th</sup>, 12:30 pm**

This comedy begins with a familiar premise: the witchy woman boss (Sandra Bullock) harasses her cute, obliging assistant (Ryan Reynolds). But when she needs a husband in a hurry in order to stay in this country, she proposes to him. What makes this movie hilarious is the trip to his family home in Alaska. Betty White, who plays Grandma Annie, is well worth the trip. Sandra Bullock has been nominated for a Golden Globe award for her performance.

## COMPUTER TROUBLE-SHOOTING

**Wednesdays, January 20, February 24,  
March 24 1:30 p.m.**

Tom Johnson will continue his instruction for those who want to keep their computer out of trouble. Delete unwanted programs and increase resources. Discuss security and privacy issues. *Not for beginners or Mac users.* Register at 565-4150.

## PARK & REC ADULT PROGRAMS

### ADULT BALLROOM DANCE

Ballroom Dance is an excellent form of exercise and an opportunity to learn the classic art of ballroom dancing. Classes will be geared toward beginners. Bring your dance shoes, gather your partner or come alone and have a good time getting some exercise and meeting new people. Focus will be on the waltz, swing, Latin cha-cha and/or the samba. Instructor is Andrea Gallano. Class meets on Wednesdays 1/13/10 through 2/24/10, from 6pm-7pm at Greenwood Children's Center. The fee is \$65 per participant. Visit [www.LPRD.net](http://www.LPRD.net) for additional information and registration.

### MONEY MANAGEMENT SEMINAR

How much of an impact has the turbulent market affected your savings? Did you have strategies in place, which protected your investments and savings from substantial losses? During this seminar, you will learn the essential strategies needed in today's volatile market; Asset Allocation & tax strategies to protect your investments and provide tax-free income at retirement. Your instructor Daniel L. Martin, CHFC, CLU, CRPC is a licensed instructor with over 28 years of experience advising individuals on their personal financial planning needs. Seminar will meet on Tuesdays, Jan. 26, Feb. 2 & Feb 9, 2010 from 6:30pm-8:30pm at Greenwood Children's Center. The fee is \$35 per couple (plus \$30 workbook fee payable the 1st evening). Visit [www.LPRD.net](http://www.LPRD.net) for additional information and registration.

## DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **NOVEMBER**: Mary Falk, Carlene Stephens, Vincenzina and Carmela Bumbaca, Marie Janik, Betty Rochford, Robert Tyler, Carl Tripp, Barbara Jackson and Dickinson Streeter Funeral Home.

## Over Sixty Club

Thursday, January 7<sup>th</sup> 12:30 pm.  
We will be joining the Adult Center for Bingo! Bring your \$3.00 and join the fun.

Thursday, February 4<sup>th</sup> 12:30 pm.  
Peter Santos will present a program on the history of homes on the Green.

If you would like to have lunch prior to the meeting, please call in your reservations—565-4150.

