

The Voice of LONGMEADOW ADULT CENTER

211 MAPLE ROAD, LONGMEADOW, MA - 01106
WWW.LONGMEADOW.ORG/ADULTCENTER

PRE-REGISTRATION RECOMMENDED FOR ALL PROGRAMS & EVENTS

413-565-4150 - OPTION 1

***EVERYONE (Res.& Non-Res.) may register for the Summer Soiree beginning
Monday, August 26th**

***Longmeadow residents may register for all programs beginning
Wednesday, August 28th**

***Non-Longmeadow residents may register for all programs beginning
Friday, August 30th**

~SEPTEMBER 2024 SPECIAL EVENTS~

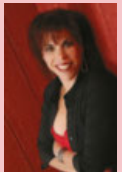
Magic Show Wed., Sept. 11th at 1:30 Magician Joe Bongio from Longmeadow will be performing his special blend of magical routines. The show will include classic magic set to music, audience participation, and comedy magic. Some featured illusions will include "spectator sawed in half" and the "Billiard Balls" routines. Sponsored by FOLOCA



Over Sixty Club Concert Series: Patrick Tobin! Thurs., Sept. 12th at 1:30 Singing professionally since 1996, Patrick Tobin is a premier, internationally acclaimed Frank Sinatra tribute artist and singer. Covering songs from all eras of Sinatra's career, no fan will feel left out as Patrick croons his way through the American Songbook. A common statement from more "experienced listeners" is that they were taken back 50 years after watching Patrick's show. By the same token, younger listeners are amazed at how "cool" Sinatra's music is. Refreshments will be provided. Sponsored by East Village Place



Comedy Night Thur., Sept. 12th at 7:00 Cost: \$10 Jersey born comedian Linda Belt will have you howling in your seats! Linda moved to Connecticut, became a housewife and PTO attendee: truly a suburban pillar of her community! She got tired holding up that pillar and became a full time standup comic where her humor touches on modern life, marriage, parenting and social norms. She has performed throughout the US, as a featured guest at comedy festivals and cruise lines. Sponsored by LACCF



A Writer's Night: Chris O'Carroll. Thurs., Sept. 19th at 6:45

The Straw Dog Writers' Guild presents Chris O'Carroll, author of three books of poems – The Joke's on Me, Abracadabratude, and Quantum Creed. He has been a Light magazine featured poet and his work appears in New York City Haiku, Extreme Sonnets, Love Affairs at the Villa Nelle, and The Great American Wise Ass Poetry Anthology, among other collections. In addition to being a poet, Chris is also an actor and a stand-up comedian, so he has multiple ways of not earning a living.



Brad Shepard In Concert Wed., Sept. 25th at 1:30 Brad performs an array of musical genres from Broadway hits to the American Songbook standards! Sponsored by FOLOCA

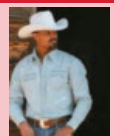


Lost on the Steppes: The Art of Ilya Repin and Issac Levitan Wed., Sept. 25th at 6:00

Dr. Simon Sibelman returns! In the course of the 19th century, Russian art evolved from religious and folk art, to forms and styles paralleling movements in Western Art. Two exceptional Russian artists were Ilya Repin and Issac Levitan. Both reflected romantic-realism and then impressionism. Repin represented movements in Russian history along with portraits of significant figures in Russian politics in the beginning of the 20th century. Levitan preferred exploring Russian landscape, notably the vast expanse of the steppes. Sponsored by LACCF



International Dinner : Hoedown! Thur., Sept. 26th at 5:00 Cost: \$22 We celebrate the USA this month, with a traditional Hoedown! Line dancers welcome! Pull out that cowboy hat, jeans, and your boots, and join us in a fun evening of dance, great food, and fun, the Texas way! BBQ chicken, potatoes, salad, and dessert! Sponsored by LACCF





Affordable Funeral Options

- Traditional Funerals at substantial savings over the big corporate funeral providers
- Simple Low Cost Cremation
- Pre-Arrangement Payment Plans

Christine M. Tazzini • Joseph F. Pasternak, III.
No high-pressure sales people, our goal is to listen to your needs and offer personal compassionate service, to honor your loved ones' life.

(413) 734-7926

22 Locust Street | Springfield, MA 01108



Where Quality Meets Compassion



- Housekeeping
- Meal Preparation
- Companionship • Errands
- Personal Care
- Respite • RN Evaluations
- Blood Pressure Checks

413-363-2575

SilverLiningsHomeCare.com



A Life Plan Community
 for Active, 62+ Adults
 Call Today for Lunch and
 a Tour of Glenmeadow!
413-567-7800

24 Tabor Crossing, Longmeadow MA 01106 • www.Glenmeadow.org



With the cold weather coming, feel secure
 knowing your loved ones are in a safe, warm
 and nurturing environment.



May our house become your home!

Please schedule a tour today with Andrea to feel the benefits of
 becoming a resident of Ruth's House Assisted Living.
 Call 413-567-6212 x 3616



780 Converse St, Longmeadow, MA 01106 • www.JGSLifecare.org

holiday
 by ATRIA
 SENIOR LIVING

BLUEBIRD
 ESTATES

**Bluebird Estates
 Independent Living**

All-Inclusive Independent Living with 3 meals a day,
 weekly housekeeping, on-site third party care
 providers and so much more...

Call Allyson at (413) 525-8600 to schedule a visit of our
 newly renovated community!

1 Apple Blossom Lane, East Longmeadow, MA 01028

WWW.HolidayBluebirdEstates.com • (413) 525-8600



Executive
 Real Estate

I'm here for you every step of the way!

Tara Ruiz

Senior Real Estate Specialist

(413) 218-2148

TaraRuizRealtor@gmail.com



**Your Partner in
 Hearing
 Healthcare**



**6 convenient locations across
 Connecticut! Call or visit our
 website to schedule.**

- Free hearing evaluation & consultations
- Tailored hearing aid fittings and repair
- Accepts all major insurance policies
- Cochlear implant provider
- Ear wax management

(860) 325-4117 • www.solinskyhearing.com



Adult Center Staff Contacts

Director of Adult Services

James Leyden

413-565-4150 - Option 4
jleyden@longmeadow.org



Assistant Director of Adult Services

Ed Sullivan

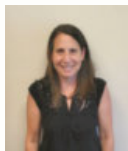
413-565-4150 - Option 3
esullivan@longmeadow.org



Outreach and Volunteer Coordinator

Cecilia Rosalin-Gadelhak

413-565-4150 - Option 2
cgadelhak@longmeadow.org



Clerk

Tom Gerweck

413-565-4150 - Option 1
tgerweck@longmeadow.org

Food Pantry Coordinator

Position to be filled soon

Kitchen staff:

Teresa Turcotte, Cook

Valerie Abelin, Kitchen Assistant/ Sub-Cook

Claudette Grzywacz, Kitchen Assistant

Jizzelle Vega, Kitchen Assistant Substitute



Happy Retirement to Council on Aging Clerk, Tom Gerweck! For nearly three years, Tom provided outstanding service to Adult Center members. Tom's friendly demeanor, great sense of humor, and attention to detail were felt by everyone. Tom was instrumental in developing efficient registration and payment systems when the new Adult Center facility opened in 2021. He also played a vital role in training and directing front-desk volunteers to ensure smooth and accurate transactions. Tom was a true team player and we wish him the very best in his well-deserved retirement.

Evening/weekend Program Assistants:

Karen Barrett

Linda Christofori

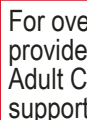
Michele Johnson

Taylor Mistry

Sheryl Reiter

Christine Sangkachand

Day Building Maintenance: Hector Ortiz



For over 11 years, Claudette Grzywacz provided exceptional dining service at the Adult Center as a Kitchen Assistant that supported our Congregate Lunch and Meals on Wheels program. She always went above and beyond in fulfilling her daily tasks while engaging Adult Center members and volunteers to ensure a pleasant dining experience. All will miss Claudette's warm, and good-natured spirit and we wish her the very best in her retirement. Job well done, Claudette! You will always have a special place at the Adult Center. THANK YOU!



On-Site Town Department Resources

Director of Veterans' Services

Lena Vellturo

413-565-4150 Option 6
lvellturo@longmeadow.org



Veteran's Circle Meeting

Thurs., Sept. 5th

Free Lunch at 11:30, Meeting to follow.

Lunch registration must be
24hrs in advance.

**This month's Veteran's Circle lunch is
sponsored by Dr. Acquista!**

Veteran's Center BBQ

Fri., Sept. 6th

Bus Leaves LAC at 11:00am.

Registration required, spaces limited

Military Appreciation Day at the Big E

Fri., Sept. 13th Departing 9am

Registration required, spaces limited



American Legion

Post 175 meeting

**Wednesday, Sept.. 18th at
6:30**

Blood Sugar and Blood Pressure Readings

Tues. 8:30-10:00:

Our amazing nursing volunteers will continue to provide this critical service. Fasting not necessary but recommended. Please call to register 565-4150 option 1, so that we can alert you of any schedule changes.

Tri-Town Trolley: 413-525-5412

Out of town trips—\$4 each way

In town trips—\$2 each way.

Transportation for grocery shopping on
Wed/Thurs only.

The schedule is coordinated out of Pleasant
View Senior Center (413-525-5412),
you must call in advance to schedule a ride.



Foot Care With Dr. Cindy Galavotti

Thurs., Sept. 26th Cost: \$45.

Home Visits available for \$60.00.

Call 413-565-4150 Option 1 to schedule an
appointment

PRE-REGISTRATION RECOMMENDED FOR ALL SPECIAL PROGRAMS
413-565-4150 - OPTION 1

~ SEPTEMBER 2024 SPECIAL PROGRAMS ~

- *EVERYONE (Res.& Non-Res.) may register for the Summer Soiree beginning: Monday, August 26th**
- *Longmeadow residents may register for all programs beginning: Wednesday, August 28th**
- *Non-Longmeadow residents may register for all programs beginning: Friday, August 30th**

Wingmasters Tues., Sept. 3rd at 1:30 Join us for an incredible display of birds of prey! Julie Ann Collier returns with a presentation and showing of Wingmasters' birds! They are all hunting birds characterized by hooked beaks, sharp talons, best eyesight, and the sharpest hearing in the animal kingdom! The program explains predation, the birds place at the top of the food web, different hunting adaptations, and their status in our rapidly changing world. You will also be able to see one or more of these endangered raptors up close. Sponsored by LACCF



Conversation with Saul, Ryan, and Bill Tues., Sept. 3rd at 6:00

Being a person who identifies as poor, black, and male can present unique challenges and difficulties in life. These citizens experience economic inequality, racial discrimination, and a criminal justice system that racial profiles, leading to harsher sentencing and unequal treatment. In addition, there are health disparities, with chronic illnesses and higher rates of diseases, resulting in lower life expectancy. The educational challenges are many due to higher drop out rates and underfunded schools. Hear how important it is to recognize and address these challenges by advocating for social justice and supportive environments for all individuals, regardless of race. Sponsored by LACCF

Downsize The Smart Way! Wed., Sept. 4th at 1:30 Join The Kelsey Thompson Team from Lock and Key Realty to discover the best ways to get ready for downsizing. We will cover financial and estate planning, things you can do now in order to maximize your profit in the future, and ways to manage your upcoming sale in order to ensure a headache-free transaction.

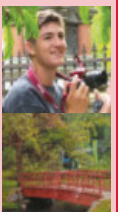


The Quabbin Reservoir Wed., Sept. 4th at 6:00

Mark Johnson, P.E., Senior Engineer of the Springfield Water and Sewer Commission, will regale us with the history behind the Quabbin - the opposition, the lawsuits, the eminent domain land takings, the Eastern vs Western Mass politicians, and ultimately the dis-incorporating and flooding of four towns - Enfield, Dana, Greenwich, and Prescott. Come hear the story behind our own water supply, as well as Boston, and how it affected around 2,500 residents who lost their homes. Memorials and cemeteries were moved, and today the residence halls of both Hampshire College in Amherst and Eagle Hill School were named after these towns. Sponsored by LACCF

Photography Art Show Featuring Quinn Salerno and Melanie Newhouse Thur., Sept. 5th at 5:00

Enjoy the works of two talented photographers! Meet Quinn Salerno, a talented and passionate young photographer with an eye for capturing the beauty of the world through his lens. With creative vision, he tells captivating stories through his photographs. His love for the art shows through on every shot he takes, making him a rising star in the photography world. He will be joined by his Aunt Melanie Newhouse who also possesses the same talent, with a more seasoned approach. Both are members of Scantic River Artisans and have shown their works multiple times recently with great success! Hosted and Sponsored by LACCF



TED Talk Tues., September 10th at 1:00

Hear former governor Deval Patrick talk about his ideas about Patriotism and Democracy. American democracy cannot be great until it is good, says lawyer, Harvard professor, and former governor of Massachusetts. A self-identified patriot, Patrick stands behind the fundamental values and civic ideals that he believes make the US unique -- and outlines how the country has strayed from those same edicts. Calling for a collective patriotism free from cynicism and fatalism, Patrick underlines the urgency to reset national aspirations in order to save democracy. Sponsored by LACCF

***PRE-REGISTRATION RECOMMENDED FOR ALL PROGRAMS & EVENTS* 413-565-4150 - OPTION 1**

PRE-REGISTRATION RECOMMENDED FOR ALL SPECIAL PROGRAMS
413-565-4150 - OPTION 1

~ SEPTEMBER 2024 SPECIAL PROGRAMS ~



Cider Mills of New England Tues., Sept. 10th at 6:00 Apple season is coming up! Join presenter Dennis Picard, museum professional and specialist in Living History. Picard has worked in the Pioneer Valley for many years and he will engage us in the history of cider making! Come hear about the mills, machinery, and products of New England's cider making tradition. Sponsored by LACCF

International Affairs: U.S. Immigration Policies Wed., Sept. 11 at 6:00

The presentation will discuss the U.S. Immigration Policies going back to the Reagan Administration and will focus on the U.S. Congress' authority to regulate immigration policies, as well as U.S. President authority to take executive action when the U.S. Congress fails to take legislative action. The presentation will include the current illegal immigration problem in the U.S. and its implications for the U.S. There will a Q&A discussion following the presentation.

Sponsored by LACCF



The JFK Assassination– The How and Why Tues., Sept. 17th at 6:00 Jim Bates of Springfield College has agreed to reprise his series of lectures on the assassination of President John Kennedy. Several pictures and videos assist in comprehending the events of one of the most significant days of the 20th Century. Jim will examine and articulate why Lee Harvey Oswald was more than likely innocent. He'll then explore the Presidency of Kennedy and why this might have occurred, if in fact it was a conspiracy. Sponsored by LACCF

Alaskan Bears Wed., Sept. 18th at 6:00

Presenter Stacey Schmeidel has spent three summers volunteering at Katmai National Park in Alaska, one of the best places to see bears in the wild. Hear about her experiences and what bears can teach us about motherhood, workplace behavior, and resilience. Also, learn about how you can watch the Alaskan bears right here in Massachusetts! Sponsored by LACCF



Foreign Film Night: Wicked Little Letters Thur., Sept. 19th at 6:00 A 1920s English seaside town bears witness to a dark and absurd scandal in this riotous mystery comedy. Based on a stranger than fiction true story, WICKED LITTLE LETTERS follows two neighbors: deeply conservative local Edith Swan (Olivia Colman) and rowdy Irish immigrant Rose Gooding (Jessie Buckley). When Edith and fellow residents begin to receive wicked letters full of unintentionally hilarious profanities, foul-mouthed Rose is charged with the crime. The anonymous letters prompt a national uproar, and a trial ensues. RATED "R" for language! Released in 2023 with Subtitles. Refreshments will be served at 5:30 before the show. Sponsored by LACCF and Storrs Library

Political Memorabilia Tues., Sept. 24th at 6:00 You will not want to miss this one! Glen Clark, collector of Political Memorabilia will present his vast collection of presidential campaign ephemera! Glen has been collecting since he was a child and probably has the very best collection in Massachusetts! Over the years, political collectible souvenirs have included: hats, bumper stickers, posters, key chains, jewelry, dinner plates, playing cards, records, socks, cigarette lighters and license plates. Sponsored by LACCF



PRE-REGISTRATION RECOMMENDED FOR ALL PROGRAMS & EVENTS

413-565-4150 - OPTION 1

***EVERYONE (Res.& Non-Res.) may register for the Summer Soiree beginning
Monday, August 26th**

***Longmeadow residents may register for all programs beginning
Wednesday, August 28th**

***Non-Longmeadow residents may register for all programs beginning
Friday, August 30th**

SOCIAL ACTIVITIES

There will be no Free First Thursday in September.

Women's Only Billiard's Tournament:

Tue., Sept. 10th at 5:30. Casual dress. Try your best talents at the table and have a roaring good time playing with other classy ladies! **Gentlemen welcome to watch only.** Prizes and refreshments offered.
Sponsored by LACCF

Open Billiard's Tournament:

Wed., Sept. 18th at 5:00 Beginners and experienced players are matched up to compete for bragging rights and prizes.
Sponsored by LACCF

Tobacco Valley Art Association Thur., Sept. 19th at 5:45

Tobacco valley Artists Association (TVAA) welcomes Feeding Hills artist Alexandra Walters, who enjoys working in a variety of mediums, and has received many awards for her pastel and colored pencil artwork. She will be doing a pastel landscape using complementary colors. Always open to the public.

MATERNAL ASSOCIATION

Maternal Association:
Next meeting in October

PINOCHLE PLAY:

FRIDAY, SEPT. 20TH AT 5:30

Experienced players welcome, as are beginners. We have a team ready to teach, or play at tables with the more experienced. This is the perfect time for you to learn something new!

Sponsored by LACCF

Chess: Fridays at 9:00

Duplicate Bridge: Mondays/Fridays at 12:30

Mahjongg: Tuesdays at 5:30, Fridays at 1:00

Trivia: Wednesdays at 10:00

French Class:

No class until the Fall.

Spanish Class: Wed. Sept. 4th and 18th at

10:00 Teacher Agustina Ramirez will be leading a class in practical Spanish every other week!

Spaces limited, registration required.



A Fun Way to Learn World

Geography: Mon., September 30th at 1:00

This monthly program will use a Question and Answer approach to learn about countries, capitals, global points of interest, general knowledge about world geography, and much more. Track your monthly progress on a global map.

Sponsored by LACCF

COUNCIL ON AGING BOARD

THE LONGMEADOW COUNCIL ON AGING
Next meeting on Thur., September 19th at 9:30

COA Board Chair, Sandra MacFadyen.
George Shea, Vice Chair Candice Serafino, Secretary
Patricia Self Saul Finestone Judith DeLong Rose Morace
Judy Yaffe Derek Paar Dona Lengieza
Mary Ann Squier Eleanor Stolar Elizabeth Tyson Stephen Gelling

The mission of the Longmeadow Council on Aging Board of Directors is to serve the citizens of Longmeadow on issues facing today's seniors. Special emphasis is placed on activities which encourage social, physical, and mental stimulation. By adhering to this mission we can enable seniors to live their lives with respect, dignity, fulfillment, and enrichment.

FACILITY RENTAL

For information regarding rental pricing and building use guidelines,
please contact

Jim Leyden, Director of Adult Services,
413-565-4150 - Option 4
jleyden@longmeadow.org

FOOD PANTRY

- Food pantry pick-up is **Thursdays 2:00-4:00**. If you are experiencing food insecurity please contact our Volunteer and Outreach Coordinator, Cecilia at 413-565-4150 option 2 for more details.
- Non-expired food donations are accepted during regular business hours and the last Saturday of every month during our Drive-Through Food Drives 9am-11am.
- We welcome community organizations interest in holding a food drive for the pantry, please contact us for more details!

Food Pantry News:

- Our next Drive-Through Food Drive is **September 28th!**
- Most needed items are: pasta, sauce, healthy snacks, and canned meals.

SUPPORT GROUPS

Low Vision Support Group Monday, September 9th at 1:00

This month's speaker will be William Bonavita, a long time physical therapist specializing in balance and coordination. All are welcome!

For more information call
Frances Kelly-Cohen 567-9694



Dementia Caregiver Support Group Wed., Sept. 4th and 18th at 1:00

Caregiver support groups are ongoing meetings that provide caregivers a forum to connect with other caregivers where they can share issues, needs, concerns, and feelings in a confidential, safe, supportive, non-threatening, and non-judgmental atmosphere. **Spaces limited, registration required.**

TRIPS/TRAVEL

Big E Trips!

Two dates Wed., September 18th and 25th

Cost: \$8

Transportation only, no ticket included.

Departure: 8:30. Estimated Return: 5:00



September 2024

Lunch: Meals are subject to change based on availability of ingredients. **You must call 24 hours in advance for reservation (413-565-4150 option 1).** Lunch is served at 11:30am. *The meal program is funded in part by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living.*

Meals on Wheels - \$4.00

In-person (congregate) meals for those 60 and older - \$4.00
In-person (congregate) meals for those 55 - 59 years old - \$5.00

This is a requested donation and no one will be turned away if this cost cannot be met.
 We appreciate your continued patronage of the nutrition program.

Closed In
Observation of
Labor Day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Floor Yoga 10:15 Chair Yoga 11:30 Lunch 12:30 Duplicate Bridge 1:00 Low Vision Group 6:30 Zumba Gold	3 8:30 Blood Pressure 9:00 Full-Body Exercise 10:00 Full-Body Exercise 10:00 Knitting 11:00 Full-Body Chair Ex. 11:30 Lunch 12:30 Book Club 1:30 Wingmasters 5:30 Mahjongg 5:30 Jewelry Class 6:00 Saul, Ryan, and Bill	4 10:00 Trivia 10:00 Spanish Class 11:30 Lunch 1:00 Alz. Support 1:30 Downsizing Talk 2:00 Table Tennis 2:00 Tai-Chi 4:00 Floor Yoga 5:30 PB Lessons with Xuan 6:00 Quabbin Talk	5 9:00 Full-Body Exercise 10:00 Full-Body Exercise 10:00 Knitting 10:00 Pilates 11:00 Full-Body Chair Ex. 11:30 Lunch 12:15 Veteran's Circle 12:30 Origami 1:30 Sewing/Quilting 1:30 Line Dancing 2:00 Food Pantry By Appt. 5:00 Art Reception Veterans Eat Free Today Chicken Pot Pie	6 9:00 Chess 9:00 Floor Yoga 10:00 Tech Time 10:15 Chair Yoga 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mahjongg 1:00 Line Dancing (Exp.) 2:00 Table Tennis 5:30 Intermediate Line Dancing Lemon Fish
9 9:00 Floor Yoga 10:15 Chair Yoga 11:30 Lunch 12:30 Duplicate Bridge 1:00 Low Vision Group 6:30 Zumba Gold	10 8:30 Blood Pressure 9:00 Full-Body Exercise 10:00 Full-Body Exercise 10:00 Knitting 11:00 Full-Body Chair Ex. 11:30 Lunch 1:00 FOLOCA Meeting 1:00 TED Talk 5:30 Mahjongg 5:30 Women's Billiards 6:00 Cider Talk	11 10:00 Trivia 10:30 Town Manager Convo 11:30 Lunch 1:30 Magic Show 2:00 Table Tennis 2:00 Tai-Chi 4:00 Floor Yoga 6:00 International Affairs	12 9:00 Full-Body Exercise 10:00 Full-Body Exercise 10:00 Knitting 10:00 Pilates 11:00 Full-Body Chair Ex. 11:30 Lunch 1:30 Over Sixty Club 1:30 Sewing/Quilting 1:30 Line Dancing 2:00 Food Pantry By Appt. 7:00 Comedy Night	13 9:00 Chess 9:00 Floor Yoga 10:00 Tech Time 10:15 Chair Yoga 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mahjongg 1:00 Line Dancing (Exp.) 2:00 Table Tennis 5:30 Intermediate Line Dancing Cheese Pizza Baked Potato Bar
16 9:00 Floor Yoga 10:15 Chair Yoga 11:30 Lunch	17 8:30 Blood Pressure 9:00 Full-Body Exercise 10:00 Full-Body Exercise	18 8:30 Big E Trip 10:00 Trivia 10:00 Spanish Class	19 9:00 Full-Body Exercise 9:30 COA Board Meeting 10:00 Full-Body Exercise	20 9:00 Chess 9:00 Floor Yoga 10:00 Tech Time

<p>12:30 Duplicate Bridge 2:00 Ballroom Dance 4:00 PB lessons with Allen 6:30 Zumba Gold</p>	<p>10:00 Knitting 10:00 Pilates 10:00 Political Office Hours 11:00 Full-Body Chair Ex. 11:30 Lunch 1:00 Movie Day 1:00 Discussion Group 5:30 Mahjongg 6:00 JFK Talk</p>	<p>11:30 Lunch 1:00 Alz. Support 2:00 Table Tennis 2:00 Tai-Chi 4:00 Floor Yoga 5:00 Open Billiards 5:30 PB Lessons with Xuan 6:00 Alaskan Bears 6:30 American Legion Meeting</p>	<p>10:00 Knitting 10:00 Pilates 11:00 Full-Body Chair Ex. 11:30 Lunch 1:30 Sewing/Quilting 1:30 Line Dancing 2:00 Food Pantry By Appt. 5:45 TVAA Meeting 6:00 Foreign Film Night 6:45 Writer's Night</p>	<p>10:00 Knitting 10:15 Chair Yoga 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mahjongg 1:00 Line Dancing (Exp.) 1:00 PB Lessons 2:00 Table Tennis 2:15 PB Lessons 5:30 Pinochle 5:30 Intermediate Line Dancing</p>
<p>Spaghetti and Meatballs</p>	<p>Pork Marsala</p>	<p>Hot Dog Cart</p>	<p>Tuna Noodle Casserole</p>	<p>Shrimp/Scallop Bake</p>
<p>23 9:00 Floor Yoga 10:15 Chair Yoga 11:30 Lunch 12:30 Duplicate Bridge 4:00 PB lessons with Allen 6:30 Zumba Gold</p>	<p>24 8:30 Blood Pressure 9:00 Full-Body Exercise 10:00 Full-Body Exercise 10:00 Knitting 10:00 Pilates 11:00 Full-Body Chair Ex. 11:30 Lunch 1:00 Vintage Movie 5:30 Mahjongg 6:00 Political Memorabilia</p>	<p>25 8:30 Big E Trip 10:00 Trivia 11:30 Lunch 1:30 Brad Shepard Concert 2:00 Table Tennis 2:00 Tai-Chi 4:00 Floor Yoga 5:30 PB Lessons with Xuan 6:00 Sibelman Talk</p>	<p>26 9:00 Full-Body Exercise 10:00 Full-Body Exercise 10:00 Knitting 10:00 Pilates 11:00 Full-Body Chair Ex. 11:30 Lunch 1:30 Sewing/Quilting 1:30 Line Dancing 2:00 Food Pantry By Appt. 5:00 International Dinner</p>	<p>27 9:00 Chess 9:00 Floor Yoga 10:00 Tech Time 10:15 Chair Yoga 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mahjongg 1:00 Line Dancing (Exp.) 1:00 PB Lessons 2:00 Table Tennis 2:15 PB Lessons 5:30 Intermediate Line Dancing</p>
<p>Egg Salad Sandwich</p>	<p>Turkey Dinner</p>	<p>Birthday Bash! Pancake Breakfast</p>	<p>Sausage Grinder</p>	<p>Potato Crusted Fish</p>
<p>30 9:00 Floor Yoga 10:15 Chair Yoga 11:30 Lunch 12:30 Duplicate Bridge 1:00 Geography Class 4:00 PB lessons with Allen 6:30 Zumba Gold</p>	<p>***This Month Our Birthday Bash will be held on Wednesday September 25th Anyone with an August Birthday eats free! Cake or cupcakes will be served!***</p> 	<p>Every Monday: 18+ Basketball 5:30-7:45</p> <p>Every Tuesday: 18+ Basketball 4-7:45</p> <p>*No Pickleball* *During These Times*</p>	<p>Please note Pickleball Rate Increase Effective September 1st \$3 For Resident \$4 for Non-Resident</p>	
<p>Cheeseburgers</p>				



Conversation with the Town Manager:

Wed., September 11th at 10:30.

A chance to say hello to
Lyn Simmons and ask
questions you have about the Town!



Town Manager's Newsletter

Each month, the Town Manager's Office, will distribute a compilation of updates on a variety of topics. This newsletter will provide residents the opportunity to learn about new projects, general updates, events and much more. Please feel free to share this newsletter with your friends, family and neighbors. You can also subscribe to a monthly email subscription to the newsletter at <https://www.longmeadowma.gov/list.aspx> or by scanning the QR Code at the bottom of this page.

Fall Special Town Meeting The Fall Special Town Meeting has been set for Tuesday, November 12, 2024, at 7 p.m. in the Longmeadow High School Gymnasium. The deadline to submit a Citizen Petition Article (with certification from the Town Clerk) is NOON on Friday, September 27. In order for a petition to be guaranteed placement on the Special Town Meeting warrant, 100 names/signatures/addresses of registered Town voters are required, and must be certified by the Town Clerk. For additional information

and resources, please visit www.longmeadowma.gov/TownMeeting.

Feedback Sought on Bliss Park Amenities The Park and Recreation Commission began a discussion about Bliss Park amenities at their May 21 meeting. Currently, the Town is involved with the Cooley Brook project, the trail report from Trailworks completed last winter, and the pursuit of a grant from the Land and Water Conservation Fund, it is appropriate to have a conversation about the other park amenities to ensure they are serving the general public efficiently. There is a tremendous amount of support for the pool and playground from public officials and the community. The two baseball fields are heavily used during the spring, and the Parks and Recreation Department programs the open space during the summer months. The basketball court is not programmed or monitored but is seemingly used often. The former camp shed is used only for storage, as the plumbing and electrical need significant upgrades. There has been general sentiment that the clay tennis courts seem very underutilized, yet occupy substantial space and require \$35,000 in annual specialized maintenance. The Park and Recreation Commission, through the Park and Recreation Director, would like to hear from the community, please email bjarvis@longmeadow.org with your feedback on the amenities at Bliss Park.

Middle School Building Project The Middle School Building Committee (MSBC) meets monthly, all meetings are open to the public. The timeline for the project is laid out by the Massachusetts School Building Authority (MSBA). The next project deliverable is submission of the Preferred Schematic Report (identifying a preferred solution) by September 2024. Follow along with the project at [LONGMEADOW PUBLIC SCHOOLS - Middle School Building Project](#)

Bay Path PILOT Agreement The payment-in-lieu-of-tax (PILOT) agreement with Bay Path University is increasing for FY25. After negotiations, Bay Path has agreed to increase the PILOT 3% in FY25 and extend and increase the PILOT 3% in FY26 and FY27.

Road Marking Work Road marking work has started and is expected to be complete by the end of July. I want to call attention to the Engineering section of the DPW's [monthly report](#). There is an extraordinary amount of work starting, in progressing or closing out.

Sidewalk Work A contract was signed for \$397,651 for spot work on Woodlawn Place, Western Drive, Farmington Avenue, Deepwood Drive, Wakefield Drive and Maple Road.

Read the full edition, previous versions of the Town Manager's Newsletter and find upcoming topics and events at:
<https://www.longmeadowma.gov/1392/Town-Managers-Newsletter>

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicommunities.com

Nurse Advocates, LLC
navigating healthcare



Maura Lessard
RN, BSN, CCM, CDP

Nurse Advocate, Board Certified
Case Manager, Aging Lifecare
Advanced Profession & Certified
Dementia Practitioner

cell/text: 413-237-5724
www.NurseAdvocatesLLC.com

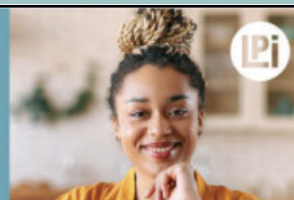
SUPPORT OUR ADVERTISERS!

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



SHATZ, SCHWARTZ AND FENTIN
COUNSELLORS AT LAW



YOUR PATH TO A SECURE FUTURE



Trust our recognized estate planning and elder law attorneys to provide compassionate, customized guidance to help you secure your goals. Reach out today to schedule a consultation.

SPRINGFIELD | NORTHAMPTON | ALBANY

ssfpc.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Friends of Longmeadow, Longmeadow, MA

06-5297

WELLNESS/FITNESS

The live Adult Center gymnasium schedule can be found at
www.longmeadow.org/adultcentergym

Ballroom Dance \$3

Mon., **September 16th** at 2:00.

Open dance with music by Richie Mitnick.

No instruction.

Basketball

Gym Unavailable for Pickleball during these times

Monday

18+: \$3 Resident, \$4 Non-Resident 5:30-7:45

Tuesday

18+: \$3 Resident, \$4 Non-Resident 4:00-7:45

Fitness Room

monthly membership \$10 for residents and, \$15 for non-residents: The fitness room is outfitted with 5 Keiser hydraulic strength machines, 1 wheelchair accessible seated elliptical, 1 standard seated elliptical, 1 upright bike, 1 Concept 2 rowing machine, 2 Life Fitness treadmills, 1 TRX suspension system, 1 abdominal cruncher and a rack of dumbbells. Orientation required before joining, call to schedule: 413-565-4150, option 1.

Half Hour Personal Training Sessions \$30 **See front desk to sign up.**

Full Body Exercise \$2 per class:

Tue./Thu. at 9:00 & 10:00: A 45-minute class with light weights, bands, and low impact cardio. Must be able to stand the entire time.

Chair: Tue./Thu. at 11:00 This 45-minute class is a combo of strength training and basic movements to improve balance, mobility and flexibility without added impact on the joints.

Line Dancing, \$4 per class:

Intermediate: With Lou/Mei, *Thurs. at 1:30.*

Experienced: With Lynn, *Fri. at 1:00.*

Intermediate Line Dancing with Donna. Fri. at 5:30.

Yoga, \$6 per class:

Floor Yoga: All levels welcome, must be able to get up/down from floor. Bring your own mat.
Mon/Fri at 9:00. Wed. at 4:00.

Chair Yoga: Enjoy a gentle class without having to get on the floor. Receive benefits of quieting your mind, mindful breathing and stretching from the comfort of a chair. *Mon/Fri at 10:15.*

Pickleball \$3 res., \$4 non-res.

(Please note rate increase effective Sept. 1st)

Please pay before playing. Paddles/balls to borrow are for indoor play only, wipe clean before returning.

No Pickleball Mondays from 5:30-7:45

No Pickleball Tuesdays from 4:00-7:45

Lessons \$8.50 each

Intermediate "Up Your Game"

(Allen)—Mondays at 4:00 (No class 9/9)

Fridays at 2:15 (No class 9/6 or 9/13)

Beg. (Xuan)—Wednesdays at 5:30. (No class 9/11)

(Allen)—Fridays at 1:00 (No class 9/6 or 9/13)

Pilates

Tues/Thurs at 10:00 \$4 per class:

Build your core, strength, flexibility, improve posture, and energize your day!

Bring your own mat.

Table Tennis no cost: 2:00 - 4:00 - Wed. & Fri.
Gymnasium Court 3.

Tai Chi \$18 : A simple approach with Instructor Lucky with benefits of balance, strength and flexibility.

Wed. at 2:00pm

Saturday at 11:00



Walking Track No cost.

Appropriate and clean indoor footwear must be worn.
(15 laps around the track = 1 mile)

Zumba Gold \$5 per class

A fitness class using dance moves! The "Gold" means longer warmup, modifications available, low-impact, no jumping, and optional progressions. You can use chair if needed! *Mondays at 6:30 with Liz.*

All are welcome.

"Bollywood" Dance Workout

Saturdays at 10:00 Cost: \$10

Get Fit with Bollywood Beats! Join our high energy Bollywood Dance Workout sessions for a fun and effective way to stay in shape.

Registration Required, spaces limited.

Please call 413-565-4150 Option 1 to register or speak to the receptionist.

OUTREACH/VOLUNTEERS

In Home Services:

In order to remain safe at home, a little assistance can be necessary. If you'd like to learn about what options might be available to you, you can contact Greater Springfield Senior Services (GSSSI) and request to speak with the Options Counselor in the Information and Referral Department. If you are ready to enroll in services, you can contact GSSSI's Information and Referral Department and request an enrollment home visit. Both types of home visits are free and provide information to guide your decision, with no commitment. Service costs vary, based on income through State subsidies. Contact GSSSI at 413-781-8800 or online at <https://www.gsssi.org/> to request assistance or additional information.

Meals On Wheels:

Meals on Wheels provides homebound individuals with a nutritious meal and a daily check in, Monday through Friday. Delivered meals may be available for HOMEBOUND Longmeadow residents and their HOMEBOUND caregivers.

For more info call 413-565-4150, option 2.

SHINE:

The SHINE (Serving the Health Insurance Needs of Everyone) program provides free health insurance information, counseling and assistance to all Massachusetts residents with Medicare. Our SHINE counselor holds appointments Mondays at the Adult Center. You can call now to book your appointment at the Adult Center (413-565-4150, option 1) or Springfield's Department of Elder Affairs (413-750-2893) for alternative SHINE options.

Supplemental Nutrition Assistance Program (SNAP):

SNAP helps supplement your food budget with availability to healthier choices, nutritional education, and opportunities to support your overall well-being. If you are experiencing food insecurity, please contact the Outreach Coordinator at the Adult Center for further information and application assistance. For more info call 413-565-4150, option 2.

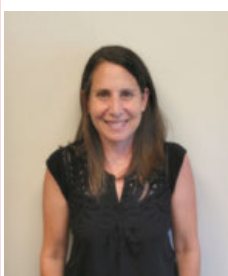
Volunteer Opportunities:

The Adult Center has an amazing team of dedicated volunteers and we are hoping to add you to this group! For more info call 413-565-4150, option 2.

Medical Equipment Loan Program (MELP)

We are happy to announce that we have reinstated the MELP through a partnership with JGS and American Legion Longmeadow Post 0175! If you are in need of medical equipment please contact the Adult Center at **413-565-4150** for more details.

Please do not drop off equipment at JGS or LAC.



Cecilia Rosalin-Gadelhak has been hired as the new Outreach & Volunteer Coordinator for the Longmeadow Council on Aging - Adult Center. For the past year, Cecilia was the Food Pantry Coordinator at the Adult Center, where she redeveloped our distribution system while identifying and securing various new food sources within the community. Cecilia's kind and compassionate nature will continue to focus on meeting the changing needs of the older adult population through direct social service programs such as Meals on Wheels, Fuel Assistance, Farmer's Market, and others. Cecilia will also be responsible for recruiting and managing volunteers at the Adult Center who are interested in giving back to the community. Cecilia's natural ability to create and maintain meaningful relationships with clients and key community stakeholders will pay immediate dividends in her new role.

Congratulations, Cecilia!



Donate directly
to the Tri-Town Team
with this QR code!

Courts for a Cause!

A Fundraiser for the Walk to End Alzheimer's

Saturday September 21st from 9:00-1:00

Rent a court for an hour and play as much as you like!

Cost:\$10 per person, per 60 Minute Slot

All proceeds go to support the Walk to End Alzheimer's

The fundraising arms of the Longmeadow Adult Center

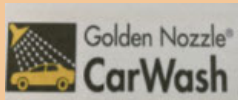
FOLOCA

Friends of Longmeadow Older Citizens Association
24 Tabor Crossing, Apt 136
Longmeadow, MA 01106

President: Bill Morey – 413-204-5034

Since 1980, FOLOCA has had one purpose: to fund programs at the Adult Center. There is never a fee to attend a FOLOCA-sponsored program. We welcome new members to join our Board of Directors. Remember we are the Friends of Longmeadow Older Citizens Association. So, consider joining FOLOCA so that you, too, can be a Friend of the Older Citizens, and help to make our Adult Center the very best it can be.

Meetings: Second Tuesday of month @ 1:00 PM,
September to June.. **Next meeting: Tues., Sept 10th at 1:00**



- For discounted F.L. Roberts car wash coupons, send a Self-Addressed, Stamped Envelope to Bill Morey at above address. Enclose a check (\$5 per coupon) payable to FOLOCA.

LACCF

Longmeadow Adult Community Center Fund,
Inc. P.O. Box 60612, Longmeadow, MA 01116
President: Marybeth Bergeron - 413-262-7661

www.longmeadowadultcenterfund.org
www.facebook.com/LACCFund

In addition to providing funds for many of the upgrades at the center, LACCF also sponsors many programs monthly. We have sponsored International Dinners, many music programs, art shows, and learning in later life opportunities, which include TED talks, historic reenactments, geography classes, International Affairs lectures, games, elder care lectures, history, music, movies, as well as the Volunteer Luncheon, to name a few. We hope to continue this effort to enhance the lives of our adult population, with the help of our generous donors to this non-profit.

Arts+ Crafts



Quilting and Sewing: Thursdays at 1:30.

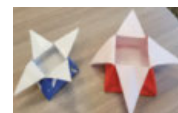
All levels are welcome. Our group continues to enjoy great progress and success while we learn from each other.

KNIT & CROCHET / TUES & THURS - 10:00

Join us for this relaxing and creative craft. All are welcome –both pros and newbies (We teach). Create personal items, warm hats and scarves for homeless, or pink scarves for Rays of Hope.

Origami Class Thur., Sept. 5th at 12:30

Join Julie Shih to make origami candy boxes!



Jewelry With Sandy: Tuesday, Sept. 3rd at 5:30

Cost: \$3 plus materials All levels welcome.

READ, LISTEN, OR DISCUSS

Book Club, Tues., Sept. 3rd at 12:30:

Discuss *The Silent Patient* by Alice Mechaelides.
Next month's book will be *Daughter of Nantucket* by Julie Gerstenblatt.

DISCUSSION GROUP WITH SAUL,

TUES., SEPT. 17TH AT 1:00: Interactive dialogue with agenda set by attendees.

MOVIES & TECHNOLOGY

Movie day: The Long Game.

Tues., Sept. 17th at 1:00

The Long Game is a 2023 American historical drama film adaptation of Humberto G. Garcia's 2010 novel Mustang Miracle. The film is directed by Julio Quintana and stars Jay Hernandez, Julian Works, Jaina Lee Ortiz, Brett Cullen, Oscar Nuñez, Paulina Chávez, Gregory Diaz IV, José Julián, Cheech Marin, and Dennis Quaid. The film was released theatrically in the United States by Mucho Mas Media on April 12, 2024.

Sponsored by FOLOCA



Vintage Movie Day: His Girl Friday

Tues., Sept. 24th at 1:00

This 1940 American screwball comedy film directed by Howard Hawks, stars Cary Grant and Rosalind Russell and features Ralph Bellamy and Gene Lockhart. The plot centers on a newspaper editor named Walter Burns who is about to lose his ace reporter and ex-wife, Hildy Johnson, to another man. Burns suggests they cover one more story together, getting themselves entangled in the case of murderer Earl Williams as Burns desperately tries to win back his wife. The screenplay was adapted from the 1928 play *The Front Page* by Ben Hecht and Charles MacArthur. Sponsored by LACCF



Tech Time: Bring your smart device and basic tech questions. Call 413-565-4150 for an appointment with Dave, John, Paul, Tim, or Vincent.



CARR PROPERTY MANAGEMENT, INC.

Managed by Carr Property Management

Affordable Housing For Seniors

WAITLIST IS OPEN FOR....

Genesis House

Efficiency's and One Bedrooms

Qualifications - Income eligibility required for 62 plus.

We offer efficiency and one-bedroom apartments.

Genesis Lifecare is on the bus route and is within a short distance to local shopping areas, banks and other community resources.

Resident Service Coordinator Program assists residents

who wish to take advantage of numerous services available to them.

People of all faiths take comfort knowing that Genesis Lifecare is part of the JGS Lifecare campus of care.

832 Converse Street, Longmeadow, MA 01106

Call for more information!

413-567-0350 | TTD: 800-545-1833 Ext.142

genesis@carrproperty.com



Emerson Manor

Market and Affordable Units

Two Bedroom Market Apartments \$1650/mo

Includes all utilities except phone and cable

114 Emerson Rd, Longmeadow, MA

Monday-Friday, 9am-4pm

Call for more information!

413-567-0601

TDD: 800-545-1833 EXT. 142

emerson@carrproperty.com



WHY MOVE WHEN YOU CAN STAY HOME?

We provide stress-free, Assisted Living at home. Professional Care Match provides
CONSISTENCY WITH PROFESSIONAL LIVE-IN AND HOURLY CAREGIVERS.

Our Goal is to EMPOWER families, so that peace of mind is a reality and dreams of staying home can come true.

In-Home Assisted Living Services Provided By Experienced CNA's, HHAs and PCAs

OUR CAREGIVERS ARE COVID-19 CERTIFIED AND PREPARED FOR EVERYONES PROTECTION
1-833-PCMATCH (1-833-726-2824) • www.PerfectCareMatch.com



Assisted Living & Memory Care Communities Offer

- * Supportive Services & Care
- * Engaging Programs & Socialization
- * Housekeeping, Maintenance, Laundry
- * Transportation Services
- * Well-Balanced Meals
- * Safety, Security &
- * MOST OF ALL, PEACE OF MIND

If you're ready to learn more about Assisted Living, call me!
I offer a No-Cost, local, hands on placement and referral service
throughout Northern CT and Western MA.
(413) 329-6730 * KatieK@AssistedLivingLocators.com



We are here to help!

COLONY CARE

ColonyCareAtHome.com

413-455-1122



Meals Med Reminders
Laundry Companionship
Bathing Transportation
Dressing Light Housekeeping

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
(800) 477-4574 x6348



**LONGMEADOW
LEGAL ASSOCIATES. P.C.**



SPECIALIZING IN:

- Personal Injuries and Auto Accidents
- Buying or Selling your Home or Business
- Probating an Estate • Preparing a Will or Trust



Call us for a **FREE** consultation - **(413) 567-3900**
908 Shaker Road, Longmeadow, MA 01106

ATTORNEYS

WILLIAM SCIBELLI, STEVEN SCIBELLI,
VICTORIA THOMAS and SALVATORE SCIBELLI, of counsel



RT
The Richard Tariff Team

**WILLIAM
RAVEIS**
REAL ESTATE • MORTGAGE • INSURANCE

RICHARD TARIFF

LICENSED IN MA & CT FOR OVER 30 YEARS

RichardTariff@raveis.com

Res: (413) 567-2264 • Cell: (413) 519-1624

www.raveis.com/Contact/HomeValuationWizard



September 2024

Longmeadow Adult Center
211 Maple Road
Longmeadow, MA 01106

- *EVERYONE may register for the International Dinner beginning Monday, August 26th**
- *Longmeadow residents may register for all programs beginning Wednesday, August 28th**
- *Non-Longmeadow residents may register for all programs beginning Friday, August 30th**

Important Note

As of September 1st, the cost of pickleball open play will be increasing.

Longmeadow Resident: \$3

Non-Longmeadow Resident: \$4

Home Modification Fund:

Created to provide financial support for home modification projects for Longmeadow residents of limited means, so that the resident may remain in the community as long and safely as possible. For more information regarding program eligibility, application, and income guidelines, please call 413-565-4150.

To keep up to date with the latest news, updates, closings, and announcements visit

www.longmeadowma.gov/149/Adult-Center

Age 55+ ONLY: Mon.-Fri., 8am-4pm, All ages: Mon.- Fri. 4pm-8pm and Sat. 9am-1pm

Under age 18 must be accompanied by an adult at all times.

Find the Adult Center gymnasium schedule at www.longmeadow.org/adultcentergym

Please register for all programs by calling 413-565-4150, option 1

All programs with a fee must be paid at time of registration.

Payments can be made over the phone with credit/debit cards.

211 MAPLE ROAD, LONGMEADOW | 413-565-4150

WWW.LONGMEADOW.ORG/ADULTCENTER

The sewing/quilting group is seeking donations of good sized cotton fabrics for their class.
If you would like to donate fabric please call Ed Sullivan at 413-565-4150 Option #3

Our sewing, quilting, and knitting groups are grateful to the wonderful donations that the community has given to our groups! We very much appreciate your generosity!



Massachusetts
Councils On Aging

ncoa
National Council on Aging