

PROGRAM PICKS

NORICE SMITH
Program Coordinator

JAZZ CONCERT!

Tuesday, June 5th @ 1:30

Don't miss this special Concert presented by selected members of the talented Longmeadow High School Jazz Band. Improvisation will be emphasized, which is what our Journey to Jazz Group, conducted by Saul Finestone, has been discussing. We invite all to join us.

GREENWOOD READERS

Tuesday, June 5th @ 1:00 PM

Our book club meets on the first Tuesday of each month and all are welcome to join our informal discussion of an agreed upon book. June's selection is "THE BIG HOUSE" by George Colt. Our selection for July 3rd is "A WOMAN IN BERLIN: EIGHT WEEKS IN THE CONQUERED CITY": Anonymous. Both are highly recommended.

VETERANS CIRCLE

Wednesday, June 6th @ 1:00 PM

All Veterans are welcome to join us for our informative and enjoyable meetings. Come on in. This is the last meeting of the summer.

TAKING CONTROL OF YOUR FUTURE with ATTY. H. DARLING TO SPEAK

Thursday, June 7th @ 10:00 AM

The Elder Law Education Program is sponsoring "Taking Control of Your Future: A Legal Checkup" and Atty. Hyman Darling has once again agreed to share with us his wide knowledge of legal issues that affect the lives of seniors. They will include how to protect your home and assets, Medicare/

Medicaid, etc. He touches all bases in a genial and informative manner. Please register at 565-4150 so he will bring along sufficient copies of handouts.

TAP DANCING &/OR JAZZ DANCING

Friday, June 8th @ 11:30-1:00

Diane Shields will continue her classes through the summer for the enjoyment of her students. They have a great time and receive a good workout while developing rhythm and coordination at the same time. A new 6 week class begins on Friday, June 8th from 11:30 - 12:15 and the Jazz Dance class from 12:15 - 1:00. You may just drop in. \$30 for each 6 week class for seniors. \$35 for others.

WATER AEROBICS

Thursday, June 14th-July 19th @ 11:00

Our Aquasize classes held at the Glenmeadow Retirement Community Pool will resume on June 14th. Join them for a spirited workout for the upper and lower body. 'Easy on the knees and calming to the spirit.' \$30 for 6 classes. Must register at the center-565-4150.

MOVIE AFTERNOON "THE QUEEN"

Friday, June 22 @ 12:30

Helen Mirren won an Oscar for her marvelous performance of Queen Elizabeth II in a dramatized account of the royal family's reaction to the death of Princess Diana. Three and a half stars. Rated PG-13. Please note date change this month.



LEARN TO ROW (free)!

Pioneer Valley Riverfront Club
(PVRC)

National Learn To Row Day

at the Pioneer Valley Yacht Club

Rowing on Connecticut River or Rowing Machine

Saturday 6/9 from 8:30 am – 11 am

200 Anthony Rd, Longmeadow (Dirt road off of Emerson Road directly after crossing RR tracks)

For More Information: Email: rowing@pvrowing.com or Call: Jonathan @ (413) 262-0945

MASSACHUSETTS SENIOR GAMES UPDATE

June 14th-17th-Summer Games
at Springfield College

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **April**: *Forastiere Smith Funeral Home, Capuano Home Health Care, Mickey Curran, Guy D'Antonio, Rogers Memorial Studio, Enes Bruno, Jane Webber, David Christopherson, Exxonmobil Foundation, Discussion Group, Inger Bolduc, Weldon Hearing Center, Tazzini Funeral Home, Elizabeth and Richard Delacretaz.*

OVER SIXTY CLUB

June 7th – 1:00 pm –Pizza Party in our Over 60 Club Room. Call Anamarie Friberg at 567-0824 for pizza reservation. Italian pastry will be served for dessert. This is the last meeting until September.



ROSY OUTLOOK

Cut flowers can increase compassion and kindness—and decrease anxiety and worry, a Harvard study showed. People who lived with fresh-cut flowers for a week reported feeling less worried and less depressed while at home than people who lived with a decorative candle.