



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.

WELLNESS CLINIC at Emerson Manor Tuesday, March 11th – 10-11AM. All seniors are welcome.

BLOOD SUGAR SCREENING Wednesday, March 12th, 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 Wednesday, March 12th & 26th 9:00 -Noon Call 565-4150 for appointment.

LIVING WELL Chat Group Friday, March 14th, 10-11AM.

Come for coffee, a healthy snack and conversation about *living well*. The topic is *Understanding Osteoporosis* presented by Gale Mason, FNP, MS, MPH. Gale works as a Nurse Practitioner at the Arthritis Treatment Center in Springfield, MA. Osteoporosis is a disorder in which

bone mass decreases resulting in thinner bones with less strength. Bones in this condition are more easily fractured. We will learn the latest in prevention and management of this condition. We will hear about strategies to stop further bone breakdown and help build new bone. **Pre-registration is requested** – 565-4150. Next month's topic is *Good Body Balance Keeps You Vertical*, April 11, 10-11AM. The guest speaker will be James Biron, Physical Therapist, Performance Rehabilitation, East Longmeadow, MA.

TOTAL LIPID PROFILE (Total Cholesterol, HDL, LDL, & Triglycerides) Wednesday, March 26th, 8—9AM.

This blood test will be done by *Life Labs* on a first come, first served basis (except those on the way to work will be taken first). The test requires fasting for 9-12 hours. Cost is \$15.00.

Call 565-4150 to sign-up.

PNEUMONIA VACCINE – Vaccine is still available for those who meet the medical criteria. Call the Longmeadow Board of Health if interested - 565-4140.

FOOTCARE Friday, March 21st, 9:00 AM -3:00 PM Call 565-4150 for an appointment.

JOURNEY TO JAZZ
Tuesday, March 25, 1:00 PM
Ella Fitzgerald & Louis Armstrong
“Pops” and a Lady named Ella. Featuring
“Let’s Call the Whole Thing Off”
“Stars Fell on Alabama”
And many other popular songs of the
Interwar Period. Call to register—565-4150.

AMERICAN FILM CLASSIC
“GRUMPY OLD MEN”
Thursday, March 27th -12:30 PM
Jack Lemmon and Walter Matthau pair up
again in this hilarious and heartwarming story
of neighborhood curmudgeons whose long-
running feud becomes an all-out rivalry when
an attractive widow moves across the street.

“NEXT STEPS” ON COMPUTER
Thursday, April 10th -1:00-3:00
Neil will return to give us a review of his first
classes on how to make the system do what
you want it to do such as moving documents
from one location to another and organizing
them.. Please register—565-4150.

**BEGINNERS DIGITAL
PHOTOGRAPHY**
April 30th – June 4th @ 1:00-3:00
June 18th- July 16th @ 1:00-3:00
It is necessary to own a digital camera. The
class will help you to take better pictures,
transfer, edit and print pictures, etc. \$50 for
the five week 10 hour class. (No class on
May 21)

SAVE THE DATE:
Atty. Hyman Darling will return, as prom-
ised, on **Wednesday, May 7th** at 10:00 AM
to speak on “Long Term Care Planning” and
“Protection of Our Assets.”

ON-GOING PROGRAMS:

BOOK CLUB SELECTIONS: 1:00 PM
Tues.,Mar.4 “*Then She Found Me*”-Elinor Lipman
Tues.,Apr.1 “*Home Town*”-Tracy Kidder
VETERANS CIRCLE: Wed, Mar. 5th-1:00
GERMAN: Resumes Mar. 27th-10:00
FRENCH: Resumes Apr. 1st – 11:00
PINOCHLE: Tuesdays @ 9:30
DISCUSSION Group: 3rd Tues. @ 1:00
GENTLE EXERCISE: Tues.Thurs. -10:30
JEWELRY : 1st & 3rd Mon.-1:00
JOURNEY TO JAZZ- March 25th – 1:00

LONGMEADOW TRAVEL

NEW ENGLAND FLOWER SHOW!
Thursday, March 13th, 8:15 AM
Please note change of date! It is always such a
pleasure to see the fantastic displays, the demon-
strations, and artistry in the presentations. Cele-
brate the coming of spring with full landscaped
gardens and dazzling exhibits at the 2nd largest
flower show in the nation. Snack on our own.
Private luncheon buffet at 3:00 at Rom’s Restau-
rant in Sturbridge. \$68 for all. Deadline: Mar3rd.

“LOVE, SEX AND THE IRS”
Wednesday, April 16th
The story of two male roommates who try to save
money by filing as a married couple on their an-
nual tax return, the day of reckoning comes when
the IRS informs the ‘couple’ they’re going to be
audited. Show is at the Garde Arts Center, lunch
at the Chowder Pot III in Branford, CT followed
by a MYSTERY STOP before returning home. I
have been assured that none of us have ever been
there nor would they tell me where it is-??? \$77
covers all. Depart 8:45, return 6:00 PM.

SYMPHONY LUNCH CONCERT
Friday, April 25th, 11:00 AM
Innovative 50 minute program featuring musical
excerpts from the Saturday evening concert fea-
turing Rossini, Chopin and Brahms dispersed
with dialogue from our conductor. Admission is
\$14. Van transportation is \$3. Limited seating.
Boxed lunches - \$7.50. Depart center @ 11:00.