

# PROGRAM PICKS

NORICE SMITH  
Program Coordinator

## AFTERNOON TEA

We look forward to seeing you on Thursday, September 25<sup>th</sup> from 1:00-3:00 PM. Our guest, "Mrs. Gordon," will share her experiences during the early 1900's. A cup of tea, coffee or punch, refreshments and friends. RSVP at 565-4150. \$5.

## ITALIAN RESUMES

**Tuesday, Sept. 2<sup>nd</sup> –Oct. 21<sup>st</sup>**

Stephanie Foster offers a beginners' class at 10:30 open to anyone who is a real novice or needs brushing up on basics. Advanced class at 12:00. She will introduce a new immersion approach to the language. 8 wks. @ \$48.

## VETERANS GROUP

**Wednesday, September 3<sup>rd</sup>- 1:00 PM**

Colonel Donald Ryan will speak on his fascinating military career which exceeded 30 years. He served in two wars, (flying missions over Europe in WWII, the Korean War and during the Cold War) amassed 12,000 flying hours, piloted many types of aircraft, exceeded the speed of sound and was Wing Commander of two B-52 Wings at Westover Air Force Base. See you there. Call in your lunch reservations early—565-4150.

## TAP DANCING

**Friday, September 5<sup>th</sup>**

Diane will resume the Advanced Tap at 11:30 and Beginners Tap at 12:15. All are welcome to a fun group. Register at 565-4150.

## MEET THE CANDIDATES COFFEE HOUR

**Tuesday, September 9<sup>th</sup> @ 10:00**

Please attend our coffee hour for the candidates for State Representative; Brian Ashe,

Kateri Walsh and William Scibelli. It is so important for them to realize the needs and concerns of the seniors. You may ask questions and express those concerns. Let them know we are an influential force.

## DIGITAL PHOTOGRAPHY

**Weds, Sept. 10-Oct. 8 @ 1:00-3:00 PM**

There are a few slots open for the next class. Learn how to take better pictures, transfer, edit and print pictures, etc. \$50 for 5 weeks

## RED HAT EVENT

**Wednesday, Sept. 10 @ 12 noon**

Meet at the new Onyx Fusion Restaurant located at 1150 East Columbus Ave., Spfld., in the building that **formerly** housed the Basket Ball Hall of Fame. Questions to Jane @ 567-9520. Please Register at 565-4150.

## TAI CHI RETURNS

**Friday, Sept. 12-Nov. 14 @ 8:40 AM**

Tai Chi is still the fastest growing fitness and health maintenance activity in the U.S. Doctors increasingly recommend it for its positive effects on a multitude of health problems such as balance, cardiovascular and respiratory functions and strengthening muscles and joints. \$55 for 10 lessons.

## EASTERN STATES EXPOSITION

**Tuesday, September 16<sup>th</sup> -9:30-2:00**

It's that time of year again! Our van can transport 10 passengers to the Big E for \$3 and the senior rate to be paid at the gate is discounted to \$10. Information flyers available at the Center. Register at 565-4150.

## NEXT STEPS ON THE COMPUTER

## PNEUMONIA VACCINE CLINIC

**Wednesday, September 17th**

**10:00-11:00AM**

The clinic is open to LONGMEADOW RESIDENTS ONLY who are either 65 years of age or older, or are over 18 years of age and have a chronic illness such as cardiovascular, pulmonary, kidney, liver disease, diabetes mellitus, etc.

**NOTE: Revaccination for healthy persons is NOT recommended! However, if a person received the first dose prior to age 65, a single revaccination at age 65 or older can be given if at least 5 years have elapsed since the previous dose.**

The vaccination is free for individuals who have Medicare B and for Medicare Part B HMO subscribers (e.g. Blue Care 65, the Tufts Health Plan, and the Harvard Pilgrim Plan). The charge for all other individuals is \$3.00. Please bring your health insurance cards to the clinic. Registration is a MUST by September 10<sup>th</sup> thru the Longmeadow Board of Health (not the Longmeadow Adult Center) – 565-4140.

## Fuel Assistance

Fuel Assistance in a federally funded program that assists income eligible households in paying for home heating costs. Once determined eligible, it does not matter what you heat your home with.

Eligibility is based on gross yearly income. Applications will be available at the Longmeadow Adult Center. For more information or to make an appointment to fill out an application, call Linda Collina at 565-4150.

# DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **JULY: Wednesday Bridge Group, Discussion Group, Betty Rochford and Chain Saw Flyers.** Thanks to your donations we have started to update the Adult Center with a fresh coat of paint! Thank You!



## WEST NILE VIRUS REMINDER

Mosquitos are the carriers of the West Nile Virus.

Please remember to:

1. **Check your home** to make sure screens are intact and that there are no sources of stagnant water on your property (e.g. blocked gutters, bird baths or empty barrels or flower pots filled with stagnant water).
2. **Protection of persons:** Try not to be out-of-doors (e.g. in the garden or taking a walk or bicycle ride) from dusk until the early morning after sun-up;
3. **Use insect repellents** containing 15% DEET when you plan to be outdoors for extended time periods; when possible (when the weather is cooler) wear long sleeves and pants to prevent insect bites