



WELLNESS CENTER

Denise Perlaky, RN
Health Coordinator
Linda Collina
Social Services Coordinator

WELLNESS CLINIC at Longmeadow Adult Center

Mondays, 10:00 to Noon

Come and have your blood pressure checked! Brief health counseling is also available with our nurses. If medical concerns require more than a few minutes, please set up a separate appointment time. Please wear clothing that will allow the cuff to be placed directly on your upper arm and will not constrict blood flow. *We kindly request that you arrive by 11:45 AM since clinic ends by 12 noon.*

WELLNESS CLINIC at Emerson Manor

NOTE: The July and August clinics are cancelled due to renovations in progress at Emerson. The clinics will resume on the second Tuesdays of each month starting September 9th, 2008. Call Denise Perlaky, RN at 565-4150 if these summer cancellations are problematic for you. Other arrangements can be made to meet your needs.

BLOOD SUGAR SCREENING

Wednesday, July 9th, 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, July 9th & 23rd, 9:00—Noon

Call 565-4150 for an appointment.

FOOTCARE

Friday, July 18th, 9:00 AM -3:00 PM

Call 565-4150 for an appointment.

LIVING WELL Chat Group

How to Get Shoes that Fit

Friday, July 11th, 10-11 AM

Come for a healthy snack and conversation about *living well*. This month our speaker is Kevin Noonan, owner of *Shoenique Shoes* in Longmeadow. Mr. Noonan has been in the footwear industry for over 20 years. He is committed to addressing the need for quality comfort fashion footwear. Mr. Lennon is a member of the National Shoe Retailer Association and is past treasurer of the Boston Shoe travelers. He has taken several courses with the Eneslow Pedorthic Clinic in NYC on foot mechanics. He will bring a portable “iStep” digital foot analyzer. The “iStep” accurately measures feet and determines foot type and pressure points. These measurements are essential for proper shoe fit. The health and stability of feet have a dramatic impact on the health of the body. **Pre-register at 565-4150.**

Coming Soon – August 8th, LIVING WELL Chat Group, Controlling High Blood Pressure presented by a CVS pharmacist. This will be followed by individual medication consultation (by appointment) by the pharmacist. “Pack Your Bag” of medications and bring them.

MEDICAL EQUIPMENT!

Thank you for all the recent donations of medical equipment! At this point we still need canes, shower chairs and wheelchairs. Remember that our transport wheelchair is

FILM CLASSIC “ELIZABETH”

Thursday, July 31st @ 12:30

Winner of the Golden Globe Award and 7 Academy Award Nominations including Best Picture and Best Actress, Cate Blanchett, Richard Attenborough and John Gielgud lead a remarkable cast in a thriller of intrigue in the court of one of history’s greatest monarchs, Queen Elizabeth I, in this 1998 film.

COMPUTER TRAINING

We are fortunate to have students offering one on one computer training for those who are new to the computer or those who have specific questions. Call for details.

READY FOR SUMMER FUN?

SWIMMING AND TENNIS

The Park & Recreation Dept. will be offering **Swimming lessons** open to seniors only, at the Greenwood Park Pool. **Tennis lessons** will also be available on our courts with instructors provided by the Park Dept. Let us know of your interest so the Park Dept. will be able to work out final details. 565-4150

BOCCE OUTING

This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck. Bocce ball is a great game to play outside on a beautiful day. It is highly popular among seniors. Want to learn more? Join us for a scheduled trip to Forest Park. Call 565-4150 for details.

NEW WATER AEROBICS SESSION

Thurs. August 7th – Sept. 11th -11:00 AM

A low impact exercise class to help build cardiovascular endurance, strength and flexibility and to increase range of motion. Classes at beautiful Glenmeadow Pool with a relaxing dip in the hot tub. \$36 for 6 classes. Must register at 565-4150.

TRAVEL

“THE 25th ANNUAL PUTNAM COUNTY SPELLING BEE”

Wednesday, July 9th

Created and developed by Barrington Stage Company in 2004, this hilarious and heartwarming musical moved to Broadway where it garnered 6 Tony Award nominations—ultimately winning 2 Tonys. Six young spellers learn that winning isn’t everything, and that losing doesn’t necessarily make you a loser. \$59 plus lunch on our own at Bennigans Restaurant. Depart 10:30 AM.

GOODSPEED OPERA HOUSE

“HALF A SIXPENCE”

Thursday, September 11th

Following shopping in Essex and dining at the Griswold Inn, we will see a “bouncy, romantic musical that will leave you laughing and wanting more...sure to be the biggest bloomin’ hit of the summer.” \$93 all inclusive. Lunch selections: Sirloin of Beef or Baked Fillet of Cod.

“AS TIME GOES BY” AQUA TURF CLUB

Monday, October 27th

Come aboard our musical journey as tribute is paid to the past 75 years with music from the great American Songbook. A 20 piece orchestra, singers and dancers, will recreate the music from the past decades. Come celebrate the music of your life with us “As Time Goes By.”

ADULT CENTER VAN TRIPS

The Promenade Shops at Evergreen Walk

Thursdays, July 17th & August 14th

10:00 - 2:00 PM

The Promenade Shops at Evergreen Walk in South Windsor offers an outstanding collection of over 60 of the most coveted national specialty retailers and restaurants. Providing a pedestrian friendly environment, The Shops at Evergreen Walk resembles a traditional New England village. Whether dining, shopping, or simply strolling down the main street, Shops at Evergreen Walk is sure to please. *Limited seating - Call 565-4150. \$4.00 round trip*