

PROGRAM PICKS

Program Coordinator Update:

The Adult Center wishes Norice Smith the very best with her Cape Cod retirement! She will be missed by all.

ZUMBA for Seniors—OPEN HOUSE!

Wednesday, October 14th 3:30 pm

Donna Gendron, Certified Zumba instructor, will hold a free Open House to introduce this new, feel-good, aerobic exercise program. Zumba fuses hypnotic Latin dance rhythms and easy to follow moves to create a dynamic fitness workout. Class is geared toward seniors. Bring your sneakers and a bottle of water and join the fun. Register at 565-4150.

ZUMBA CLASSES for Seniors

Weds, Oct 21st – Dec 16th 4:00 pm

Combining fitness and fun, Zumba is an effective aerobic workout that is fun! 8 classes for \$25.00. No class on Nov. 11th. Those who sign-up for classes at the Open House on Oct. 14 will get a discounted rate of \$22.00 per class. Sign up by calling 565-4150.

TAP DANCE CLASSES

Fridays, Starting October 2nd

Intermediate/Advanced 11:30 – 12:15
and Beginner 12:15 – 1:00

Diane Shields has resumed her tap classes and would welcome new dancers to both classes. Join her for a fun workout.

NEW ITALIAN CLASS SCHEDULE

Brand New Beginners class starting

Tuesday, October 6th 10:30 – 11:00 am

Intermediate -11:00AM, Advanced 12:00 PM. Brand new beginners are welcome to stay for the Intermediate class also. \$64.00 for 8 wk session. Call 565-4150 to register.

ANNUAL CHALLENGE WALK

Tuesday, October 6th 9:00 am

Join us for our Annual Challenge Walk between Longmeadow and East Longmeadow. Choose either the one or three mile walk. Breakfast to follow at East Longmeadow Skilled Nursing Center. Let us know if you are up to the challenge!—565-4150.

VETERAN'S GROUP

Wednesday, October 7th 1:00 pm

Dr. Richard J. Deslauriers will talk and show slides about the US Army Dental Corps in 1955, and Mr. William Philips will speak about his military experiences. Mr. Laurence A. White Jr., outreach worker, will share information about the Hospice Life Care Program at Holyoke VNA.

MOVIE AFTERNOON—"The Soloist"

Friday, October 23rd, 12:30 pm

Robert Downey, Jr. and Jamie Foxx star in this true-life story about the relationship between a journalist and a former cello prodigy, whose music career was cut short due to bouts of schizophrenia. *Note week change.*

JOURNEY TO JAZZ

Tuesday, October 27th 1:00-2:30 pm

Hear The Greg Caputo Big Band with Phil Woods on alto sax, recorded on June 4, 2007 at the Majestic Theater in W. Springfield. It really swings! Greg Caputo, a very talented drummer, has played in famous bands such as those of Count Basie, Artie Shaw and Harry James. Currently he is the featured drummer in Ethel Lee's great jazz band.

Over Sixty Club

Thursday, October 1st 12:30 pm.

Please Note the first Thursday the month is Oct. 1st. Our speaker will be an interesting presentation by Gerry Barbeau about Emily Dickenson, the noted Myth of Amherst and poet. Lunch before the meeting, if desired, is at 11:30am. Call 565-4150 the day before for reservations. Bring a friend and enjoy the afternoon. The November 5th 12:30 meeting will feature Doug Foresta's program entitled "The Healing power of Humor. See page 5 for details.

Maternal

Tuesday October 6, 2009, 1 PM
Longmeadow Community House
A Glimpse into Local News

Elizabeth B. Corridan General Assignment Reporter and Producer at Channel 40 will discuss her job experiences. Following her presentation she will conduct a question and answer period.

A tea celebrating our first meeting of the 2009/2010 year will follow the discussions. Sonia Arakelian and Elizabeth Vartanian will be our tea hostesses. As always we cordially welcome the public to attend.

DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **August**: Ann Filler, Home Staff, LLC, Marie Janik, Discussion Group, Dr. I. Gomez, Elaine Saffer and Inger Bolduc.



LONGMEADOW ADULT CENTER 911 CELL PHONES

Cell phones are again available for seniors for emergency use only. They can only be used to dial 911. Our cell phones are distributed the first and third Tuesday of each month.

Upcoming dates for appointments are October 20, November 3 and 17 and December 1, 2009. If you don't already have a cell phone, you should take advantage of this opportunity to help keep you safe. For more information or to schedule an appointment, please call the Center at 565-4150.

We give a huge thank you to Millicent Sacks and Jean McCorry who coordinate the program.

NEEDTECH SUPPORT?

The Adult Center has a volunteer who is knowledgeable and willing to help with in home support for a variety of technology challenges. For further information, contact the Adult Center at 565-4150.