



WELLNESS CENTER

Denise Perlaky, RN
Health Coordinator
Linda Collina
Social Services Coordinator

WELLNESS CLINIC at Longmeadow Adult Center

Mondays, 10:00 to 11:45 AM.

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 an appointment time with Denise Perlaky, RN, at 565-4150.

WELLNESS CLINIC at Emerson Manor, Health Room

Tuesday, June 9th, 10:00 to 11:00AM.

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

BLOOD SUGAR SCREENING

Wednesday, June 10th, 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 10th & 24th
9:00 -Noon**

Call 565-4150 for an appointment.

FOOTCARE

Friday, June 19th, 9:00 AM -3:00 PM

Call 565-4150 for an appointment.

LIVING WELL PROGRAMS

Friday, June 5th, 10:00-11:00AM

CANCELLED!!

“Taking Care of Yourself and Others”

“DIABETES UPDATE”

Wednesday, June 24th, 10:00-11:00AM

Mary Anne Sopolak, MS, RD, CDE, of the Diabetes Education Center at Mercy Medical Center, will provide us with the latest information about diabetes self management. She is well qualified as a Registered Dietitian and a Certified Diabetes Educator to promote healthy living for adults with diabetes. She will discuss healthy eating and activities, monitoring, medication, reducing risks and coping with the challenges of diabetes. This is a great learning opportunity about a common disorder. Come with your questions and enjoy a healthy snack. Please pre-register at 565-4150.

PNEUMONIA VACCINE - still available. Call Denise Perlaky, RN, at 565-4150, for an appointment.

MEDICAL SUPPLIES

We are in need of canes, adult continence products and dressing supplies.

TRAVELOGUE BY THERESE EIFF “PERU”

Tuesday, June 23rd @ 11:00 am

Our French Instructor Therese Eiff will give a PowerPoint presentation of her slides taken during her recent trip to Peru. Everyone is welcome to attend. 565-4150

GOLF – 3rd SESSION

July 1st to August 5th – 10:00 am

Bob will be finishing the season with this six week session at Fenway Golf Range at the corner of Allen St. and Porter Rd. in East Longmeadow. He has equipment he can share. All levels of ability are welcome from beginners to those polishing their skills. The fee of \$84 with two rain dates scheduled is very reasonable. Must register at 565-4150.

SENIOR SWIMMING LESSONS!

Thursdays, July 9th – August 14th

Lessons at our own Greenwood Pool, which will be reserved for seniors from 11:45am – 12:30pm! Perfect hours for us. It will have warmed up by then and it won't be too hot. Staff will be provided by the Park & Rec. Dept. and will be well-trained and ready for us. Call 565-4150. \$40 for 6 weeks.

SENIOR TENNIS LESSONS!

Mondays & Thursdays

July 6th – August 13th @ 8:30 – 9:30am

Again we have the Park & Recreation Dept. to thank for making this possible for us. They are supplying the staff and equipment if needed. We will meet at our Greenwood Courts at 8:30 on Mondays and Thursdays. \$40 per person for 6 weeks of lessons.

ITALIAN CLASSES

Tuesdays starting June 23rd @ 10:30 AM
ALL levels of Italian from absolute beginners to advanced speakers will be welcome. You may also attend whenever you are able. \$5 per class. Call . 565-4150 for details.

ON-GOING PROGRAMS:

Veterans Circle- Wed, June 3rd. Resumes in Fall.
French: June 23rd. Resumes Sept. 8th.
Wii: Wednesdays, 1:00-2:45. Choose a game.
Pitch: Tuesdays @ 12:30 pm.
Seated Fitness: Try our video tape class. You'll love it. An excellent workout and free, too.
Yoga thru June 11th. Resumes Sept 10th

LONGMEADOW TRAVEL “CAROUSEL”

Wednesday, June 24th @ 10:00 AM

Enjoy the performance in the newly renovated, state-of-the-art 500 seat theater in Pittsfield with lunch at the Cork 'n Hearth Restaurant on Laurel Lake. Lunch choices are Chicken Parmesan, Baked Scrod or grilled New York Steak. Return 5:30. \$73 all inclusive.

GOODSPEED OPERA HOUSE “CAMELOT”

Wednesday, July 22nd @ 9:30 AM

Relive the enduring legend of King Arthur, Guenevere, Lancelot and the Knights of the Round Table in an enchanting fable of chivalry, honor and brotherhood. Winner of 4 Tony Awards. Lunch at the Dock & Dine Restaurant with a fantastic water view. Food choices are Stuffed Breast of Chicken, Baked N.E. Cod and Grilled Top Sirloin. The cost is \$89.

NEW YORK RAIL AND SAIL! August 11-12, 2009

Day 1: Deluxe Motorcoach to Albany, NY. Board Amtrak for a scenic 4 hour ride thru the Adirondack Mts. On to Burlington, Vt. to our hotel. At night a sunset dinner cruise on beautiful Lake Champlain including a Wine & Cheese Reception before dinner & entertainment. Overnight at the Best Western Wind Jammer. **Day 2:** Visit Burlington's 'Church St. Market Place' and Lake Champlain's Chocolate Factory. Lunch at the New England Culinary Institute. \$329 double occupancy. 3 meals, breakfast and lot of fun . Gratuities included.