

PROGRAM PICKS

NORICE SMITH
Program Coordinator

UPDATE

ADULT FOCUS ON LONGMEADOW

For the May and June airings of the Longmeadow Adult Focus on LCTV, our panel of John Bowen, Dr. John Carey, Jim Jones and Ellie Tyson will interview Health Dept. Director Beverly Hirschhorn concerning a new function of the Health Dept: **The Medical Reserve Corps**. It is composed of a volunteer corps of medical professionals as well as non-professionals for public health response in case any emergencies arise in our town. Beverly is presently working with several volunteers, but more, including seniors, are needed. She will explain the functions and purposes of the Corps. Please tune in. It is aired on Tuesdays at 9:30 AM and 6:30 PM and Sundays at 10:30 AM on Channel 12, Longmeadow Community Television. The first half hour will be rerun for the month of April and second half in May. Suggestions or questions please call Norice Smith at 565-4150.

KEEP MOVING!

REGIONAL SPRING WALK FOREST PARK

Monday, May 4th – 10:30 AM

Meet *Keep Moving* Walkers from across the state. Bring a picnic lunch. Make new friends! Walks begin with registration and warm-up. There are one-mile and three-mile walking routes. Take advantage of this year's walk being held in Forest Park.

GOLF – 2ND SESSION

Weds, May 6th – June 10th @ 10:00 AM

All are welcome to join PGA Pro Bob Lake for his 2nd session of lessons this season at the

Fenway Golf Range in East Longmeadow on the corners of Allen St. and Porter Rd. He can work with all levels of ability from beginners to those polishing their skills for the coming summer. The fee of \$84 for 6 lessons, with two rain dates scheduled, is very reasonable. There will be one more 6 week session following this. Register at 565-4150.

CHAIR YOGA

Thursdays, May 7th-June 11th @ 12:30 AM

A unique and holistic form of gentle Yoga that is perfect for anyone that prefers a chair to a mat. Beneficial to all and designed especially for those with limited mobility resulting from Arthritis, Osteoporosis, MS, (or anyone our age.) A very popular class. \$30 for 6 classes.

METROPOLITAN OPERA LIVE

West Springfield Cinemas

Saturday, May 9th- Noon departure

The Metropolitan Opera Live Series is being transmitted to movie theaters around the world. La Cenerentola by Rossini will be shown for the last one of the season. The show is at 1:00. Cost of admission for Seniors is \$20, plus the van is \$3. The theater has very few seats available so if interested send in your check for \$23 immediately.

ELDER LAW

ATTY. HYMAN DARLING

Wednesday, May 13th @ 10:00 AM

Atty. Darling will return to keep us up to date on the laws pertaining to Long Term Care Planning. He is our local expert on the subject, always has a great deal to offer and is up on all the new state and federal laws. He

OVER SIXTY CLUB

May 7, Thursday. 12:30 pm.

The Over 60 Club is the only senior citizen club in town. It was formed in 1980. Meetings are held the first Thursday of the month. This month we are delighted and fortunate to have Police Captain Robert Siano speak to us about his experiences in the Longmeadow Police Dept. Capt. Siano has recently been chosen from 60 candidates for Chief of Police in Longmeadow due to retirement of Chief Danio. Come and congratulate him, especially as he was chosen from our own bank of officers. He will become the new Chief on May 26. Everyone welcome.

RECREATION NEWS

SPRINGTIME IN NEW YORK CITY

Trip will be on Saturday, 5/16. \$57

MARY POPPINS ON BROADWAY

The trip will be on Saturday 5/16. \$160

TOUR OF NBC AT ROCKEFELLER PLAZA

The trip will be on Saturday, 5/16.

\$68 per person.

SENIOR MEN'S VOLLEYBALL

Pick up games for men 50+ years.
Mon -7:45-9:15pm Greenwood \$3 per night.

CRIBBAGE LEAGUE

New members always welcome, but please come with experience. Meets on Tuesdays from 7:15-10pm in the Adult Center Dining Room. Call Bob Arnold at 413.283-8438.

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **MARCH**: **Irene Kotula, Betty Rochford, Marie Janik, Janet Balicki, Joyce Hastings, Pam Rich, Louis Bouffides, Cribbage Group, Wednesday Bridge Group, Ethelyn Bessel, Enes Bruno, Venessa O'Brien.**

Your donations helped fund the painting in the Maple Tree Gift Shoppe and the installation of window treatments. Thanks to **Mark Gold** for donating his time and helping us brighten up the Gift Shop with a fresh coat of paint! Thank You to All!

Longmeadow Annual Board/Committee Vacancies Notice

The Longmeadow Select Board is seeking residents to serve on various Boards/Committees during its annual appointment process. Those willing to serve on a particular board/committee should submit an application to the Select Board, 20 Williams Street, Longmeadow, MA 01106 by May 11th at 4:00 p.m. (applications are available in the Select Board's office or on the Select Board page online at www.longmeadow.org). Applicants are required to be present for an interview with the Select Board during their May 18th meeting. Appointments will be made at the Select Board's June 1st meeting.

A complete listing of vacancies is available in the Select Board's office and online at www.longmeadow.org. Current members whose terms are up June 30th must submit an application and be interviewed in order to be considered for another term.