



WELLNESS CENTER

Denise Perlaky, RN
Health Coordinator
Linda Collina
Social Services Coordinator

LONGMEADOW FLU CLINIC!
Wed, November 19th, 10 AM-1 PM
Greenwood Center Gym
See page one for details.

WELLNESS CLINIC
at Longmeadow Adult Center
Mondays, 10:00 to 11:45 AM.
Blood pressure check! Health counseling on other matters is also available with the nurses. 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 Manor
No clinic on the 2nd Tuesday this month. If you need your blood pressure checked, stop by the Emerson Flu Clinic, Fri, Nov 21st, 10-11. Next Emerson Wellness Clinic, Tues, December 9th, 10-11.

BLOOD SUGAR SCREENING
Wednesday, November 12th, 9-10 AM.
Please fast for 10-12 hours before the test. Donation of \$1.00 is requested to cover testing supplies.

LIVING WELL CHAT GROUP
Friday, November 14th, 10-11:30 AM
“Food Safety and Quality Explained”
Kathryn Kotula, Ph.D., Investigative Food Sciences, Storrs, CT.
Consumers, whether they realize it or not, hold the greatest amount of responsibility for the safety and quality of their food, and are the last line of defense against some nasty and very preventable

illnesses. Come “meet” the microorganisms responsible, and learn what you can do, in your home and community, to ensure your foods are safe. **Call 565-4150 to pre-register.**

Upcoming
LIVING WELL CHAT GROUP
Friday, December 12th, 10:00-11:00AM
“Demonstration: Sr Fitness Class”
Kristy Lagimoniere, Fitness Instructor at Performance Rehabilitation
Kristy will demonstrate the content of her new senior fitness class. Held M-W-F on a drop-in basis at *Performance Rehabilitation*, 80 Denslow Road, E. Longmeadow. The class targets the improvement of balance, strength, flexibility and cardiac health. The cost is \$3 per class. **Call 565-4150 to pre-register.**

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

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

HEALTH INSURANCE COUNSELOR
Monday, Nov. 17th & Weds, Nov 26th
9:00 - Noon Call 565-4150 for appt.

FUEL ASSISTANCE
Eligibility is based on GROSS yearly income. Family size one, \$20,800; two, \$28,000; three, \$35,200. For info call Linda Collina, 565-4150.

“WILD ALASKA”
FILM WITH NARRATION
Thursday, November 6th @ 1:00 PM
Planning a trip to Alaska? Or would you just like to enjoy viewing an award-winning DVD Film produced by Princess Cruises? The best time to make this journey is between May and September, but this is the time to start planning. A free raffle of two copies of this DVD. A beautiful film. Please call 565-4150.

MOVIE AFTERNOON
‘MADE OF HONOR’
Friday, November 21st – 12:30
Patrick Dempsey (stars on Grey’s Anatomy) plays a man who realizes he is in love with his best friend, and when she announces she is getting married, he vows to undermine the wedding from the inside. PG 13.

JOURNEY TO JAZZ
Tuesday, November 25th -1:00 PM
Saul is bringing to us a live recording made in June at the Majestic Theater in West Springfield of the **Greg Caputo Big Band** featuring **Phil Woods** on Alto-Sax. Classic Swing with a Modern Drive. Drummer Greg Caputo has played in the bands of Count Basie, Artie Shaw, Harry James and Benny Goodman, etc. A seventeen piece band that **REALLY SWINGS!**

RED HAT MADHATTERS!
Wednesday, December 10th -12:00 pm
Celebrate the Holidays with lunch at the Monte Carlo on Memorial Avenue in West Springfield. Please register at 565-4150.

JEWELRY WORKSHOP
Meets on the 1st & 3rd Monday of the month from 1:00-3:00. She has a wealth of materials for you and will help you create your own jewelry for \$3 plus items needed.

ON-GOING PROGRAMS:
French-Tuesdays - 11:00
Italian- Tuesdays – 10:30 Beginners
12:00 Advanced
German – Resume November. Call for info
DISCUSSION GROUP: 3rd Tuesday
TABLE TENNIS: Thursdays – 1:00
WII GAME: Wednesdays – 1:00
TAP DANCING: Fri., Beg.- 12:15
Fri., Adv.- 11:30
Strength Training/Aerobics—First Church, M, W & F; 9:00 AM & 10:05 AM

LONGMEADOW TRAVEL
MOHEGAN SUN CASINO
Thursday, November 6th
Practically a ‘free’ day of fun with a package of a \$10 Food Coupon for any restaurant or a free Buffet & \$15 Keno play. Transportation \$20. Depart 9:30 Register with payment.

SYMPHONY ORCHESTRA
FRIDAY LUNCH CONCERTS
Friday, November 7th
An innovative, informative way to start your weekend with the Springfield Symphony Orchestra with dialogue from Kevin Rhodes. Excerpts from Ravel’s Bolero, Rachmaninoff’s Rhapsody, and others. A ‘can’t miss’ concert of rhapsodic rhythms! Van holds 10. \$12.50-admission; Van-\$3; optional box lunch-\$7.50. Or meet you over there. Van leaves at 11:00 for lunch and 12:30 concert.

DAN KANE SINGERS – CHEZ JOSEF
Sunday, December 7th
These talented singers will mesmerize you with their heart-warming music and harmony, while entertaining you with your favorite classic holiday tunes with style and flair. Always a wonderful lunch at Chez Josef – Chicken Florentine with Bananas Foster for Dessert. Bus departs at 10:15. Returns at 3:30. \$65 for all.