

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.  
(FOLOCA)

IN SUPPORT OF

The Longmeadow Adult Center—231 Maple Road, - Longmeadow, MA 01106  
A LIVING MEMORIAL/HONOR/GRATITUDE FOR SERVICES & PROGRAMS

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Friends of Longmeadow Older  
Citizens Association, Inc.  
Greenwood Park Center  
231 Maple Road  
Longmeadow, MA 01106



# THE VOICE

July 2008

**PLAY YOUR FAVORITE SPORTS**  
**Tennis, Bowling,**  
**Golf, Baseball, Boxing!**



**Longmeadow  
Select Board  
Re-Organizes**

### **Wii - It's Not Just For Kids And It's Good For You!**

The world may think of video games as the domain of the young, but adults across the region are proving otherwise. Players hold a wireless console that detects motion as they execute the same arm movement they would employ if swinging a racket, bat, or golf club, rolling a ball, or throwing a jab. The simulated action is played out on a television screen.

Wii benefits adults with improved blood pressure and weight control. Adults are taking to the craze - Join Us, Wednesdays starting July 2nd, 1:00 PM - Call 565-4150 to register!

The Longmeadow Select Board re-organized on June 16, in its first meeting after the June 10 election. In a series of votes, Paul Santaniello was elected Chair Person, Robert Barkett, Vice Chair Person, and William Scibelli, Clerk. Barkett was elected to the Select Board on June 10, replacing member Hal Haberman, who retired after 4 terms.

### **LOOK INSIDE THIS ISSUE**

BOCCE .....Pg 5  
Evergreen Walk ..... Pg 5  
Get Shoes That Fit.....Pg 6  
HIPPA? What's It All About .....Pg 9  
*4th of July Picnic—Monday, July 7th*  
*Birthday Bash—Thursday, July 24th*



*Patricia Camerota*  
**Chair**

*"A Branch of Community Support"*  
at Greenwood Park Center  
231 Maple Road, Longmeadow, MA 01106  
Monday—Friday 9—3 PM

*Karen Neiman Michelman*  
**Director**

Telephone & TDD  
413-565-4150

[www.Longmeadow.org](http://www.Longmeadow.org)

Minibus: 739-7436  
or 1-866-277-7741