

PROGRAM PICKS

NORICE SMITH
Program Coordinator

YOU ARE CORDIALLY INVITED TO ATTEND AFTERNOON TEA

ON

WEDNESDAY, MAY 21ST AT 1:00 PM

We will be honored by the presence of "Mrs. Gordon," of the Edwardian Era, in a one woman interactive, historical narrative that will transpose us into Mrs. Gordon's guests. You are welcome to attend in the costume of the period and we encourage all those who still have them, to wear gloves. Modern dress is, of course, acceptable. Questions will be welcomed and addressed about the time period of the first decade of the 1900's. Enjoy desserts, coffee and tea.

You will be introduced to the present members of the FOLOCA Board who will be helping to serve and welcome our guests. We would be very grateful for any help we might receive from our members concerning set-up, serving and preparation of desserts. We extend thanks to the Mass. and Longmeadow Cultural Councils for making this possible. \$5 donation. Reservations: 565-4150

MASS. SENIOR OLYMPIC GAMES June, 2008

The Senior Games provide people with the opportunities for competition, recreation and camaraderie. The 17th annual Mass. summer games are based on the campus of Springfield College and will be held during the month of June at various venues and dates. They recognize the need and desire of senior men and women to take part in wholesome physical activities. Informational flyers and registration forms are available at the Center or contact the Games office at the College.

READY FOR SUMMER FUN? SWIMMING & TENNIS

In coordination with the Parks & Recreation Dept., we are pleased to be able to offer **swimming lessons** or free swim time, open to seniors only, at the Greenwood Park Pool. Final details will be worked out when we know there is some interest. **Tennis lessons** will also be available on our courts with instructors provided by the Park Dept. Please let us know of your interest. 565-4150

BEGINNERS LINE DANCING

Mon, May 12–June 16 – 9:00-10:00 AM

We are so pleased Lynn Connelly is able to conduct line dancing classes for us. Lynn also teaches advanced line dancing at the Community House and is looking forward to seeing some of our people progress to that group in the future. They have a wonderful time and good exercise. Register 565-4150.

ATTY. DARLING SPEAKS

Wednesday, May 7th - 10:00 AM

Atty. Darling will give a detailed presentation on "Protecting Your Assets" and "Long Term Care Planning" and will address questions. Register at 565-4150 so there are enough handouts.

GOLF – 2nd SESSION

Wed., May 7 - June 11 – 10:00 AM

PGA Golf Pro Bob Lake will begin the second session at Fenway Golf Range, corner of Porter Rd. & Allen St., E. Long. He can accommodate all levels and ages. Fee remains at 6 lessons @ \$84. Note time is 10:00.

OVER SIXTY CLUB

Thursday, May 1--1:00 pm. Lunch in the dining room at 11:30 am precedes social meeting in the Over 60 Room at 1:00 pm. Come for conversation and laughs. Bring a funny cartoon or joke to share. Save the date of June 5th for annual pizza party to celebrate warmer weather and a successful Over 60 Club year. Call 567-0824 for pizza reservation.

Analog-Only TV Shutdown

Daniel Crane, Undersecretary of the Office of Consumer Affairs and Business Regulation, is reminding consumers to mark their calendars for February 17, 2009. That's the date that U.S. broadcasters are mandated to shut down analog TV broadcasts. If you have an analog-only TV and don't have cable or satellite, you will need a digital converter box to receive local over-the-air broadcasts after that date. The National Telecommunications and Information Administration (NTIA), has certified more than 30 boxes that can be purchased with the DTV converter box coupons. The boxes will be sold at more than 250 retailers nationwide including Best Buy, Circuit City, Kmart, RadioShack, Sam's Club, Target, and Wal-Mart stores. The digital converter boxes will cost approximately \$40.00 to \$69.95. Please note that only consumers who have completed and returned applications to the NTIA will receive digital converter box coupons. Consumers will be eligible for two coupons per household in the amount of \$40.00 each. **The coupons will expire 90 days after being issued, so it's important that consumers use their coupons within three months.** You have until March 31, 2009 to request a coupon while supplies last. You may request a coupon in one of the four following ways: **(continued next column)**

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **MARCH: Wednesday Bridge Group, Ellen Heye, Betty Rochford, Marie Janik, Dominica Curran and the Discussion Group**. Thank you! With your support the Friends Group updated the Maple Tree Gift Shoppe this past month.

Older Americans Month 2008

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May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life.

Analog-Only TV Shutdown—Continued

1. Apply online at www.dtv2009.gov/ApplyCoupon.aspx
2. Call the Coupon Program 24-hour hotline at 1-888-DTV-2009 (1-888-388-2009)
3. Mail a coupon application to: PO BOX 2000, Portland, OR 97208-2000. Download a Coupon Application at www.dtv2009.gov/docs/Coupon_Program_App_en.pdf
4. Fax a coupon application to 1-877-DTV-4ME2 (1-877-388-4632) For more information about the converter box program, converter box coupons, and the coupon application please visit NTIA's website at www.ntia.doc.gov/otiahome/dtv/