



WELLNESS CENTER

Denise Perlaky, RN

Health Coordinator
Linda Collina
Social Services Coordinator

WELLNESS CLINIC

at Longmeadow Adult Center
Mondays, 10:00 to Noon.

No clinic on April 21st – Patriot's Day
Come and have your blood pressure checked! Brief health counseling is also available with our nurses. If medical concerns require more than a few minutes, please set up a separate appointment time. Please wear clothing that will allow the cuff to be placed directly on your upper arm and will not constrict blood flow.

WELLNESS CLINIC at Emerson Manor
Tuesday, April 8th – 10-11AM.
All seniors are welcome.

BLOOD SUGAR SCREENING
Wednesday, April 9th, 9-10 AM

Please fast for 10-12 hours before the test. Donation of \$1.00 is requested to cover testing supplies.

GLUCOSE METER TUNE-UP
Wednesday, April 9th, 8:45-10:30 AM

We welcome back Judson Graham, *Neighborhood Diabetes*, for glucose meter tune-up. Bring your blood glucose meter. Judson will clean your meter (inside and out), replace the batteries and check all functions for accuracy. Please make an appointment at 565-4150.

HEALTH INSURANCE COUNSELOR
Wednesdays, April 9th & 23rd
9:00 -Noon

Call 565-4150 for an appointment.

LIVING WELL Chat Group
Friday, April 11th, 10-11 AM

Come for coffee, a healthy snack and conversation about *living well*. The topic is *Good Body Balance Keeps You Vertical*." The speaker will be James Biron, Physical Therapist, Performance Rehabilitation, East Longmeadow, MA. Normal balance requires that the brain (central nervous system) integrates complex input from the inner ear, the eyes and the muscles, tendons and joints. Balance disorders are common especially with the population over the age of 65. Mr. Biron will discuss ways to improve balance. **Coming next month: Julie Costello, Executive Director of the YMCA of Greater Springfield. Her topic: Strength Training at Home.**

PNEUMONIA VACCINE – Vaccine is still available for those who meet the medical criteria. Call the Longmeadow Board of Health if interested - 565-4140.

WATER AEROBICS
Thursdays, April 24th–May 29th -11:00 AM
Glenmeadow's experienced instructor leads this low impact exercise class at the Glenmeadow Retirement pool. 6 classes for \$36. Register 565-4150.

FILM CLASSIC OF THE MONTH
"THE SOUND OF MUSIC"
Thursday, April 24th @ 12:30 PM
This warm, romantic, internationally acclaimed musical won The Academy Award for best picture in 1965.

NEW ITALIAN SESSIONS
Tuesdays, Starting April 29th
10:30 AM - Beginners & 11:30 AM- Intermediate. \$48 for 8 weeks. Call 565-4150.

HYMAN DARLING RETURNS
Wednesday, May 7th – 10:00 AM
"Long Term Care Planning" and "Protecting Your Assets." He gives a detailed presentation and then addresses questions from the audience. Register at 565-4150 so there are enough handouts.

GOLF LESSONS
May 7th- June 11th – 10:00 AM
PGA Golf Pro Bob Lake will begin the second session at Fenway Golf Range, corner of Porter and Allen St., E. Long., for beginners or those who would like to brush up on their game. All abilities and ages welcome. 6 lessons @ \$84. Register at 565-4150.

'KEEP MOVING' WALK—LOOK PARK
Wednesday, May 14th
The Executive Office of Elder Affairs is sponsoring a walk at Look Park. Transportation by van. Walk begins w/registration and warm-up at 10:30 AM. There are one-mile and three-mile walking routes. Bring a picnic lunch. Depart 9:45. Register at 565-4150.

DO YOU PLAY CHESS?
Wednesdays, 9:15 AM

We have a new chess club looking for players. Call 565-4150 if you can join them.

DIGITAL PHOTOGRAPHY CLASS:
Call if interested in a summer class.

VETERANS MEETING: Wednesday, April 2nd
@ 1:00 PM: View a film on WW II.

COIN/STAMP COLLECTING CLUB:
Interested in forming a group, call 565-4150
FRIDAY, ADULT FITNESS RESUMES—
April 25th, 9:00 AM, First Church
DISCUSSION GROUP-April 15th, 1:00 PM
FRENCH RESUMES-Tues, April 1, 11:00 AM

LONGMEADOW TRAVEL

"LOVE, SEX AND THE IRS"
Wednesday, April 16th-8:45 - 6:00 PM
The story of two male roommates who try to save money by filing as a married couple on their annual tax return. The day of reckoning comes when the IRS informs the 'couple' they are to be audited. Show at the Garde Arts Center, New London along with lunch, \$77 covers all.

SYMPHONY LUNCH CONCERT
Friday, April 25th, 11:00 AM
Musical excerpts from the Saturday evening concert featuring Chopin, Rossini and Brahms' commanding Symphony No. 3 are dispersed with dialogue from Kevin Rhodes. Admission is \$14 and van transportation is \$3. Boxed lunch is \$7.50. Limited seating on van. 565-4150. Excellent!

MOHEGAN SUN—Thursday, May 15th
Finally - our spring trip to Mohegan Sun Casino with a \$10 Food Coupon or Free Buffet & \$20 in Free Bets. \$21 fee for Motor Coach.

NEWPORT ROSECLIFF FLOWER SHOW
Saturday, June 28th
The Rosecliff Mansion in Newport, R.I. will be decorated for you to "Explore Botanical Passions". The lawn will be covered with tents, flower stalls, accessories, and Oceanside Boutiques, to give us a unique shopping experience. \$40. Lunch on our own. 565-4150.