

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)  
In Honor of \_\_\_\_\_  
In Memory of \_\_\_\_\_  
Thank you \_\_\_\_\_  
SEND CARD TO: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Donor's Name: \_\_\_\_\_  
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Longmeadow, MA 01106

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Return Service Requested



**September 2008**

**NATIONAL  
PREPAREDNESS  
MONTH  
RAFFLE!**



**Preparing Makes Sense—Get Ready Now**

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

Complete the quiz on page 9 and return it to the Adult Center before Thursday, September 18th to enter the raffle for an emergency preparedness kit!

for emergencies before they



**Adult Center**

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

*Karen Neiman Michelman  
Director*

Telephone & TDD  
413-565-4150

[www.Longmeadow.org](http://www.Longmeadow.org)

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

**SOMETHING FOR EVERYONE**

**Meet the Candidates**

September 9th

**Salt Kickoff Breakfast**

September 11th

**Birthday Bash**

September 18th

**Journey to Jazz**

September 23rd

**Afternoon Tea**—September 25th

**EXERCISE—BEST MEDICINE**

**Gentle Exercise**

Tuesdays & Thursdays

**Adult Fitness & Aerobics**

M, W & F at First Church

**Line Dancing**

Mondays at Greenwood

Fridays—Community House

**Tap**—Fridays

**Fitness Corner**—Daily

**Table Tennis**—Thursdays