

WELLNESS CLINIC

Mondays, 10:00 to 11:45 AM

Come and have your blood pressure checked! Please wear clothing that will allow the cuff to be placed directly on your upper arm and will not constrict blood flow. Health counseling on other matters is also available with the nurses. **If you need privacy to speak about a health matter, please indicate this and we will adjourn to a private area.** If medical concerns require more than a few minutes, please set up a separate appointment time with Denise Perlaky, RN, at 565-4150.

WELLNESS CLINIC at Emerson Manor

NOTE: The August clinic is cancelled due to renovations in progress at Emerson. The clinic will resume on the second Tuesday of each month starting September 9th, 2008. Call Denise Perlaky, RN at 565-4150 if these summer cancellations are problematic for you. Other arrangements can be made.

LIVING WELL Chat Group

“Managing High Blood Pressure”

Friday, August 8th, 10-11 AM

This program will be presented by a CVS pharmacist. It will be followed by the option of a 15 minute individual medication consultation from 11:00-12 noon with the pharmacist (or pharmacy intern). “Pack Your Bag” of medications (prescription and non-prescription) and bring them with you. **Please sign up at 565-4150 for the talk and/or the medication consultation.** Come and learn and enjoy a healthy snack!

Coming Soon – The September 12th

LIVING WELL Chat Group, **“Adult Immunizations: The Latest Recommendations”**, Helen Crean Taugher, RN, BSN, MPH, Massachusetts Department of Public Health, Regional Immunization Nurse. Discussion of the shingles vaccine will be included.

HEALTH INSURANCE COUNSELOR

Wednesdays, August 13th & 27th
9:00 -Noon Call 565-4150 for appointment.

BLOOD SUGAR SCREENING

Wednesday, August 13th, 9-10 AM.
Please fast for 10-12 hours before the test. \$1.00 donation is requested to cover supplies.

FOOTCARE

Friday, August 15th, 9:00 AM -3:00 PM
Call 565-4150 for an appointment.

TOTAL LIPID PROFILE

(Total Cholesterol, HDL, LDL, and Triglycerides)
Wednesday, September 24th, 8-9AM.
This blood test will be done by *Life Labs* on a first come, first served basis (except those on the way to work will be taken first). The test requires fasting for 9-12 hours. Cost is \$15.00. **Call 565-4150 to sign up.**

HEARING SCREENING

Friday, September 26th, 9AM-12 Noon
Megan Allen Schneider, M.A., CCC-A, Certified Audiologist, *Audiology & Hearing Services of Longmeadow*, will do hearing screenings for six pre-registered clients at no charge. Screening results are given immediately. Recommendations and educational information provided. Appts– 565-4150.

‘LONESOME DOVE’ Part 1 Thursday, August 28th -12:30

Hailed as a masterpiece and already a collectible classic, it brings to life all the magnificent drama and romance of the West. Winner of 7 Emmy Awards.

DIGITAL PHOTOGRAPHY

Wednesdays, Sept. 10 – Oct. 8 -1:00-3:00
There are a few slots open for the next class. Learn how to take better pictures, transfer, edit and print pictures, etc. \$50 for 5 weeks.

RED HAT EVENT

Wednesday, September 10 @ 12 noon
We will meet at the new Onyx Fusion Bar and Restaurant located at 1150 West Columbus Ave. in Springfield in the building that formerly housed the Basket Ball of Fame. Refer questions to Jane Dziekonski at 567-9520. Please register at 565-4150.

TAI CHI RETURNS!

Friday, Sept. 12-November 14 @ 8:40 AM
Tai Chi is still the fastest growing fitness and health maintenance activity in the U.S. Doctors increasingly recommend it for its positive effects on a multitude of health problems such as balance, cardiovascular and respiratory functions, relaxing and strengthening muscles and joints, to prevent falls and lower blood pressure. *Time* magazine calls it “the perfect exercise for seniors.” \$55 .

NEXT STEPS ON THE COMPUTER

Thursday, September 18th -1:00-3:00
Neil Nicoll will return to give a review of his first two classes on how to make the system do what you want it to. New students may join, also. Register at 565-4150. No fee.

OPERA BUFFS—Strauss’s *Salome*

Saturday, October 11th, 12:00 Noon

The ‘Metropolitan Opera Live in High Definition’ series of eleven operas is being transmitted to movie theaters around the world. Met Live will be airing Strauss’s *Salome* at the West Springfield Cinemas with Karita Mattila who caused a sensation when she sang *Salome* in 2004. She reprises her stunning interpretation of the part, including Dance of the Seven Veils. Ticket cost about \$18 and \$3 for the van. Call 565-4150.

GREENWOOD READERS: August 5th-1 PM- “One for the Money” by Janet Evanovich.

Programs Resuming:

German: Thursday, Sept. 4th

French: Tuesdays, October TBA

Line Dancing: Monday, Sept. 29th

Jewelry: Monday, Sept. 15th

Veterans Meetings: Wed., Sept. 3rd

LONGMEADOW TRAVEL

AQUA TURF CLUB—“AS TIME GOES BY”
Monday, October 27th

Come aboard our musical journey as tribute is paid to the past 75 years with music from the great American Songbook. A 20 piece orchestra and singers and dancers will recreate the music from the past. Come celebrate the music of your life with us at a beautiful facility and with a great lunch. \$72. Depart-10:00 AM

MOHEGAN SUN CASINO

Thursday, November 6th

Is Nov. 6th your lucky day? Or would you like to go just for fun – nice shops, great food, companionship, and maybe a lucky day on the slots or... all for \$20. \$10 Food Coupon or Free Buffet & \$15 Keno package. Depart 9:30.

DAN KANE SINGERS—CHEZ JOSEF

Sunday, December 7th

These talented singers will mesmerize you with their heart-warming music and harmony, while entertaining you with your favorite classic holiday tunes with style & flair. Chicken Florentine with Bananas Foster for Dessert. \$65 for all. Departs at 10:15. Returns 3:30.