

PROGRAM PICKS

NORICE SMITH
Program Coordinator

ADULT FOCUS ON LONGMEADOW

We hope you have been watching our Adult Center sponsored program on Channel 12, Longmeadow Community Television. It airs on Tuesdays at 9:30 am and 6:30 pm and Sunday at 10:30 am.

LONGMEADOW READERS

Tuesday, March 3rd @ 1:00

All are welcome to join us on the first Tuesday of each month for an informal discussion of a variety of fiction, nonfiction, memoirs, biographies decided on by the group. Watch the Newsletter for names of selections. March 3rd - *The Knitting Circle* by Ann Hood April 7th - *The Reader* by Bernard Schlink

VETERANS CIRCLE

Wednesday, March 4th @ 1:00

We will have two speakers from our own group who have offered to share their World War II experiences with us. Please register the day before if you plan on having lunch at the Center. 565-4150

'THE LITTLE BLACK DRESS'

Thursday, March 5th at 1:00

Don't miss Yvonne's presentation named after our favorite attire, The Little Black Dress. She will show us how to accessorize it for any occasion, from casual to black tie using scarves, jewelry, flowers, and handbags. She sells age appropriate clothing at her shop by appointment only, but she will bring some with her. They are all very reasonably priced. We are joining the Over 60 Club for an afternoon of fashion and fun, together. Please let us know if you plan on attending at 565-4150.

ITALIAN CLASSES

Tuesdays, starting March 3rd

Beginning Italian: 10:30am - \$64 for 8 weeks
Advanced Italian: 12:00pm - \$48 for 8 weeks

RED HAT SOCIETY

Wednesday, March 11th @ 12 noon

Enjoy a wonderful luncheon at Storrowton Tavern on Memorial Ave. in West Springfield decked out in your 'Madhatter' attire. Register at 565-4150.

MOVIE AFTERNOON

MILK

Friday, March 20th, 12:30 PM

The story of California's first openly gay elected official, Harvey Milk, a San Francisco supervisor who was assassinated along with Mayor George Moscone. Nominated for 8 Oscars.

TAI CHI

March 20th-May 29th @ 8:40 AM

Our new session of Tai Chi starts in the Greenwood Gym. Doctor recommended for its positive effects for balance, cardiovascular and respiratory functions, preventing falls and lowering blood pressure. \$55 for 10 classes. No class April 24th. Register at 565-4150.

CHAIR YOGA

Thursdays, Starting March 12th @ 12:30 PM

Yoga also offers great benefits for your body and provides a gentle but effective workout. We have a wonderful instructor who has made it possible for us to achieve most of the movements in a chair that we would have on a mat. \$30 for 6 classes.

GOLF INSTRUCTION

Wednesdays - March 11th-April 15th

PGA Pro Bob Lake, will hold his first class of this session of lessons at the Greenwood Gym at 9:00am. Weather permitting, the following lessons are held at the Fenway Golf Range located on the corner of Allen St. and Porter Rd, East Longmeadow at 10:00am.. Six week classes in three sessions. Rain dates: April 22 & 29. \$84. Register- 565-4150.

OVER SIXTY CLUB

Thursday, March 5th at 1:00 pm. Learn to accessorize "A Little Black Dress" in a program presented in conjunction with the Longmeadow Adult Center. See page 4 for details. Come to have fun. Lunch reservations—565-4150.



LONGMEADOW STREET SIGNS

The Longmeadow DPW is replacing street signs in town with larger, brighter sign faces. This work is being done to bring street signs in compliance with requirements in the Manual on Uniform Traffic Control Devices (MUTCD) published by the Federal Highway Administration. The sign faces are larger; they have 9 inch sign blanks with 6 inch letters as opposed to the former sign blanks which were 6 inches high with 4 inch letters. More importantly, the material that is placed on the metal blank has a higher retro-reflectivity. This means that in the early evening, at night time and other times when conditions are not conducive to good visibility, the sign faces themselves pick up and reflect the light from a vehicles headlights making it easier to read the street sign.

The posts that are being used also conform to MUTCD guidelines. The posts are galvanized steel so they will not rust and have a break-away anchor system that will reduce damage to both the sign and a vehicle should it be hit.

For more information, please call the Public Works Department at 567-3400.

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **JANUARY**: **Peter A. Kumieba, Longmeadow Maternal Association, ExxonMobil, Carl Stephan, Wednesday Bridge Club, Marcia & Milton Lieber, Pam Rich, Discussion Group, Chainsaw Flyers.**



TENNIS OR SWIMMING ANYONE?



We are so grateful to the Park and Rec for providing us with their facilities and staff to operate a tennis program and to offer either swimming lessons or free swim for seniors at the Greenwood Pool this summer. We will start the tennis lessons at the Greenwood Center courts this spring. Watch the newsletter for dates and times, but we would appreciate hearing from those that are interested in taking advantage of this generous offer. Call Norice at 565-4150.



CONFUSED ABOUT THE DIGITAL TELEVISION CONVERSION?

The Adult Center has a volunteer who would be very willing to help you work out the kinks. Call 565-4150 for more information!