



WELLNESS CENTER

WELLNESS CLINIC

at Longmeadow Adult Center
Mondays, 10:00 to 11:45 AM.

No clinic Mon., Feb. 16, th President's Day
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, Health Room
Tues, February 10th, 10:00-11:00AM.

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

BLOOD SUGAR SCREENING

Wednesday, February 11th, 9-10 AM.

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

HEALTH INSURANCE COUNSELOR

Wednesdays, February 11th & 25th
9:00 -Noon Call 565-4150 for appoint.

TOTAL LIPID PROFILES

(Total Cholesterol, HDL,
LDL, & Triglycerides)

Wednesday, March 25, th 8-9 AM.

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

Denise Perlaky, RN
Health Coordinator
Linda Collina
Social Services Coordinator

first). The test requires fasting for 9-12 hours. Cost - \$15. Register 565-4150.
PNEUMONIA VACCINE - still available. Call Denise Perlaky, RN, at 565-4150, for an appointment.

LIVING WELL CHAT GROUP

Friday, February 13, th 10-11:AM
"How to Get a Bra That Fits"

Speaker Cynthia Lydiard, Certified Fitter, from Helen's Bra Shop in Agawam. This is an important health and comfort issue. Cynthia knows how to address this delicate and seldom addressed topic with humor and sensitivity. A Healthy Snack will be served. Register-565-4150.

Save the Date! th
Friday, March 13, 10-11AM
"Caring Conversations"

Our speaker will be Kathleen S. Belsky, RN, Director of Hospice Services, Spectrum Home Health and Hospice Care, a program of Jewish Geriatric Services. She will discuss how to talk with your loved ones about your life care wishes and how to help them speak "as your voice." You will learn how to start those "difficult" conversations with those you care about as well as your physician. Healthcare Proxy, Living Wills, Palliative Care and Hospice will be covered. Please register at 565-4150.

FOOTCARE

Friday, February 20th, 9:00—3:00 PM
Call 565-4150 for an appointment.

GOLF LESSONS

1ST SESSION-Wednesdays, March 11
Bob Lake, PGA Pro, will make lessons available again at Fenway Golf Range located on the corner of Allen and Porter Rd., East Longmeadow. Six week classes in three sessions. First lesson takes place in the Greenwood Gym at 9:00am. The following five are held at the Golf Range starting at 10:00am, weather permitting. A very reasonable fee of \$84 for 6 lessons. March 18 & 25 rain dates.

USING THE INTERNET

Wednesdays, March 18 & 25 th th 10:00 AM
Ed Edler will give two lessons on helping you find your way around the Internet. Please be familiar with the operation of a computer, not computer lessons. Register at 565-4150.

GERMAN

Our sincere thanks to Hilde Kmetz for her dedication to our center for volunteering all these years as German Instructor, Choral Director and in many other capacities. German is cancelled until we are able to get another teacher. If you know of someone qualified, please let us know. 565-4150

WILDERNESS ADVENTURE PROGRAMS

We are in the process of developing a program in which we hope some of you will participate Adventure Day Programs can provide you with quality, unique learning opportunities on a year round basis. We would like to take advantage of the snow and start soon on a snowshoeing, hiking, etc, program. Sounds like fun. Stay tuned for more info.

Need some exercise.... Miss bowling, playing golf or tennis? Join us on Wednesdays at 1:00 PM for an introduction to Wii. Lots of fun and great exercise!

LONGMEADOW TRAVEL

SYMPHONY LUNCH CONCERT

Friday, March 13th

Another innovative, informative great way to start your weekend. A 50 minute concert featuring musical excerpts from the performance being given on Saturday night, dispersed with dialogue from Kevin Rhodes. \$12.50 for admission. Optional box lunch-\$7.50. 11:00 AM departure on Center Van \$3. Limited seating or we can meet you there. 565-4150. Next concert on April 24 th.

MOHEGAN SUN CASINO Thursday, May 21 st

Join us on our semi-annual casino trip to Mohegan Sun Casino. Package provided is \$10 toward lunch, Free Keno Tickets and transportation for \$19. Depart 10:00.

"CAROUSEL!" Wednesday, June 24 th

That old favorite 'Carousel'. Last year we had very favorable feedback on the Barrington Stage Co. Theater. Because of its proximity to our area from Pittsfield, it is a nice short trip. For further details, watch the Voice.

ITALIAN CLASSES

Tuesdays, Starting March 3rd

Beg **Italian:** 10:30 am - \$64 for 8 wks
Adv **Italian:** 12:00 pm - \$48 for 8 wks

ONGOING PROGRAMS

rd
READERS: Feb 3 "In the Woods"

Tana French

VETERANS: Weds, Feb 4th @ 1:00 PM.

Wii GAME: Wednesdays-1:00 pm

TAP: Fri., Beg.-12:15PM ; Adv. 11:30 AM

TABLE TENNIS: Thursdays - 1:00 PM

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DISCUSSION GROUP: 3 Tues., 1:00 PM

Gentle Exercise, Tues/Thurs 10:30 AM

Adult Fitness/Aerobics at First Church, M,W,F