



PROGRAM PICKS

NORICE SMITH
Program Coordinator

NOVEMBER NEWSLETTER LONGMEADOW SENIOR FORUM

We have been given the special opportunity to discuss issues that present themselves in Longmeadow. The General Manager of Longmeadow Community Television has offered to broadcast a forum made up of residents of our town to express our views. We welcome any suggestions of topics you would like to see studied and reported on. Please submit those topics to Norice Smith at the Adult Center. Let's make a special effort to make this a successful undertaking. We are beginning by interviewing a representative of the Cable Advisory Committee. Panel members are Ray Marr, John Bowen, Marion Loughman, Ellie Tyson and Jim Jones. Day and Channel will be announced.

RADIO CITY MUSIC HALL "CHRISTMAS SPECTACULAR" Thursday, December 4th

In answer to many requests, The Park and Recreation Dept. has invited us to join them for a favorite New York trip. New acts have been added. Our seats are in the Orchestra section for the 11:00 AM show. There will be time to enjoy the sites and sounds of the New York Holiday season following the show. Certificates available for great gifts. Depart 6:30 am – Return about 9:30 pm. \$125 pp. Register through the Recreation Department.

ONE-ON-ONE HELP ON THE COMPUTER

1ST Tuesday of the month @ 9:30

Learn basic computer skills. Must set an appointment at 565-4150.

PERFORMANCE REHAB FITNESS PROGRAM

Mons, Weds & Fris – 9:30-10:30 am

We have added a new dimension to our fitness programs in collaboration with Performance Rehab on 80 Denslow Rd. Intended to give us better balance, more flexibility, strength and better health, classes also include the opportunity of walking intervals in their spacious multi-use facility that allows activity throughout the year in a safe and comfortable setting. You may drop in on the class at will. Well worth your time. \$3 per session. Information at 565-4150.

GREENWOOD READERS Tuesday, November 4th

Please note that we decided to switch selections and read the 'Zoo Keepers Wife' by Diane Ackerman for our November 4th selection and 'The Story of Edgar Sawtelle' by David Wroblewski for December.

VETERANS CIRCLE Wednesday, November 5th

All of our Veterans are invited to join us for a complimentary lunch on the day of our regular meeting before the upcoming Veterans Day. We would like to recognize and honor you for serving our country in any capacity. Please let us know the day before if you intend to attend. Our speakers at the next meeting will be Tom LeBlanc and Sheila Davies who are both Social Workers for the Northampton Veterans' Association. They will discuss benefits, how to fill out applications for various reasons, etc. See you there.

OVER SIXTY CLUB

Thursday, November 6th 1:00 pm.
Lunch is served in the dining room at 11:30. Reservations must be made on Nov. 5th by calling 565-4150. Meeting will begin at 1:00 pm. The Over 60 Club is experiencing a new beginning. We are delighted to have Kay Duclos as our president. New interesting programs are scheduled.

An interesting slide show of Heifer International's work will be presented by M. L. Brown, a retired Springfield College professor, who participated in a study tour by visiting partners who were working with Heifer to improve the lives and environment in Honduras. All are welcome to come. For more information, call 567-3598

MATERNAL

Wednesday November 12th, 1:00 PM
(please note change of date)

Longmeadow Community House
"A New Twist on Poinsettias"

Welcome Chris Graziano of Graziano Nurserys in E. Longmeadow. Always a popular speaker, Mr Graziano will get members and guests in the holiday spirit as he talks about holiday plants, particularly poinsettias. Following the program members Kay Duclos and Carmela Nutter will host a November Tea. The public, as always, is cordially invited.

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to *thank* the following individuals for their donations during the month of **September: Wednesday Bridge Group, Joyce Hastings, Marie Janik, Discussion Group, Senator Candaras, Francis Galligan and Guy D'Antonio,**

FOOD STAMPS – Two important changes in Food Stamp Program! The application has been simplified for seniors. It is a shortened version, adapted to reflect the general circumstances of elders. The form is only one page front to back. The rules are easier for seniors to apply – the asset test is eliminated for most applicants and standardized certification periods are eliminated for seniors. The name of the program has also changed. SNAP is the new name for the federal Food Stamp Program. For an application, call Linda Collina at 565-4150.

REVERSE MORTGAGES – With the popularity of reverse mortgage loans on the rise among seniors, the Office of Consumer Affairs and Business Regulation and the Executive Office of Elder Affairs has lunched a new web site, www.mass.gov/reversemortgage. Reverse mortgages are loans that enable senior homeowners to convert equity in their homes into income. If you are considering a reverse mortgage, you are strongly encouraged to go online for this additional information.