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231 Maple Road  
Longmeadow, MA 01106

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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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November 2009

GET READY  
FOR THE  
HOLIDAYS



Join Us!

- Healthy Eating Around the Holidays
- Celebrating the Holidays in the Midst of Life's Changes
- The Healing Power of Humor
- Festive Thanksgiving Luncheon

STAY SAFE AND WARM

With the tough economy, the Town of Longmeadow anticipates some residents may find it difficult to heat their homes this winter season. In an effort to be proactive, the Fire Department and the Adult Center would like to remind residents about the winter heating season resources available. Within the next few weeks, the Longmeadow.org website will once again provide detailed information on: **Fuel Assistance** and **Resources** from State and Federal programs, Energy vendor programs, and local resources and **Safe Heating** – fire prevention to help prevent fire from alternative heating sources & space heaters.



1000 HATS  
FOR  
THE HOMELESS  
Donate!



Adult Center

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

Telephone & TDD  
413-565-4150

www.Longmeadow.org

LONGMEADOW  
FOOD PANTRY  
Tuesdays  
10—Noon &  
6:30—7:30 PM



Karen Neiman Michelman  
Director

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