



Across the Meadow

A Monthly Communication Source for Residents

FEBRUARY 2012

Happy Birthday to you...

Barbara Mccarthy	01	Libby Kibbe	18
Esther Dogon	03	Dr. "Norm" Epstein	19
Naomi Schoenberg	12		

SPECIAL POINTS OF INTEREST:

- Gallery "Made with Love" reception and opening
- Wellness Celebration!
- Boris and Sophie return for a great Classical Concert
- Valentine's Day Social
- Age of Champions

ADDITIONAL COMMUNION SERVICE OFFERED!

Deacon Donald Higby from Saint Mary's Church in Longmeadow has offered to come for a Communion Service every third Wednesday of the month at 10:00am in the Kirkham Parlor.

We are so grateful for the commitment Saint Mary's has shown to us here!

STORE HOURS:
Monday & Thursday
10:00am to noon

Age of Champions ...

Our film screening and discussion following "Age of Champions" is just the beginning of a series of events/programs being offered by the Healthy Lifestyles committee, to residents and the greater community.

Looking for some inspiration to start or stick with your fitness program? Age of Champions is the uplifting story of a group of athletes – a 100 year old tennis champion, 86 year old pole vaulter, octogenarian swimmers, and a team of basketball grandmothers – all chasing gold at the National Senior Olympic Games. The film is followed by a discussion with local senior athletes, some who have participated in the Senior Olympic Games.

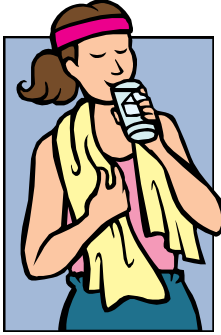
This event will take place in the Great Hall on 2/15 at 1pm.

Gallery Opening ...

Come to the Chapin lounge on February 1st at 3:00pm to talk to some of our artists, and then browse the Gill Gallery where you can see some samples from the many classes offered at Glenmeadow.

Hors d'oeuvres and wine will be served.

Thank you to Ruth Poppel for this great idea of showcasing our class offerings and the residents who enjoy them!



Wellness Celebration ...

Ready to be rewarded for all your hard work this past year!? Come to the Great Hall on Thursday, February 9th at 3:15pm, where we will be honoring all of our fitness buffs! You'll receive a new tracking book and there will be t-shirts which display your name and the number of sessions you worked out for those who have attended 100 classes/sessions or more. The top three will receive special recognition. Door prizes, healthy snacks and more will all be part of the fun!

Facebook ...

Our Marketing Director, Linda Edwards, is **still** looking for interested residents to help with Glenmeadow's Facebook page. Linda says it's very easy to do. She will provide all the training you will need, and your grandchildren will think you're really cool! Please see Linda in the marketing office if you think you might be interested.

Phone Scams ...

Beware of people calling asking you for confidential information. There are numerous scams going on where callers pose as calling from a bank or saying they are a grandchild in need of help. Never give out bank account, Social Security or any part of your credit card numbers (including the three digit number on the back) over the phone.

Movie Feedback

Recently several residents have come to Laura to say that they enjoyed a particular movie that was played. This information is of great value, as it allows her to find movies of a similar caliber.

Please let her know when you see a movie that you have really enjoyed so she can get more movies you'll *continue* to enjoy!

You can continue to let her know when you don't like a movie too!

Traveling Out...

TARGET—ENFIELD

Wednesday, February 1—1:30pm

GRAPEVINE RESTAURANT

Wednesday, February 8—11:30am

COSTCO—ENFIELD

Wednesday, February 15—1:30pm

HD MET OPERA

Saturday, February 11—11:00am

EASTFIELD MALL

Wednesday, February 22—10:30am

HD MET OPERA

Saturday, February 25—12:00pm

TRADER JOE'S AND WHOLE FOODS

Wednesday, February 29—1:30pm

Regular Transportation...

MONDAYS

Walgreens and

East Longmeadow Stores

Depart: 9:30am – Main Lobby

TUESDAYS

Longmeadow Shops

Big Y, CVS, Banks & Post Office

Depart: 9:30am – Main Lobby

TUESDAYS

February 7 and 21

Storrs Library - Depart: 11:00am

FRIDAYS

Longmeadow Shops

Big Y, CVS, Banks & Post Office

Depart: 1:00pm – Main Lobby

ALL SUNDAYS

Transportation to area worship services available from the Main Lobby between the hours of 9:00am and noon.

*Please sign up in the trip book.

Weekly Wellness Programs...

MONDAYS

9:00am – Group Exercise/CR
10:00am – Group Exercise/GH
11:00am—Movin’ and Groovin’/GH
11:00am - Aquacise – Pool

TUESDAYS

10:00am - Line Dancing
with Russ/CR
1:00 and 3:00pm-Personal Training
2:00pm - Strength Training – GH

WEDNESDAYS

9:00am - Group Exercise/GH
10:00am – Walk and Stretch/GH
11:00am – Wellness Talk
(1st week of each month)
11:00am – Pool Walking/Sup. Swim
(Except 1st week)

THURSDAYS

1:00pm– Personal Training/FR
2:00pm— Strength Training /GH
3:00pm—”Heart Health”/FR

FRIDAYS

9:00am – Group Exercise/CR
10:00am – Exercise for Balance/GH
11:00am – Aquacise – Pool
11:00am—Stretch & Tone/GH

SATURDAYS

11:00am - Stretch & Tone/GH
1:15pm - Line Dancing
with Russ/CR

Regularly Scheduled Events ~

MONDAYS

Glee Club/Chapin at 3:00pm

TUESDAYS

Scrabble/LR at 1:30pm
Music Hour/ CL 7:30pm

WEDNESDAYS

Knit & Needles/CE – 11:00am

THURSDAYS

Rosary/Quiet Room - 10am
Bingo/Harris - 7:30pm

Dining Information ~

See one of the Touchtown
TV screens or your own TV
on Channel 918 for special
offerings in February!

More Community Events:

LIVING WITH LOSS/CL
CANCELLED THIS MONTH

BOOK BINDING W/LAURA/RR
Thursday, February 2
Time: 3:00pm

RABBI KATZ/CL
Monday, February 6 and 13
Time: 10:30am

**CLASSICAL CONCERT WITH
BORIS AND SOPHIE**
Wednesday, February 8
Time: 2:00pm

YIDDISH COFFEE KLATCH/CL
Fridays, February 10 and 24
Time: 10:30am

SAUL FINESTONE/CL
Monday, February 13
Time: 7:30pm

**VALENTINE'S DAY SOCIAL
W/ALBERT AVADYAYEV**
Tuesday, February 14
Time: 3:30pm

PIANIST MATT McCABE
Thursday, February 16
Time: 3:00pm

CARD GAMES W/LAURA/CE
Friday, February 17
Time: 1:30pm

JOHN FITZGERALD/CL
Monday, February 20
Time: 7:15pm

JEWELRY CLASS/CR
Tuesday, February 21
Time: 1:30pm

MEMORIAL SERVICE/GH
Wednesday, February 22
Time: 2:30pm

COLLAGE ART W/LAURA/RR
Thursday, February 23
Time: 3:00pm

RESIDENT COUNCIL/RMR
Monday, February 27
Time: 4:00pm

TRIVIA WITH BARBARA/CL
Monday, February 27
Time: 7:15pm

CARD MAKING WITH LAURA
2nd Floor Rec. Room
Tuesday, February 28
Time: 3:00pm

Movie Times...

Fridays—Misc. 1st Monday—Indie Movie
Saturdays—Newer Releases
Sundays—Movie Classics

Friday, 2/3

6:30pm—Kirkham Parlor
Anne of Green Gables
7:30pm—Common Room
Mrs. Brown

Saturday, 2/4

3:00pm—KP and 7:30pm—CR
The Help

Sunday, 2/5

2:30pm—KP and 7:30pm—CR
The Best Years of Our Lives

Monday, 2/6

3:00pm—KP and 7:30pm—CR
Seraphine

Friday, 2/10

6:30pm—Kirkham Parlor
Ansel Adams
7:30pm—Common Room
The Da Vinci Code

Saturday, 2/11

3:00pm—KP and 7:30pm—CR
Midnight in Paris

Sunday, 2/12

2:30pm—KP and 7:30pm—CR
Harvey

Friday, 2/17

6:30pm—Kirkham Parlor
Dave
7:30pm—Common Room
Mitch Albom's For One More Day

Saturday, 2/18

3:00pm—KP and 7:30pm—CR
Sarah's Key

Sunday, 2/19

2:30pm—KP and 7:30pm—CR
Two Mules for Sister Sara

Friday, 2/24

6:30pm—Kirkham Parlor
Alaska
7:30pm—Common Room
Bonneville

Saturday, 2/25

3:00pm—KP and 7:30pm—CR
The Tree of Life

Sunday, 2/26

2:30pm—KP and 7:30pm—CR
It Happened One Night

Chronological Listing of Events...

February 1	Depart Target	February 17	Card Games w/Laura
	Gallery Reception	February 20	Discussion w/John
February 2	Book Binding w/Laura	February 21	Jewelry Class
February 6	Rabbi Katz	February 22	Depart Eastfield Mall
February 8	Depart Grapevine		Memorial Service
	Boris and Sophie	February 23	Collage Art w/Laura
February 9	Wellness Celebration	February 24	Yiddish Coffee Klatch
February 10	Yiddish Coffee Klatch	February 25	Depart Met Opera
February 11	Depart Met Opera	February 27	Resident Council Meeting
February 13	Rabbi Katz		Trivia with Barbara
	Discussion w/Saul	February 28	Card Making w/Laura
February 14	Valentine Social w/Albert Avadyayev	February 29	Depart Trader Joe's
February 15	Age of Champions		
	Depart Costco		
February 16	Food Committee Meeting		
	Pianist Matt McCabe		



Concierge Corner

You can get your prescriptions delivered by CVS on Bliss Road or Louis and Clark on Page Blvd. We are happy to fax your RX to the pharmacy of your choice and it can be left at the desk if you are not home when it is delivered.

Medical Appointments and how the transportation works...

- Fill out the Transportation Request Form, note the hours we provide transportation are listed on the back.
- We ask that transportation requests for medical appointments get to the desk as early as possible, a week would be good but we will take them up to one year ahead!
- After 5:00pm the night before your appt. there will be a note in your box or you can call the Concierge Desk for your depart time.
- You should be in the lobby ready to board the bus a few minutes early so everyone can leave on time. Anyone needing the lift should be in the lobby 10 minutes early to be sure they are on the bus ready to leave at the departure time.
- Call the Concierge Desk at 567-7800 when your appointment is over. The driver will pick you up as soon as possible.
- We will fit you into the schedule as best we can for emergency appointments.
- Please remember to cancel your transportation if your appointment is canceled or changed!