



# WELLNESS CENTER

*Denise Perlaky, RN*  
Health Coordinator  
*Linda Collina*  
Social Services Coordinator

## WELLNESS CLINIC at Longmeadow Adult Center

**Mondays, 10:00 to 11:45 AM.**

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.**

## WELLNESS CLINIC at Emerson Manor

**Monday, December 14th, 2—3 PM**

**NOTE CHANGE OF TIME AND DAY!!**

Clinic will be held on the **second Monday** of the month from **2:00-3:00PM.**

## BLOOD SUGAR SCREENING

**Monday, December 14th, 9:15—9:45 AM**

**NOTE CHANGE OF TIME AND DAY!!**

We will have blood sugar testing on the **second Monday** of the month - **9:15-9:45 AM** Please fast for 10-12 hours before the test. \$1.00 requested to cover supplies.

## FOOTCARE

**Friday, December 18th**

**9:00 AM -3:00 PM**

Call 565-4150 for an appointment.

## HEALTH INSURANCE COUNSELOR

**Wednesdays, December 9th & 23rd**

**9:00 -Noon**

Call 565-4150 for an appointment.

## PNEUMONIA VACCINE

It is recommended *once* for all persons 65 and older. Call Board of Health: 565-4140.

## HOLIDAY SEASON

As the holiday season grows closer, the hours of sunlight grow shorter, and for some, this may lead to an onset of depression. If you are depressed in the winter, but feel fine in the warmer seasons, you may be suffering from seasonal affective disorder (SAD).

*WebMD* reports that it's generally believed that a lack of sunlight during winter months disturbs your normal sleep cycle and serotonin levels, creating episodes of depression.

However, occasional bouts of sadness are not the same as depression or SAD. *HealthDay News* reports the symptoms that are most common: • Craving sweets or other starchy foods, or any other sudden change in appetite • Weight gain • Oversleeping • Fatigue • Social anxiety • Irritability, anxiety, and concentration issues • Isolation from activities you normally enjoy

If you have noticed that you've had these symptoms during the same season and have improved when the season changes for at least two years in a row, you may be suffering from SAD. Consult with a doctor to discuss treatment options.

ing." Her story is interwoven with Julia Child's quest to bring French cooking to American families. The film stars the incomparable Meryl Streep and the adorable Amy Adams. Adapted from Julie Powell's book "Julie and Julia: 365 Days, 524 Recipes, 1 Tiny Apartment Kitchen."

## JOURNEY TO JAZZ

**Tuesday, December 22nd 1:00-2:30 pm**

The little big-band environment of "The Spoiler" fits Stanley Turrentine particularly well. The sturdy, full-bodied sound of Turrentine's saxophone uplifted the Jazz world of the 1960's. "The Spoiler" contains seven great tunes in which Turrentine clearly commands both the ensemble and the material.

## WORD COMPUTER CLASS

**Weds, Jan 6<sup>th</sup> – Feb 10<sup>th</sup>, 10:00 to 11:30 am**

Ed Edler will teach this class in basic word processing. Topics include creating, editing, formatting, saving, and printing documents. \$12.00 for 6 classes. Register at 565-4150.

## NEW ZUMBA SESSION

**Weds, Jan 6<sup>th</sup> – Feb 24<sup>th</sup> 4:00 pm**

Donna Gendron will lead another session of this popular aerobic fitness program set to the beat of Latin music. Class is geared toward seniors. Bring your sneakers and a bottle of water and join the fun. Those who sign up before the last day of session one (Dec 16<sup>th</sup>) only pay \$22.00 for the eight-week session. This applies to everyone, not just those attending the first session. After Dec 16<sup>th</sup> fee is \$25.00 for 8 weeks. Call 565-4150.

## CHAIR / MAT YOGA

**Thurs, Jan 7<sup>th</sup>—Feb 11th 12:30 pm**

Lyn Hopkins is offering this unique and holistic form of gentle Yoga and designed especially for those with limited mobility. \$36 for 6 classes with ten students. 565-4150..

## BINGO DAY IN JANUARY

**Thursday, January 7<sup>th</sup> 12:30 pm**

Join us and the members of the Over 60 Club for a fun game of Bingo!! Coffee and dessert.

## MAH JONG LESSONS

**Fridays in January 12:30 PM**

In China, only men play Mah Jong. Here in the U.S., men and women play. If you have never enjoyed this ancient game, now is the time to try it. Mimi Odentz is offering lessons for beginners or refreshers for those who haven't played in a long time. Lessons are free and no reservations are needed. Try something different for the new year!

## COLD WEATHER FUN!

The cold weather is here! What better time to come to your Center and participate in mentally stimulating indoor games—such as **Pitch**-Tuesdays at 12:30 pm; **Mah Jong**-Fridays at 1:00 pm; **Pinochle**-Tuesdays at 9:30 am; **Trivia**-Wednesdays at 10:00 am; **Chess**-Weds at 9:15 am; **Bridge**-Duplicate on Mondays and Fridays at 12:30 pm; Rubber Bridge-Thurs at 12:30 pm. **Cribbage**, Tuesdays, 7:00 PM

## ON-GOING PROGRAMS:

**French:** Tuesdays at 11:00 am.  
**Italian Classes:** Tuesdays—Beginner 10:30am; Intermed. 11:00am, Adv. 12:00 noon  
**German:** Thursdays at 10:30 am.  
**Book Club:** Tues., Dec. 1<sup>st</sup> at 1:00 pm.  
*December-* "The Piano Teacher" by Janice Y K Lee.  
*January—*"My Cousin Rachel" by Daphne Du Maurier.  
**One-on-One Computer:** First Tuesday at 9:30 am. By appointment--Call 565-4150.  
**Wii Video Games:** Weds. 1:00-2:45 pm. Great for bowling, golf, tennis and sport enthusiasts.  
**Discussion Group:** 3rd Tues - 1:00 pm  
**Massages:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs—1-3:00; 15 or 30 min.  
**Jewelry:** First and Third Mondays at 1:00 pm. \$3.00  
**Artist's Studio:** Tuesdays 1:00 pm.  
**Tap Dancing:** Fridays—Adv. 11:30am; Beg. 12:15pm