



# WELLNESS CENTER

Denise Perlaky, RN  
Health Coordinator  
Linda Collina  
Social Services Coordinator

## PNEUMONIA VACCINE CLINIC

Friday, January 16<sup>th</sup>, 8:45-10:00AM.

The Advisory Committee of Immunization Practices (ACIP) has recently added **smokers and people with asthma** to the existing list of high risk individuals *under* age 65 who should receive a one time dose of pneumonia vaccine. Other people *under* age 65 who are at high risk: individuals with chronic diseases of the heart and circulatory system, lungs, kidneys or those who are immunocompromised. The cost is \$3.00. Adults *over* 65 are also in the high risk group. The cost may be covered by Medicare B. Call the Longmeadow Board of Health (565-4140) or Denise Perlaky, RN (565-4150) with questions about eligibility & to register.

## WELLNESS CLINIC

at Longmeadow Adult Center

Mondays, 10:00 to 11:45 AM.

**NOTE: No clinic on Mon, Jan 19<sup>th</sup>** 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, Community Room**

Tuesday, January 13<sup>th</sup>, 10:00-11:00AM.

Blood pressure checks and health counseling are available. All are welcome.

## BLOOD SUGAR SCREENING

Wednesday, January 14<sup>th</sup>, 9-10 AM.

Fast 10-12 hrs before the test. Donation of \$1.00 is requested.

**FLU VACCINE** – Still available. Call Denise Perlaky, RN, 565-4150.

## LIVING WELL CHAT GROUP

Friday, January 9<sup>th</sup>, 10:00-11:00AM

**“Healthy and Cheap Food Shopping”**

First we will view the new DVD “Healthy Directions: Living Well, Eating Smart”. This is a grocery store tour featuring Carrie Taylor, Registered Dietician. It is sponsored by Health New England and the Big Y. Next is *your* input. Come ready to share your tips and ideas on how to eat inexpensively - with optimum nutrition. Tough times require ideas from tough people. The first 20 participants to sign-up will receive free copies at the group of the new DVDs and Companion Guide Booklets. Register at 565-4150.

Friday, February 13<sup>th</sup>, 10:00-11:00AM – **“How to Get a Bra That Fits”**

*Save the date* – Cynthia Lydiard, Certified Fitter, from Helen’s Bra Shop in Agawam, is coming. Important health issue.

## FOOTCARE

Friday, January 16<sup>th</sup>, 9:00—3:00 PM

Call 565-4150 for an appointment.

## HEALTH INSURANCE COUNSELOR

Wednesdays, January 14<sup>th</sup> & 28<sup>th</sup>

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. Call Linda Collina 565-4150.

## INTRODUCTORY COMPUTER CLASS

Wed., Jan. 29<sup>th</sup>-Mar 4<sup>th</sup>, 10:00-11:30 am

Class will familiarize beginners with the computer. Those who have taken it before are welcome. \$12 for 6 classes.

## BIRTHDAY LUNCH AND LAUGHTER

Thursday, February 12<sup>th</sup>-11:30 AM

Learn the positive power of laughter! Following the wonderful Birthday Lunch, we will have a guest who is a certified Laughter Leader. “Laughter is the human gift for coping and for survival.” Let’s have fun.

## ONGOING PROGRAMS

**READERS: Jan 6<sup>th</sup> “Run”** Ann Patchet

Feb 3<sup>rd</sup> **“In the Woods”**- Tana French

**VETERANS:** Weds, Jan. 7<sup>th</sup> @ 1:00 PM.

**Wii GAME:** Wednesdays-1:00 pm

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

**TABLE TENNIS:** Thursdays – 1:00 PM

**DISCUSSION GROUP:** 3<sup>rd</sup> Tues., 1:00 PM

**NO Journey to Jazz** in January

**Performance Rehab Senior Fitness-Update**

**Indoor Walking;** M—F, 7:30—2:30 PM for

\$1. **Senior Fitness**—M—F, 9:30—10:30

AM—\$3 or 12 sessions for \$30. Call 526-

9945 for details.

## LONGMEADOW’S ADULT FOCUS

We hope you are watching our new television program on Longmeadow Community Television on Channel 12 which is composed of a panel of townspeople who invite guest speakers to discuss issues important to mature audiences. Past guests have included Dr. Steven Wolman of the Cable Advisory Comm, Robin Crosbie, Town Manager, airing in two parts in December and January, and Eleanor Cress, Chair of the Emerson Manor Board, concerning public housing, airing in Feb and Mar on Tuesdays at 6:30 pm and 9:30 am and Sundays at 10:30 am. If you have suggestions for topics call Norice -565-4150.

## GREENWOOD TRAVEL

**MARCH 13<sup>th</sup>:** Symphony Lunch Concert

**APRIL 24<sup>th</sup>:** Symphony Lunch Concert

**MAY:** Mohegan Sun Casino

**JUNE:** “Carousel”- Barrington Stage Co.

**JULY:** “Camelot”-Goodspeed Opera House

**AUGUST:** Rail and Sail Trip (below)

## NEW YORK RAIL AND SAIL

August 11-12, 2009

Something new and exciting! Amtrak Scenic Adirondack Mountain Rail Journey! Lake Champlain Sunset Cruise w/ wine and cheese reception! Short ferry ride to Burlington, Vermont. Best Western Wind Jammer Hotel! Visits to a market place and a Chocolate Factory. Gourmet Lunch at the New England Culinary School! Etc. All inclusive \$329.00.

## MYSTERY FOLIAGE TRIP!

October, 2009

The Park & Recreation Dept. has kindly invited us to join them for a mystery trip in October. We will make stops in different areas for Appetizers, Entrée, Dessert, etc. We are planning on having a fun adventure. More information coming.

## TUSCANY & MT. RUSHMORE

PRESENTATION

East Longmeadow Sr. Center is hosting a presentation by a rep from Colette Travel on **Wednesday, February 11<sup>th</sup> at 1:00 about the trips to Tuscany and Mount Rushmore**

This is cooperative effort. 328 North Main St., East Longmeadow. Questions? Call Norice at 565-4150.