



LD 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

SPRING EVENTS

“NO SENIOR LEFT INSIDE”
Wednesday, May 13th
9:00 a.m. - 2:00 p.m.

- ◆ An information fair held at the Pleasant View Senior Center.
- ◆ A wide variety of vendors and exhibitors who reflect healthy and active aging.
- ◆ Outdoor gardening, travel opportunities, preventative health information, nutrition, mobility assistance, and much more!
- ◆ If you have a hobby or craft that you would like to share, please call Sandy at 525-5436 to reserve your table.
- ◆ Watch your local news sources for more information and specifics as the date approaches.

“SENIOR DAY”
Friday, June 19th
9:00 a.m. - 4:00 p.m.

Redstone Rehabilitation and Nursing Center and East Village Place have joined resources to host the first annual Senior Day, with the East Longmeadow Council on Aging co-sponsoring the event to celebrate our seniors!

The day will start with a “Kick-off Breakfast” at 9:00 a.m. at East Village Place, 50 Benton Drive. Seniors will receive discount coupons to use at participating local merchants and businesses.

Then, a “Wrap-up BBQ” will be held at Redstone Rehabilitation and Nursing Center, 135 Benton Drive from 2:00 - 4:00 p.m. with live entertainment.

More information to follow in our May Newsletter!

FRIENDSHIP CLUB EVENTS

- ◆ Thursday, April 2
Cameo Group Variety Show, sponsored by the E. L. Rotary Club
- ◆ Thursday, April 9
Maundy Thursday w/ the Senior Chorus
- ◆ Thursday, April 16
Island Theme w/John Banker, sponsored by the Massachusetts Cultural Council
- ◆ Thursday, April 23
Container Gardening w/Graziano Gardens
- ◆ Thursday, April 30
10:00 a.m. Board Meeting, BINGO

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

Economic Recovery Payments - Individuals receiving Supplemental Security Income (SSI) or Social Security benefits, will receive a one-time payment of \$250. *No action on your part is required to receive this benefit.* Everyone who is entitled to this payment should expect

to receive it by late May 2009.

Reminder - If you have not filled out the paperwork for commodities, please remember to do so before the next distribution date of May 20th.

New Automatic Doors - Besides our building looking more beautiful,

it is also more user-friendly, thanks to our new automatic doors, making it very easy to enter our building.

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

TRIAD/SALT: Next meeting will be Friday, April 3rd @ 9:00 AM.

UPCOMING EVENTS

Island Theme Party - John Banker will be entertaining the crowd on **Friendship Club Thursday, April 16 @ 12:30 p.m.** Help enhance the festive atmosphere by wearing some tropical flair to this fun event! Make your luncheon reservation early and arrive in plenty of time for punch and appetizers before lunch.



Shred Event - Sat., April 25th from 8:30 a.m. - 1:00 p.m. Once again, Pro-Shred of Wilbraham will be at the Pleasant View Senior Center to conduct another *free* shredding event for E. L. residents. Chief Doug Mellis is suggesting a donation of a canned good for the Senior Center's Open Pantry.

Tag Sale - Spring cleaning time! The Morning Glory Walkers will be holding a tag sale at the Pleasant View Senior Center on **Saturday, April 25th, from 9:00 a.m. to 2:00 p.m.** You may begin bringing items in good condition to the Senior Center the week before the tag sale, beginning on Tuesday, April 21st (we are closed for Patriot's Day on Monday, April 20th.) *We*

cannot accept any items before the 21st. No furniture or appliances please.

Golf Lessons at Fenway - Bob Lake will again be offering golf lessons at Fenway Golf Range beginning April 15th, 1:00 - 2:00 p.m. Call Bob directly to schedule your lessons at 413-330-1578.

Maj Jongg Lessons - beginning April 14th, the Maj Jongg group will be giving *free* lessons for 4 weeks, from 1:00 - 3:00 p.m. Classes are limited to 12, please call the Senior Center office to sign up.

Needle/Handwork Group - Our quilters are opening up their group to anyone who enjoys doing needlework or handwork, for socialization and a sharing of talents. Come by any Friday at 1:00 p.m.

Nordic Walking Seminar Monday, May 4th, 4:30 - 5:30 p.m. Learn why walking with poles is becoming increasingly popular, not only in Europe but in the U.S. as well. The specially designed poles and techniques will be demonstrated, and the many health benefits associated with this sport will be discussed. A class will form June 1st, limited to 12 people for \$30.

Rail and Sail Trip Presentation Tours of Distinction will be here on Tuesday, April 14th @ 10:00 a.m. to present an overview of a trip to the Adirondack Mountains, Lake Champlain and Burlington, VT scheduled for Aug. 18 & 19, 2009.

South Dakota Trip Deadline - Just a reminder that **April 6th** is the last day to sign up for the South Dakota trip scheduled for August 13 - 19, 2009.

Free Legal Consultations with Atty. Dave Carlson will be on the following Tuesdays from 1:00 to 4:00 p.m. in half hour increments: April 21, May 19, and June 16. Call 525-5436 for an appointment.

Memorial Donations were made to our Senior Center in memory of: Rudy Cieplinski by *Harry and Dorothy Weyner, QA Auditors & Clinicians at Metlife Insurance Co. in Bloomfield, CT; and daughter Irene Cupillo, who made a donation in memory of both parents, Lillian and Rudy Cieplinski;* Joyce Rose by *her sister Jean LaBroad & Walt LaBroad;* Betty Bruce by *Don & Joan Pauly, Horton & Marion Minor, Jeanine Nelson, & Caroline Wijek.*



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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

April is National Foot Health Awareness Month: It has been said the foot is "the mirror of health." Foot health is very important, because as we age we need mobility to maintain our independence. Foot ailments can cause difficulty with mobility and our activities of daily life. Often podiatrists are the first to see signs of systemic conditions such as diabetes, arthritis, and circulation problems. According to the U.S. National Center for Health Statistics, impairment of the lower extremities is a leading cause of activity limitation in older people. These impairments then can lead to knee, hip, and lower back pain that

further decrease mobility. Some foot problems can be prevented with regular foot care, exercise - walking is especially good for foot health, and properly fitting shoes. See the foot care nurses or your podiatrist for proper foot care. For more information, visit www.apma.org.

Health for Hip and Knee Pain: Learn what you can do about hip and knee pain on **Wednesday, April 29th @ 1:00 p.m.** This 50-minute lecture includes information on nutrition, exercise, medication, alternative treatments and surgery. The class will be given by Anne Ridabock, R.N., B.S., orthopedic

nurse and clinical manager of the Joint Replacement Center at Cooley Dickinson Hospital in Northampton.

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: Lissa Fontaine, R.N. is available for blood pressure screenings Monday, Wednesday, and Thursday mornings. No appointment necessary.

Footcare/Pedicare by appt: 2nd TUES/month, *American Legion hall, 3 Legion CT off of Crane Ave.* \$28

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

Baystate Deaf Seniors: WED, 10 AM.

Book Club: Last TUES each month, 10:30 AM. April's reading is: *The Tender Bar: A Memoir*, by J. r. Moehringer

Chorus: MON, 10:00 AM

Cribbage: FRI, 10 AM.

Dance Aerobics w/ Debbie Perry - TUES/THURS, 3:30 PM, 6 week session, \$35.

Double Dominoes: FRI, 1 PM.

Exercise: MON/WED/FRI, 9 AM. Suggested donation is \$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.

Legal Consultations: TUES, 1:00 - 4:00 PM, April 21, May 19, June 16. Free, by appt. 525-5436

Mah Jongg: TUES, 1 PM

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

Needlework / Handwork: FRI, 1 PM.

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

Pool: FRI, 1 PM.

Pinochle: WED/FRI, 9:30 AM.

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.


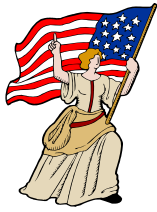
Trivia: THURS, 10 AM.

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

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

APRIL 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><i>A Promise of Caring. A Tradition of Excellence.</i></p> <p>770 Converse Street, Longmeadow, MA (413) 567-6211 www.jewishgeriatric.org</p>		1 Eggplant Parmesan w/Penne Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	2 Chicken Cordon Bleu Trivia 10:00 Friendship Club 12:00 "Cameo Group Variety Show," 12:30 <i>(sponsored by the E. L. Rotary Club)</i> Creative Writing postponed Dance Aerobics 3:30	3 Pier 17 Fish Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needle- work 1:00 Line Dancing 4:00
6 Spaghetti Marinara AARP by appt. Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 Chorus 10:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Paper Recycle	7 Mandarin Orange Chicken Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance, 6:15, 7:00, 8:00	8 Meatloaf w/Gravy Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Dept. Heads Mtg. 12:00	9 Baked Ham w/ Raisin Sauce Trivia 10:00 Friendship Club 12:00 "Maundy Thursday Program," 12:30 Creative Writing postponed Dance Aerobics 3:30	10 Seafood Platter Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needle- work 1:00 Line Dancing 4:00
13 Baked Chicken AARP by appt. Walkers 8:00, MGW Meeting 9:00 Exercise 9:00 Chorus 10:00 Pitch 12:30 Scrabble 1:00 Container Recycle	14 Baked Reuben SHINE Footcare/Pedicare/Appt. COA BOARD MTG. 9:00 Tai Chi 9:00 Tours of Distinction 10:00 Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance, 6:15, 7:00, 8:00	15 Peachy BBQ Ribs Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	16 Waikiki Meat- balls Trivia 10:00 Friendship Club 12:00 "Island Theme w/John Banker," 12:30, (sponsor is Mass. Cultural Council) Creative Writing 1:30 Dance Aerobics 3:30	17 Baked Fish Florentine Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needle- work 1:00 Line Dancing 4:00
20 CLOSED FOR PATRIOT'S DAY  Paper Recycle	21 Macaroni and Cheese Veteran's Coffee Hour 9:00 AM Tai Chi 9:00 Atty. Carlson by appt. Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance, 6:15, 7:00, 8:00 <i>Drop off items for tag sale</i>	22 Stuffed Cabbage Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 <i>Drop off items for tag sale</i>	23 Shrimp Skewers Trivia 10:00 Board Meeting 10:00 Friendship Club 12:00 "Container Gardening w/Graziano Gardens," 12:30 Creative Writing 1:30 Dance Aerobics 3:30 <i>Drop off items for tag sale</i>	24 Crispy Onion & Garlic Chicken Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes, Needle- work 1:00 Line Dancing 4:00 <i>Drop off items for tag sale</i>
27 Pork Chop w/ Mustard Sauce Walkers 8:00 Exercise 9:00 Chorus 10:00 Pitch 12:30 Container Recycle	28 Turkey Divan Tai Chi 9:00 Book Club 10:30 Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance, 6:15, 7:00, 8:00	29 Fiesta Baked Fish Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 "Hip & Knee Pain" 1:00	30 Beef Burgundy Trivia 10:00 Board Meeting 10:00 Friendship Club 12:00 "BINGO," 12:30 Creative Writing 1:30	***Indicates high sodium 1% Milk served daily Whole Wheat Bread will be offered daily unless otherwise specified