



# WELLNESS CENTER

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## WELLNESS CLINIC at Longmeadow Adult Center Mondays, 10:00 to 11:45 AM

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 we need to end clinic by 12:00.**

## WELLNESS CLINIC at Emerson Manor Tuesday, June 10th – 10-11AM.

All seniors are welcome.

## BLOOD SUGAR SCREENING Wednesday, June 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, June 11th & 25th 9:00—Noon. Call 565-4150 for appt.

## LIVING WELL Chat Group Oh, My Aching Hands! Friday, June 13th, 10-11 AM

Come for a healthy snack and conversation about *living well*. This month our speaker is MaryLynn Jacobs, MS,OTR/L, CHT. MaryLynn is a founding partner of *Performance Rehabilitation* (East Longmeadow) where she practices hand therapy. She became certified in hand therapy in 1992.

She has been teaching hand therapy and upper extremity splinting courses across the country for over 20 years. She has developed several hand therapy departments, and consulted to physician practices, industry, hospitals, home health care agencies, and software development agencies. Please pre-register at 565-4150.

## FOOTCARE June 20th, 9:00 AM - 3:00 PM Call 565-4150 for an appointment.

## 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 also still available for loan for appointments, outings or short trips.

Just a reminder ~ we want to increase the use of our new....**WIRELESS, PORTABLE FM LISTENING SYSTEM** Thanks to the generous financial support of F.O.L.O.C.A. and the tireless consulting support of Megan Allen Schneider, Certified Audiologist, Audiology and Hearing Services of Longmeadow, we are the proud owners of a new listening system. We have successfully used this system in group settings at the Center. It is available for classes, discussion groups, movies, and 1:1 conversations. Listeners describe the sound as “amazingly clear and loud” – no more straining to hear. Please stop by the Health Room and try this simple system out! You may request it for any activity at the Center.

**FILM CLASSIC— “THE SANDPIPER”**  
**Wednesday, June 25<sup>th</sup> -12:30 pm**  
Elizabeth Taylor and Richard Burton! A free-spirited artist who lives by her own rules and a minister are attracted, which could cost him his career and marriage. It is as dramatic as its lush coastal scenery and its Oscar-winning song “The Shadow of Your Smile.”

**‘NEXT STEPS’ on the COMPUTER**  
**Thursday, June 26<sup>th</sup> @ 1:00 PM**  
*Please note change of date.* Neil will help us understand and take control of the Control Panel. This panel allows us to perform a variety of functions that have specific purposes and are fun to use, too. Register at 565-4150.

**GOLF – 3<sup>rd</sup> SESSION**  
**Wed., July 2<sup>nd</sup>–August 6@10:00**  
Mark your calendar. PGA Golf Pro Bob Lake will conduct his last session of golf lessons on the above dates. They are held at the Fenway Golf Range, corner of Porter Rd. and Allen St., East Longmeadow. He can accommodate all ages and levels. Fee remains at 6 lessons for \$84. You still have the rest of the summer! Must register at 565-4150.

**CHESS**  
Chess has expanded to Wednesdays at 9:15 AM and Fridays at 1:00 PM. Please register.

**SCRABBLE**  
We have had several requests to reinstitute our Friday morning Scrabble games. If you are interested in playing, please call the office and we’ll set up a game.

**The following programs resume in the fall:**  
**French** – Last class June 10th  
**German** - Last class May 30<sup>th</sup>  
**Tap Dancing** – Last class on June 6<sup>th</sup>  
**Mon. Line Dancing** – Last class June 16<sup>th</sup>  
**Jewelry** – Last class June 16<sup>th</sup>  
**Veterans’ Mtgs**-Last meeting – June 4<sup>th</sup>

**These classes continue through summer:**  
**Italian** – Combo class-10:30-11:30.  
**Pinochle** – Tuesdays, 9:30 am  
**Pitch** – Tuesdays, 1:00 – 3:00  
**Book Club** – 1<sup>st</sup> Tuesday of the month  
**Chess** – Wed. @ 9:15 & Fri. @ 1:00  
**For information, contact the Adult Center.**

## LONGMEADOW TRAVEL

### NEWPORT ROSECLIFF FLOWER SHOW Sunday, June 29<sup>th</sup>

Rosecliff Mansion in Newport, R.I. will be florally decorated for us to “Explore our Passions.” The grounds will also be decorated and covered with tents, flower stalls, accessories and Ocean-side Boutiques to give us a unique shopping experience. Ceramics, clothing, books and even a Café. \$50 covers transportation and admission. Lunch on your own. Depart at 9:00 AM and return about 6:30. **PLEASE NOTE CHANGE IN DATE AND PRICE.**

### “The 25<sup>TH</sup> Annual Putnam County SPELLING BEE” Wednesday, July 9<sup>th</sup>

Created and developed by BSC in 2004, this hilarious and heartwarming musical moved to Broadway where it garnered 6 Tony Award nominations--ultimately winning 2 Tonys. It recently celebrated 1,000 performances on Broadway. Matinee at the Barrington Stage in Pittsfield. \$65. Lunch on your own.

### GOODSPEED OPERA HOUSE “HALF A SIXPENCE” Thursday, September 11th, 9:00 AM

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