



# WELLNESS CENTER

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

## WELLNESS CLINIC

**Mondays, 10:00 to 11:45 AM.**

**NO CLINIC on October 12<sup>th</sup>**

Come and have your blood pressure checked! Health counseling on other matters is also available with the nurses.

## WELLNESS CLINIC at Emerson Manor.

**NO REGULAR CLINIC THIS MONTH.**

Blood pressure can be taken at the Emerson Manor Flu Clinic (for residents of Emerson) on October 2<sup>nd</sup>, 10AM-12 NOON.

## ANNUAL FLU VACCINE CLINIC

**Wednesday, October 7<sup>th</sup>, 10:00AM -1:00PM**

**Greenwood Center Gym, 231 Maple Road**

This clinic welcomes all Longmeadow residents over 18 but is particularly targeted to those over 65 and individuals who are pregnant, immune compromised or have chronic illnesses. Flu shots are free of charge to persons having Medicare B. Those over 65 should bring their Medicare and secondary insurance cards to the clinic. The charge for all others is \$4.00. There will be a small flu clinic in the Health Room of the Longmeadow Adult Center on Tuesday, October 13<sup>th</sup>, 4 -6:00 PM. **Those Longmeadow residents who for the first time need a home visit for the flu vaccine need to call 565-4150 and reserve a slot with Denise Perlaky, RN.** Those who received a home visit last year be contacted by the nurse when the vaccine arrives.

**NOTE: H1N1 (Swine) Flu has a low incidence in the over 65 population (perhaps due to prior immunity). At this point it seems that older adults will be one of the last groups to be offered the H1N1 Vaccine.**

**The Board of Health, Town of Longmeadow has registered with the Massachusetts Board of Public Health to be a provider of H1N1 Vaccine. But older adults will not receive it initially.**

## LIVING WELL PROGRAMS

*“Balance Stations”*

**Friday, October 9<sup>th</sup>, 10-11 AM**

**James Biron, Physical Therapist**

**Performance Rehabilitation, E. Longmeadow**

Come and have your balance evaluated! Balance disorders are common after age 65 and are often due to a multitude of factors. Balance relies on the brain integrating input from the ears, eyes, muscles, tendons and joints. You will learn how to improve this integration and decrease your risk of falling.

## SAVE THE DATE:

*“Celebrating the Holidays in the Midst of Life’s Changes.”*

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

**Wenda Restall, LICSW, Psychotherapist**

## BLOOD SUGAR SCREENING

**Wednesday, October 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

**Weds, October 14<sup>th</sup> & 28<sup>th</sup>, 9:00 -Noon**

Call 565-4150 for an appointment.

## FOOTCARE - date change

**Friday, October 23<sup>rd</sup>, 9:00 AM -3:00 PM**

Call 565-4150 for an appointment.

## COMPUTER TROUBLESHOOTING

**Weds, Oct 21<sup>st</sup>, Nov 18<sup>th</sup> & Dec 16<sup>th</sup>**

**1:30—2:30 pm**

Tom Johnson will talk with those who want to keep their computer out of trouble. Delete unwanted programs, increase resources, discuss security issues and social networking sites. Bring your questions. *Not for beginners or Mac users.* Register at 565-4150.

## LITTLE BLACK DRESS RETURNS

**Thursday, October 22<sup>nd</sup> 1:00 pm**

Yvonne is going to demonstrate ways to create stunning, inexpensive outfits for the Holidays or everyday occasions. Accessorize a simple black dress using scarves, jewelry, flowers, and handbags. Register – 565-4150.

## AARP DRIVER SAFETY PROGRAM

**Tuesday, October 27<sup>th</sup> 9:30-2:30 pm**

New program is now only 4 hours long with an hour between for lunch. If you want to dine here at 11:30-12:30, call a day before. \$12.00 for the class.

## GARDEN TALK:

**Putting Your Garden to Bed**

**Wednesday, October 28<sup>th</sup> 1:00 pm**

Master Gardener Elaine Williamson will explain what to do to clean up and prepare your garden for the winter. Register at 565-4150

## CHAIR or MAT YOGA

**Thurs, October 29<sup>th</sup>—Dec. 10<sup>th</sup> 12:30 pm**

Yoga is beneficial for all and designed especially for those with limited mobility resulting from arthritis, osteoporosis, MS. \$36 for 6 classes with ten students. 565-4150 to register. No class on Nov. 26<sup>th</sup>.

## COMPUTER —E-MAIL CLASS

**Wednesdays, Nov 4<sup>th</sup> & 18<sup>th</sup>, 10:00 am**

Ed Edler will teach us how to email friends and relatives. \$4 for session. Next Class the Mysteries of the Internet, Dec 2, 9 & 16. \$6.00 . Call 565-4150 to register.

## “THE HEALING POWER OF HUMOR”

**Thursday, November 5<sup>th</sup> 1:00 pm**

Doug Foresta, Psychologist, Social Worker and student of the Theater, will give a fun, dynamic presentation focusing on the benefits of adding humor and playfulness as coping skills and stress reducers. Please register—565-4150.

## ON-GOING PROGRAMS:

**French Classes:** Resume Tues, Oct. 20<sup>th</sup> at 11:00 am.

**Book Club:** Tues., Oct. 6<sup>th</sup> at 1:00 pm. The selection for Oct: “The Given Day: A Novel” by Dennis Lehane. Nov: “A Prayer for Owen Meany” by John Irving.

**Wii Video Games:** Weds. 1:00-2:45 pm  
Great for bowling, golf, tennis and sport enthusiasts.

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

**Massages:** 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

**Artist’s Studio:** Tuesdays 1:00 pm.

## LONGMEADOW TRAVEL

### “AIDA” LIVE BROADCAST

**Saturday, October 24<sup>th</sup> 12:30 pm**

We have a limited number of tickets to see the live broadcast of Verdi’s opera “Aida” at the Showcase Cinemas in West Springfield. Enjoy this heartbreaking love story and epic drama set in ancient Egypt. A cast of powerful voices and a grand production bring the story to life on the Met stage and on the HD screen. \$20 for ticket and \$2.00 van transportation. Call 565-4150.

### FALL FOLIAGE MYSTERY TRIP

**Thurs, October 8<sup>th</sup>, 9—6 PM**

Enjoy the fall colors! Dine at 3 different spots along the way. Sightseeing from the bus. \$28 for transportation. Call 565-4150. Limited Seating Available.

### MOHEGAN SUN CASINO

**Wednesday, November 18<sup>th</sup>, 9:30 AM**

The slots, tables, shopping, choice of food at buffets or restaurants. A \$15 coupon toward lunch and three \$5 bets. \$20 for transportation. Call 565-4150.

### YULETIDE AT STORROWTON

Join us for a Yuletide visit to Storrowton Village Museums with a tour of the 19th century buildings decorated by area garden clubs, florists and designers for the holiday season,. Visit The Storrowton Village Gift Shop and Christmas Shops as well. Then enjoy lunch off the menu at Storrowton Tavern. Details in the November bulletin.