



# WELLNESS CENTER

Denise Perlaky, RN  
Health Coordinator  
Linda Collina  
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## WELLNESS CLINIC

at Longmeadow Adult Center  
Mondays, 10:00 to 11:45 AM.  
NO CLINIC ON APRIL 20<sup>th</sup>

Come and have your blood pressure checked! If medical concerns require more than a few minutes, set up an appointment with the nurse at 565-4150.

## WELLNESS CLINIC

Health Room at Emerson Manor  
Tuesday, April 7<sup>th</sup>, 10:00-11:00AM.  
**NOTE: THIS IS A WEEK EARLY.**

Blood pressure checks and health counseling are available. All are welcome. Waiting area is in the Community Room.

## BLOOD SUGAR SCREENING

Wednesday, April 8<sup>th</sup>, 9-10 AM.  
Please fast for 10-12 hours before the test. Donation of \$1.00 is requested to cover testing supplies.

**PNEUMONIA VACCINE**—still available. Call Denise Perlaky, RN, at 565-4150, for an appointment.

## MEDICAL SUPPLIES

We are in need of canes and adult continence products of all sizes.

## FOOTCARE

Friday, April 17<sup>th</sup>, 9:00 AM -3:00 PM  
Call 565-4150 for an appointment.

**HEALTH INSURANCE COUNSELOR**  
Thursday April 2<sup>nd</sup> & Weds. April 22<sup>nd</sup>  
9:00—Noon

Call 565-4150 for appointment.

## LIVING WELL CHAT GROUP

Friday, April 3<sup>rd</sup>, 10-11AM.  
**NOTE—ONE WEEK EARLIER.**

**“Food Safety and Quality Explained – Part II: Preservation (Processing)**

Kathryn L. Kotula, Ph.D, Investigative Food Scientist, is returning! We now progress from the microbes to learning about the preservation of food to maintain quality (prevent spoilage) and to prevent food borne illness. We will look at the processing industry from its beginnings to today. Considering the recent “salmonella in peanut butter”, this is a timely topic. You will learn strategies to use in your home to keep your food safe. **Pre-register: 565-4150.**

**Save the date! NOTE DATE CHANGE**

Wednesday, May 6<sup>th</sup>, 2:00-3:00PM  
**“New Technology in Breast Care”**

Steven M. Schonholz, MD, FACS, Medical Director, Breast Care Center at Mercy Medical Center, will update us on state-of-the-art diagnostic technology and advanced treatment options for breast care. He will discuss the latest choices in biopsy and screening techniques such as the *Intact* Procedure, the *Halo* Breast Pap Test and the testing for Hereditary Breast and Ovarian Cancer Syndrome (mutations in the breast cancer genes - BRCA 1 or 2). He will describe the use of Breast MRI scans noting that Mercy Medical Center now has the MAGNETOM Espree Open Bore Breast MRI (better for those who felt confined in the older closed MRIs). **Register: 565-4150.**

## MASTER GARDENER LARRY KING

Thursday, April 30<sup>th</sup> @ 1:00pm

With over 35 years of experience, Master Gardner King will cover houseplants to perennials to lawn care! He will discuss creating new plants from old, rejuvenating house plants; seeds, division, and cutting of perennials; layouts, spacing, sun exposure and other garden ideas. Register at 565-4150.

## GOLF – 2<sup>ND</sup> SESSION

Weds, May 6<sup>th</sup> – June 10<sup>th</sup> @ 10:00am

All are welcome to join PGA Pro Bob Lake. He can work with all levels from beginners to those polishing up their golf skills. The fee is \$84 for 6 lessons with two rain dates scheduled. Must register at 565-4150.

## CHAIR YOGA

Thursdays, May 7<sup>th</sup> – June 11<sup>th</sup> @ 12:30pm

A unique and holistic form of gentle Yoga perfect for anyone that prefers a chair to a mat. Beneficial for all and designed especially for those with limited mobility resulting from Arthritis, Osteoporosis, MS, (or anyone our age.) \$30 for 6 classes.

## METROPOLITAN OPERA LIVE

West Springfield Cinemas

Saturday, May 9<sup>th</sup> @ 12 Noon

The Metropolitan Opera Live Series is being transmitted to movie theaters around the world. La Cenerentola by Rossini will be aired. Cost of admission for Seniors is \$20, plus the van \$3. The theater has very few seats available so if interested send in your check for \$23 immediately.

## ELDER LAW - ATTORNEY DARLING

Wednesday, May 13<sup>th</sup> @ 10:00am

Attorney Darling returns to discuss elder law. He is the local expert on the subject and always has a great deal to offer and is up on all state and federal laws. Register at 565-4150.

## RED HAT LUNCHEON

Wednesday, May 13<sup>th</sup> @ 12 noon

Our ‘Madhatters’ are meeting at Spoleto’s Restaurant. Located at the new shopping area in East Longmeadow. Register—565-4150.

## ONGOING PROGRAMS

**Veterans Club:** Wednesday, April 1<sup>st</sup>  
**Readers:** Tues., Apr. 7, 1:00 pm. *The Reader*, Bernhard Schlink .Tues., May 5, 1:00pm. *The Story of Edgar Sawtelle*, David Wroblewski.  
**Wii:** Weds 1:00pm – 2:45. Bowling Anyone?  
**Pitch:** Tuesdays @ 12:30 PM.  
**Languages:** *French* resumes May 5<sup>th</sup>, *Italian* Tues-Beg.10:30/Adv.12:New Session Apr 28<sup>th</sup>

## LONGMEADOW MIDDLE SCHOOLS

JAZZ ENSEMBLES

Thursday, June 4<sup>th</sup> @12:30

Talented jazz musicians under the direction of Music Director, Dan Albert, from Glenbrook and Williams Middle Schools will be performing at The Adult Center. Register—565-4150.

## LONGMEADOW TRAVEL

MOHEGAN SUN CASINO

Thursday, May 21<sup>st</sup>, 10:00 AM

Package is \$10 toward lunch at any restaurant or the full buffet and Free Keno tickets. \$19.

## ‘CAROUSEL’

Wednesday, June 24<sup>th</sup>, 10:00 AM

Performance at Barrington Stage Co. in Pittsfield. Lunch at the Cork ‘n Hearth Restaurant on Laurel Lake. Lunch choices are Chicken Parmesan, Baked Scrod or Grilled New York Steak. Return 5:30. \$73 all inclusive.

## GOODSPEED OPERA HOUSE

‘CAMELOT’

Wednesday, July 22<sup>nd</sup>, 9:30 AM

Lunch at the Dock & Dine with a fantastic water view. Return about 5:45. Food choices are Stuffed Breast of Chicken, Baked N. E. Cod and Grilled Top Sirloin. The cost is \$89.