

# PROGRAM PICKS

NORICE SMITH  
Program Coordinator

We invite you to start off the new season with us at your Adult Center. The following will give you a partial listing of the activities and programs that go on here all the time.

We offer an abundance of fitness, educational and informational programs, games, travel, films, languages, clubs, sports, cultural and artistic activities, etc. If you have any requests, we try to fill them. Join us.

## CAN YOU HELP?

You don't have to be a computer guru to help us - just someone who is knowledgeable about certain functions on the computer.

For example:

- Can you show a small group how a **CD-RW drive** works to copy or back up files? How to put your favorite photos and more on a CD? What are **DVD's** all about? What can they do?
- Is there someone who can help us retrieve lost folders or documents and help us become more proficient in the use of **HELP** and **SEARCH** functions in **Windows XP, Microsoft Word** and **Excel**?
- We would be very grateful if someone could help beginners with an **Adobe Photoshop Program** by providing tips and tricks to retouch, crop, clone, sharpen and enhance color, etc. of our digital photos.

## PILATES BODY CONDITIONING

**Fridays, September 7<sup>th</sup>**

We are so fortunate to have our certified instructor to teach the Pilates method of body conditioning and design the program around the needs of the group. Used by most celebri-

ties, it builds flexibility and strength. New-comers meet at 10:30 AM and intermediates at 9:30. May observe 1st lesson. 565-4150

## ITALIAN CLASSES

**Tuesdays, September 11<sup>th</sup>—October 30<sup>th</sup>**

Stephanie Foster will resume regular Italian classes this fall with beginners meeting from 10:30-11:30 and Intermediate classes from 12:00-1:00. Please note the change of day and time for the classes. 8 classes for \$48. Register at 565-4150.

## RED HAT LUNCHEON

**Wednesday, September 12<sup>th</sup> -12 noon**

Put on your distinctive Red Hat Society garb and meet at the Olive Garden in Enfield at noon. Reservations must be made by calling 565-4150 by Sept. 7<sup>th</sup>.

## TAI CHI RETURNS!

**Fridays, Sept. 14<sup>th</sup> –Nov. 16<sup>th</sup> -8:45 AM**

Mei Li returns to teach Tai Chi which has been medically proven to be beneficial by helping improve our balance and strengthen muscles and joints. 10 classes for \$55.

## BEGINNERS TAP DANCING

**Fridays, Sept 14<sup>th</sup>-Oct 19<sup>th</sup> – 12:15 PM**

Give your body a great workout doing something you will love by taking Diane Shields classes. This class is geared for beginners and those who may have danced many years ago. A good way to stay in shape. \$30 for 6 classes. 565-4150

## JEWELRY WORKSHOPS RESUME

**Monday, September 17<sup>th</sup> – 1:00 PM**

Please note change of time for Sandy

## Cribbage League

**September 4<sup>th</sup> – June 3rd, Tues, 7:15 PM**

New members always welcome, but please come with experience. Approximately 25-30 players attend each night and play nine, fifteen-minute games. Call Bob Arnold at 413-283-8438 for more information. \$35 - \$45 (collected on site)

## Senior Men's Volleyball

**Weds, Starting Oct 10th, 7:45 - 9:15 PM**

Fun pick up games for men ages 55+ years. Players call their own violations. Approximately 15 men show up each Wednesday night. A great way to stay fit. Some players prepare for the senior Olympics in June during this program. Location: Greenwood Center Gym: \$30 per participant for season or \$3 night. Register— Rec Department—Community House or Online. Call —565-4160.

## TIPS FOR HEALTHY WALKING

\*A walk has three stages: warm-up, aerobic walk and cool-down. \*It takes about 20 minutes for your body to reap the benefits of sustained exercise. \*As you become more fit, try to gradually increase your time and pace. \*Add walking poles for more challenge. \*If you start to feel dizzy or nauseous, have pain or any other unusual symptoms, slow down, stop and rest. \*Cool-down after each walk by walking slowly for five minutes and stretch. \*Be sure to drink water. Preventing a fall is a serious concern. Looking down and ahead to check for exposed roots, broken bricks and other trip hazards is vital. Glance down often; be sure to look ahead as well. \*The goal is to meet the Surgeon General's guidelines of 30 minutes of moderate physical activity on most days of the week.

# DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **JULY**: *Joan Morgan, Marie Janik, Joyce Hastings, Betty Rochford. THANK YOU!*

## OVER SIXTY CLUB

**September 6<sup>th</sup> – Thursday, 1:00 PM**

Another beautiful summer has almost gone by and all too quickly. A social meeting at the Adult Center. Come with vacation photos or old photos of Over 60 Club members. Bring a friend. Call for Lunch reservations—565-4150.

## LA BOHEME AT UMASS

The University of Massachusetts is proud to present the Washington National Opera simulcast presentation of La Boheme under the Artistic Directorship of Placido Domingo. The simulcast will take place at the University of Massachusetts at Amherst, Fine Art Center Concert Hall on September 23, 2007 and begin at 2:00 pm sharp. Doors will open at 1:00 pm. The event is free to the public, first come first serve. There will be no reserve seating available. This event is sponsored by the Washington National Opera and the UMASS College of Humanities & Fine Arts. For more information: <http://www.umass.edu/music/calendar> & <http://www.dc-opera.org>