



# 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 AND INFORMATION

### Senior Picture Time!

Did you ever think you would hear that phrase again? Now is your chance to re-visit your high school years during the month of October when we will be taking pictures of participants for My Senior Center. This is the last phase of our MSC implementation and are asking everyone for their cooperation. Please see Stephanie in the COA office anytime this month to get your picture taken and don't forget to *SMILE!*

**Book Sale:** Valley Radio Reading Service will hold a book sale at the

Pleasant View Senior Center on **SAT, Oct. 24th, 8:30 AM to 2:00 PM, and SUN, Oct. 25th, 9:00 AM - 12:00 PM.** Books will be available for a very low cost averaging 50 cents to \$1. On Sunday, the public can "fill a bag" for a minimal charge (price TBD).

**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 update:

Our annual flu clinic is tentatively scheduled for early November, as soon as we receive notification from the state when the serum will be available. Watch for it on ELCAT and in The Reminder.

### Veteran's Luncheon:

Our annual luncheon to honor area veterans will be on **TUES, Nov. 10th.** Entertainer Liz Carter will be on keyboard providing music, as well as special guest speakers. There is a \$3 charge for guests (veterans are free.) Please call 525-5436 to make your reservation as seating is limited.

### Friendship Club Thursdays



Oct. 1st  
"The Gold Tones"

Oct. 8th  
The Forest Park Zoo

Oct. 15th  
Roland Chirico,  
"The Trumpet Man" (sponsored by PeoplesBank)

Oct. 22nd  
"West Side Tappers"

Oct. 29th  
"Costume and Crazy Hats" Party  
& BINGO

10:00 Board Meeting

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

**SNAP Informational Session:**  
We will host a presentation on the Supplemental Nutrition Assistance Program on **TUES, Oct. 13th @ 2:00 PM.** The speaker will present information on what **SNAP** is, who is eligible, how the application process works, and how to use the bene-

fits. All are welcome, whether it be for your own needs or a family member, friend or neighbor. There will be a question and answer session following the presentation, and if time allows, a screening to determine eligibility for those interested. Refreshments will also be served.

**Needed:** Bags for our food pantry and commodity distribution; brown paper bags, plastic w/handles. Cloth bags work extremely well.

**SHINE:** 2nd TUES of each month by appointment, with John McGreal. Appointments are still available for October 13th. Call 525-5436.

## EVENTS, INFORMATION AND MEMORIAL DONATIONS

**Harvest Luncheon:** Join us on **TUES, Oct. 20th** for a special \$3 "Harvest Luncheon," featuring a menu of Pot Roast, Parsley Potato, Baked Carrots, Turnips and special dessert sponsored by Glenmeadow. We will have contests to enter (with prizes awarded!) for best homemade pumpkin dessert (bring your recipe if you care to), most creatively decorated pumpkin (pumpkins available at the Senior Center the week of Oct. 13th), and most impressive homemade jams, jellies, pickles (or what have you!) *Call early for reservations for this fun event!* 525-5436.

**Creative Writing:** Second six-week session begins **THURS, Oct. 22nd, 1:30 - 3:30 PM.** Cost is \$60 for non-seniors, \$50 for seniors 60+. Please sign up in Senior Center office or call 525-5436.

**Square Dance Lessons:** Neil and Cindy Hawley will again be giving square dance lessons each **SUN from 6 - 8 PM** at the Pleasant View Senior Center, starting Sept. 27th and going through May. Cost is \$6 per class. *Sept. 27th and Oct. 4th are free classes - come on over!*

**Shred Event:** Once again, we will be holding a community shredding

event on **SAT, Oct. 24th from 9:00 AM to 1:00 PM** in the parking lot of the Pleasant View Senior Center. This free service is being offered by Pro Shred of Wilbraham, in conjunction with the E. L. Police Dept., the Board of Selectmen, the COA, and TRIAD. Residents in the community (age 16 and up) should examine their personal financial papers in their home, and if these documents are no longer needed, bring them to this shredding event. Chief Mellis asks that you please consider offering a canned good for the Open Pantry at the Senior Center as a donation.

**Showcase of Caring Expo:** *New this year!* **TUES, Dec. 1st, 9:00 AM - 2:00 PM.** Keynote speakers include David Horgan, author of *When Your Parent Moves In*; Janice Michaelis, COA services; Jewish Geriatric Services, "Elder Caregiving;" and demonstrations of Reiki, aromatherapy, massage and more. Please direct any inquiries to Lissa Fontaine, R.N. or Sandy Grabierz.

**Upcoming Trips:** The Council on Aging is sponsoring two new trips for 2010: A one day bus trip to Providence for the annual **Spring Flower & Garden Show**

at the Rhode Island Convention Center on **FEB 19th, 2010.** Price of \$92 includes a delicious luncheon at the Johnson & Wales Inn, deluxe motor coach transportation and all gratuities. Three day **Pennsylvania Show Tour, JUN 7 - 9, 2010,** \$379 pp double; \$369 pp triple, \$479 single. Includes 2 nights lodging at a full service hotel, deluxe motor coach transportation, all gratuities and taxes, two hot breakfasts and two full dinners, comedy show at hotel, "Joseph," at the Millenium Sight & Sound Theater, Philadelphia Sightseeng Tour, Kitchen Kettle, Intercourse Cannery and Vanity Fair Outlet. *Flyers will be available shortly with all the details.*

**Bocce Courts:** We will soon have two Bocce Courts behind the Senior Center, alongside the back parking lot for the use of the community. *Opening day will be sometime in October!* More details to follow.

**Donations** were made to our Senior Center in memory of:  
**Donald Pauly** by Virginia Denton, Catherine Durkin, Elizabeth Gebbie;  
**Ray St. Marie** by Elizabeth Gebbie;  
**Dottie Bensley** by Elizabeth Gebbie.



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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

**“What Did You Say?”** Information about hearing loss presented by Hampden Hearing Center, **THURS, Oct. 1st @ 10:30 AM.**

**“Pack Your Bag” Medical Consultation:** A local CVS pharmacist will conduct a 15-minute presentation, “Understanding High Blood Pressure,” followed by one-on-one medication consultations to review your prescription and non-prescription medications on **MON, Oct. 5th @ 10 AM.** Please register for both sessions, 525-5436.

**Getting Started:** What to do when a family member has memory loss. Presented by Ginny Sinkoski of the Alzheimer’s Association, **WED,**

**Oct. 14th, 1:00 - 3:30 PM.** Please call to register, 525-5436.

**Hearing Screening:** A Dr. of Audiology from Hampden Hearing Center will be conducting brief, complimentary hearing tests for people who do not use hearing aids, on **THURS, Oct. 15th, 9:00 AM - noon.** Call 525-5436 to register.

**Understanding Parkinson’s Disease:** Gentiva Health Services will present advancements in therapy, adaptive equipment and simple exercise on **WED, Oct. 21st, at 1:00 PM.**

**Healthy Shopping & Cooking:** Presented by the Food Bank of Western Massachusetts. Learn how

to create healthy meals for one or two people on a budget - **THURS, Oct. 29th, 10:30 - 11:30 AM.**

**Coming in November:** BP, Glucose, Cholesterol screening 1st FRI, Holistic approach to healthcare, on **WED, Nov. 4th;** Myths of Aging, **MON, Nov. 9th.;** “Guilt-free Holiday Eating,” **MON, Nov. 16th.**

**Footcare/Pedicare by appt.** 2nd TUES/month here at the Senior Center, \$28 (**Oct. 13th**)

**Alzheimer’s Support Group:** **Third TUES**/month from 3 - 4 PM in our new Health Center.

**Blood Pressure Screening:** available with COA 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.
- Creative Writing:** Second 6 week session begins THURS, Oct. 22, 1:30PM
- 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, (Cancer House of Hope.)
- Jewelry Class:** 1st MON each month, 9:30 AM, \$3, beginning Oct. 5th.
- Line Dancing:** FRI, 4 PM
- Legal Consultations:** 3rd TUES/mo, 1:00 - 4:00 pm. Free, by appt. Call 525-5436.
- Mah Jogg:** TUES, 1 PM
- Morning Glory Walkers:** MON/WED/FRI, 8 AM, Meeting 2nd MON/mo, 9 AM.
- Needlework:** FRI, 1 PM,
- 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.
- Square Dance Lessons:** SUN, 6 - 9 PM through May, \$6 per class.
- Tai Chi:** TUES, 9 AM, (First Congregational Church.)
- Tap Dance:** TUES, 6 PM Beginner; 7 PM Intermed; 8 PM Advanced. Diane Shields, 413-218-2375.
- Trivia:** THURS, 10 AM.
- Veterans Coffee Hour:** TUES, Oct. 20, 9:00 AM, “End of Life Issues.”
- Zumba:** MON, Oct. 5th, 4 PM to 4:45 PM, 8 weeks for \$25, with certified Zumba instructor.

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

# OCTOBER 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>1% Milk served daily</p> <p>Whole Wheat Bread will be offered daily unless otherwise specified</p> <p>Container Recycle</p>	<p>***Indicates high sodium</p> <p>Menu subject To change</p>	<p>Get your picture taken anytime this month for My Senior Center!</p> 	<p><b>1 Hot Roast Beef Sandwich</b></p> <p>Trivia 10:00 Friendship Club 12:00 <b>The Gold Tones 12:30</b> Creative Writing 1:30 "What Did You Say?" 10:30</p>	<p><b>2 ****Ham Salad on Rye, Italian Veg. Soup</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>5 Spinach &amp; Eggplant Parmesan</b></p> <p>Walkers 8:00 Exercise 9:00 <b>Jewelry Class 9:30</b> <b>CVS Rx Consultations 10:00</b> Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:00 Paper Recycle</p>	<p><b>6 Chicken Chow Mein</b></p> <p>Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 6:00, 7:00, 8:00</p>	<p><b>7 Hamburg on Roll</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French (Cancer House of Hope, Plumtree Rd.) 11:00</p>	<p><b>8 Baked Chicken</b></p> <p>Trivia 10:00 Friendship Club 12:00 <b>Forest Park Zoo 12:30</b> Creative Writing 1:30</p>	<p><b>9 Broccoli n' Cheese Fish</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>12 Closed for Columbus Day Holiday</b></p> <p>No MOW delivered</p> <p>Container Recycle</p>	<p><b>13 Veal Patty Cordon Bleu</b></p> <p>SHINE by appt. Footcare/Pedicare/Appt. COA Board Meeting 9:00 Tai Chi 9:00 Mah Jongg 1:00 SNAP Presentation 2:00 Tap Dance 6:00, 7:00, 8:00</p>	<p><b>14 Hot Turkey Sandwich w/Gravy</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French (Cancer House of Hope, Plumtree Rd.) 11:00 "Getting Started" Parkinson's Disease 1:00</p>	<p><b>15 American Chop Suey</b></p> <p>Hearing Screening by appt. 9:00 - noon Trivia 10:00 Friendship Club 12:00 <b>The Trumpet Man 12:30</b> (sponsor is PeoplesBank) Creative Writing 1:30</p>	<p><b>16 Corn Chowder, Chicken Salad/roll</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>19 Baked Canneloni w/Meat Sauce</b></p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:00 Paper Recycle</p>	<p><b>20 Pot Roast (\$3)</b></p> <p>Veterans Coffee Hour 9:00 Tai Chi 9:00 <b>Harvest Luncheon 12:00</b> Mah Jongg 1:00 Atty. Dave Carlson/appt. Alzheimer's Support 3:00 Tap Dance 6:00, 7:00, 8:00</p>	<p><b>21 Pier 17 Fish</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French (Cancer House of Hope, Plumtree Rd.) 11:00</p>	<p><b>22 Stuffed Peppers</b></p> <p>Trivia 10:00 Friendship Club 12:00 <b>West Side Tappers 12:30</b> Creative Writing (2nd session begins) 1:30</p>	<p><b>23 BBQ Pork Ribs</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>26 Garlic Roasted Chicken</b></p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Container Recycle</p>	<p><b>27 Tuna Salad Plate</b></p> <p>Tai Chi 9:00 <b>Book Club 10:30</b> Mah Jongg 1:00 Tap Dance 6:00, 7:00, 8:00</p>	<p><b>28 ****Kielbasa w/ Baked Beans</b></p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French (Cancer House of Hope, Plumtree Rd.) 11:00</p>	<p><b>29 Stuffed Shells w/Spinach Alfredo</b></p> <p>Trivia 10:00 FC Board Mtg. 10:00 <b>Healthy Cooking &amp; Shopping 10:30</b> <b>Friendship Club BINGO 12:30</b></p>	<p><b>30 Pork Cutlet w/ Fruit Sauce</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>