



# WELLNESS CENTER

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## WELLNESS CLINIC at the Adult Center Mondays, 10:00 to Noon.

No clinic on May 26<sup>th</sup>, Memorial Day.

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—clinic ends by 12 noon.**

## WELLNESS CLINIC at Emerson Manor Tuesday, May 13<sup>th</sup> – 10-11AM.

All seniors are welcome.

## BLOOD SUGAR SCREENING

Wednesday, May 14<sup>th</sup>, 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, May 14<sup>th</sup> & 28<sup>th</sup>

9:00—Noon

Call 565-4150 for an appointment.

## LIVING WELL Chat Group

Strength Training at Home

Friday, May 16<sup>th</sup>, 10-11 AM

Come for a healthy snack and conversation about *living well*. This month our speaker is Julie Costello, Executive Director of the YMCA of Greater Springfield. Please pre-register at 565-4150.

## FOOTCARE

Friday, May 16<sup>th</sup>, 9:00 AM -3:00 PM

Call 565-4150 for an appointment.

## CALL FOR MEDICAL EQUIPMENT!

Our Loan Closet is in dire need of canes and wheelchairs. We can also use shower chairs and tub transfer seats. Dressing supplies of all kinds are most welcome.

## New! WIRELESS, LISTENING SYSTEM

Thanks to the generous financial support of F.O.L.O.C.A., the Cribbage Club 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. The system allows the one-way transmission of a speaker's voice to a group members (or speaker to individual listener) using an FM radio signal. Using the system helps group members overcome background noise and distance from the person speaking. The receivers and headphones worn by the listener can be used to pick up voices up to 100 meters away! It is available for classes, discussion groups, movies, and 1:1 conversations. The staff uses it on home visits for clients with hearing difficulties. 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.

## LOOK PARK 'KEEP MOVING' WALK

Wednesday, May 14<sup>th</sup>

The Mass. Executive Office of Elder Affairs is sponsoring a walk at Look Park. We can provide transportation by van. Walk begins w/ registration and warm-up at 10:30 AM. There are one-mile and three mile walking routes. Bring a picnic lunch. Depart Center at 9:45. Register at 565-4150.

## RED HAT LUNCHEON

MILL ON THE RIVER

Wednesday, May 14<sup>th</sup> @ 12:00 noon

Enjoy a wonderful lunch and walk along the river in your red and purple in South Windsor. Register at 565-4150 if you plan to go.

## MOVIE AFTERNOON—JUNO

Friday, May 16<sup>th</sup>, 12:30 PM

2008 Best Original Screenplay Oscar Winner; Nominated for Best Picture, Best Director and Best Actress as well. When a teenage girl is faced with an unexpected pregnancy, she enlists the aid of her best friend in finding the unborn child a suitable home.

## JOURNEY TO JAZZ

May 27<sup>th</sup> @ 1:00 PM

This month's offering will be another DVD (on Screen) featuring **Ella Fitzgerald's "Live at Montreux"** performing such greats as "That Old Black Magic," "Hey, Jude" and "I Won't Dance." Don't miss it.

## "NEXT STEPS" on the COMPUTER

Thursday, June 12<sup>th</sup> @ 1:00

Neil will help you understand and take control, of the Control Panel. The Control Panel allows us to perform a variety of functions that have specific purposes and are fun, too.

## Greenwood Readers: 1:00 PM

Tues, May 6: "Nineteen Minutes" - Jodi Picoult  
Tues, June 3: "Whitethorn Woods"-M. Binchy  
Veterans Circle: Wed., May 7 @ 1:00

## LONGMEADOW TRAVEL

## MOHEGAN SUN CASINO

Thursday, May 15<sup>th</sup>

Join our spring trip to Mohegan Sun with a \$10 Food Coupon or Free Buffet & \$20 in Free Bets. \$21 fee for Motor Coach. Lots of new machines, shops and interesting things to do. 565-4150. Depart 9:30 AM, Return 5:30.

## 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 Botanical Passions." The grounds will also be decorated and covered with tents, flower stalls, accessories, and Oceanside Boutiques, to give us a unique shopping experience. Ceramics, clothing, books, luncheon foods and snacks will be sold, also. \$49 covers transportation and admission. PLEASE NOTE THE CHANGE IN DATE AND COST. Lunch is on your own. Depart 9:30, Return 6:30 PM.

## GOODSPEED OPERA HOUSE

"HALF A SIXPENCE"

Thursday, September 11<sup>th</sup>

Again, in response to many requests we return to Goodspeed! Following shopping in Essex and dining on a wonderful lunch 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 (gas increase) all inclusive. Lunch selections: Sirloin of Beef or Baked Fillet of Cod. 565-4150

## WATCH FOR:

"The 25<sup>th</sup> Annual Putnam County Spelling Bee": Barrington Stage Co. July 10<sup>th</sup>

"As Time Goes By": Aqua Turf Club. Oct 27<sup>th</sup>

"Dan Kane Singers": Chez Josef. Dec 7<sup>th</sup>.