



# WELLNESS CENTER

## 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 an appointment time with Denise Perlaky, RN, at 565-4150.

## WELLNESS CLINIC at Emerson Manor Monday, November 9th, 2—3 PM

**NOTE: Date & Time Change**

Clinic will be held on the **second Monday** of the month from **2:00-3:00 PM** for November, December and January.

## (SEASONAL) FLU VACCINE CLINICS

We expect several hundred more doses of seasonal flu vaccine *soon*. There is not a shortage of vaccine. Those who have arranged for home visits for the vaccine will receive it as soon as it is delivered. **NOTE:** *Refer to the article on page 8 in this issue for information on older adults & H1N1 (Swine) Flu Vaccine.*

## PNEUMONIA VACCINE

We still have vaccine available by individual appointment. It is recommended *once* for all persons 65 and older as well as for certain persons age 2 to 64 years of age with specific high risk conditions. Call the Board of Health for reservations: 565-4140.

*Denise Perlaky, RN*  
Health Coordinator  
*Linda Collina*  
Social Services Coordinator

## LIVING WELL PROGRAMS

**“Celebrating the Holidays  
in the Midst of Change”**

**Friday, November 13<sup>th</sup>, 10-11AM.**

**Note: Speaker has changed: Please register.**

Leslie Smith Frank, PA-C (Physician’s Assistant, Board Certified), MA. Certified Secondary Teacher, Mindfulness Teacher

Loss and change are inevitable in life - but can be difficult to accept, especially around the holidays. Discover how mindfulness can help you meet the challenges and joys of this time of year in a healthy way. Leslie Smith Frank teaches mindful awareness practices to adults and teens. Her teaching is based on the work of Jon Kabat-Zinn, founder of the Center for Mindfulness and Medicine at the University of Massachusetts Medical Center.

## BLOOD SUGAR SCREENING

**Monday, November 9<sup>th</sup>, 9:15-9:45AM.**

**NOTE : Change of Time & Day**

We will have blood sugar testing on the **second Monday** of the month - **9:15-9:45AM** for November, December, January. Please fast for 10-12 hours before the test. Donation of \$1.00 is requested for testing supplies.

## FOOTCARE

**Friday, November 20th 9:00 AM -3:00 PM**

Call 565-4150 for an appointment. In home service available as well.

## HEALTH INSURANCE COUNSELOR

**9– Noon, Friday, November 13th**

**Wednesday, November 25th**

Call 565-4150 for an appointment.

## CHAIR / MAT YOGA

**Thurs, October 29th—Dec. 10th 12:30 pm**

Yoga is beneficial for all and designed especially for those with limited mobility resulting from arthritis, osteoporosis, MS. \$36 with a minimum of ten students. 565-4150 to register. No class on Nov. 26<sup>th</sup>.

## COMPUTER—INTERNET CLASS

**Weds, Dec. 2nd, 9<sup>th</sup> and 16<sup>th</sup>, 10:00 am**

Ed Edler will unravel the mysteries of the Internet, including addresses, browsing, saving and organizing your favorite Websites, sharing your favorite sites with others, transferring to another computer, online shopping, and safe surfing. \$6.00 3-class series. Register 565-4150.

## RED HAT LUNCHEON

**Wednesday, December 9<sup>th</sup>, 12:00 noon**

All members of the Longmeadow Red Hat Society should wear their purple and red finery to Storowton Tavern in W. Springfield. \$5.00 gift exchange. Register – 565-4150.

## ARTISTS STUDIO

**Tuesdays, 1:00 – 3:00 pm**

Several artists are enjoying this chance to create in each other’s company. All levels are welcome and any medium is acceptable.

## Wii GAMES AND SPORTS

**Wednesdays, 1:00 pm**

Join our enthusiastic Wii gamers for a game of golf, bowling, tennis etc. Instruction is provided. Learn a new skill, compete for fun, or just watch and cheer others on. Stop by!

## FITNESS OPPORTUNITIES

As the days get shorter and the weather gets colder, it is easy to let exercise and fitness fall by the wayside. Don’t let that happen to you! Our **Fitness Corner** boasts two treadmills, a stationery bike, a stair-stepper, and a seated glider. Stop by the office for instruc-

tion on the machines, and then come anytime we are open to exercise on your own schedule. Or, consider a class—Zumba, tap dancing, chair yoga, gentle video exercise class at the Adult Center or Aerobic and strength training classes at the First Church: Monday, Weds and Friday mornings.

## ON-GOING PROGRAMS:

**French Classes:** Tuesdays at 11:00 am.

**Italian Classes:** Tues—Beg 10:30am; Inter. 11:00 am, Adv. 12:00 noon

**Book Club:** Tues., Nov. 2<sup>nd</sup> at 1:00 pm. Nov: “A Prayer for Owen Meany” by John Irving. Dec : “The Piano Teacher” by Janice Y K Lee.

**One-on-One Computer :** 1st Tue 9:30 am. By appointment--Call 565-4150.

**Discussion Group:** 3rd Tues - 1:00 pm

**Messages:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs—1-3:00; 15 or 30 min.

**Jewelry:** First and Third Mondays at 1:00 pm. \$3.00

**Tap Dancing:** Fridays—Adv. 11:30am; Beg. 12:15pm

## LONGMEADOW TRAVEL

## MOHEGAN SUN CASINO

**Wednesday, November 18th, 9:30 AM**

A \$15 coupon toward lunch and three \$5 bets. \$20.Return 5:30 pm. Call 565-4150 to register.

## YULETIDE AT STORROWTON

**Thursday, December 10th, 10:30 am**

Join us for a Yuletide visit to Storowton Village Museums, and a tour of the 19th century buildings decorated for the holiday season by area garden clubs, florists and designers. Visit the Storowton Village Gift Shop & Christmas Shops as well. Then enjoy lunch off the menu at Storowton Tavern. \$7.00 includes tour and van transportation. A luncheon menu is available in the office. Call 565-4150 to register.

## DISCOVER TUSCANY

**March 18th – 27th, 2010**

Presented in conjunction with East Longmeadow Senior Travel. Brochures are available here. Sign-up at East Longmeadow Senior Center. Call 525-5436 for more information.