

# PROGRAM PICKS

NORICE SMITH  
Program Coordinator

## MEET THE SCHOOL COMMITTEE CANDIDATES Friday, June 6<sup>th</sup> – 2:00-3:00 PM

You are invited to attend a forum at our Center to give you the opportunity to become acquainted with the following people who are running for School Committee: Gwendolyn Bruns, John Fitzgerald, Gerald Kiernan, Edward Sweeney, Geoffrey Weigand and Armand Wray. The candidates will share their background and what they expect to accomplish or contribute as members of the School Committee. All other positions are uncontested. Your informed vote is important. The election takes place at the Community House on Tuesday, June 10<sup>th</sup>. Polls are open from 8:00 am – 8:00 pm.

**JEWELRY with Sandy**  
**Monday, June 2nd & 16th, 1:00 PM**  
Last class before summer break. Come in to create something new for summer or repair one of your favorite pieces. \$2 fee.

**GREENWOOD BOOK CLUB**  
**Tuesday, June 3<sup>rd</sup> – 1:00 PM**  
June 3<sup>rd</sup>: "Whitethorn Wood" – Mauve Binchy  
July 1st: "March" – Elizabeth Brooks

**VETERANS MEETING**  
**Wednesday, June 4<sup>th</sup> @ 1:00 PM**  
Our speaker will be Andrew Simkewicz, a Benefits Counselor from the Springfield Veterans Center. Our last meeting of the season.

## NEW WATER AEROBICS CLASSES Thursday, June 12<sup>th</sup> – July 17<sup>th</sup> -11:00

George will begin another low impact water exercise class to help build cardiovascular endurance, strength and flexibility and increase range and motion. Classes are held at the lovely Glenmeadow Pool, which also offers a relaxing dip in the hot tub. \$36 for 6 classes. Must register at 565-4150.

**DISCUSSION GROUP**  
**Tuesday, June 17th, 1:00 PM**  
Join in on the lively discussion or just observe! Moderated by Saul Finestone. No need to register

**MOVIE AFTERNOON**  
**"THE GREAT DEBATERS"**  
**Friday, June 20<sup>th</sup> -12:30 PM**  
This award-winning movie is based on the true story of Melvin Tolson, a professor, (played by the great actor Denzel Washington) in a small college in Texas. In 1935 he inspired students to form the schools first debate team, which went on to challenge Harvard in the National Championships.

**JOURNEY TO JAZZ**  
**LHS JAZZ BAND!**  
**Tuesday, June 24<sup>th</sup> 1:00 PM**  
Members of the very talented Longmeadow High School Jazz Band will provide entertainment for Saul's program this month. The group is led by saxophone player Paul Brinell. The public is invited to attend. Hope to see you there. Final program of the season. Please register—565-4150

## MASSACHUSETTS SUMMER GAMES

Senior Games provide people with opportunities for competition, recreation, and camaraderie. The 17th Annual Massachusetts summer games competition will be held June 27-29, 2008 at Springfield College in Springfield, Massachusetts. *No entries after June 21, 2008 Questions call 413-748-3810.*

### Summer Games & Events Schedule Saturday/Sunday June 7-8 2008

Soccer  
6/8/2008  
Badminton  
Archery  
Mon-Sat, June 9-14, 2008  
Billiards  
Thurs-Fri June 12-13, 2008  
Golf (1st 18 holes, June 12)  
Golf (2nd 18 holes, June 13)  
6/14/2008  
Pistol Shooting  
Race Walk (Men/Women 5k)  
Table Tennis  
Fri-Sun June 20-22, 2008  
Men's Softball  
6/21/2008  
Shuffleboard  
Road race (5k, 10k)  
Lawn Bowling  
Horseshoes  
Friday - June 27, 2008  
Swimming Events  
6/28/2008  
Swimming Events  
6/28/2008  
Men's Basketball (3 on 3)  
Race Walk (Men/Women 1500m)  
Fitness Walk  
Track & Field Events  
Racquetball (Singles, Doubles)  
Volleyball  
6/29/2008  
Triathlon  
9/7/2008  
Cycling (5k, 10k, 20/40k)  
9/13/2008  
Women's Softball  
9/20/2008  
Synchronized Swimming

# DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **APRIL**: **Dominica Curran, Mass Mutual, Miriam Odentz, Marie Janik, Discussion Group, Wednesday Bridge Group, Constance Sullivan, Betty Rochford, Miriam Lowell, JGS Administrative Services.** Thank you!

## Over Sixty Club

### PREPARTING MAKES SENSE Get Ready Now

**Make a Plan** For What You Will Do in an Emergency The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you. Think about what modes of transportation you use and what alternative modes could serve as backups. For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family, friends, care providers. Make sure everyone knows how you plan to evacuate your home.