

Please use this form for your convenience in making a gift that will enhance the lives of mature adults in our community today and tomorrow. The individual or families of those you have honored will be notified of your gift. Your contribution is greatly appreciated.

FRIENDS OF LONGMEADOW OLDER CITIZENS ASSOCIATION, INC.  
(FOLOCA)

IN SUPPORT OF

The Longmeadow Adult Center—231 Maple Road, - Longmeadow, MA 01106  
A LIVING MEMORIAL/HONOR/GRATITUDE FOR SERVICES & PROGRAMS

I/We have enclosed \$ \_\_\_\_\_ (Make Check Payable to FOLOCA)  
In Honor of \_\_\_\_\_  
In Memory of \_\_\_\_\_  
Thank you \_\_\_\_\_  
SEND CARD TO: \_\_\_\_\_  
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Friends of Longmeadow Older  
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231 Maple Road  
Longmeadow, MA 01106

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Return Service Requested



# THE VOICE

**November 2008**

**LONGMEADOW FLU CLINIC**  
**Wednesday, November 19th**  
**10:00A.M.-1:00P.M.**

**Greenwood Center Gymnasium**  
**231 Maple Rd., Longmeadow.**

This clinic targets high risk individuals: those over 65 and adults (individuals 18 years of age or older) who have asthma, diabetes, chronic illnesses of the heart, lung, or kidney or are immuno-compromised and women who will be pregnant during flu season. Adult caregivers of high risk individuals are eligible. *No reservations are required*

Flu shots are free of charge to individuals who have Medicare B. Bring all Medicare and secondary medical insurance cards to clinic. The charge for all others is \$3.00.

The Centers for Disease Control and the Mass. Dept. of Public Health state that **November and December are the best months to receive flu shots**; shots given within this time period should provide immunity for the entire flu season (which typically lasts from January-April). It is even not too late to receive a flu shot after Christmas to get protection for most of the flu season.

**CHEF ROBERT'S**  
**SPECIAL LUNCHEONS**

Please join us as we honor our  
**LONGMEADOW VETERAN'S**  
**Wednesday, November 5th, 11:30 AM**  
All veterans are invited to join us for a complimentary luncheon prior to their monthly meeting. \$3 for all others. Register early, 565-4150.

**THANKSGIVING LUNCHEON**  
**Thursday, November 20th, 11:30 AM**  
Join us for Turkey with all the trimmings!  
Call early, \$3 per person.

For those celebrating a November birthday, please plan to join us in December for a combined November/December celebration.

**SNOW BIRDS!** Please let us know if you're flying south so we may update our mailing list. 565-4150

**Longmeadow**  
**Adult Center**

*"A Branch of Community Support"*  
at Greenwood Park Center  
231 Maple Road, Longmeadow, MA  
01106

*Karen Neiman Michelman*  
**Director**

**Telephone & TDD**  
**413-565-4150**

**www.Longmeadow.org**

**Minibus: 739-7436**  
**or 1-866-277-7741**