

# PROGRAM PICKS

NORICE SMITH  
Program Coordinator

## ARTISTS STUDIO

**Tuesdays @ 1:00 – 3:00 pm**

Our first meeting of this new group was very successful. We had a very congenial group of artists that really enjoyed the amiability of the group. All levels are welcome and any medium is acceptable. Bring your own supplies for pencil, charcoal, water colors, sculpture or whatever your passion is. Questions? Norice @ 565-4150.

## INTRO TO NORDIC WALKING

**Wednesday, September 2, 1:00-2:00 pm**

Jack is a certified Nordic Walking instructor who will discuss the many health benefits of Nordic Walking and demonstrate the technique. Our first class had so much fun. Jack can loan 12 people poles and equipment if necessary. No fee. Please register at 565-4150.

## NORDIC WALKING CLASSES

**Wednesdays, Sept 9<sup>th</sup> – 30<sup>th</sup> - 10:00 am**

Jack will follow up his Seminar with four classes and demonstrate how Nordic Walking is a low stress, total body workout. It is gaining popularity because it is easy, convenient and inexpensive. \$30. Register at 565-4150.

## CHAIR / MAT YOGA

**Thurs, Sept 3<sup>rd</sup>—Oct 15<sup>th</sup> @ 12:30**

This is a unique and holistic form of gentle Yoga. The new format this season will offer either Chair or Mat Yoga. Yoga is beneficial for all and designed especially for those with limited mobility resulting from Arthritis, Osteoporosis, MS. Fee \$30 for 6 classes as long as we have more than ten students. 565-4150 to register. No class on Sept. 17<sup>th</sup>.

## RED HAT SOCIETY LUNCHEON

**Wednesday, September 9<sup>th</sup> – 12 noon**

We'll meet at Piccadilly Pub at 1508 Riverdale St. in West Springfield. Please register at the Center at 565-4150. Don't forget your red and purple.

## FIDELCO VISITS US

**Tuesday, September 15<sup>th</sup>, 10:00 AM**

'Fidelco,' is the only guide dog school in New England with clients throughout North America. Information on the training of the dogs will be shared along with a visit with one of the dogs. Register 565-4150.

## IMPORTANT COMCAST TV UPDATE

**Thursday, September 17<sup>th</sup> –noon**

A Comcast Representative will give an update on what is happening regarding the Digital Network Enhancement Project, including how it will impact us, free digital equipment and how to use it and install it. Q & A session. Register at 565-4150.

## TAI CHI RETURNS

**Fridays, Sept. 18<sup>th</sup> – Nov. 20<sup>th</sup>—8:40am**

This a mind-body practice that originated in China with a person moving his body slowly and gently while breathing deeply and meditating. Many health benefits have been proven. Register at 565-4150.

## MOVIE AFTERNOON

**"GRAN TORINO"**

**Friday, September 18<sup>th</sup> – 12:30 pm**

Clint Eastwood stars and directs in a film about a bitter old man who sets out to reform his new neighbor who tried to steal his prized possession: his 1972 Gran Torino. Rave reviews. Rated R for strong language.

## Over Sixty Club

Our first meeting of the fall will be September 3<sup>rd</sup> at 12:30 pm. Please be on time as we have a guest speaker who has a time schedule. Meet Sy Becker, Channel 22 movie critic and announcer, who will entertain us. Bring a guest!

The October meeting will be on October 1 at 12:30 pm. Please note the date, as the meeting is early in the month. Enjoy the afternoon with a visit from Gerry Barbeau who will speak about Emily Dickinson, the noted "Myth of Amherst", also known as a great poet. Lunch before the meeting in the lovely dining room at 11:30 am. Call 565-4150 the day before the meeting for a lunch reservation.

## Maternal

Just a reminder to our members and friends-our first fall meeting will be held on Tuesday October 6 at 1:00 PM at the Longmeadow Community Center. More details will be published in next months issue of "The Voice".

## Cribbage League

**Tuesdays, 7:15 PM**

**Greenwood Adult Center Dining Room**  
Call Park & Rec -565-4160 for start dates  
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. Fee \$35-\$45 collected on site.

## DONATIONS

The Friends of Longmeadow Older Citizens Association would like to **thank** the following individuals for their donations during the month of **JULY: Guy D'Antonio, Peter Kumiega, Liz Marl, Joyce Hastings, Wednesday Bridge Group, Betty Rochford, Inger Bolduc, Marie Janik.** Thank you to **Glenmeadow Retirement Community** for the generous cake donation in July. We look forward to this month's birthday bash surprise dessert. Please join us! Thanks to the **BIG Y Supermarket** for the donation of Watermelon Sherbet.

## EAST LONGMEADOW SKILLED NURSING CENTER PUBLIC EVENTS

**Sept. 15<sup>th</sup>- Breakfast - \$5.00** for all you can eat!!! Excellent breakfast. All proceeds to benefit the Alzheimer's' Association. Baystate Stroke Clinic will also be there to do FREE stroke-risk screenings. Come take advantage of an excellent breakfast and free stroke screening.

**Sept. 22<sup>nd</sup> 2-3:30 Bingo-** Open to the public!! FREE with prizes for all winners. Light refreshments to be served.

Please RSVP to Jennifer Payette-  
525-6361 Ext. 205

