



*Denise Perlaky, RN*  
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### WELLNESS CLINIC

**Mondays, 10:00 to Noon.**

NO CLINIC Nov. 12<sup>th</sup> – Veteran’s Day.  
Come and have your blood pressure checked! Brief health counseling is also available with our nurses. If your 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 .

### WELLNESS CLINIC at Emerson Manor

Tuesday, Nov. 13<sup>th</sup> - 11AM.  
All seniors are welcome.

### BLOOD SUGAR SCREENING

**Wednesday, November 14th, 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, November 14th & 28th 9:00 -Noon** Call 565-4150 for an appt.

### FLU CLINIC – ANNUAL TOWNWIDE

**Wednesday, November 28<sup>th</sup>, 10–1 PM** at the Greenwood Park Center Gym. See the article on pg. 9 of *The Voice* for details. Flu vaccine can also be given to frail or homebound Longmeadow residents (and their care providers) in their homes. Call if you need a home visit to receive the vaccine – 565-4150. Ask for Denise Perlaky, RN.

### LIVING WELL Chat Group

**Friday, November 9th, 10-11 AM.**

Come for coffee, a healthy snack and conversation about *living well*. The topic is: *Medicine Use and Older Adults*. We will utilize materials from a new national education program launched October 1, 2007, by the *National Council on Patient Information and Education* (NCPIE) called **MUST (Medication Use Safety Training for Seniors)**. We will also discuss the *Beers’ Criteria*, a guideline for potentially inappropriate medication use in elderly. Facilitator is Denise Perlaky, RN. Pre-registration not needed.

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

### MANAGING YOUR CHOLESTEROL

**Friday, November 16th, 1:00-2:00PM**

We welcome Gregory Wolff, MD, an internist with Family Medical Care (FMC) Physicians, an affiliate of Jewish Geriatric Services. Dr. Wolff will discuss the basics of cholesterol management: screenings, diet, exercise and nutrition. Dr. Wolff has a unique position in the Longmeadow community. He is a primary care provider **who makes home visits!** Do come and meet him and learn about this frequently requested topic.

### FOOTCARE

**Friday, November 16th, 9:00—3:00 PM.**

topic, call Norice at 565-4150. Please sign up, as he brings handouts with him.

### COMPUTER SKILLS- THE NEXT STEPS

**Thursday, November 15<sup>th</sup> – 1:00 PM**

Add to your computer skills with the help of volunteer Neil Nicoll who will give instruction on some of the many functions of the computer, such as how to copy and back up files, how to put photos, etc. on a CD, what DVD’s are about, retrieving lost documents or folders, and more. Register at 565-4150.

### AFTERNOON MOVIE

**“AN INCONVENIENT TRUTH”**

**Friday, November 16<sup>th</sup> – 12:30 PM**

This film eloquently weaves the science of global warming with Al Gore’s lifelong commitment to reversing the effects of global climate change. “Gore strips his presentation of politics, laying out the facts for the audience to draw their own conclusions in a charming, funny and engaging style, and by the end has everyone on the edge of their seat.”

### JOURNEY TO JAZZ

**Tuesday, November 27<sup>th</sup> – 1:00 PM**

Is it Swing, Jazz or just something special? Join the Adult Center’s Jazz aficionado, Saul Finestone, to answer that question. This session, he will focus on Stan Kenton. Register - 565-4150. Walk ins welcome.

### MONTHLY FILM CLASSIC

**Thursday, November 29<sup>th</sup> -12:30 PM**

**“TO KILL A MOCKINGBIRD”**

A powerful winner of 5 Academy Awards and 2 Golden Globe Awards starring Gregory Peck as the southern lawyer defending a black man accused of raping a white woman. Peck tries to teach his children about the proceedings. The town has other ideas.

**RED HAT HOLIDAY LUNCHEON**  
**Wednesday, December 12<sup>th</sup> – 12:00 noon**  
Are you ready to celebrate the holidays in full regalia for lunch at the Monte Carlo in West Springfield? Lunch is at noon and should be as good as always. \$5 gift exchange. Please register at 565-4150 for reservation purposes.

### LINE DANCING W/ LYNN!

**Fridays from 10:00-11:30 AM**

Lynn Connolly is conducting Line Dancing Classes at the Longmeadow Community House. She gives a spirited and fun lesson. \$3.00 per class. No registration. Call Park & Rec Dept. at 565-4160 for info.

### ADDITIONAL PROGRAMMING:

**BOOK CLUB:** Tues.,Nov. 6-“Water for Elephants”-Sara Gruen: Tues.,Dec. 4-“The Time Traveler’s Wife”-Audrey Niffenegger

**DISCUSSION GROUP:**

Tues.,November 20<sup>th</sup>@1:00

**MAH JONGG:** Fridays@ 1:00 PM

**FRENCH:** Tuesdays @ 11:00

**GERMAN:** Thursdays @ 10:00

**JEWELRY:** 1<sup>ST</sup> & 3<sup>rd</sup> Mondays @ 1:00

### LONGMEADOW TRAVEL

**SPRINGFIELD SYMPHONY ORCHESTRA**

**‘A CURRIER & IVES CHRISTMAS’**

**Sunday, December 2<sup>nd</sup> – 3:00 PM**

Over the river and through the woods for a Christmas Concert inspired by Currier & Ives prints. A traditional New England concert with the orchestra and chorus performing the favorites and an audience sing-along, etc. It will showcase a selection of prints from the Spfld. Museum of Fine Arts, home of the country’s only permanent gallery devoted to the work of these famous “printmakers to the people.” Van seats 10. Sign up early. Senior Group rate and van transportation: \$49.25.