

# PROGRAM PICKS

## ADULT FOCUS ON LONGMEADOW

Tuesdays, 9:30am & 6:30pm,  
and Sundays 10:30 am

Watch LCTV, Channel 12, for the Mike Wrable, Director of Longmeadow DPW interview.

## VETERAN'S CIRCLE

Wednesday, November 4th 1:00 pm

William Albano, who has recently returned from Afghanistan, will give a presentation. All area veterans are welcome. Veterans may call in reservations for a complimentary Veteran's Day Lunch on the 4th.—565-4150. Be sure to mention you are a Veteran.

## COMPUTER —E-MAIL CLASS

Wednesdays, Nov 4<sup>th</sup> & 18<sup>th</sup>, 10:00 am

Learn how to share your news with friends and relatives via the computer. The class will cover handling messages; creating and sending messages to one or more recipients with attachments; and creating, editing, and managing your address book. \$4.00 for the 2-class series. Register by calling 565-4150.

## “THE HEALING POWER OF HUMOR”

Thursday, November 5th 1:00 pm

Doug Foresta, Psychologist, Social Worker and student of the Theater, will give a fun, dynamic presentation focusing on the benefits of adding humor and playfulness as coping skills and stress reducers. Learn to laugh your stress away. Please register—565-4150.

## CONVERSATIONAL GERMAN

with Hartmut Karottki

Thursdays, Starting Nov 12th, 11:30 AM

Please join us for an afternoon of Conversational German. Register—565-4150.

## COMPUTER TROUBLESHOOTING

Weds, Nov 18<sup>th</sup> and Dec 16<sup>th</sup>  
1:30 – 2:30 pm

Tom Johnson will teach this class for those who want to keep their computer out of trouble and working smoothly. Delete unwanted programs and increase resources. Discuss security and privacy issues on the Internet. Find out about social networking sites. Bring your questions. *Not for beginners or Mac users.* Register at 565-4150.

## HEALTHY HOLIDAY EATING

Thursday, November 19<sup>th</sup>, 12:30 PM

It is NOT an oxymoron! Join Katie Defoe from the Western Mass Foodbank as she shares tips on how to eat what you want around the holidays.... Just a little healthier. Register – 565-4150.

## MOVIE AFTERNOON—“Grey Gardens”

Friday, November 20th, 12:30 pm

This drama provides a glimpse inside the incredible world of Jackie O's relatives while telling the story of “Big Edie” Beale (Jessica Lange) and her daughter, “Little Edie” (Drew Barrymore).

## JOURNEY TO JAZZ

Tuesday, November 24th 1:00-2:30 pm

“Movin’ Wes” with Wes Montgomery, believed by many to be the most influential jazz guitarist of the sixties, will be featured. His multifaceted approach produced a thick, buoyant and exhilarating sound. (He used his thumb instead of a pick to pluck the strings). As an improviser, Montgomery had a phenomenal swing-feel, and he played ballads that were deeply affecting.

## Over Sixty Club

November 5<sup>th</sup> Thursday at 12:30 pm.

Meeting in Over 60 Club Room

Doug Foresta will give a presentation and workshop on the “Power of Humor” and stories when recovering from trauma or illness, or simply dealing with everyday life. Come on time and bring a friend.

Happy Thanksgiving to all.

No meeting in December.

## Maternal

The Maternal Association November meeting will be Tuesday, Nov. 3, 2009, at 1:00 p.m. at the Longmeadow Community House. Lois Brooks, owner of “Floral Fantasies” in Longmeadow will speak of her new store and give hints on holiday decorating. A question and answer period will follow her presentation. Following our program, Marcia Podgurski and Elizabeth Blokland will host a Thanksgiving Tea. The public is cordially invited.

## ANCESTRY.COM

At Storrs Library

Contact the Library if you are interested in researching your family history! Ancestry.com provides all the key components for beginning your family history. Whether you choose to create a family tree or other project, Ancestry.com helps you reach into the past and make meaningful connections with your forbears.

## DONATIONS

The Friends of Longmeadow Older Citizens Association would like to *thank* the following individuals for their donations during the month of **September**:

**Miriam Odentz, Wednesday Bridge, Discussion Group, Betty Rochford, Marie Janik, and Guy D'Antonio.**

## 2010 ENTERTAINMENT BOOKS

Up to 50% off dining out. Great deals on travel and big savings on shopping, services and entertainment. Makes a great gift at only \$30 for Western Mass Edition.

## ATTENTION VETERANS

Jack McLean will read from and sign copies of his nationally best selling book, “Loon- A Marine Story” at Barnes & Noble in Holyoke, MA on November 11 at 7:00 p.m. All veterans groups are invited to attend as this should be a rewarding experience.

## WHEN IT'S MORE THAN SAD

Tuesday, Nov. 17, 6:00-7:30 p.m.

Baystate Health Education Center

361 Whitney Ave., Holyoke

Every 16 minutes someone in the U.S. dies of suicide. Join us for a unique opportunity to learn about resources available to help prevent suicide from the American Foundation of Suicide Prevention. You'll receive information about signs and symptoms, stress, depression, and prevention. Refreshments served. Registration required Call 413-788-7420.