



OLD QUARRY TOWN ELDER

EAST LONGMEADOW COUNCIL ON AGING
328 NORTH MAIN STREET
EAST LONGMEADOW, MA 01028-1870
WWW.EASTLONGMEADOWMA.GOV



CAROLYN F. BRENNAN, DIRECTOR
8:00 A.M. - 4:00 P.M. DAILY
PHONE: 525-5436 FAX: 526-9746
CBRENNAN@EASTLONGMEADOWMA.GOV

IMPORTANT INFORMATION

Commodities Distribution for East Longmeadow residents will be on **Wednesday, February 18th** from 1:00 - 3:00 p.m. Sign up in the Senior Center office and receive your ticket for the year. *No commodities will be given without a ticket!*

Trip to Wildwood, NJ
4 days/3 nights to Wildwood & the "Jersey" Shore, from **May 18 - 21, 2009**. Your trip will include 3 nights accommodations in Wildwood, 3 breakfasts & 2 dinners, entertainment, a visit to a winery, Atlantic City casinos, Cape May, and

more! Cost is \$299 PP/double, \$359 for single. Call Jennie Wood @ 525-2821.

Collette Tours will present information **Wed., Feb. 11th @ 1:00 p.m.** on two multi-day trips we may sponsor, one to South Dakota and the other to Tuscany. *Don't miss this informative session!*

Digital TV Transition
Are you ready? On February 17, 2009 all full-power broadcast television stations in the United States will stop broadcasting on analog airwaves and begin broadcasting only in digital. If you rely on an out-

side antenna or "rabbit ears" to receive over-the-air broadcast signals on TV sets, you will need to obtain a separate converter box for each television set in your home in order to watch over-the-air TV. Until March 31, 2009, all U.S. households will be eligible to request up to two coupons, worth \$40 each, to be used toward the purchase of up to two, digital-to-analog converter boxes. The NTIA has responsibility for administering the coupon program. To request your coupons and for more information, go to www.DTV2009.gov or call 1-888-388-2009.

FRIENDSHIP CLUB EVENTS



- ◆ **Thursday, Feb. 5**
Historian Don D'Amato, "Indians of CT Valley," sponsored by PeoplesBank
- ◆ **Thursday, Feb. 12**
Valentine's Day Party/50th Anniversary, Agawam Melody Band, sponsored by The Reminder
- ◆ **Thursday, Feb. 19**
The Academy of Dance of East Longmeadow
- ◆ **Thursday, Feb. 26**
Sweetheart Bingo (Tickets go on sale for Lemon Pie Luncheon)

DONATION ACKNOWLEDGEMENTS

Memorial Donations -
Thank you to those who made donations to our Senior Center in memory of:
Woody Wiseman - Horton & Marion Minor;
Wilbert & Margaret Eddy - Esther C. Dusenberry, Leo & Lucy Tarpinian, Adele Ugolik, Eileen Dane;

Blaine Nelson - Horton & Marion Minor, Mr. & Mrs. Alan Dudley, Daniel & Irene Falvo;
Dolores Quattropani - Horton & Marion Minor;
Ray St. Marie - COA Board Members (Muriel Andwood, Melinda Mandeville, Dorothy Weyner, Foy Miller,

Sandy Burns, Gary DeLisle, Theresa Govoni-Moylan, Leon Osborne, Doreen Harrison.)

General Donations -
Thank you to those generous folk who continue to donate coffee, sugar, artificial sweetener, tea and napkins to our busy senior center!

SPECIAL EVENTS

- ◆ **Wednesday, Feb. 11**
Collette Tours Presentation 1:00 PM
- ◆ **Wednesday, Feb. 18**
Commodities Distribution 1:00 - 3:00 PM
- ◆ **Wednesday, Feb. 25**
Elder Law Atty. Jennifer Snyder, 1:00 PM

FEBRUARY EVENTS AND LOOKING AHEAD TO SPRING

AARP Tax Aide volunteers will be providing free tax return preparation at the Pleasant View Senior Center on Monday mornings, beginning **February 2nd and ending on April 13th**, by appointment only (*we will be closed on February 16th, President's Day*). Appointments are at **9 AM, 10 AM, 11 AM, and 12 noon**; please call 525-5436. This service will be strictly for East Longmeadow residents ONLY at this site. Alternate sites are: The Jewish Community Center, 1160 Dickinson St., Springfield, 739-4715; Longmeadow Council on Aging, 231 Maple Rd., Longmeadow, 565-4150; The Good Life Center, 1600 East Columbus Ave., Springfield, 787-6785.

Back by popular demand! We had such a strong turn-out to Elder Law Attorney Jennifer L. Snyder's presentation last month, so have scheduled her to return to the Pleasant View Senior Center on **Wednesday, February 25th from 1:00 - 2:00 p.m.** Once again, Attorney Snyder will offer advice on how to "Keep Your Golden Years Golden," by protect-

ing your home and assets, in addition to other reasons why it is important to meet with an Elder Law Attorney before situations arise that could impact your life.

Free Legal Consultations - Attorney David Carlson will continue to offer *free* legal consultations each month at the Pleasant View Senior Center. The next date is **Tuesday, February 17, 2009**, from 1:00 - 3:00 p.m. Attorney Carlson can provide assistance with Elder Law, Guardianships, Estate Planning, Long Term Care, and the review of legal documents. Half hour appointments must be scheduled in the Senior Center office, 525-5436. Times fill quickly, putting your name on a waiting list will ensure you a spot for a future date.

Keeping Your Balance - Have you ever wondered, "Why am I tripping? Why is my balance getting worse?" If so, come and listen to Jim Biron, Physical Therapist from Performance Rehabilitation, on **Monday, March 9th @ 10:00 a.m.** Jim will explain how balance systems work and why it goes awry, in addition to educating you on what you can do to improve

your balance. Whether through exercise, changing your type of footwear or using assistive devices, Jim will answer your questions and direct you onto the right path.

Golf Lessons at Fenway - Bob Lake will again be offering golf lessons at Fenway Golf Range in East Longmeadow. He will offer three sessions, each one running for six weeks and costing \$84 per session. Classes will be from 1:00 - 2:00 p.m., dates are as follows: April 15 - May 20 (rain dates May 27 & June 3); June 10 - July 15 (rain dates July 22 & July 29); August 12 - September 16, (rain dates TBD). Call Bob directly to schedule your lessons at 330-1578.

Lemon Pie and Sandwich Fundraiser - The Friendship Club will be holding a Lemon Pie and Sandwich Luncheon on **Thursday, March 19th**, offering a choice of Ham, Tuna or Egg Salad. Tickets are \$4 each and will be on sale the following Thursdays during lunch: Feb. 26th, March 5th, and March 12th. For tickets or information, call Gloria Hogan @ 734-2044, or Rosalie Hart @ 525-3734. *This event is sponsored by PeoplesBank.*



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OUTREACH - JANICE MICHAELIS, B.S, MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424, JMICHAELIS@EASTLONGMEADOWMA.GOV

The days are getting longer, the promise of Spring is seen in that alone. Please make sure to check the guidelines for commodity food distribution. It's always a surprise what we bring back from the Food Bank; however, it is always good,

usable, staple food products. Remember that we have a Food Pantry here - East Longmeadow residents needing food should come in to see Janice. No age restrictions.

SHINE: 2nd TUES/mo, by appt. w/John McGreal, 525-5436.

TRIAD/SALT: 1st FRI of each month, 9:00 AM.

COMMODITIES DISTRIBUTION: Wed., February 18th. Sign up in the Senior Center office to get your ticket for the year. *No commodities will be given without a ticket!*

HEALTH AND WELLNESS - LISSA FONTAINE, R.N., MON/WED, 8 AM TO 2 PM, THURSDAY, 8 AM TO 3 PM, 525-5436, LFONTAINE@EASTLONGMEADOWMA.GOV

February is American Heart Month - According to the American Heart Association, "Heart-healthy nutrition, daily physical activity, eliminating tobacco, controlling diabetes and a commitment to follow your healthcare professional's recommendations (for cholesterol and high blood pressure) are all part of reducing your risk for heart disease, heart attack and stroke." Begin

a heart-healthy way of life, starting this month. For more information, visit www.americanheart.org.

Lissa Fontaine, R.N.: Available for BP screenings MON, WED, THURS mornings. Walk-in.

Alzheimer's Support Groups: 1st THURS/mo, East Village Place; 6 PM; Last TUES/mo, 7 PM, Mary Lyon's Nursing Home in Hampden.

Blood Pressure Screenings: 3rd THURS/mo by Wingate Nurses, 11:00 AM - noon.

Footcare/Pedicure by appt: 2nd TUES/mo at the American Legion Hall off of Crane Avenue. \$28

"Dizziness, What Can I Do About it?" Monday, March 9th @ 10:00 a.m., presented by Jim Biron, PT. Call us @ 525-5436 to register.

ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5439, SGRABIERZ@EASTLONGMEADOWMA.GOV

Armchair Fitness: TUES/THURS, Quarry Hill, 9:00 AM; SAT, Inward Commons, 10 AM.

Ballroom Dancing: 1st and 3rd MON/mo, 1:30 PM, \$2.50; SAT, FEB. 21, 7:00 PM, \$5

Baystate Deaf Seniors: WED, 10 AM.

Book Club: Last TUES each month, 10:30 AM.

Bridge: TUES, 12:30 PM (St. Mark's Episcopal Church)

Chorus: 2nd & 4th MON

and 1st & 3rd TUES, 1:00 - 3:00 PM, Jan., Feb., Mar.

Cribbage: FRI, 10 AM.

Double Dominoes: FRI, 1 PM.

Exercise: MON/WED/FRI, 9 AM. \$3 per month or .50 per class.

French: WED, 11 AM, (Cancer House of Hope)

Jewelry Class: 1st MON each month, 9:30 AM, \$3.

Line Dancing: FRI, 4 PM, \$3 per class.

Mah Jongg: TUES, 1 PM

Morning Glory Walkers: MON/WED/FRI, 8 AM, Meeting 2nd MON/mo, 9 AM.

Pitch: MON, play begins @ 12:30 PM sharp.

Pool: FRI, 1 PM.

Pinochle: WED/FRI, 9:30 AM.

Quilting: FRI, 1 PM.

Race Walk: SAT, 8 AM, Springfield College.

Scrabble: MON, 1 PM.

Scrapbook: TUES, 1 PM.

Square Dance Lessons: SUN, 6 PM.

Tai Chi: TUES, 9 AM, (First Congregational Church.)

Tap Dance: TUES, 6:15, 7 PM, 8 PM. Diane Shields, 413-218-2375.



Trivia: THURS, 10 AM.

Veteran's Coffee Hour: TUES, 9 AM - 11:00 AM, Feb. 17, Mar. 17, April 21. George Herrick, Veterans Representative, 525-5400.

Please reserve lunch 24 hours
in advance, call 525-5436.
Served 12 noon.

FEBRUARY 2009

To reserve van, call 739-7436 or 866-
277-7741. \$2.50 each zone/20
ticket pkg, \$47.50, sold in our office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Italian Baked Chicken</p> <p>AARP by appt. Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 \$3 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Container Recycle</p>	<p>3 Eggplant Parmesan</p> <p>Tai Chi 9:00 Bridge 12:30 (St. Mark's) Chorus 1:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00</p>	<p>4 Macaroni n' Cheese</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Sign Language 3:30</p>	<p>5 Baked Pollock</p> <p>Trivia 10:00 Wingage Nurses 11:00 Friendship Club 12:00 "Historian Donald D'Amato, Indians of the Connecticut Valley," 12:30, (sponsored by PeoplesBank)</p>	<p>6 Pea Soup, Ham/Cheese Sandwich</p> <p>Walkers 8:00 Exercise 9:00 TRIAD 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00</p>
<p>9 Sweet n' Sour Meatballs</p> <p>AARP by appt. Walkers 8:00 Exercise 9:00 Pitch 12:30 Chorus 1:00 Scrabble 1:00 Paper Recycle</p>	<p>10 Turkey Tetrazzini</p> <p>SHINE Footcare/Pedicare/Appt. COA BOARD MTG. 9:00 Tai Chi 9:00 Bridge 12:30 (St. Mark's) Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00</p>	<p>11 Stuffed Peppers w/Stewed Tomato</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Collette Tours 1:00 Sign Language 3:30</p>	<p>12 Stuffed Chicken \$3</p> <p>Trivia 10:00 Friendship Club 12:00 "50th Anniversaries and Valentine's Party, with the Agawam Melody Band" 12:30 (sponsored by The Reminder Publications)</p>	<p>13 Minestrone Soup, Baked Fish Sandwich</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00</p>
<p>16 Closed for President's Day</p>  <p>Container Recycle</p>	<p>17 Pork Cutlet</p> <p>Veteran's Coffee Hour 9:00 AM Tai Chi 9:00 Bridge 12:30 (St. Mark's) Chorus 1:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00</p>	<p>18 Meatloaf</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Commodities 1:00 - 3:00 Sign Language 3:30</p>	<p>19 Chicken Pot Pie</p> <p>Trivia 10:00 Wingage Nurses 11:00 Friendship Club 12:00 "Academy of Dance of East Longmeadow, 12:30"</p>	<p>20 Hearty Beef Soup, Pizza Bagel</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00</p>
<p>23 Hot Dogs and Baked Beans</p> <p>AARP by appt. Walkers 8:00 Exercise 9:00 Pitch 12:30 Chorus 1:00 Scrabble 1:00 Paper Recycle</p>	<p>24 Baked Chicken</p> <p>Tai Chi 9:00 Book Club 10:30 Bridge 12:30 (St. Mark's) Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance, 6:15, 7:00, 8:00</p>	<p>25 Baked Fish Florentine</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Elder Law Attorney 1:00 Sign Language 3:30</p>	<p>26 American Chop Suey</p> <p>Trivia 10:00 Board Meeting 10:00 Friendship Club 12:00 "Sweetheart BINGO" 12:30</p>	<p>27 Veg. Soup, Egg Salad Sandwich</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes, Pool, Quilting 1:00 Line Dancing 4:00</p>
<p><i>Whole Wheat Bread will be offered daily unless otherwise specified</i></p>		 <p>Jewish Geriatric Services Inc. A Promise of Caring. A Tradition of Excellence.</p> <p>770 Converse Street, Longmeadow, MA (413) 567-6211 www.jewishgeriatric.org</p>		<p>***Indicates high sodium</p> <p>1% Milk served daily</p>