



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

WELLNESS CLINIC at Emerson Health Room

Tuesday, March 10th, 10:00-11:00AM. Blood pressure checks and health counseling are available. All are welcome. Waiting area is in the Community Room.

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

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

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

TOTAL LIPID PROFILES (Total Cholesterol, HDL, LDL, & Triglycerides)

Wednesday, March 25th, 8-9 AM. 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 - \$15.00. **Register 565-4150**

LIVING WELL CHAT GROUP Friday, March 13th, 10-11AM "Caring Conversations"

Our speaker will be Kathleen S. Belsky, RN, Director of Hospice Services, Spectrum Home Health and Hospice Care, a program of Jewish Geriatric Services. She will discuss how to talk with your loved ones about your life care wishes and how to help them speak "as your voice" when needed. You will learn how to start those "difficult" conversations with those you care about as well as your physician. Healthcare Proxy, Living Wills, Palliative Care and Hospice will be covered. **Register at 565-4150.**

Save the Date! Friday, April 3rd, 10-11AM "Food Safety and Quality Explained – Part II: Preservation (Processing)"

Kathryn L. Kotula, Ph.D, Investigative Food Scientist, is returning! Learn about the preservation of food to maintain quality and prevent food borne illness. Considering the recent "salmonella in peanut butter", this is a timely topic. Learn food safety strategies to use in your home.

USING THE INTERNET

Wednesdays, March 18th & 25th

Ed Edler will give two lessons on helping you find your way around the Internet. Must be familiar with the operation of a computer. These are not computer lessons. Register at 565-4150.

JOURNEY TO JAZZ

Tuesday, March 24th – 1:00-2:30pm

Our featured performer this month is Ethel Lee, an excellent jazz singer, on a CD entitled *An Evening in September*. (Recorded live on Sept. 26, 2004 in Springfield.) This live recording is a sample of Ethel Lee's stylish delivery and her skillful ability to interact with these very talented musicians which takes the listener on a memorable musical adventure. It is Jazz at its best! Register—565-4150.

TRAVELOGUE

ADVENTURES IN AFRICA

Thursday, April 2nd @ 1:00 PM

Mark your calendar. Mary Lord Brown will share her experiences on two different occasions in Africa. Mary spent time in Africa ten years ago and returned there recently and is going to offer comparisons for us. It's always a pleasure to welcome Mary and hear her presentations. Please register at 565-4150.

GERMAN INSTRUCTOR NEEDED

Since the retirement of Hilde Kmetz, we have been searching for a volunteer to replace her as instructor of the German class. The class meets once a week. It would be helpful to have some experience in teaching. Please contact Norice Smith at 565-4150 if you can help us or know of someone that can.

LONGMEADOW TRAVEL 2009

SYMPHONY LUNCH CONCERT

Friday, March 13th – 12:30pm

An innovative, informative way to start your weekend. A 50 minute concert featuring musical excerpts from the performance being given on Saturday night, dispersed with dialogue from Kevin Rhodes. Vivaldi and Mendelssohn's works featured along with a brilliant violinist. \$12.50 for admission. Optional box lunch \$7.50. 11:00 am departure on Center Van-\$3. Limited seating on van or we can meet you there.

SYMPHONY LUNCH CONCERT

Friday, April 24th – 12:30pm

Our last trip to Springfield Symphony Hall for the year features an Opera Gala as Maestro Rhodes hosts an informative and sometimes irreverent look at the world of Opera with favorites from *La Boheme*, *Rigoletto*, *The Barber of Seville*, *Don Giovanni*, etc. Prices and times as above. Call 565-4150.

MOHEGAN SUN CASINO

Thursday, May 21st

Join us on our semi-annual casino trip to Mohegan Sun. Package. Provided is \$15 food coupon or free buffet & three \$5 bets. Transportation is \$19. Depart Center at 9:30 and return about 5:30.

"CAROUSEL"

Wednesday, June 24th

That old Favorite Rodgers and Hammerstein's 'Carousel' that tells the bittersweet love story between the carnival barker and the naïve Julie Jordan. A great Score including 'If Loved You,' 'June is Bustin Out All Over,' and 'You'll Never Walk Alone.' Barrington Stage Co. \$70.00 includes all.