

Across the Meadow

Glenmeadow
Vol 13 Issue 9

24 Tabor Crossing

Longmeadow, MA 01106
September '10

A MONTHLY COMMUNICATION SOURCE FOR RESIDENTS

Resident Birthdays

Nettie Fischer	01
Mary Lawsing	05
Harold "Pete" Peterson	12
Carl Baumann	15
Mary Ellen Higgins	15
Martha "Marty" Van Gaasbeck	16
Bernice Thaler	18
Frances "Fran" Borowsky	23
Anne "Pudsie" Cooley	26
Louise Nathan	29

Welcome!

Marilyn Petzold

JEWISH HIGH HOLY DAYS HAPPY NEW YEAR!

ROSH HASHANA

Sundown Wednesday, the 8th and
Thursday the 9th.

KOL NIDRE

Sundown Friday, September 17

YOM KIPPUR

Saturday, September 18



Be My Guest Luncheon

We are planning an event to be held on September 29th, offering you an opportunity to invite your friends to experience life at Glenmeadow. Details will follow, but we are planning an afternoon of activities, which will include a luncheon, entertainment, and tours. This event will be designed in a very informal, no pressure way. Feel free to invite friends who you think might enjoy, but have been shy about asking for information or a tour.

Bridge

On Wednesday, September 15th, we will be having a Bridge Meet and Greet session in the Great Hall. The main focus of this meeting will be to gather information about our Bridge players and to be able to share this information with you all. There will be a short form residents can fill out regarding their Bridge playing; level, already have a partner, need a partner, thoughts on Tournament Bridge, etc.

Wine, cheese and crackers will also be served!

Brain Fitness

Give it a try!

The Brain Fitness program will be starting new sessions on Monday, September 13th in the Lombard Lounge on the 3rd floor. The program consists of 40 one hour sessions. It would be desirable to attend at least 4 each week and complete the program in ten weeks. The sessions are consecutive, and since you have a dedicated computer until you finish, you may proceed to attend sessions whenever your schedule permits.

There will be two separate programs run each Monday, Tuesday, Thursday and Friday. One will be from 9:00am to 10:00am and the other from 10:30am to 11:30am. There are four computers in the Lombard to permit four people to attend each session. Since quiet is required to concentrate on the program, **attendance in the lounge will be restricted to those in the program during those hours.** There will be a sign-up sheet in the office area in the front of the Trip Book.

Much thanks to a great Brain Fitness advocate and "graduate", Bob Harvey,

for volunteering to be the coach for these sessions.

***Rays of Hope* Car Wash and Bake Sale**

Our annual *Rays of Hope* Car Wash and Bake Sale will take place on Sunday, September 19th.

The Bake Sale will happen in the Main Lobby from 1:30 to 3:30pm.

If you would like to bake for the sale, please let Anne Miller or Sheila Clegg know.

The Car Wash will be from 1:00 to 4:00pm. You may sign up to have your car washed at the Concierge. A wash is \$15.00 while a wash and vacuum is \$20.00.

Thank you for your continued support for this most worthy cause!

Registering to Vote & Absentee Ballots

We will be providing transportation to the primaries on September 14th, please sign up at the Concierge if you would like to go. Times will be determined as we get closer and see how many residents are signed up.

Just a reminder that you can get your Absentee Ballots here either at the Trip Book table or you can see Laura.

Also, if you are new to Longmeadow and need to register to vote there are forms for that as well in both places for

November's election. You must register for the November election by October 13th.

Entertainers and Wednesday Shopping Trips

We would like to serve you in the best way possible. To that end, we will be putting small papers in a basket by the door each time we have an entertainer. There are only three things you have to do to help us figure out who you like, who you really liked, and who we should not invite back.

First thing is to write the date, second, circle a rating (rate the entertainer between a 1 and a 5, one being lowest and five being most enjoyable)

And lastly circle the time you enjoy entertainers most weekday afternoon or evening, or weekend afternoon or evening. That's it!

As for the trips, Laura will be putting a pile of suggested Wednesday "trips" to stores on the table by the Trip Book. You can fill one out and drop it into the box for suggestions.

There is a space to fill in to offer suggestions for "Out to Lunch" options as well.

Regularly Scheduled Monthly Transportation September

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**

FRIDAYS

**Longmeadow Shops
Big Y, CVS, Banks & Post Office
Depart: 1:00pm – Main Lobby**

TUESDAYS

**September 7 and 21
Storrs Library - Depart: 11:00am**

ALL WEEKENDS

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

***Please sign up in the trip book.**

Traveling Out September

TRADER JOE'S

**Wednesday, September 1
Depart: 1:30pm**

WESTFARMS MALL

Wednesday, September 8
Depart: 10:30am

MACY'S

Saturday, September 15
Depart: 1:30pm

PUBLIC FORUM

Stephen Breyer,
U.S. Supreme Court Justice
Tuesday, September 21
Depart: 6:30pm

**OUT TO LUNCH AT
HORIZONS**

Wednesday, September 22
Depart: 11:30am

OCEAN STATE JOB LOT

Wednesday, September 29
Depart: 1:30pm

**Glenmeadow
Community Events
September**

THIS OLD HAT

Historical portrayer, Patty Carver, will be here to portray three famous historical women. Come in to find out just who they will be!

Wednesday, September 1

Time: 3:00pm
Great Hall

LIVING WITH LOSS

Tuesday, September 7
Time: 2:00pm
Chapin Lounge

THE NEWS WITH ANNE

Thursday, September 9 and 23
Time: 4:00pm
Kirkham Parlor

ENTERTAINER

JEROME REILLY

Jerome was the lead singer with the Platters in the late 80's and early 90's. Come hear him sing some of their songs as well as the Drifters and much more!

Friday, September 10
Time: 3:00pm
Great Hall

**SAUL FINESTONE
DISCUSSION GROUP**

Monday, September 13
Time: 7:15pm
Chapin Lounge

FOOD COMMITTEE MTG.

Tuesday, September 14

Time: 11:00am

2nd Floor Resident Meeting Room

**NUTRITION CLASS WITH
DIETICIAN L. KENNISTON**

Tuesday, September 14

Time: 2:15pm

Southworth Dining Room

GREEN COMMITTEE MTG.

Thursday, September 16

Time: 11:00am

2nd Floor Resident Meeting Room

RUMMIKUB GAME w/Laura

Thursday, September 16

Time: 3:30pm

Café Extension

MEMORIAL SERVICE

Friday, September 17

Time: 2:30pm

Great Hall

COCKTAILS WITH TIM

Monday, September 20

Time: 4:30pm

Chapin Lounge

**JOHN FITZGERALD
DISCUSSION GROUP**

Monday, September 20

Time: 7:15pm

Chapin Lounge

**INKING TECHNIQUES
WITH LAURA**

Tuesday, September 21

Time: 3:30pm

2nd Floor Recreation Room

**CONCERT PIANIST
VLADIMIR SVOYSKY**

Wednesday, September 22

Time: 4:00pm

Great Hall

ICE CREAM SUNDAES

Our last sundaes of the summer!

Friday, September 24

Time: 2:30pm - Café

DR. MURIEL KOWLESSAR

“Around the World in 21 Days”

Dr. Kowlessar has graciously volunteered to present a DVD of the pictures she took while on her trip around the world. She will explain each photo, and will welcome any comments/questions at the end.

Friday, September 24

Time: 3:30pm

Great Hall

RESIDENT COUNCIL MTG.

Monday, September 27

Time: 4:00pm

2nd Floor Resident Meeting Room

TRIVIA W/LAURA

Monday, September 27

Time: 7:15pm

Chapin Lounge

CARD MAKING W/LAURA

Tuesday, September 28

Time: 3:30pm

2nd Floor Recreation Room

HEALTH UPDATE W/ TIM

Thursday, September 30

Time: 11:00am

Great Hall

**Monthly Programs
September**

MONDAYS

☞ Glee Club/Chapin at 3:00pm
(EXCEPT FOR LABOR DAY)

TUESDAYS

☞ Scrabble/Lombard at 1:30pm
☞ Music Hour/ Chapin at 7:30pm

THURSDAYS

- ☞ Rosary/Quiet Room - 10am
- ☞ Knitting & Needles w/Linda – 1pm
- ☞ Bible Study/2nd Fl. Rec. Rm. -2pm
Studying Matthew
- ☞ Bingo/Harris - 7:30pm

**Wellness Schedule
September**

MONDAYS

- ☞ 9:00 & 10:00am – Group
Exercise
Common Room
- ☞ 11:00am - Aquacise – Pool
- ☞ 11:00am – Movin’ & Groovin’
Great Hall

TUESDAYS

- ☞ 10:00am - Line Dancing
with Russ, Common Room
Spectators are welcome!!!
- ☞ 1:00pm-Personal Training
- ☞ 2:45pm - Modified Strength
Training – GH or KP – ck. screen

WEDNESDAYS

- ☞ 9:00am - Group Exercise
Great Hall
- ☞ 10:00am – Stretch & Flex
Great Hall (Except the 1st week
of each month)
- ☞ 11:00am – Wellness Talk

(1st week of each month)

- ☞ 11:00am – Pool Walking/Sup.
Swim (Except the 1st week of each month)
-

THURSDAYS

- ☞ 1:00pm – Personal Training
☞ 2:45pm Modified Strength
Training – GH or KP – ck. screen
-

FRIDAYS

- ☞ 9:00 & 10am – Group Exercise
Common Room
☞ 11:00am – Aquacise – Pool
-

SATURDAYS

- ☞ 11:00am - Stretch & Tone
Great Hall
☞ 1:15pm - Line Dancing
with Russ, Common Room.
Spectators are welcome!!!

Dining Services September

SPECIAL DINING EVENTS

Monday, September 6
Labor Day Picnic
12:00noon – 1st Seating

1:30pm – 2nd Seating

Saturday, September 11
New England Clam Bake

5:00pm – 1st Seating

6:30pm – 2nd Seating

Residents only for the Clam Bake.

Please call for reservations.

Saturday at the Movies

SATURDAY, September 4
***The Grass Harp* – PG**

Following the death of his mother, young Collin (Edward Furlong) goes to live with his two eccentric aunts, whose double-crossing antics make for a lively upbringing for Collin as he grows up in the Deep South of the 1940s. This witty coming-of-age drama, based on a novel by Truman Capote, includes an ensemble of four Academy Award winners (Sissy Spacek, Jack Lemmon, Walter Matthau and Mary Steenburgen) and one nominee (Piper Laurie).CC

SATURDAY, September 11
***When in Rome* – PG13**

After fishing out coins from a water fountain in Italy, cynical New Yorker Beth Harper (Kristen Bell) finds herself being wooed by several ardent suitors. As she deals with the

attention, Beth tries to figure out whether a charming reporter (Josh Duhamel) really loves her. Danny DeVito, Anjelica Huston, Jon Heder, Dax Shepard and Will Arnett also star in this romantic comedy. Mark Steven Johnson directs. CC

SATURDAY, September 18
***Invictus* – PG13**

In this drama based on real-life events, director Clint Eastwood tells the story of what happened after the end of apartheid when newly elected president Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa. Based on John Carlin's book, the film stars Morgan Freeman as Mandela and Matt Damon (both Oscar nominated) as Francois Pienaar, the captain of the scrappy South African team that makes a run for the championship. – CC

SATURDAY, September 25
***Into the Storm* – PG**

As World War II rages, Winston Churchill (Brendan Gleeson) employs inspiring rhetoric and shrewd leadership as he steers Britain through several tumultuous years. But his political victories sharply contrast with the struggles that beset his marriage to

Clemmie (Janet McTeer). Nominated for three acting Emmys, this war biopic also features Len Cariou, Patrick Malahide and James D'Arcy. CC

**Classic
Movies**

Wednesday, September 1
7:30pm in the Chapin Lounge
Paul's Opera

Friday, September 3
6:30pm in the Great Hall
Must Love Dogs

7:30pm in the Common Room
Marnie

Sunday, September 5
2:30pm in the Great Hall and
7:30pm in the Common Room
The Inn of the Sixth Happiness

Monday, September 6
2:00pm in the Great Hall
The Flyng Scotsman

Wednesday, September 8
7:30pm in the Chapin Lounge
Paul's Opera

Friday, September 10
6:30pm in the Great Hall
Music and Lyrics

7:30pm in the Common Room
Diamonds are Forever

Sunday, September 12
2:30pm in the Great Hall and
7:30pm in the Common Room
The Other Side of Heaven

Wednesday, September 15
7:30pm in the Chapin Lounge
Paul's Opera

Friday, September 17
6:30pm in the Great Hall
The Right Stuff

7:30pm in the Common Room
The Spitfire Grill

Sunday, September 19
2:30pm in the Great Hall and
7:30pm in the Common Room
First Do No Harm

Wednesday, September 22
7:30pm in the Chapin Lounge
Paul's Opera

Friday, September 24
6:30pm in the Great Hall
Finding Graceland

7:30pm in the Common Room
Citizen Kane

Sunday, September 26
2:30pm in the Great Hall and

7:30pm in the Common Room
Waking Ned Devine

Wednesday, September 29
7:30pm in the Chapin Lounge
Paul's Opera

Special News & Resident Reminders September

Public Forum 2010
Springfield Symphony - FREE

Stephen Breyer,
U.S. Supreme Court Justice
September 21 at 7:30pm

Dr. Steven Squyres,
Mars Rover Lead Scientist
October 24 at 2:30pm

Kavita Ramdas,
Global Fund for Women Sr. Advisor
October 28 at 7:30pm

Cory Booker,
Mayor of Newark, NJ
November 8 at 7:30pm

David Brooks & Mark Shields,
Editorial Commentators
November 30 at 6:00pm

Sign up in the Trip Book now for any you would like to attend.

Prescription Bottle Caps

Some residents are having difficulty opening the “child proof” caps on their medicines.

When ordering your prescriptions, ask the pharmacy NOT TO put those caps on your bottles and they will put the regular flip off caps on for you.

Volunteer Opportunities at Glenmeadow.

Some suggestions we have for you are to run or host a program; work in the Library or the store; work on the bazaar or in the gardens; pet visits and apartment tours; read to or visit with an Assisted Living Resident, and more.

Please see Laura if you would like to discuss how you might be able to contribute your time.

Let us hear your voice!

Your input into what programs happen here, or what programs we go out to, is very important to us. It helps to make Glenmeadow a more enjoyable social experience for all.

If you have any suggestions at all, please put them in the suggestion box down on the Trip Book table, or give Laura a call to let her know.

Although we can't always provide everything (ie: finding someone willing to come in to teach oil painting – which we're still working on), we will consider **all** suggestions.

CONCIERGE CORNER

TRIPS....We are asking your help so we can depart for trips on time. There have been several complaints regarding late departures recently.

The issues are...

- Coming down *at* the depart time *or* late.
- Concierge taking time to call or look for people who are not in the lobby.
- Scooters coming down *at* the depart time *or* late.
- Cancellations not marked in the book.

The solution....

- Everyone should be getting on the bus 5 minutes before their depart time to ensure the trip leaves on schedule.
- Scooters should be getting on the bus 10 minutes before the depart time. (Scooters take a minimum of 5 minutes to get on and tied down, this will give us enough time to get the scooter(s) on the bus so we can depart on time.)
- If you are not going, please cancel in the trip book or call to ask the Concierge to cancel your name.
- Concierge will call or look for people only if time permits.

- Drivers will depart at the scheduled time.

THANK YOU FOR YOUR HELP WITH THIS.

Samples of the two new forms you will be seeing out for programs:

Entertainer Rating Card

Date of Event: _____

Please circle one:

Rating 1 2 3 4 5
(Five being the best)

Please circle one:

Weekday afternoons
Weekday evenings
Weekend afternoons
Weekend evenings
(Preferred entertainment time)

You only need to write in the date, rather than write in the whole entertainer's name, which will give Laura enough information to know which entertainer we had on that particular date.

Regular Trips You would like to suggest for the coming months

Please circle those you would like to suggest:

- Barnes & Noble
- Big Lots
- Burlington Coat Factory
- Costco
- Enfield Square
- Evergreen Walk
- Final markdown
- Holyoke Mall
- JCPenney Outlet
- Kohl's
- Lee Outlets
- Marshalls
- Ocean State Job Lot
- TJMaxx
- Trader Joe's
- Westfarms Mall
- Wal-mart
- Restaurant_____
- Any other Stores:

Any other stores suggested can be added to the permanent list as Laura receives suggestions.

Chronological Listing of Special Events August

- September 1 Depart Trader Joe's**
- This Old Hat**
- September 6 Labor Day Picnic**
- September 7 Living with Loss**
- September 8 Depart Westfarms**
- September 9 News with Anne**
- September 10 Ent. Jerome Reilly**
- September 11 Clam Bake**
- September 13 Disc. w/S. Finestone**
- September 14 Trans. to Voting**

- Food Committee**
- Nutrition w/Linda**
- September 15 Depart Macy's**
- Bridge Meet & Greet**
- September 16 Green Committee**
- September 16 Rummikub w/Laura**
- September 17 Memorial Service**
- September 19 Rays of Hope Events**
- September 20 Cocktails w/Tim**
- Disc. w/J. Fitzgerald**
- September 21 Inking w/Laura**
- Depart Public Forum**
- September 22 Depart Horizons**
- Vladimir Svoysky**
- September 24 Ice Cream Sundaes**
- Dr. Kowlessar's**
- "Around the World**
- in 21 Days"**
- September 27 Resident Council**

Trivia w/Laura

**September 28 Card Making
w/Laura**

September 29 Depart OSJL

**September 30 Health Update
w/Tim**