



# WELLNESS CENTER

Linda Collina  
Social Services Coordinator

## WELLNESS CLINIC

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

**NO** clinics on January 4th or 18th

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  
TUESDAY, JANUARY 12TH, 1:00 PM  
NOTE CHANGE OF TIME AND DAY!!

## BLOOD SUGAR SCREENING

Wednesday, Jan 13th, 9:15—9:45 AM

NOTE CHANGE OF TIME AND DAY!!

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

## FOOTCARE

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

## HEALTH INSURANCE COUNSELOR

Wednesdays, January 13th & 27th  
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.

## Best Wishes

Denise Perlaky & Eunice Kavanagh!  
They will both be missed by all!

PLEASE JOIN US  
On  
*Monday*  
*January 11th*  
*10—Noon*


For a

**MORNING COFFEE**

To wish

**Denise Perlaky  
and  
Eunice Kavanagh**

the very best in  
their retirement!



## BIRTHDAY BASH!

Thursday, January 28th, 11:30 am

This special luncheon will celebrate the birthdays of anyone born in January. There will be birthday cake supplied by our friends at Glenmeadow. Come and enjoy and bring a friend! Lunch is free for those with birthdays in January. Call 565-4150 to register

## A NEW SERIES OF ITALIAN CLASSES Tuesday, January 26<sup>th</sup> through March 16<sup>th</sup>

**Brand New Beginners-10:30am;**  
**Intermediate--11:00am; Advanced12:00pm**  
Brand new beginners are welcome to stay for the Intermediate class also. \$64.00 for the 8 wk session. Call 565-4150 to register.

## 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!

## HISTORY OF LONGMEADOW HISTORIC HOMES ON THE GREEN

Thursday, February 4<sup>th</sup> 12:30 pm.

Peter Santos will present a program on the history of homes on the Green.

## COLD WEATHER FUN!

The cold weather is here! What better time to come to your Center and participate in *Brain Aerobics*- such as **Pitch**-Tuesdays at 12:30 pm; **Mah Jong**-Fridays, 12:30 pm; **Pinochle**-Tuesdays, 9:30 am; **Trivia**-Wednesdays, 10:00 am; **Chess**-Wednesdays at 9:15 am (call ahead); or the ever-popular **Bridge**-Duplicate on Mondays & Fridays at 12:30 pm; Rubber Bridge-Thursdays at 12:30 pm.

## ON-GOING PROGRAMS:

**French Classes:** Tues at 11:00 am. Beginning Jan 26  
**Italian Classes:** Tuesdays—Beginner 10:30am; Inter  
**German Classes:** Thursdays at 10:30 am.  
**Knitting Group:** Thursdays, 10:00-11:30 am.  
**Book Club:** Tues., Jan 5<sup>th</sup> at 1:00 pm. The selection for January is "My Cousin Rachel" by Daphne Du Maurier.  
**One-on-OneComputer Help:** 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  
**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

## LONGMEADOW TRAVEL in 2010

DISCOVER TUSCANY  
March 18th – 27th, 2010

Presented in conjunction with East Longmeadow Senior Travel. Brochures are available here. Sign-up at East Longmeadow Senior Center. Call 525-5436 for more information.

## THE METROPOLITAN OPERA PRESENTS: HAMLET

Saturday, March 27<sup>th</sup> at 1 p.m.

Telecast live and in high definition at the Showcase Cinemas in West Springfield, *Hamlet* features Simon Keenlyside and Natalie Dessay as two of Shakespeare's unforgettable characters. Dessay as the volatile Ophélie has an extended mad scene that is among the greatest in opera. Louis Langrée conducts. \$22 and only 12 seats available. Reserve today with your payment.

## COMING ATTRACTIONS.....

- SYMPHONY LUNCHEON CONCERTS  
*in April*
- JERSEY BOYS in Providence  
*May 13 (with Parks Dept.)*
- ANNIE GET YOUR GUN  
*Goodspeed May 27 (with the JCC)*
- CHARLES RIVERBOAT CRUISE  
*June 5<sup>th</sup> (with Parks Dept)*
- NEWPORT RI MANSIONS  
*June 26<sup>th</sup> (with Parks Dept)*
- OGUNQUIT, MAINE  
*overnight in June or September*
- MYSTIC SEAPORT & AQUARIUM in July
- TANGLEWOOD in August