



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
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CBRENNAN@EASTLONGMEADOWMA.GOV

JOIN US FOR A FUN-FILLED DECEMBER!



Dec. 1st, 9 AM - 2 PM:

Showcase of Caring Expo featuring Keynote speakers, demonstrations, & over 25 vendors.

Dec. 1st - 18th, 8 AM - 4 PM:

Mittens and More Tree will be up in our lobby and ready to receive those mittens & scarves.

Dec. 3rd, 12:30 PM: The Friendship Club will be hosting a *Dress Barn Fashion Show*.

Dec. 4th, 5 PM: UNICO Holiday Dinner. Tickets available in the office for their annual holiday dinner held at the Senior Center. *Free and open to all!*

Dec. 7th, 9:30 AM: Make Your Own Jewelry w/Sandy

Merrill. Give beautiful gifts to friends and family members for the holidays. \$3 plus supplies.

Dec. 8th, 11:30 AM: Council on Aging Holiday Luncheon (\$3): Welcome in the Holidays with appetizers, lunch, door prizes and entertainment by the "Rockin' Robin," *Dave Mindell*.

Dec. 10th, 12:30 PM: The Friendship Club celebrates the upcoming holidays with vocal entertainment by "The Seniors Three."

Dec. 17th, 11:30 AM: The Friendship Club learns about the "Origins of Christmas," w/ *Don D'Amato*.

Dec. 21st, 11:30 AM: High School Vocalist Kate Mitchell will sing traditional holiday songs from the 1930's to today.

Dec. 29th, 2 PM: Hot Chocolate Social and Holiday Dance Performance by Redstone Rehabilitation and Next Step Dance Studio. *Free and open to all.*

Dec. 30th, 1:00 - 3:30 PM: Bingo Party! \$5 pre-registration pays for 5 cards, refreshments and prizes.

Dec. 24th, 25th, 31st & Jan. 1st: The Senior Center will be closed in observance Christmas and New Year's Day. *No Meals on Wheels will be delivered. Happy Holidays to everyone!*

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

Fuel Assistance: It's not too late to apply for help with winter heating bills. The following guidelines apply: **1 person, \$29,126/yr; 2 people, \$38,087/yr; 3 people, \$47,049/yr.** If you think your family qualifies, call Janice @ 525-5424 for an appointment.

Facing the dreary winter ahead may seem very daunting. Please don't hibernate at home and isolate yourself from contact with your peers. It is a well known fact that those of us who interact with others on a regular basis are generally happier and healthier. So, won't you

make a point to spend some time with us at the Senior Center? Check out our delicious menu and come in for lunch and enjoy the festivities.

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

INFORMATION, EVENTS AND DONATIONS

Public Hearing Sessions on Elder Services - Greater Springfield Senior Services, Inc. (GSSSI) invites comments and suggestions regarding proposed services for the elderly at two Public Hearings that are scheduled for **Dec. 4, 2009**, in order to develop a strategic 4-year plan. The first session will be held at 10 AM to 11 AM at the Palmer Council on Aging, located at the Second Congregational Church, 1080 Pleasant St. in Palmer. The second session will be held **1 PM to 2 PM** at the East Longmeadow Council on Aging, 328 North Main St. More information may be obtained by calling the Council on Aging, or by calling Laurie Cassidy at GSSSI @ 781-8800, ext. 162.

The Morning Glory Walkers will hold their Annual Christmas Luncheon on **Dec. 9th, @ 11:30 AM** at the Elmcrest Country Club. Choose from Prime Rib, Stuffed Shrimp, or Chicken Francaise. Tickets are \$5 for paid-up members and \$15 for guests. There will be an optional \$5 gift exchange. Call Jennie Wood (525-2821) or Audrey Bonacker (525-7081) for tickets

Veterans Coffee Hour: Springfield's Mobile Vet Center will be in our parking lot on **Dec. 15th @ 9:00 AM**. One of a fleet of fifty new mobile counseling centers for the VA's Vet Center Program, this marks a new chapter in VA's innovation to reach rural and underserved veterans with high-quality re-adjustment counseling services, and to improve access to counseling by bringing those services closer to veterans. The 38-foot motor coaches has spaces for confidential counseling, will carry Vet Center counselors and outreach workers to events and activities to reach veterans in broad geographic areas, supplementing the 232 current Vet Centers, which are scheduled to increase to 271 facilities by the end of 2009. Vet Centers, operated by VA's Re-adjustment Counseling Service helps address the social, emotional and economic challenges of post-combat adjustment.

Financial Seminar: Doug Price will speak at the Pleasant View Senior Center about Asset Protection, Estate Planning, Guaranteed Investment Income w/no Stock Market

Risk, and the updated rules for 2010 on **Dec. 15th @ 1:00 PM**. Call 525-5436 to register.

Inclement Weather Policy - when East Longmeadow schools are closed, there will be **no** congregate meal served or Meals on Wheels delivered. The Senior Center remains open for phone calls and emergencies, unless the Town Hall closes. Weather updates can be found on TV stations 22, 40, & 3.

In lieu of holiday cards or gifts, please consider making a donation to the Council on Aging. Your gift will be truly appreciated. Kindly let us know how you would like your gift to be used; i.e., Building Fund, Food & Fuel Fund, Meals Program, Nurse's Fund, etc. For Memorial Donations, please list the individual's name, and the address where you would like the acknowledgement sent. **Make checks payable to:** Town of East Longmeadow, and mail to: ELCOA, 328 North Main St., East Longmeadow, MA 01028. Checks can also be dropped off between 8 AM and 4 PM Monday through Friday. *Thank you for your gift!*



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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

Showcase of Caring Expo: Vendors/Exhibitors will help you or your loved ones age with dignity and grace. Caregivers are especially encouraged to attend. **Dec. 1st, 9 AM - 2 PM.** Guest lecturers, demonstrations, panel discussions, informational booths.

Talk about Cholesterol: On **DEC 9th @ 1:00 PM** we will host a representative from Berkshire Healthcare to speak about what those numbers mean and how you can control them. 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 AM - 9 AM.

Performance Rehabilitation is offering stretching exercises every second MON of each month @ 8:00 AM.

“Spiritual Care in Everyday Life”: On **Dec. 16th @ 1:00 PM**, a Spiritual Counselor from Home and Community Health Services will present ways to combat stress and negativity in our lives, such as progressive relaxation, meditation and prayer. Register @ 525-5436.

Alzheimers/Dementia Support Group: Third TUES/month from 3 - 4 PM in our new Wellness Center, **Dec. 15th 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 Wellness Center here at the Senior Center, \$28.

Blood Pressure Screening: with Lissa Fonatine, R.N., MON, WED, THURS, 8 AM - 2 PM.

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

Feb. 19th, 2010 is a one-day bus trip to Providence for the annual **Spring Flower & Garden Show** at the Rhode Island Convention Center. **Cost of \$92** includes entrance to the Flower Show, a delicious luncheon at the Johnson & Wales Inn, deluxe motor coach transportation and all gratuities.

April 6 & 7, 2010 we will sponsor a spring getaway to **Turning Stone Resort & Casino**, nestled in the heart of Cen-

tral New York's scenic Mohawk Valley. Package price of **\$148 double occupancy (\$138 triple; \$219 single)**, includes Deluxe motor coach transportation, one night accommodation at Turning Stone Casino & Hotel, two buffets at the Resort - dinner and breakfast, free gaming and casino bonuses for both days, and bus driver gratuity.

June 7 - 9, 2010 we are sponsoring a **Pennsylvania Show Tour**,

“Joseph,” at the Millenium Sight & Sound Theater in Lancaster, PA. **Cost is \$379 pp double; \$369 pp triple, \$479 single.** Trip includes 2 nights lodging and hotel tax at a full service hotel, deluxe motor coach transportation, full hot breakfast both mornings, dinner both evenings, Comedy Show at hotel, Philadelphia sight-seeing tour, Kitchen Kettle, Intercourse Cannery, Vanity Fair Outlet, Tours of Distinctions Es-

cort, and all tips for driver, escort and Philadelphia guide.

Sept. 30 - Oct. 8, 2010 This 9 day tour, **Rockies Highlights by Train**, will begin in Vancouver, British Columbia and includes 6 breakfasts, 1 lunch and 4 dinners. This scenic trip also includes **round-trip airfare from Bradley**, and offers door to door pick-up and drop-off. Per person rates: **Double \$2,899; Single \$3,699; Triple \$2,849.**

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

DECEMBER 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 Catch of the Day Showcase of Caring Expo 9 AM - 2 PM</p> <p>Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance 6:00, 7:00, 8:00</p>	<p>2 Chicken Cacciatore w/Pasta</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (Cancer House of Hope)</p>	<p>3 Pork Piccata</p> <p>Trivia 10:00 Friendship Club 12:00 Dress Barn Fashion Show 12:30 (sponsored by Webster Bank) Creative Writing 1:30</p>	<p>4 Corn Chowder, Egg Salad Sandwich 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 UNICO Dinner 5:00</p>
<p>7 Cheese Ravioli w/ Sauce</p> <p>Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30</p> <p>Container Recycle</p>	<p>8 Baked Chicken w/ Stuffing (\$3) SHINE Footcare/Pedicare/Appt. COA Board Meeting 9:00 Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance 6:00, 7:00, 8:00 Holiday Luncheon with "Rockin' Robin Dave Min- dell" 11:30</p>	<p>9 BBQ Pork Rib</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (Cancer House of Hope) Berkshire Healthcare pres- entation/Cholesterol 1:00</p>	<p>10 Baked Italian Sausage w/Pasta</p> <p>Trivia 10:00 Friendship Club 12:00 Chorus Program 12:30</p>	<p>11 Pier 17 Fish</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Needle work 1:00 Pool, Dominoes 1:00 Line Dancing 4:00 Hanukkah begins at sun- down</p>
<p>14 Chicken Fajitas</p> <p>Walkers 8:00 Walkers Meeting 9:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00</p> <p>Paper Recycle</p>	<p>15 Stuffed Cabbage w/Stewed Tomato</p> <p>Veterans Coffee Hour 9:00 Tai Chi 9:00 Doug Price 1:00 Atty. Dave Carlson/appt. Mah Jongg 1:00 Scrapbooking 1:00 Alzheimer's Support 3:00 Tap Dance 6:00, 7:00, 8:00</p>	<p>16 Tuna Salad Plate</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (Cancer House of Hope) Spiritual Care in Everyday Life" 1:00</p>	<p>17 Roast Turkey w/ Stuffing</p> <p>Trivia 10:00 Friendship Club 12:00 Origins of Christmas with Don D'Amato 12:30</p>	<p>18 Veal Cutlet w/ Mushroom Gravy</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 East Village Charolers Sing-a-Long 10:00 Cribbage 10:00 Pool, Dominoes 1:00 Needle work 1:00 Line Dancing 4:00</p>
<p>21 Garlic Roasted Chicken</p> <p>Walkers 8:00 Exercise 9:00 Kate Mitchell sings 11:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30</p> <p>Container Recycle</p>	<p>22 ****Baked Ham w/Pineapple</p> <p>Tai Chi 9:00 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance 6:00, 7:00, 8:00</p>	<p>23 Soup & Baked Cheese & Tomato Sandwich</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 French 11:00 (Cancer House of Hope)</p>	<p>24 - Closed -</p> 	<p>25 - Closed -</p> <p>1% Milk served daily</p> <p>Whole Wheat Bread will be offered daily unless otherwise specified</p>
<p>28 Pork Cutlet w/ Musroom Gravy</p> <p>Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00</p> <p>Paper Recycle</p>	<p>29 Macaroni and Cheese</p> <p>Tai Chi 9:00 Book Club 10:30 Mah Jongg 1:00 Scrapbooking 1:00 Tap Dance 6:00, 7:00, 8:00 Hot Chocolate Social w/"The Next Step Dance Studio" 2:00</p>	<p>30 Baked Chicken</p> <p>Walkers 8:00 Exercise 9:00 Pinochle 9:30 French 11:00 (Cancer House of Hope) BINGO Party 1:00 \$5</p>	<p>31 - Closed -</p> 	<p>Jan. 1 - Closed -</p>