



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

Volunteer Recognition Luncheon is planned for **Tuesday, July 21st**. We are diligently working on this year's theme, "**On the Boardwalk Party.**"

Volunteers posting 40+ hours will be receiving their invitation in the mail shortly. We are looking forward to an afternoon of food, fun and games in honor of our many dedicated volunteers!

Volunteer Opportunities - As we wrap up our fiscal year, we are looking ahead to expand our programs and volunteer opportunities here at

the Senior Center. There are a number of ways you could volunteer your time, whether it be for an occasional hour or two as needed, or on a more regular basis. If you have an interest in leading a group or sharing a talent/interest, or perhaps conducting a class for a nominal fee, please give Sandy a call at 525-5436. Suggestions include Easy Hiking, Arts & Crafts, Scrapbooking, Chess, Wii games, and Zumba exercise classes.

Chorus Director - Due to the recent passing of our beloved Dottie Bensley, we are in need

of a director for the Senior Chorus, to begin in September. A monthly stipend is paid. Please call 525-5436.

BINGO Party! We are hosting a BINGO Party on **Tuesday, July 30th from 1:00 - 3:00 p.m.** Pre-registration is required at a cost of \$8. This will include Bingo Cards, refreshments and prizes. Please sign up early in the Senior Center office as seating will be limited. A second BINGO Party is scheduled for **Tuesday, August 25th, 1:00 - 3:00 p.m.** We hope you can join us for an afternoon of fun!

AT A GLANCE

- ◆ *TUES, July 30th BINGO Party, 1:00*
- ◆ *THURS, July 16th Ice Cream Social/ BINGO (FC)*
- ◆ *THURS, July 16th Possibilities in Sight, 12:30*
- ◆ *TUES, July 21st, Volunteer Recognition Luncheon*
- ◆ *THURS, Aug. 20th Summer Reunion (FC), 12:30*
- ◆ *TUES, Aug. 25th BINGO Party, 1:00*

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

If you received fuel assistance last winter - WATCH YOUR MAIL. Applications to renew eligibility for 2009-2010 are being sent out during the summer. Save your bank statements showing social security direct deposit, or have social security checks copied. Save pension stubs -

all income needs to be verified again for the coming heating season. Any questions or help needed in completing applications, call Janice @ 525-5424.

Please feel free to come see me in my new office. My office is way in the back of the new COA Office,

but my door is still open. If I don't have someone with me or if I'm not out for an appointment, I'm always happy to speak with you and address your questions and concerns. You can call me anytime as well.

SHINE: TUES, July 14th, by appt. w/John McGreal, 525-5436.

UPCOMING EVENTS AND MEMORIAL DONATIONS

Free Legal Consultations with Atty. Dave Carlson on **Tuesday, July 28th from 1:00 to 4:00 p.m.** in half hour increments. Call 525-5436 for an appointment. *No appointments in August.*

Protect Yourself from Identity Theft - Identify theft is a growing, serious crime committed against anyone no matter their age, sex, race, lifestyle or career status. Identify theft can cost you years of worry, ruin your credit history, and be an expensive financial loss. Webster Bank will be at the Pleasant View Senior Center on **Thursday, August 13th @ 1:00 p.m.** for a *free* educational Identity Theft presentation. The presenter will show you how to deter, detect, and defend yourself from becoming a victim. Please call the Senior Center to register, 525-5436.

Household Hazardous Waste Collection Day - a regional household hazardous waste collection day will be held on **Saturday, September 12, 2009 from 9:00 a.m. to 1:00 p.m.** at the East Longmeadow Fire Station, 150 Somers Rd. (Rt. 83). The participating communities include East Long-

meadow, Hampden, Longmeadow, Ludlow, and Wilbraham. Each town has a limited number of slots for its residents, and appointments will be made on a first-come, first-served basis. Pre-registration is required and will take place in each town beginning Sept. 8th, the day after the Labor Day holiday. Residents are asked to save the date. *Please note: Latex paint is not a hazardous waste and will not be accepted.*

Memorial Donations were made to our Senior Center in memory of: Donald A. Sullivan by Lin Sullivan; Dottie Bensley by John & Beverly Donovan, Frank's Auto Service; Dora Hansel by the Morning Glory Walkers; Susan McCormack by Lunch Table #1 (Roy, May, Peg, Muriel, Claire, Marge, Ruth, Jeanette, & Carol), COA Kitchen and Office Staff, Jean Sullivan, Robert & Diane Ferguson, John Gurney, Richard & Phyllis Hiller, June Goewey, Beverly Dimauro, Charles Dinnie, Dorcas and Ray Weiner, Andrew & Susan Siana, Frank's Auto Service, Marsha Dobie, Michael & Barbara Tamaran, and Daniel S. Burack.

Many thanks as well for all the generous donations to our Food Pantry!

Patron Donations - It's still not too late to send in your \$10 for Patron Donations for the Friendship Club's 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. *For your convenience, you can use the form below to mail in your donation. Thank you!*

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!



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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

July is UV Safety Month: This time of year we all need to take some precautions before venturing out in the sun. Protection from the UVA and UVB rays is important in preventing skin cancer, especially during the summer months when UV radiation is greater. Practice safe sun exposure by: **seeking shade**, especially during mid-day hours when the UV rays are the strongest; **cover up** with clothing to protect exposed skin; **use a hat** with a wide brim that shades face, head, ears, and neck; **wear sunglasses** that wrap around to block both UVA and UVB rays; **apply sunscreen** with SPF 15 or higher, with both UVA and UVB protection.

Don't forget your protection on hazy or cloudy days, too. Take into consideration the reflection of these rays off of cement, water, and sand. Many forms of skin cancer can be cured but prevention is the best method. Go to www.cdc.gov/cancer/skin for more information.

Possibilities in Sight - On Thursday, July 16th @ 12:30 p.m., Amy Halloran, a Low Vision Specialist, from Adaptive Technology, a division of Perkins School for the Blind, will be discussing common eye conditions such as macular degeneration, glaucoma and diabetes, and the effects they have on daily living. Ms. Halloran will also demonstrate low-tech and high-tech

solutions to the everyday challenges of living with low vision, such as various types of magnifiers, talking clocks, large print materials and video magnifiers just to name a few. Information where to get help for those with low vision will be available. Family and friends of those living with low vision are encouraged to attend. *Call 525-5436 to register - space is limited.*

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

Footcare/Pedicare by appt: 2nd TUES/month, \$28. *Resumes at the Senior Center this month, July 14th.*

ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5436, 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 (*no dance July 6th.*)

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, *resumes in September.*

Cribbage: FRI, 10 AM.

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, *resumes in September.*

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

Line Dancing: FRI, 4 PM, *resumes in September.*

Legal Consultations: TUES, 1:00 - 4:00 PM, July 28. Free, by appt. 525-5436.

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

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

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

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, *resumes in September.*

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.

JULY 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>***Indicates high sodium</p> <p>Menu subject To change</p> <p>Paper Recycle</p>	<p>1% Milk served daily</p> <p>Whole Wheat Bread will be offered daily unless otherwise specified</p>	<p>1 Meatloaf w/Gravy</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p>2 BBQ Chicken</p> <p>Trivia 10:00</p>	<p>3</p> <p>CLOSED FOR 4TH OF JULY HOLIDAY</p> <p>No Meals on Wheels</p> 
<p>6 Veal Cordon Bleu</p> <p>Walkers 8:00 MGW Meeting 9:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00</p> <p>Container Recycle</p>	<p>7 Apple/Cabbage Baked Pork Chops</p> <p>Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>8 Beef Stroganoff</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p>9 Veg. Soup & Egg Salad Sandwich</p> <p>Trivia 10:00</p>	<p>10 Hot Turkey Sandwich w/Stuffing & Gravy</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00</p>
<p>13 Baked Cod w/ Lemon Butter</p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00</p> <p>Paper Recycle</p>	<p>14 Baked Cannelloni</p> <p>SHINE Footcare/Pedicare/Appt.</p> <p>Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>15 Sweet & Sour Meatballs</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p>16 Garlic Roast Chicken</p> <p>Trivia 10:00 Friendship Club 12:00 Ice Cream Social/BINGO 12:30 "Possibilities in Sight" 12:30</p>	<p>17 Beef Noodle Casserole</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00</p>
<p>20 Baked Veal & Eggplant Parmesan</p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30</p> <p>Container Recycle</p>	<p>21 Hot Dog and Hamburg Sliders</p> <p>Tai Chi 9:00 Volunteer Recognition Luncheon 12:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>22 Baked Fish Florentine</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p>23 ***Baked Ham w/Raisin Sauce</p> <p>Trivia 10:00</p>	<p>24 Baked Cheese Lasagna</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00</p>
<p>27 Beef Pot Pie</p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00</p> <p>Paper Recycle</p>	<p>28 Turkey Wrap</p> <p>Tai Chi 9:00 Mah Jongg 1:00 Atty. Dave Carlson/appt. Tap Dance 7:00, 8:00</p>	<p>29 Baked Italian Sausage & Ziti</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p>30 Shepherd's Pie</p> <p>Trivia 10:00 BINGO Party 1:00</p>	<p>31 Pier 17 Fish</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00</p>