



WELLNESS CENTER

Denise Perlaky, RN
Health Coordinator
Linda Collina
Social Services Coordinator

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 a separate time with Denise Perlaky, RN, at 565-4150.

WELLNESS CLINIC at Emerson Manor
Tuesday, September 9th, 10-11AM.

All older adults are welcome.

HEALTH INSURANCE COUNSELOR
Thurs., Sept 11th & Weds., Sept 24th
9:00 -Noon Call 565-4150 for appointment.

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

LIVING WELL Chat Group
Friday, September 12th, 10-11 AM
“Adult Immunizations: The Latest Recommendations”, Helen Crean Taugher, RN, BSN, MPH, Massachusetts Department of Public Health, Regional Immunization Nurse. This past year has brought some changes in the adult vaccination schedule. Shingles vaccine will be included.

UPCOMING Living Well Chat Groups:
1) Friday, October 10th, 10-11AM
“Lessons Learned: Getting the Best Health

Care for Self and Others.” Discussion will feature older adults who have successfully navigated a complex healthcare system. This *advocacy discussion* will be facilitated by Denise Perlaky, RN. **Pre-register.** 565-4150.

FLU VACCINE

Please call Denise Perlaky, RN, if you need a home visit to receive the vaccine this Fall. Our main Flu Clinic will be in mid-November – date to be announced.

PNEUMONIA VACCINE CLINIC
Wednesday, September 17, 10-11:00AM
See page 7 for details.

FOOTCARE
Friday, September 19th, 9:00 -3:00 PM
Call 565-4150 for an appointment.

TOTAL LIPID PROFILE
Total Cholesterol, HDL, LDL, & Triglycerides
Wednesday, September 24th, 8-9AM.
This blood test 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 for 9-12 hours. Cost \$ 15.00.
Call 565-4150 to sign up.

HEARING SCREENING
Friday, September 26th, 9AM-12 Noon
Megan Allen Schneider, M.A., CCC-A, Certified Audiologist, *Audiology & Hearing Services of Longmeadow*, will do hearing screenings for six pre-registered clients at no charge. Screening results are given immediately. Recommendations and educational information is provided. Call to reserve a 30 minute time slot – 565-4150.

Thursday, September 18th-1:00-3:00
Neil Nicoll will return to give a review of his first two classes and additional information .
New students welcome. Register 565-4150.

AFTERNOON MOVIE

“MISS PETTIGREW LIVES FOR A DAY”
Friday, September 19th @ 12:30

This three-star movie is an old fashioned screwball comedy, as told from the point of view of the clear-thinking domestic who sorts out a daffy actress’s life.

JOURNEY TO JAZZ

Tuesday, September 23rd @ 1:00-2:30
“A Tribute to Nat King Cole” performed Live at the Kennedy Center in Washington, D.C. by Allan Harris. Harris’ voice projects “the warmth of Tony Bennett, the bite and rhythmic sense of Sinatra and the sly elegance of Nat King Cole.”

LINE DANCING WITH LYNN
Begins Monday, Sept. 29th @ 9:00 AM
A fun way to get all the benefits of low impact cardiovascular exercise. It also helps with your balance and coordination along with improving memory. \$4 a lesson; pay as you go. Must register at 565-4150. More advanced group at the Community House.

FILM CLASSIC

“LONESOME DOVE” Part II
Tuesday, September 30th @ 12:30 PM
Part II of the masterpiece that brings to life the drama & romance of the West.

READING GROUP:
Sept. 2nd- Friday Night Knitting Club–Kate Jacobs
Oct. 7th- Out Stealing Horses- Per Petterson
Nov. 4th- Story of Edgar Sawtelle – David Wroblewski
Dec. 2nd – The Zoo Keepers Wife – Diane Ackerman

PLEASE JOIN US....

German: Thursday, Sept. 4th – 10:00 am
Jewelry: Monday, Sept. 15th – 1:00 pm
French: Tuesdays, October TBA
Discussion Group: Tues, Sept 16th 1:00 pm
Table Tennis-Thurs, 1:00 PM, starting the 11th

**LONGMEADOW’S 250TH BIRTHDAY
TOWN GREEN SCAVENGER HUNT!!**

Thursday, October 2nd -1:00 PM

We are going on a scavenger hunt! Join us for an adventure on the Longmeadow Green for our own celebration of our town’s 250th birthday. We’ll all have a list of special items to look for and make it a fun afternoon. Please register at 565-4150.

ADVENTURES IN WRITING

Weds, October 8th-Nov. 12th-1:00-3:00

A new creative writing class, facilitated by Donna Bailey-Thompson, welcomes all levels of writers. Not an academic class, but an opportunity to develop and sharpen a personal writing style – writer-friendly. Participants may choose whatever inspires them—fiction or non, plays, poetry, essay, memoir. \$50 for 12 hours to help you transform an okay effort into a WOW! 565-4150.

OPERA BUFFS

Saturday, October 11th @ 12 noon

There are a few seats open on the van to see Strauss’s *Salome* airing live worldwide at the W. S. Cinemas. \$18 for ticket and \$3 for van.

LONGMEADOW TRAVEL

AQUA TURF CLUB – “AS TIME GOES BY”
Monday, October 27th

Come aboard our musical journey as tribute is paid to the past 75 years of music from the great American Songbook. A 20 piece orchestra, singers and dancers will recreate the music from the past. Depart-10:00. Register with payment of \$72.

MOHEGAN SUN CASINO

Thursday, November 6th

\$20 with a \$10 Food Coupon or Free Buffet & \$15 Keno package. Depart 9:30. Register with payment.