



# 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

## SUMMER EVENTS

**Senior Day** is fast approaching - this first time event is scheduled for **Friday, June 19 from 9:00 AM to 4:00 PM.**

The day will begin with a healthy breakfast at East Village Place, followed by an opportunity to take advantage of discounts being offered at local businesses, with the finale being a BBQ at Redstone Rehabilitation and Nursing Center with singer Jimmy Mazz providing the entertainment. If you would like to participate in the events that day, please contact **East Village Place** at 525-8150 to make your reservation.

**Volunteers!** Please make certain you have posted all volunteer hours for the period of July 1, 2008 to June 30, 2009. Our annual **Volunteer Recognition Luncheon** is planned for **Tuesday, July 21st.** We are diligently working on this year's theme, "**On the Boardwalk Party.**" Invitations will be going out mid-June to those volunteers posting 40+ hours.

**Research your roots -** The Pleasant View Senior Center will sponsor an **Introduction to Genealogy Class** on **Tuesday, June 9th** from

**9:30 AM -12:30 PM.**

Class will be conducted by John P. O'Connor who has been teaching Genealogy at the Connecticut Valley Historical Museum since 1985.

This three-part class will focus first on researching family history using a variety of resources, then exploring 'Old' (before computers) vs. 'New' research techniques. The final hour Mr. O'Connor will work with each individual in the class on how to either get started or how to proceed if at an impasse. **Cost is \$10.** Sign up in the Senior Center, or call 525-5436.

## FRIENDSHIP CLUB EVENTS

- ◆ *Thursday, June 4th*  
*Father's Day Luncheon featuring Dave Mindell, sponsored by Webster Bank*
- ◆ *Thursday, June 11th*  
*Senior Buffet / BINGO, 10:00 a.m. Board Meeting*
- ◆ *Thursday, July 16th*  
*Ice Cream Social / BINGO*
- ◆ *Thursday, Aug. 21*  
*Summer Reunion*

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

**Food Pantry** - Anyone (no age limit) who is a resident of **East Longmeadow** and is in need of food, is eligible to come and use our Food Pantry located here in the Pleasant View Senior Center at 328 North Main Street. For more information, call Janice @ 525-5424.

**Remember you want** emergency personnel to find your house if you call them. With the better weather now is the time to think of putting in a post with your house number on it. This is an ongoing project of the TRIAD. Call Janice @ 525-5424 to order a post & reflective numbers,

or just numbers for your mailbox. Cost is \$5.

**SHINE:** TUES, June 2, by appt. w/ John McGreal, 525-5436.

**TRIAD/SALT:** Next meeting will be Friday, June 5th @ 9:00 AM, *no meetings in July or August.*

## UPCOMING EVENTS

**Patron Donations** - The Friendship Club is collecting \$10 for Patron Donations each Thursday for its 2009 - 2010 Program Book. This money is used solely to support programming. The committee is working very hard to ensure an exciting and entertaining program line-up with a very limited budget, so your contribution is greatly appreciated! *If you would prefer to mail in your donation, please complete form below:*

### BECOME A PATRON!

Please fill out below and return with a check for \$10, payable to:

**E. L. Senior Friendship Club  
Publications Account  
328 North Main Street  
East Longmeadow, MA 01028**

Name \_\_\_\_\_

Address \_\_\_\_\_

*Thank you for your support!*

**Friendship Club Buffet** - Our annual buffet will be held **Thursday, June 11th** at the Pleasant View Senior Center, catered by Creative Caterers, and with homemade desserts. Tickets are \$8.50 per person and will be on sale Thursday, June 4th. Tickets will not be sold in the Senior Center office. For more information, call Jennie Wood, 525-2821.

**Nordic Walking Class** - Class begins Monday, June 1st and runs for 4 weeks from 4:30 - 5:30 at a cost of \$30. Please sign up in the Senior Center office, 525-5436.

**Estate Planning** - John Dee from Wealth Preservation Group will be at the Senior Center on **June 16th @ 1:00 p.m.** to discuss, **"The Greatest Financial Dangers Retirees Face."** This presentation will explain how to build a bridge to safely guide your assets willed to your loved ones, avoiding Probate Court, Nursing Home spend-down and unnecessary taxes. This will be a broad overview of many estate planning topics.

**Rail and Sail Trip** - The Council on Aging is sponsoring a 2-day trip to the Adirondack Mountains and

Vermont White Mountains on August 18 & 19, 2009. Cost is \$321 pp, double; \$311 pp triple; \$411 single. For information and reservations, please contact Sandy at the Senior Center, 525-5436.

**Free Legal Consultations** with Atty. Dave Carlson on Tuesday, June 16 from 1:00 to 4:00 p.m. in half hour increments. Call 525-5436 for an appointment.

**Tax Exemption Seminar** - Diane Hildreth, from the Office of the Board of Assessors will present an Exemption Seminar for the taxpayers of East Longmeadow, scheduled for **Thursday, June 18th @ 1:00 p.m.** at the Pleasant View Senior Center. This seminar will provide all the information necessary to help determine if you qualify for available tax relief by applying for a statutory exemption. Please call 525-5436 to register.

**Memorial Donations** were made to our Senior Center in memory of: Harry Swanson by Robert & Stephanie Bergquist; Dottie Bensley by Dorothy & Harry Weyner, Stephanie Bergquist, Elaine Hinckley, and Bob & Lorraine Pasquale.



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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

### June is Home Safety Month:

Home accidents are a major cause of injury and can lead to permanent disability. Take time this month to correct problem spots in your home to help avoid serious accidents. Older people are vulnerable to serious injury from accidents due to a variety of factors. These can include decrease in vision and hearing, sense of smell and touch. Physical abilities decrease as we age due to decreased mobility and loss of muscle mass, and reaction and response time is known to slow down. These are normal changes due to aging that we need to adjust to in order to avoid accidents, the most common being slips and falls, poisoning, fires and

burns. Some simple precautions and changes to your surroundings can help decrease the chances of a serious injury or accident. Fall prevention includes keeping areas well lit, installing assistive devices such as grab bars, use of handrails, decreasing clutter, getting rid of scatter rugs, and use of a rubber bath mat in tub. To be safe from fire and burns, keep water temperature down, have working smoke alarms, stay in kitchen while cooking on stove, and make sure access to door is clear. Poisoning can be prevented by keeping all products in their original containers, keeping poisons away from food, keeping medicines safe, and handling food properly to avoid

spoilage. For more tips, go to [www.homesafetycouncil.org](http://www.homesafetycouncil.org) or come to our workshop below.

**Staying Safe at Home Workshop:** Wednesday, June 24th @ 12:30 PM. Learn techniques and methods to change your home so you can avoid injury. Interactive workshop presented by Jan Finkelshtein, R.N. of Overlook VNA and Chief Richard Brady of E. L. Fire Dept. Call to register, 525-5436.

**Blood Pressure Screenings:** 3rd Thursday of each month by Wingate Nurses, 11:00 a.m. to noon.

**Footcare/Pedicure 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. June reading is *Dog on It* by Spencer Quinn; summer reading is *World Without End* by Ken Follett.

**Chorus:** MON, 10:00 AM *Stops June 22nd.*

**Cribbage:** FRI, 10 AM.

**Dance Aerobics:** 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 *Stops June, July, & Aug.*

**Jewelry Class:** 1st MON each month, 9:30 AM, \$3, no classes July, Aug, Sept. *Watch for special class in Sept.*

**Line Dancing:** FRI, 4 PM, *stops June 19th.*

**Legal Consultations:** TUES, 1:00 - 4:00 PM, June 16. Free, by appt. 525-5436.

**Mah Jongg:** TUES, 1 PM *New people welcome!*

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

**Needlework / Handwork:** FRI, 1 PM, *resumes in September.*

**Nordic Walk:** Monday, June 1, 8, 15, 22 - \$30.

**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.

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

**Tap Dance:** TUES, 7 PM Intermediate; 8 PM, Advanced. Diane Shields, 413-218-2375.

**Trivia:** THURS, 10 AM.

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

# JUNE 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
<b>1 Baked Stuffed Shells</b> Walkers 8:00 Exercise 9:00 <b>Jewelry Class 9:30</b> Chorus 10:00 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> <b>Nordic Walking 4:30</b> <i>Paper Recycle</i>	<b>2 ****Baked Franks &amp; Beans</b> <b>SHINE (1st Tues this month)</b> Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance 7:00, 8:00	<b>3 Chef's Salad</b> Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	<b>4 Seafood Medley (\$3)</b> Trivia 10:00 Friendship Club 12:00 <b>"Father's Day Luncheon" 12:30</b> <i>(sponsored by Webster Bank)</i> Dance Aerobics 3:30	<b>5 Baked Chicken</b> Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes Line Dancing 4:00
<b>8 Roast Pork w/ Gravy</b> Walkers 8:00 MGW Meeting 9:00 Exercise 9:00 Chorus 10:00 Pitch 12:30 Scrabble 1:00 <b>Nordic Walking 4:30</b>  <i>Container Recycle</i>	<b>9 Ground Beef Stroganoff</b> <b>Footcare/Pedicare/Appt. COA BOARD MTG. 9:00</b> Tai Chi 9:00 <b>Intro to Genealogy 9:30</b> Mah Jongg 1:00 Scrapbooking 1:00 Dance Aerobics 3:30 Tap Dance 7:00, 8:00	<b>10 Veal Piccata</b> Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	<b>11 Turkey and Broccoli Penne</b> Trivia 10:00 Board Meeting 10:00 Friendship Club 12:00 <b>"Senior Buffet/BINGO" 12:30</b> Dance Aerobics 3:30	<b>12 Corn Chowder and Tuna Salad/Roll</b> Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes Line Dancing 4:00
<b>15 Spaghetti &amp; Meatballs</b> Walkers 8:00 Exercise 9:00 Chorus 10:00 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> <b>Nordic Walking 4:30</b>  <i>Paper Recycle</i>	<b>16 Baked Cod w/ Lemon Yogurt Sauce</b> Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 <b>Wealth Preservation Group w/John Dee 1:00</b> <b>Atty. Dave Carlson/appt.</b> Dance Aerobics 3:30 Tap Dance 7:00, 8:00	<b>17 Crispy Chicken Salad</b> Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00	<b>18 BBQ Ribs</b> Trivia 10:00 <b>Tax Exemption Seminar 1:00</b> Dance Aerobics 3:30	<b>19 Philly Steak Sandwich</b> Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes Line Dancing 4:00
<b>22 Stuffed Peppers</b> Walkers 8:00 Exercise 9:00 Chorus 10:00 Pitch 12:30 Scrabble 1:00 <b>Nordic Walking 4:30</b>  <i>Container Recycle</i>	<b>23 Hearty Veg Soup Egg Salad Sandwich</b> Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance 7:00, 8:00	<b>24 Baked Lasagna</b> Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 <b>"Staying Safe at Home" 12:30</b>	<b>25 Beef Pot Pie w/ Biscuit</b> Trivia 10:00	<b>26 Garlic Baked Chicken</b> Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes
<b>29 Pier 17 Baked Fish</b> Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00  <i>Paper Recycle</i>	<b>30 Baked Macaroni and Cheese</b> Tai Chi 9:00 <b>Book Club 10:30</b> Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance 7:00, 8:00	<p style="text-align: center;"><i>Advertise in our monthly Newsletter and reach every household in East Longmeadow</i></p> <p style="text-align: center;"><i>\$200 for 6 months \$400 for 12 months</i></p>	<p style="text-align: center;"><i>***Indicates high sodium</i></p> <p style="text-align: center;"><i>Menu subject To change</i></p>	<p style="text-align: center;"><i>1% Milk served daily</i></p> <p style="text-align: center;"><i>Whole Wheat Bread will be offered daily unless otherwise specified</i></p>