



# 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

## UPCOMING EVENTS

**Let's Zumba!** Beginning **October 5th**, we will offer a Zumba exercise class on Mondays from **4:00 - 4:45 PM** with certified Zumba instructor Donna Jendron. Class session will be 8 weeks, at a cost of \$25. **There will be a free demo class on MON, Sept. 14th at 4:00 PM.** Sign up at the demo class for the first session and receive a \$3 discount! Burn calories to a Latin rhythm with easy to follow moves. Class is tailored for active seniors but open to adults ages 18 and over. Please call to register for the demo class @ 525-5436.

**History of Brass Musical Instruments -** David Neill and other musicians will give a performance at the Pleasant View Senior Center on this interesting topic. The event is free and open to the public. Date and time: **Sept. 8th, 6:00 - 8:00 PM.** The players will give a history on certain instruments and then play a song on each. Sponsored by the Mass Cultural Council.



**Mittens n' More Tree:** Once again we will be begin "growing" a Mittens

n' More Tree to benefit men, women and children in need during the winter months. Knitters can donate mittens, scarves, and hats. *Don't knit or crochet? You can donate new socks instead!*

**Flu Clinic Volunteers**  
If you are interested in volunteering for our annual Flu Clinic, we are doing a few things differently this year. You will need to fill out an application, leave a copy of your current nursing license, and be approved by the medical director. *Please call Lissa Fontaine, R.N. with any questions, 525-5436.*

- ◆ *TUES, Sept. 8th, History of Brass Musical Instruments, 6 PM*
- ◆ *THURS, Sept. 10th, Beaded Bookmarks 9 AM*
- ◆ *MON, Sept. 14th, Diabetes 101, 10:00; ZUMBA Demo, 4 PM*
- ◆ *THURS, Sept. 17th, FC "Welcome Back" Party w/Jimmy Mazz 12:30*
- ◆ *WED, Sept. 23rd, Advanced Directives, 12:30 PM*
- ◆ *THURS, Sept. 24th, FC BINGO, 12:30*
- ◆ *WED, Sept. 30th, Life Lab, 8:00 AM*
- ◆ *WED, Sept. 30th, John Dee, 1:00 PM*

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

**Are you living alone?** Do you worry about not being able to get to the phone in an emergency? Consider a Lifeline - you can get help immediately. It can be used for any emergency, not just a medical situation. So, you are never really alone. Stop by to see me - I have brochures

from several companies that rent the Lifeline. There is an installation fee and monthly rental fee. There are also programs that may help with the cost. Never worry about being alone again.

**Don't forget! Open Enroll-**

**ment** for Part D Medicare Coverage will be from November 15 - December 31, 2009.

**SHINE:** 2nd TUES of each month by appointment, with John McGreal. Appointments are still available for September 8th. Call 525-5436.

## INFORMATION AND MEMORIAL DONATIONS

**Creative Writing Course:** For all with an unfulfilled interest in writing as well as those who have been writing "forever," Adventures in Writing offers a relaxed, writer-friendly opportunity to experiment. Facilitated by Donna Bailey-Thompson, an experienced writing coach, first six-week session begins **September 10**, and meets **THURS** from **1:30 – 3:30 PM**. \$60 for non-seniors, \$50 for 60+.

**Free Legal Consultations:** The 3rd TUES of each month from 1:00 - 4:00 PM, Atty. David Carlson will be available for free legal consultations, by half-hour appointments. Please call 525-5436. *Now booking appts. for October and on.*

**Beaded Book Marks w/Sandy Merrill:** Register early for this fun class scheduled for **THURS, Sept. 10 @ 9:00 AM**. \$5 for two book marks, either metal or cord, payable when you pre-register. You may make and pay for additional book marks during the class.

**Quilting/Needlework:** This active groups resumes on **FRI, Sept. 11 @ 1:00 PM**. and welcomes newcomers who would like to share tips and techniques of vari-

ous types of needlework, work on a project in a social setting, or show a completed project. *This is not a teaching class, but an informal class for those who enjoy any type of needlework.*

**John Dee presents:** "How to Protect Your Assets from Long Term Care Costs even without Long Term Care Insurance," on **WED, Sept. 30th @ 1:00 PM**. Please call to register.

**Household Hazardous Waste Collection Day** - a regional household hazardous waste collection day will be held on **SAT, Sept. 12th, 9:00 AM - 1:00 PM** at the East Longmeadow Fire Station, 150 Somers Rd. (Rt. 83). The participating communities include East Longmeadow, 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. *Please note: Latex paint is not a hazardous waste and will not be accepted.*

**Would you like** to join the Monday Pitch group, but don't know how to play? Call us for details on a

class (free of charge) to learn Pitch.

**East Longmeadow Skilled Nursing Center:** On Sept. 15th, "All You Can Eat" Breakfast for only \$5, to benefit the Alzheimer's Association. Also, Baystate Stroke Clinic will be present to do FREE stroke-risk screenings. On Sept. 22nd, 2:00 - 3:30, BINGO, free and open to the public w/prizes for all winners. Light refreshments. On Oct. 6th, Challenge Walk w/ breakfast to follow. **RSVP to Jennifer Payette @ 525-6361, ext. 105** for all events.

**Donations** were made to our Senior Center in memory of:  
**Roz Clark**, by Janice Michaelis;  
**Robert Zumburski** by anonymous;  
**Donald Pauly** by Ed & Ro Hart, Toni (Panetta) Raczkowski & Family, Ron & Sandy Burns, Harry & Doty Weyner, Virginia Buckley, Linda Duffy, Larry & Melinda Mandeville, Kenneth & Mary Laravee, Chris Millen, Mr/Mrs. John Florence, Janice & Kevin Porter, Jack & Janet Shogrun, Pearl McCurry, Doris Homer, , Edie & Ed Alexander, Bob & Stephanie Bergquist, Elizabeth Mecham, Barbara Roda, Beverly Beebe, Steven Kalish, Bill & Louise Costello, and Robert & Barbara Carroll.



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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

### Alzheimer's Support Groups:

Beginning September 15, a new Support Group will be held in our new Health Center, **3rd TUES of the month from 3 - 4 PM.** Other support groups are: 1st THURS/mo, East Village Place, 6 PM; last TUES/mo, 7 PM, Mary Lyons Nursing Home in Hampden.

### Making the most of your walking program:

Performance Rehabilitation will be here on **MON, Sept. 14 @ 8:00 AM.** Learn some important exercises to enhance your program, or get started on one with the Morning Glory Walkers!

### Footcare/Pedicare by appt:

2nd TUES/month in our new

Health Center here at the Senior Center, **\$28.**

**Diabetes 101:** Join us for an overview of pre-diabetes, what diabetes is, who is at risk, with information on a basic healthy eating plan to prevent and/or treat diabetes on **MON, Sept. 14 @ 10:00 AM.** A Registered/Licensed Dietician and Nutritionist from Health New England will speak. 525-5436 to register.

**Advanced Directives:** Do you know what they are and have you put any in place? Come listen to a program on **WED, Sept. 23 @ 12:30 PM.** presented by a Social Worker and Bereavement Counselor from Beacon Hospice of Springfield.

### Cholesterol/Glucose Testing:

Life Lab of Mercy Hospital will be here on **WED, Sept. 30 @ 8:00 AM** to do blood work. A 12-hour fast is necessary for the tests. \$12/lipid panel, \$5 additional for fasting glucose. Call 525-5436 to register.

**"What Did You Say?"** Dr. of Audiology Susan Bankoski Chunyk of Hampden Hearing Center will be here on **THURS, Oct. 1 @ 10:30 AM** to discuss how to identify hearing loss, the effects of hearing loss on quality of life, and various ways to improve communication. Call 525-5436 to register.

**Blood Pressure Screening:** available with nurse **MON, WED, THURS, 8 AM - 2 PM.**

## 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.

**Baystate Deaf Seniors:** WED, 10 AM.

**Book Club:** Last TUES each month, 10:30 AM, "World Without End," by Ken Follett.

**Chorus:** Resumes TBD

**Creative Writing:** First six-week session begins THURS, Sept. 10, 1:30 PM

**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.

**Jewelry Class:** 1st MON each month, 9:30 AM, \$3, beginning Oct. 5th. **"Beaded Book Marks," THURS, Sept. 10th, \$5 for two book marks.** Pre-register w/payment.

**Line Dancing:** FRI, 4 PM

**Legal Consultations:**

3rd TUES/mo, 1:00 - 4:00 pm. Free, by appt. Call 525-5436.

**Mah Jongg:** TUES, 1 PM

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

**Needlework:** FRI, 1 PM, (Resumes 9/11)

**Pitch:** MON, play begins @ 12:30 PM - playing experience necessary. Sign up for free instructional class!

**Pool:** FRI, 1 PM.

**Pinochle:** WED & FRI, 9:30 AM.

**Race Walk:** SAT, 8 AM, Springfield College.

**Scrabble:** MON, 1 PM.

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

**Tap Dance:** TUES, 7 PM Intermediate; 8 PM, Adv. Diane Shields, 413-218-2375 (no class 9/8).

**Trivia:** THURS, 10 AM.

**Zumba: FREE DEMO,** MON, SEPT. 14, 4 PM; Classes begin MON, Oct. 5th, 4 PM to 4:45 PM, 8 weeks for \$25 (\$3 discount for signing up at demo); with licensed Zumba instructor Donna Jendron.

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

# SEPTEMBER 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><b>Container Recycle</b></p>	<p><b>1 Garlic Baked Chicken</b></p> <p>Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><b>2 Veal Parmesan</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p><b>3 ****Baked Ham &amp; Potato au Gratin</b></p> <p>Trivia 10:00</p>	<p><b>4 Egg Salad Sandwich on Roll, Potato Salad</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Line Dancing 4:00</p>
<p><b>7 Labor Day Holiday</b></p> <p><b>- Closed -</b></p> <p><b>No MOW delivered</b></p> <p><b>Paper Recycle</b></p>	<p><b>8 BBQ Pork Ribs</b></p> <p>SHINE Footcare/Pedicare/Appt. Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00 History of Brass Musical Instruments 6:00</p>	<p><b>9 Tuna Salad Plate w/Cottage Cheese</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p><b>10 Roast Turkey w/Gravy</b></p> <p>Beaded Book Marks w/ Sandy Merrill 9:00 Trivia 10:00 Creative Writing 1:30</p>	<p><b>11 Baked Cod "Italiano"</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Quilting, Needle work 1:00 Pool, Dominoes 1:00 Line Dancing 4:00</p>
<p><b>14 Baked Cheese Lasagna</b></p> <p>Walkers 8:00 Exercise 9:00 "Diabetes 101" 10:00 Pitch 12:30 Scrabble 1:00 Zumba Demo 4:00</p> <p><b>Container Recycle</b></p>	<p><b>15 Stuffed Cabbage w/Stewed Tomatoes</b></p> <p>Tai Chi 9:00 Mah Jongg 1:00 Atty. Dave Carlson/appt. Alzheimer's Support 3:00 Tap Dance 7:00, 8:00</p>	<p><b>16 Breaded Pork Loin Cutlet</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00</p>	<p><b>17 Stuffed Chicken w/Wild Rice</b></p> <p>Trivia 10:00 Friendship Club 12:00 Welcome Back Party w/ Jimmy Mazz 12:30 Creative Writing 1:30</p>	<p><b>18 Franks n'Beans</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Quilting, Needle work 1:00 Line Dancing 4:00</p>
<p><b>21 Baked Pollock</b></p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30</p> <p><b>Paper Recycle</b></p>	<p><b>22 Meatloaf w/Gravy</b></p> <p>Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><b>23 Macaroni n'Cheese</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Advanced Directives 12:30</p>	<p><b>24 ****Baked Ham w/Raisin Sauce</b></p> <p>Trivia 10:00 Friendship Club Board Meeting 10:00 Friendship Club BINGO 12:30 Creative Writing 1:30</p>	<p><b>25 Cold Cut Sandwich, Potato Salad</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Quilting, Needle work 1:00 Line Dancing 4:00</p>
<p><b>28 Spaghetti with Meatballs</b></p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00</p> <p><b>Container Recycle</b></p>	<p><b>29 Chicken Patty w/Country Gravy</b></p> <p>Tai Chi 9:00 Book Club 10:30 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><b>30 Pier 17 Fish</b></p> <p>Life Lab by appt. 8:00 Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 John Dee Presentation 1:00</p>	<p>1% Milk served daily</p> <p>Whole Wheat Bread will be offered daily unless otherwise specified</p>	<p>***Indicates high sodium</p> <p>Menu subject To change</p>