



Adult Center
231 Maple Road
Longmeadow, MA 01106

The Adult Center at Greenwood Park is a community-gathering place, dedicated to enriching the adult experience. We provide a wide range of recreational and educational programs, support services with a registered nurse and social worker and volunteer opportunities for people of any age.

Hours: Weekdays 9:00am to 3:00pm **Phone:** 413-565-4150

Website: www.longmeadow.org/adult-center

Department Staff

Executive Director: Karen Neiman Michelman
Head Chef: Allen Lefferts
Assistant Chefs: Carole Spada, Pat Devoto
Program Coordinator: Kathy Grady
Social Services Coordinator: Linda Collina
Volunteer Coordinator: Ellen Gold
Administrative Coordinators: Judy Portier and Elayne Ayan

Board of Directors

Board Chair: John Bowan
Vice Chair: Rose Morace

Directors: Margaret Jenkins, Ernest Blake, Saul Finestone, Patricia Camerota, John Carey, Diane Nadeau, Eleanor Stolar, Marybeth Bergeron and Robert Petroff.

Brain Fitness

Computer Classes

Computer Coaching Wednesdays, 12:30-2:30pm by appointment. No charge.

Basic Computer Skills Wednesdays, 10:00-11:00am. \$18.00 for 6 classes.

Specialty Computer Classes (Social Networking, ebay, Digital Photography, iPad) Mondays, 10:00-11:00am, Tuesdays, 1:30-2:30pm. \$3 per class.

Language Classes

Polish: Mondays, 12:00-1:00pm
Italian: Tuesdays, 10:30-12:00pm \$72
French: Tuesdays, 11:00am-12:00pm
Spanish: Fridays, 9:30-11:30am

Discussion Group 3rd Tuesday of the month
12:30-2:30pm

Book Club 1st Tuesday of the month 12:30-2:30pm

Trivia Wednesdays 10:00-11:00am

Bridge

Instruction: Mon & Fri, 10:00-11:00am
Rubber: Thursday, 12:30-3:00pm
Duplicate: Mon & Fri, 12:30-3:00pm

Artistry

Artists Studio Tuesdays, 1:00-2:30pm

Knitting Group Thursdays, 10:00-11:30am

Journey to Jazz Fourth Tuesday, 1:00-2:30pm

Jewelry Making 1st and 3rd Mondays, 1:00-2:30pm

Moving And Shaking

Chair Yoga Thursdays, 12:30 -1:30 pm

Y Exercise Program Monday & Wednesday
9:00-10:00am First Church

Video Chair Exercise Tuesdays, Thursdays
10:30-11:30am

Table Tennis Thursdays (except 2nd)
1:00-3:00pm

Let your Yoga dance! Wednesdays, 10:00 - 11:00am

Tap Dance Fridays, 11:30am-12:15pm

Line Dancing Fridays, 12:15-1:00pm

Water Aerobics Monday & Friday 11:00am
Glenmeadow

Games, Clubs Get Together

Pitch Tuesdays, 12:30-3:00 pm

Pinochle Tuesdays, 9:30-11:30 am

Mah Jong Fridays, 12:30-2:00 pm

Veteran's Circle First Wednesday, 12:15-1:15 pm

Current Release Movies 3rd Thursday, 12:30-2:30 pm

Over Sixty Club 2nd Thursday, 12:30-2:30 pm

Genealogy 4th Tuesday, 1:00-2:30 pm

Scrabble 4th Friday 1:30 -2:30 am

Adult Center Services

Dining

A nutritious dinner cooked on the premises by the chef is served every day at 11:30 am. Once a month there is an International Day Lunch and a Birthday Bash celebrating the birthdays of that month. Reservations 24-hrs in advance, please.

\$2.00; \$3.00 for special lunches

Van Trips

Door-to-Door service

Enfield Mall – 10:00 am \$3

Reservations by the day before.

Assistance With...

Applications for low income assistance

Housing options

Medicare coverage (SHINE)

Income tax preparation (AARP)

Special Events And Trips

Live Senior Theater

March 7-May 24 12:30-2:30pm

Well-known actor, director and playwright, Steve Henderson will direct a play with 10 wks of rehearsal and a performance in May. No memorizing lines.

Supported by a grant from the Longmeadow and Mass. Cultural Councils.

Verdi's La Traviata

Saturday, April 14 12:55pm

Simulcast from the Met to the Rave Theater in Enfield, CT. Natalie Dessay will put on the red dress in Willy Decker's stunning production, in her first Violetta at the Met. \$25 for ticket and van ride. Call 565-4150 to reserve.

Amy Dane: Papua New Guinea

Friday, April 27 10:00am

Amy Dane returns with slides and stories about her latest exotic trip. These travelogues are always a hit! No charge.

Surviving The Titanic

Thursday, May 10 3:00pm

To memorialize the 100th anniversary of the Titanic, the Longmeadow Adult Center and Storrs Library present Meet Mrs. Andrews, a Titanic Survivor, starring Denise Vanaria, a consultant to the Broadway production Titanic. Supported by a grant from the Longmeadow and Mass. Cultural Councils. Free and open to the public.

Fiddler On The Roof At Barrington Stage

Wednesday, June 20 10:00am-6:00pm

This musical has won the hearts of people around the world. Lunch at the Cork 'n Hearth is included. \$85 Longmeadow resident, JCC Member; \$95 non-resident, general public.

Tanglewood: Boston Pops & Bernadette Peters

Sunday, July 8 10:30-5:30

Broadway superstar Bernadette Peters returns to Tanglewood with her singular style. Lunch before the show is at the fabulous Cranwell in Lenox. Cost (which includes the bus, lunch, and shed tickets) is \$95 for Longmeadow residents and JCC members, \$105 for the general public.



Maple Tree Shoppe

Handcrafted merchandise, new and used household items, all occasion greeting cards, clothing, baby gifts, toys and more!

Proceeds from the shop support the services at the Adult Center. Donations of merchandise are accepted
Monday - Friday, 9-3.