



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

UPCOMING EVENTS AND INFORMATION

Flu Clinic: Our annual flu clinic is tentatively scheduled for later this month (we are still waiting to receive the flu serum). Please watch the Reminder and ELCAT for the date of our flu clinic.

Tag Sale: The Friendship Club will be holding their annual Tag Sale on **SAT, Nov. 14th** from 9:00 AM - 2:00 PM. You may begin bringing items to the Senior Center the week of Nov. 9th (we are closed Nov. 11th for Veterans Day). *We cannot accept items earlier due to lack of storage space.* No furni-

ture, computers, or large appliances please!

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 beginning the week of November 23rd. *Don't knit or crochet? You can donate new socks instead!*

Veterans Luncheon: Our annual luncheon to honor area veterans will be on **TUES, Nov. 10th** at 12 noon. Entertainer Liz Carter will be on keyboard providing music,

and we have some special events planned for your enjoyment. Come early for socialization and tasty appetizers, donated by Redstone Rehabilitation. There is a \$3 charge for guests (veterans are free.) A special dessert will be provided by Genesis Health Care. *Please call 525-5436 to make your reservation as seating is limited.*

Holiday closing: We will be closed on WED, Nov. 11th in observance of Veterans Day, and on THURS and FRI, Nov. 26th and 27th for Thanksgiving. No MOW will be delivered on these

Veterans Luncheon
will be on
Tuesday, Nov. 10th

Friendship Club
Thursdays



Nov. 5th

"4 Fiddle Bank"
sponsored by Webster Bank

Nov. 12th
Sunshiners

Nov. 19th
BINGO

Turkey Giveaway
10:00 Board Meeting

Nov. 26th
Closed - Thanksgiving

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

Medical Coverage Review: Open enrollment for Medicare Part D (prescription coverage) and Medicare Advantage Plans will be from **NOV 15, 2009 - DEC 31, 2009.** Now is the time to look at your coverage to be certain it's the best value of your situation. Call to make an

appointment for our SHINE counselors to review your present coverage with you (see below).

SHINE: 2nd TUES of each month by appointment, with John McGreal. Call 525-5436.

Commodities Distribution will

be on **WED, Nov. 18th, 1:00 - 3:00 PM.** Sign up in the Senior Center office if you have not already done so. Not sure you qualify? Call Janice Michaelis for the guidelines, 525-5424. *Please do not sign-up on the day of distribution, and no commodities will be given without a ticket.*

EVENTS, INFORMATION AND MEMORIAL DONATIONS

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 demonstration of Reiki, aromatherapy, massage and more. Please direct any inquiries to Lissa Fonatine, R.N. or Sandy Grabierz.

December Events: The COA is sponsoring some special events in December - **Dec. 8th** we will have a **Holiday Luncheon** with "Rockin' Robin, Dave Mindell" entertaining, and some holiday treats and surprises in store (\$3). **Dec. 29th** will be a **Hot Chocolate Social** sponsored by Redstone Rehabilitation, with a performance by **The Next Step Dance Studio**; and on **Dec. 30th** - back by popular demand - a **BINGO Party!** (\$5)

Upcoming Trips: The COA 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. Come pick up a flyer in the office with all the information. *We have already begun taking reservations for this trip so don't miss out!* Looking ahead, we are sponsoring a three day **Pennsylvania Show Tour, June 7 - 9, 2010,** \$379 pp double; \$369 pp triple, \$479 single. Includes 2 nights lodging at a full service hotel, deluxe motor coach transportation. For more details, please pick up a flyer in the office.

John Dee presents: "*How to Leave your Legacy to your Loved Ones Instead of the IRS,*" on **Nov. 17th @ 1:00 PM.** Is your IRA a tax bomb? Will your children be a victim of the capital gains tax trap? Will federal estate taxes be your biggest beneficiary? Is a revocable living trust right for you? Get your questions answered by a local financial professional with more than 25 years of experience. Register by calling 525-5436.

Flynt Lincoln from Webster Bank: Join us November 3rd @ 10:00 AM for a Reverse Mortgage Seminar Q & A - "*Cutting Through the Confusion.*" Understand your

options to decide if and when this is the right decision for you. You are encouraged to bring your adult children and trusted advisor. Please call to register, 525-5436.

Veterans Coffee Hour: TUES, Nov. 17th @ 9:00 AM. All area veterans are welcome and encouraged to attend.

Pull-Tab Collection Program: Have you ever wondered what a simple aluminum pull-tab can mean to places like Shriners Hospital for Children? Before you toss yours away, think about bringing them to the Senior Center, as we have volunteers who regularly bring them over to Shriners Hospital. They have been collecting pull-tabs or "pop-tops" from beverage cans since 1989, recycling them, and putting the money toward programs that directly benefit children. Since its inception, about a half-million pounds of aluminum tabs have been collected and recycled.

Donations were made to our Senior Center in memory of: Virginia Muth by *Jean Medrek.*

Many thanks to all who made donations to our Food Pantry!



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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

Healthy Shopping & Cooking: THURS, Oct. 29, 10:30 - 11:30 AM, presented by the Food Bank of Western Mass. Learn how to create healthy meals on a budget. Registration necessary, 525-5436.

Care Alternatives: WED, Nov. 4th @ 1:00 PM. A history and description of Complementary Therapies such as Massage Therapy, Reiki, Aromatherapy and Guided Imagery. Call 525-5436 to register.

New monthly events: Capuano Care will offer free blood pressure, glucose and total cholesterol screening the first FRI of each month from 8:00 - 9:00 AM beginning Nov. 8th. **Performance Rehabilitation** is

offering stretching exercises every second MON of each month beginning Nov. 9th @ 8:00 AM. Come stretch before you walk with the Morning Glory Walkers!

"The Myths of Aging": MON, Nov. 9th @ 10:00 AM w/Barbara MacDonald, MS, RN, GCNS-BC from Jewish Geriatric Services. What should one really expect when it comes to aging? Register @ 525-5436.

Guilt-Free Holiday Eating: Jennifer Giffune, RD, LDN from Health New England will discuss how to get through the holidays and stay on a healthy eating plan on MON, Nov. 16th @ 10 AM. Regis-

ter by calling 525-5436.

Alzheimers/Dementia Support Group: Third TUES/mo from 3 - 4 PM in our new Wellness Center, **Nov. 17th is our next meeting.** Other support groups are 1st THURS/East Village Place @ 6 PM; last TUES/Mary Lyon Nursing Home in Hampden @ 7 PM.

Footcare/Pedicare by appt: 2nd TUES/month in our new Health Center here at the Senior Center, \$28.

Blood Pressure Screening: available with Lissa Fontaine, R.N., MON, WED, THURS, 8 AM - 2 PM at the Senior Center.

ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5436, SGRABIERZ@EASTLONGMEADOWMA.GOV

Armchair Fitness: MON/WED/ 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 mo, 10:30 AM, "True Believer," by Nicholas Sparks.

Creative Writing: THURS, 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.

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.

Pitch: MON, play begins @ 12:30 PM - *playing experience necessary.*

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, 6 PM Beg; 7 PM intrmd; 8 PM, Adv. For more informa-

tion, call Diane Shields, 413-218-2375.

Trivia: THURS, 10 AM.

Veterans Coffee Hour: TUES, Nov. 17th @ 9:00 AM w/George Herrick.



Zumba: MON, 4 PM to 4:45 PM, 8 weeks for \$25 w/certified Zumba instructor Donna Jendron.

Volunteers needed for bread pick-up at Stop n' Shop and/or Panera Bread. Also, MOW drivers needed on a regular basis or as a sub. A stipend is paid to drivers. Contact Sandy for details, 525-5436

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

NOVEMBER 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
2 Stuffed Cabbage w/Tomato Sauce Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Paper Recycle	3 Pier 17 Fish Tai Chi 9:00 Reverse Mortgage Q & A w/Flynt Lincoln 10:00 Mah Jongg 1:00 Tap Dance 6:00, 7:00, 8:00	4 ****Ham Steak w/ Pineapple Sauce Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>) Care Alternatives 1:00	5 Chicken Parmesan Trivia 10:00 Friendship Club 12:00 4 Fiddle Band 12:30 (<i>sponsored by Webster Bank</i>) Creative Writing 1:30	6 Shepherds Pie TRIAD Capuano Care 8:00 Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Needle work 1:00 Line Dancing 4:00
9 Stuffed Shells w/ Alfredo Sauce Walkers 8:00 Performance Rehab 8:00 Walkers Meeting 9:00 Exercise 9:00 Myths of Aging 10:00 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Container Recycle	10 Roast Pork w/ Gravy (\$3 non-vets) SHINE Footcare/Pedicare/Appt. COA Board Meeting 9:00 Tai Chi 9:00 Veterans Luncheon 12:00 Mah Jongg 1:00 Tap Dance 6:00, 7:00, 8:00	 Veterans Day Holiday - Closed - No MOW delivered	12 Meatloaf Trivia 10:00 Friendship Club 12:00 Sunshiners 12:30 Creative Writing 1:30	13 Baked Cod "Italiano" Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Needle work 1:00 Pool, Dominoes 1:00 Line Dancing 4:00
16 Sweet & Sour Chicken Walkers 8:00 Exercise 9:00 Guilt-Free Holiday Eating 10:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Paper Recycle	17 Macaroni & Cheese Veterans Coffee Hour 9:00 Tai Chi 9:00 Mah Jongg 1:00 John Dee 1:00 Atty. Dave Carlson/appt. Alzheimer's Support 3:00 Tap Dance 6:00, 7:00, 8:00	18 Beef Stew Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>) Commodities 1:00—3:00	19 Roast Turkey Trivia 10:00 Friendship Club 12:00 BINGO/Turkey Giveaway Creative Writing 1:30	20 Veal Parmesan Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Pool, Dominoes 1:00 Needle work 1:00 Line Dancing 4:00
23 Combo Platter (Philly Steak roll, Chicken nuggets) Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Container Recycle	24 BBQ Pork Cutlet Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 6:00, 7:00, 8:00	25 Garlic Roasted Chicken Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>)	26 Thanksgiving Holiday - Closed - No MOW delivered	27 Thanksgiving Holiday - Closed - No MOW delivered
30 Stuffed Peppers Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Paper Recycle	December 1 "Showcase of Caring Expo" 9:00 - 2:00	1% Milk served daily Whole Wheat Bread will be offered daily unless otherwise specified	 Thanksgiving	***Indicates high sodium Menu subject To change