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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)
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Thank you _____

SEND CARD TO: _____
Address: _____
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October 2009

EXCITING NEW PROGRAMS!

ZUMBA for Seniors OPEN HOUSE!
Weds., October 14th 3:30 pm
See page 4

GARDEN TALK:
Putting Your Garden to Bed
Wednesday, October 28th 1:00 pm
See page 5

BALANCE STATIONS
Friday, October 9th, 10 AM—See Page 6

NATURE OF LONGMEADOW!
October 24th at Bliss & Laurel Parks
See page 9

Van Around Town & Enfield Mall
Trips are back—see page 2

**1000 HATS
FOR
THE HOMELESS**
See Page 3 for details
on this meaningful effort!



George Pennington

Telephone & TDD
413-565-4150

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

www.Longmeadow.org

TREASURES FROM GRANDMA'S ATTIC



Friday & Saturday
October 16th & 17th
10—2 PM

The Adult Center's Annual Sale will be held at the center on Friday and Saturday, October 16 & 17, 2009. See pg 3.



LONGMEADOW FOOD PANTRY

The Longmeadow Adult Center is pleased to announce the opening of the Longmeadow Food Pantry. With the downturn in the economy and rise in unemployment, the need for a food distribution program in Longmeadow has become apparent. The pantry will be housed in the Adult Center at 231 Maple Road, Longmeadow and is open to all Longmeadow residents in need. See pg 2.

Karen Neiman Michelman
Director

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

