

LONGMEADOW RECREATION DEPARTMENT OFFERINGS

ADULT BEGINNER BALLROOM DANCE

Ballroom dance is an excellent form of exercise and an opportunity to learn the classic form of ballroom dancing. Classes will be geared toward beginners. Bring your dance shoes, gather your partner or come alone and have a good time getting some exercise and meeting new people. Classes will be held on Wednesdays from 9/24 through 12/3 from 6:30-7:30pm at Greenwood Children's Center. The fee is \$65 per participant.

FALL IN NEW YORK

Any time of the year in New York City is enjoyable. Sit back, enjoy the ride, and let us do the driving. Enjoy a visit to world famous museums, take in a Broadway show or just sit back and enjoy the sites and sounds of New York in the fall. Stops will be along 5th Avenue and Times Square. Information and maps will be available on the bus. Monday 11/10 with the bus departing from Greenwood Center at 6:30am and returning at 10pm. The Fee is \$45 per participant.

RADIO CITY MUSIC HALL "CHRISTMAS SPECTACULAR"

Christmas is not 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 such as the March of the Wooden Soldier and the Live Nativity Scene. Seats located in the Orchestra Section for the 11:00 am show. There is time following the show to enjoy the sites and sounds of the holiday season in New York City. The trip will be on Thursday 12/04 with the bus departing from Greenwood Center at 6:30 am and returning at 9:30 pm. The fee is \$125 per participant.

Visit www.LPRD.net for additional information and registration.

What else can I do to save energy?

Here are some additional ways you can save energy on your own:

1. Lower your heat thermostat to 55 when you are going away for several days.
2. Avoid running water continuously while doing dishes, washing up, brushing teeth or shaving.
3. Wrap the hot water pipes coming out of your water heater with insulation. Wrap those pipes nearest the heater first for greatest savings.
4. Keep your freezer tightly packed, adding bags of ice as needed to fill space.
5. Load washers and dryers to capacity, but don't overload. Overloading can cut down on efficiency.
6. Don't peek in the oven as you cook. Every time the door is opened, a lot of heat escapes.
7. As your home settles, gaps can open along the doors and windows. Installing and/or replacing the weather stripping around doors and windows can solve this.
8. Check for open fireplace dampers.
9. Make sure your appliances and heating and cooling systems are properly maintained.
10. Look for ways to do things during the daylight, reduce the time the lights are on and replace incandescent bulbs and fixtures with compact or standard fluorescent lamps.



VOLUNTEER VIEWS

Ellen Gold
Coordinator of Volunteers

Please consider joining our incredible volunteer staff here at the Longmeadow Adult Center. Just a few hours each month can mean so much to the people you are sharing it with. For more information, contact Ellen at 565-4150.

TREASURES FROM GRANDMA'S ATTIC

The Adult Center's Annual Sale will be held at the center on **Friday and Saturday, October 24 & 25, 2008**. We are looking for high quality items – when you are cleaning out your closets, if you have any unwanted gifts, household items, holiday decorations or other suitable items in VERY GOOD and CLEAN condition we would appreciate your donation. Due to limited space, please call the Center at 565-4150 prior to making a donation. If you are interested in working at the sale for a three-hour shift, please call Ellen at the Center. Make sure you include our sale in your shopping plans for October; we will have some wonderful items and great bargains!!!

DRIVERS

With the retirement of several of our drivers, we have openings for **Errand Runners** and **Meals on Wheels** drivers. Our staff arranges for **Errand Runners** to take area residents to doctor's appointments on a very flexible schedule and you have the option of accepting or declining to drive when you are called.

Meals on Wheels drivers deliver the noon meal to approximately 20 homes in Longmeadow. We ask for a commitment of one day per month from 10:30 a.m. until 12:30 p.m., but the schedule is very flexible. Please contact Ellen at 565-4150 for further information.

SENIOR READERS

The **Senior Readers** have begun their program for the school year. Participating classes are the kindergarten, grades one and two at all three elementary schools along with two preschools at Center School. **Phyllis Bogert** coordinates the program and the readers are: **Rosemary Cahill, Hilde Kmetz, Nettie Fischer, Marion Loughman, Tony Odierna, Judy Moran, Betty Schube, Sydney Torrey,** and **Ruth Wolk**. Substitutes are: **Joanne Urstadt, Elaine Becker, Joyce Broadbent, Helen Murphy, Stan Goldman, Ruth Bennett, Marilyn Potvin, Rita Schwartz, Vivian Poisson** and **Barbara Blinn**. We thank you all for participating in this intergenerational program.

CELL PHONES

Cell phones are available for seniors for emergency use only.. Upcoming dates are October 14, November 18 and December 16, 2008. If you don't already have a cell phone, you should take advantage of this opportunity to aid in your safety. For more information or to schedule an appointment, please call the Center at 565-4150.