

PROGRAM PICKS

NORICE SMITH
Program Coordinator

NEW ITALIAN CLASSES

Tuesday, November 6th - December 18th

Stephanie Foster begins a new series of 7 week session from November 6 thru December 18. **Beginners** meet at 10:30 and **Intermediates** at 12:00. You'll enjoy her classes while learning a new language. \$42 for 7 classes. Register at 565-4150.

VETERANS CIRCLE

Wednesday, November 7th - 1:00 PM

The public is invited to hear Peter Santos speak to our Veterans Group at our monthly meeting concerning the history of the Korean War and the part that he played in it from 1952-1954. Lunch at 11:30. Call 565-4150.

CALLIGRAPHY WORKSHOP

**Wednesdays, Nov. 7, 14, 28 & Dec. 5
9:00 - 11:30 AM**

Jamie Risley Hall will conduct a workshop on the fundamentals of the hand lettering of this ancient method of gracious writing - just in time for Holiday messages. Supplies may be purchased from her to make it easier; boards to work on, and the traditional pens, nibs and ink if you need them. A great opportunity - Jamie is known for her beautiful, award-winning work. \$48 for four 2 1/2 hour classes. Must register at 565-4150.

COMPUTER WORD I

Wednesday, Nov. 7th - 10:00-11:30 AM

Register now for a six week course in Word I. This is such a valuable tool in using your computer. Must have taken an earlier beginners class or have some background in Windows. \$12 for 6 weeks.

"GIRLS DAY OUT - 2007"

Thursday, November 8th - 10:00-3:00?

Mark your calendar for our annual special day of fun for the girls. We are anticipating a great morning presentation by Christine Dupont who will introduce us to the ancient Japanese art of **Jin Shin Jhutsu** which can be applied to ourselves, by ourselves. It is an Art practiced by placing the fingertips (over clothing) on designated areas to facilitate the reduction of tension and stress which accumulate through normal daily living. It is a simple and powerful self-healing tool, available to all while watching TV, etc. Enjoy a delicious **Pizza** for lunch and a fun game of **Bingo** followed by a **Make Your Own Sundae**. \$5 fee. Reservations requested-565-4150. If you have amusing stories or jokes, please share them.

NEW PILATES CLASSES

Fridays, November 9-January 4

Chlake will begin her new session of this great method of body conditioning, a favorite of the celebrities. **Beginners** meet at 10:30 and **Intermediates** at 9:30 AM. \$40 for 8 classes. Register at 565-4150. She also invites those interested in familiarizing themselves with Pilates to join her for more information on **November 16** at 11:30-12:00.

ATTY. HYMAN DARLING TO SPEAK

Tuesday, November 13th - 10:00 AM

As promised, Attorney Darling will return to bring us up to date on the status of Elder Law in Massachusetts. He will provide us with an update on Taxes and Medicare in our state. If you would like him to address a specific

PRESCRIPTION DRUG COVERAGE

Great News! The Commonwealth's pharmacy assistance program, Prescription Advantage, is moving to continuous open enrollment!! This means that anyone who finds themselves eligible can sign up at **any time** for the program AND for most people there's no premium!! Prescription Advantage is available to MA residents who are 65 years or older as well as those residents under 65 who are disabled and meet certain criteria.

Also, November 15, 2007 begins the Annual Coordinated Election Period (AEP). The AEP goes until December 31st, 2007. What this means is anyone that would like to make changes to their health care coverage, **Prescription Drug** or **Medicare Advantage** plans, may do so at this time. Any changes that are made during this time go into effect January 1st.

Want to learn more? The SHINE program, which stands for Serving the Health and Information Needs of Elders, offers a variety of counseling services for Medicare Beneficiaries. Call to meet with the Longmeadow SHINE Counselor: 565-4150.

RADIO CITY MUSIC HALL

"CHRISTMAS SPECTACULAR"

Christmas isn't truly here until you have a chance to visit Radio City Music Hall and see the Christmas Spectacular. New acts have been added to the show this season along with the traditional favorites. Seats are located in the Orchestra Section for the 5:00 pm show. There is time prior to the show to enjoy the sites and sounds of the holiday season in New York City. Gift Certificates available. Trip is scheduled for December 12th. Depart from Greenwood Center at 8 am, and return 10:30 pm. \$125 per person. Visit www.LPRD.net or call 565-4160 for more information.

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **SEPTEMBER**: **Marie Janik, Betty Rochford, Pat & Jerry Camerota, COA Board of Directors, John & Ann Carey.**

OVER SIXTY CLUB

Nov. 1st 1:00 pm. Meeting in the Over Sixty Room. Want to see all your smiling faces there. Lunch with a Bunch at 11:30 in the dining room before the meeting. **Holiday Party** will be at the Olive Garden on December 6th at 12:30 pm. Hope you can make it. Call 567-0824 to make holiday party reservations. Let us know if you need transportation from the Adult Center to the Olive Garden in the Adult Center Van--\$2 fee.

MATERNAL

Tuesday Nov. 13, 2007, 1 PM

(please note date change)

Longmeadow Community House

"Additional December Traditions"

Deborah Long Smith

"Full Circle Flowers"

Ms Smith will lecture on greenery and various decorations for winter and the various December holidays. A question and answer period will follow. As always the public is cordially invited.