



WELLNESS CENTER

Denise Perlaky, RN

Health Coordinator
Linda Collina
Social Services Coordinator

WELLNESS CLINIC at Adult Center Mondays, 10:00 to Noon.

NO CLINIC on September 3rd, Labor Day.

Come and have your blood pressure checked! Please wear clothing that will allow the cuff to be placed directly on your upper arm and will not constrict blood flow.

WELLNESS CLINIC at Emerson Manor Tuesday, September 11th, 10-11AM.

All seniors are welcome.

BLOOD SUGAR SCREENING

Wednesday, September 12, 9-10 AM.

Fast for 10-12 hours before the test.

Donation is \$1.00 to cover the testing supplies.

HEALTH INSURANCE COUNSELOR

Wednesday, September 12th & 26th

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

Coming next month ~

GLUCOSE METER TUNE-UP!

The meter tune-up is by appointment on Wednesday, October 10th, 9:00-10:00AM. It will be done by Judson Graham of *Neighborhood Diabetes*. Bring your blood glucose monitor. Your meter will be cleaned (inside and out), batteries will be replaced and all functions will be checked for accuracy. Please call 565-4150 to sign-up.

TOTAL LIPID PROFILE

Wednesday, September 19th, 8:00-9:00AM

The testing will be done by *Life Labs* on a first come, first served basis (except those on the way to work will be taken first). The test requires fasting from midnight on. \$15.00 at the time of test. Call 565-4150 to sign-up.

FOOTCARE

Friday, September 21st, 9:00 -3:00 PM

Call 565-4150 for an appointment.

FLU CLINIC – Call for Nurse Volunteers!

We are in need of currently licensed nurse volunteers to administer Flu Vaccine at our annual clinic at the end of November. Please contact Denise Perlaky, 565-4150. Orientation for nurses will be on Tuesday, October 16th, 1:00-2:30 PM.

LIVING WELL Chat Group

Friday, September 21st, 10-11AM.

NOTE: This month only it is the 3rd Friday.

Come for coffee, a healthy snack and conversation about *living well*. Discussion topic is “What’s New in Listening Devices?” We will have as our guest, Megan Allen Schneider, Certified Audiologist, *Audiology & Hearing Services of Longmeadow*. She will bring equipment to demonstrate ways to improve your hearing especially in group settings. Opportunity to learn and socialize. Facilitator: Denise Perlaky, RN.

PNEUMONIA VACCINE CLINIC

Wednesday, September 26th, 10:00-Noon

See page for 9 for details.

MANAGING YOUR CHOLESTEROL

Friday, October 26, 1:00-2:00 PM

We welcome Dr. Gregory Wolff, the new physician on staff at Jewish Geriatric Family Medical Care to discuss this *frequently requested* topic.

ASSISTANCE PROGRAMS

If you plan to apply for any Federal or State Assistance Programs (Fuel, Food Stamps, Mass Health, Circuit Breaker) you need proof of income. Save all statements from Social Security, pensions, banks and dividends – anything that pertains to your income to make the application process easier. **Fuel Assistance** – Reapplications are now being sent out. If you are having trouble heating your home, Call Linda, 565-4150.

Merrill’s workshops to 1:00. She offers thousands of pieces to help create new jewelry or make repairs to others and help in doing so. Meets on 1st and 3rd Monday of the month.

BASIC COMPUTER SKILLS

Weds, Sept. 19 - Oct. 24th—10:00-11:30

Our six-week fall session for beginners who would like to become familiar with a computer will again be conducted by Ed Edler. He will provide the basics for Microsoft Word I. In November we will start Microsoft II classes. In order to take Word II you must have taken Word I or have a good background in it. Limited seating. \$12.

AUGUST/SEPTEMBER

BIRTHDAY BASH

Thursday, September 20th - 11:30 AM

If you are one of our babies born in August or September you are invited to join us so we may celebrate your birthday with you. Following lunch we will be entertained by vocalist Kim Mantho. \$3. Following the lunch join us for our series of Alfred Hitchcock classics.

FILM CLASSIC

“TO CATCH A THIEF”

Thursday, September 20th – 12:30 PM

We continue our series of Alfred Hitchcock movies with Cary Grant (again) and Grace Kelley at their best in this great movie.

MOVIE AFTERNOON

“THE HOAX”

Friday, September 21st - 12:30 PM

This 3 ½ star rated movie stars Richard Gere in a very good performance as a not very successful writer in the ‘70’s who managed to convince the world he had the memoirs of Howard Hughes. Good cast and reviews.

ANY INTEREST IN BOWLING OR CHESS?

JOURNEY TO JAZZ

Tuesday, September 25th – 1:00 PM

Is it Swing, Jazz or simply something special? Join the Adult Center’s Jazz expert, Saul Finestone to answer that question. He will focus on Stan Kenton and his music. Please register at 565-4150.

ADDITIONAL PROGRAMMING:

BOOK CLUB: Tuesday, Sept. 4th @ 1:00-

“A Great Deliverance” by Elizabeth George

Tuesday, Oct. 2nd – “Dust” by Martha Grimes

VETERANS: Weds, Sept. 5th @ 1:00 PM

Meeting and speaker. Call for lunch reservations.

GERMAN RESUMES: Thurs, Sept. 6th @ 10:00 AM

FRENCH RESUMES: Tues, Sept. 25th @ 11:00 AM

ONE-ON-ONE COMPUTER FOR BEGINNERS:

1st Tuesday of the month

DISCUSSION GROUP–Tues, Sept 18th, 1:00 PM

LONGMEADOW TRAVEL

BIG E ADVENTURE

Wednesday, September 19th, 9:30—2:00 PM

It’s that time again for a day at the Eastern State’s Fair. \$3.00 on the New Longmeadow Van.

“SAY GOODNIGHT, GRACIE”

Thursday, September 27th, 10:30 AM

Following lunch on the water at the Dock & Dine Restaurant and a visit to the charming shops of Mystic Village (outside of Mystic) see a one-man show on the life, laughter, and love of George Burns from his impoverished youth to his career in Vaudeville, his marriage to Gracie, their rise to success and finally George’s ‘second time around.’ It promises a million laughs and a thousand memories. Show at the Garde Arts Center in New London. \$75

OCTOBER FOLIAGE TRIP

Thursday, October 11th

Enjoy the beautiful fall foliage. Lunch on your own at the Dockside Restaurant on the wonderful Connecticut River and enjoy a relaxing narrated cruise on ‘The Lady Bea’ out of Brunelle’s Marina in South Hadley. We can pool rides. Sign up quickly so we can reserve seating. \$12 for the boat.. 565-4150.