

PROGRAM PICKS

NORICE SMITH
Program Coordinator

CELEBRATE LONGMEADOW'S 225TH BIRTHDAY

HISTORY OF LONGMEADOW TOWN GREEN SCAVENGER HUNT With PETER SANTOS

Thursday, October 2nd @ 1:00 PM

Our Center plans on celebrating Longmeadow's 225th birthday by having a scavenger hunt on the Green. Peter Santos has kindly agreed to make the rounds with us and as we find historical places, he will elaborate on the historical significance of them. No one knows more about these than Peter. We'll all have a list of special items or places to look for and have a fun afternoon. Looking forward to meeting at the flag on the Green. Let us know if you can join us at 565-4150.

TRINITY MORNING CONCERTS Tuesdays at 10:30 AM

October 7th—Gala Opening Concert

Joel Martin, Piano & Lisa Woods Soprano

October 21st—Guest Artist Concert

Amanda Burr—Violin, Marc Winer Tenor,

Allan Taylor, Organ & Harpsichord

Tickets \$10, Van \$3. Call 565-4150.

ADVENTURES IN WRITING

Wed. October 8th-Nov. 12th @ 1:00-3:00

A new creative writing class, facilitated by Donna Bailey-Thompson, welcomes all levels of writers. Not an academic class, but an opportunity to develop and sharpen a personal writing style. You may choose whatever inspires you – fiction or non, plays, poetry, essay or memoir. \$50 for 6 wks to help you transform an okay effort into a WOW! A writer-friendly class. 565-4150

AARP DRIVER SAFETY PROGRAM Tues, Oct. 14th & Thurs, Oct. 16th

Designed to create an awareness of the physical changes that we experience as we age. There is no fear of failing or threat to your license. Attendance required on both days. You may order lunch here or bring your own. There is a \$10 fee for materials. Register at 565-4150. Class from 10—3 PM.

WATER AEROBICS at Glenmeadow Thurs, Oct. 16—Nov 20, 11:00 AM

A new instructor will be offering a low impact exercise class to help build cardiovascular endurance, strength and flexibility and to increase range of motion. Classes at beautiful Glenmeadow Pool with a relaxing dip in the hot tub. \$36. Must register at 565-4150.

MOVIE AFTERNOON "YOUNG @ HEART"

Friday, October 17th - 12:30

This is a documentary that has become quite famous and is about a Western Mass. senior citizens' chorus that specializes in singing rock, punk and soul. Pleasant and funny.

JOURNEY TO JAZZ "BASIE & BENNETT"

Tuesday, October 28th – 1:00 PM

Count Basie band swings – Tony Bennett sings. Tony Bennett is a swinging singer when he gets a band to sing with Precision and Spontaneity – a great combo for jazz.

New ITALIAN Session Starting Tuesday Oct. 28th

Stephanie Foster offers a beginners' class at 10:30. Advanced class 12:00. 8 wks. @ \$48.

OVER SIXTY CLUB

Thursday, October 2nd. Lunch at the Adult Center dining room at 11:30. Be sure your reservation is made the day before by noon at 565-4150. Meeting will start at 1:00 PM. Members have requested that we play Geronimo, a fun game played with cards. A very simple game that needs no card playing experience. Guests welcome. Bring a friend.

MATERNAL

Tuesday, October 7, 2008 1:00 pm

Longmeadow Community House

The first meeting of the 2008/2009 year will feature Ms Linda Lehman, owner of "Three Sisters Gourmet Chocolate" of 2341 Boston Rd, Wilbraham. Ms Lehman will speak about "The History of Chocolate". She will present samples, exhibit items for sale and answer questions from members and guests. Following the presentation a fall tea will be held, hosted by Elizabeth Blokland and Maria Podgurski. As always the public is cordially invited as we kick off the 173rd year that Longmeadow Maternal Association has served our community.

LUCKY STIFF

Presented by the Bay Path College

November 7 • 8:00 p.m.

Mills Theatre, Carr Hall

(\$8 seniors) Call Box Office at 565.1307 or Adult Center 565-4150 for tickets

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to *thank* the following individuals for their donations during the month of **AUGUST**: Miriam Odentz, Dr. & Mrs. Emanuel Weidman, Wednesday Bridge Group, Betty Rochford, Sally Malkasian, Jackie Barden, Discussion Group, Chainsaw Flyers, Redstone Rehabilitation and Nursing Center. Thanks to your donations we have continued to update the Adult Center with a fresh coat of paint!

REVERSE MORTGAGE WEB SITE FOR SENIORS

Reverse mortgages are loans that enable senior home owners, 62 years and older, to convert the equity in their home into income. It is important to learn as much as you can about this option to help supplement Social Security income or to pay for unexpected expenses. Reverse mortgages are complicated. To help understand this loan go to the new web site, www.mass.gov/reversemortgage which provides information to borrowers.

SWANS OF LONGMEADOW: THE HEART OF THE REFUGE

Wednesday, October 8 • 7:00 p.m.

Breck Suite, Wright Hall

In August of 2008, five young women, students in the *Film Matters!* Summer program at Bay Path College, set out to document the families of swans living in the Fannie Stebbins Wildlife Refuge in Longmeadow. The participants learned about the balance of conservation, the encroaching human habitat, and the impact on these beautiful creatures.