



WELLNESS CENTER

Denise Perlaky, RN
Health Coordinator
Linda Collina
Social Services Coordinator

MAKE-UP FLU CLINIC!

Friday, December 5th, 9:30-11:00AM
Health Room Please call 565-4150 and register if you plan to come.

WELLNESS CLINIC

at Longmeadow Adult Center
Mondays, 10:00 to 11:45 AM.
NOTE: No clinic Monday, Dec. 29th.
Come and have your blood pressure checked! 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
Tuesday, December 9th, 10-11AM.

BLOOD SUGAR SCREENING

Wednesday, December 10th, 9-10 AM.
Please fast for 10-12 hours before the test. Donation of \$1.00 is requested.

LIVING WELL CHAT GROUP

Friday, December 12th, 10:00-11:00AM
“Demonstration: Senior Fitness Class”
Kristy Lagimoniere, Fitness Instructor
at Performance Rehabilitation
Kristy will demonstrate the content of her new senior fitness classes. They are held M-W-F on a drop-in basis at *Performance*

Rehabilitation, 80 Denslow Road, East Longmeadow. The classes target the improvement of balance, strength, flexibility and cardiac health. The cost is \$3 per class. **Call 565-4150 to register.**

PNEUMONIA VACCINE

Call Board of Health if interested—565-4140.

FOOTCARE

Friday, Dec 19th, 9:00 AM -3:00 PM
Call 565-4150 for an appointment.

HEALTH INSURANCE COUNSELOR

Wednesdays, December 10th & 24th
9:00 -Noon Call 565-4150 for appt.

FUEL ASSISTANCE

Please note NEW Fuel Assistance income and benefit levels: family size: one--\$27,876; two--\$36,454; three--\$45,031. For more information, call Linda Collina 565-4150.

MEDICAL EQUIPMENT NEEDED

We loan about 15 items of medical equipment per month from our Loan Closet. Our supply is getting low. We have a need for canes, walkers, commodes, toilet risers, wheelchairs, incontinence products and dressing supplies. We appreciate items are that are clean and in good condition.

COMPUTER CLASS ON E-MAIL

Weds, Jan. 7th & Jan. 14th -10:00-11:30
In response to request, Ed has agreed to do two classes on using E-Mail on the Internet. \$2 per class. Please register at 565-4150.

INTRODUCTORY COMPUTER CLASS

Wednesdays, Jan. 21st-Feb 25th 10:00-11:30
Ed Edler will again conduct a much requested computer class to familiarize beginners with the computer. Those who have taken the course and feel the need to retake it are welcome. (This is not unusual.) \$12 for 6 classes.

VETERANS CIRCLE

Wednesday, January 7th
There will be **no** December Veterans meeting. We will see you on Weds, January 7th.

TAI CHI CLASSES

Fridays, January 9-March 13th @ 8:40 am
Still the fastest growing fitness and health maintenance activity in the U.S., doctors increasingly recommend it for its positive effects for balance, cardiovascular and respiratory functions, preventing falls and lowering blood pressure. In the Adult Center's gym. \$55 for 10 classes. 565-4150.

LINE DANCING with LYNN

At Greenwood Center
Mons, January 12th -Feb 16th @ 9:00 AM
Another fun way to get all the benefits of low impact cardiovascular exercise. This beginner's class also helps with your balance and coordination. All that for \$4 a lesson – pay as you go. Lynn's advanced class is at the Community House. Give it a try. It really fun! Register 565-4150.

TRAVEL

Dan Kane Show: Cancelled

GOODSPEED HOLIDAY SHOW

Matinee on **December 31st**
New Years Eve!

The music is by John Williams and the show was developed by Jim Hensley. In a heart-warming twist on “The Gift of the Magi”, Emmet Otter and his Ma risk all they have when they both secretly enter a talent contest. This new theatrical adaptation features a loveable mix of actors and puppet characters from the Jim Henson Co. and a toe-tapping score. A classic holiday musical for all ages! Final arrangements will be made if we have enough people signup. Call 565-4150

TUSCANY ITALY

We are also looking for interest in a trip in the coming year . Call Norice—565-4150.

AMTRAK RAIL & SAIL ADVENTURE

A one night trip on an **Amtrak Rail & Sail Adventure** in the fall. A motor Coach takes us to Albany, NY. All Aboard Amtrak for a scenic ride through the Adirondacks. Next step a short ferry ride to Burlington, Vt. for a night's stay at a hotel. At night a sunset dinner cruise on beautiful Lake Champlain w/ entertainment. Day II – Burlington's “Church St. Market Place” and Chocolate Factory. Lunch at the New England Culinary Institute. Depart for home.

ONGOING PROGRAMS

DISCUSSION GROUP: 3rd Tues, 1:00 PM

TABLE TENNIS: Thursdays – 1:00

WII GAME: Wednesdays – 1:00

TAP DANCING: Fri., Beg.- 12:15
Fri., Adv.- 11:30

Strength Training/Aerobics—First Church, M, W & F; 9:00 AM & 10:05 AM

FRENCH: No classes on December 16, 23 & 30. No classes on January 6 and 13.