



WELLNESS CENTER

Denise Perlaky, RN
Health Coordinator

WELLNESS CLINIC

Mondays, 10:00 to 11:45 AM. NO CLINIC ON MAY 25TH, MEMORIAL DAY.

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 with Denise Perlaky, RN, at 565-4150.

WELLNESS CLINIC at Emerson Manor, Health Room

Tuesday, May 12th, 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, May 13th, 9-10 AM.

Please fast for 10-12 hours before the test. Donation of \$1.00 is requested to cover supplies.

HEALTH INSURANCE COUNSELOR

Wednesdays, May 13th & 27th

9:00 -Noon Call 565-4150 for an appointment.

FOOTCARE

Friday, May 15th, 9:00 AM -3:00 PM

Call 565-4150 for an appointment.

PNEUMONIA VACCINE - still available.

Call 565-4150 for an appointment.

MEDICAL SUPPLIES

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

LIVING WELL

Wednesday, May 6th, 2:00-3:00 PM

NOTE ~ TIME and DATE change.

“New Technology in Breast Care”

Steven M. Schonholz, MD, FACS, Medical Director, Breast Care Center at Mercy Medical Center, will update us on state-of-the-art diagnostic technology and advanced treatment options for breast problems. He will discuss the latest choices in biopsy and screening techniques such as the *Intact* Procedure, the *Halo* Breast Pap Test and the testing for Hereditary Breast and Ovarian Cancer Syndrome (mutations in the breast cancer genes - BRCA 1 or 2). He will describe the use of Breast MRI scans noting that Mercy Medical Center now has the MAGNETOM Espreo Open Bore Breast MRI (good news for those who got claustrophobic in the older, confined ones). **Pre-register: 565-4150.**

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

NOTE ~ DATE CHANGE.

“Taking Care of Yourself and Others”

Patricia O’Flynn will provide an interactive workshop about coping skills and stress management for older adults. Ms. O’Flynn has a B.A. in Psychology, a Masters in Public Administration, and is a Certified Wellness Coach. She is also a health educator, dance instructor, Personal Trainer and was a finalist for Toastmaster of the Year in eastern MA. She is the Senior Outreach Coordinator, Samaritans, Inc., Boston, MA. **Pre-register: 565-4150.**

gives a detailed presentation and then addresses questions. No fee. Register at 565-4150 so there will be enough handouts.

RED HAT LUNCHEON

Wednesday, May 13th @ noon

Our “Madhatters” of the Red Hat Society are meeting at Spoleto’s Restaurant on the above date for a fun and colorful luncheon. Located at the new shopping area in East Longmeadow on Maple St. If you need directions ask when you call to register at 565-4150.

MOVIE AFTERNOON

Slumdog Millionaire

Friday, May 15th, 12:30 PM

3 1/2 star film is about an uneducated street kid who is one question away from winning a TV show’s grand prize. Award winner!

JOURNEY TO JAZZ

Nat King Cole Trio -Part II

Tuesday, May 26th @ 1:00-2:30

More of this trio’s hits played in the swinging jazz era of the forties, memorable tunes such as “The Man I Love,” On the Sunny Side of the Street” and many more, back by demand. Nat King Cole sings beautifully, his piano work is spectacular, the trio sounds great. Another “Journey to Jazz” afternoon you will not want to miss.

LONG. MIDDLE SCHOOLS

JAZZ ENSEMBLE

Thursday, June 4th @ 12:30 – 1:15 pm

Dan Albert, Middle Schools Music Director, has included us on the annual tour of Glenbrook and Williams Schools jazz ensembles. Please join us for a delightful afternoon.

NORDIC WALKING SEMINAR

Wednesday, June 17th @ 1:00

Western MA is helping to popularize this wonderful activity that originated in and is sweeping Europe. A certified instructor is giving us a free demonstration including the

use of the specially designed Nordic Walking Poles and some techniques for using them and the many health benefits gained. Wonderful summer exercise. Register 565-4150.

MAH JONGG LESSONS

Our Mah Jongg group meets every Friday afternoon at 1:00. If you would like to learn how to play, give us a call and we will make sure our instructor is available. An enthusiastic group. You will be playing before you know it. No fee. 565-4150

ON-GOING PROGRAMS:

Languages: *French* resumes May 5th.

Italian new classes June 23rd.

Readers: May 5- *The Story of Edgar Sawtelle* by David Wroblewski June 2nd – *A Thousand Splendid Suns* by Khaled Hosseini

Veterans Club: Wed, May 6 @ 1:00pm.

Wii: 1:00 – 2:45 Weds. Bowling anyone?

Pitch: Tuesdays, @ 12:30pm

LONGMEADOW TRAVEL

MOHEGAN SUN CASINO

Thursday, May 21st - 10:00 am

\$19 buys you transportation, \$15 coupon toward lunch at any restaurant or the full buffet, and three \$5 Free Bets. What a deal! 565-4150.

‘CAROUSEL’

Wednesday, June 24th – Depart 10:00 am

Performance at Barrington Stage Co. in Pittsfield. 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.

GOOD SPEED OPERA HOUSE ‘CAMELOT’

Wednesday, July 22nd Depart 9:30 am

Lunch at the Dock & Dine with a fantastic water view. Food choices are Stuffed Breast of Chicken, Baked N.E. Cod and Grilled Top Sirloin. Then we relive the enduring legend of King Arthur, Guenevere, Lancelot and the Knights of the Round Table in this legendary musical. Return about 5:45. The cost is \$89.

UPCOMING TRIPS: *Lake George & Saratoga A Son Remembers Dino; Amtrak’s Rail & Sail Fall Foliage Trip.*