

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

IMPORTANT INFORMATION

H1N1 Flu Clinic will be held here at the Pleasant View Senior Center, 328 North Main St., on **SAT, FEB 13th, 9 AM - 1:00 PM.** This clinic is free of charge and open to all ages, six months and older.

AARP Tax Preparation begins **MON, FEB 1st** and ends **MON, APR 12th**, by appointment only. (we will be closed on FEB 15th, President's Day so no appointments will be scheduled.) This free service is for taxpayers of low and moderate income. Due to space limitations and a shortage of preparers we are giving priority to East Longmeadow residents. Out of town residents can call us for alternate sites or be put on a waiting list for the end of March, early April.

Commodities Distribution is scheduled for **WED, FEB 17th, 1:00 - 3:00 PM.** To qualify you must be an East Longmeadow resident and show proof of need. Sign up in the Senior Center office prior to that day and receive your ticket for the year. *No commodities will be given without a ticket!*

Food Pantry New Hours: Due to our current renovation project, it has become necessary to limit hours for our Food Pantry. East Longmeadow residents in need may visit the Food Pantry **TUES, WED & FRI, from 9:00 AM - 3:00 PM.** Due to the increased need, we ask that residents visit the food pantry no more than twice a month, and limit the amount of groceries to

two bags of food per family of four, and one bag of paper products. Families of more than four may take an extra bag of groceries or paper products.

Inclement Weather Policy - when East Longmeadow schools are closed, there will be **no** in-house meals 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.

Holiday Closing - The Senior Center will be closed on **MON, FEB 15th**, in observance of President's Day. No MOW will be delivered on this date, and no tax appointments will be made.

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

Circuit Breaker Tax Credit: This is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. You must file a state income tax return to claim the Circuit Breaker Tax Credit. The

maximum credit for tax year 2009 is \$960. This tax is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit. If you think you may be eligible, call the Sen-

ior Center to schedule your tax appointment @ 525-5436 (priority given to East Longmeadow residents.)

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

EVENTS, INFORMATION AND MEMORIAL DONATIONS

Jewelry Class: First MON of each month @ 9:30 AM with Sandy Merrill. \$3 instructor fee plus cost of supplies. **NO CLASS IN FEB**, next date is **MAR 1st**.

BINGO Party: We are planning another BINGO party sometime in March - information to follow!

New! Memory Writing Course offered by writing coach Donna Bailey-Thompson entitled, "Memoir Writing," begins on **THURS, FEB 4th**, from **1:00 - 3:00 PM**. Memoir writing is non-fiction that has benefited from re-visiting a memory. Sharing our written memories with others who share theirs enriches everyone within earshot. **Cost is \$60 for six weeks, \$50 for age 60 and over**. Sign up in the Senior Center office, or call 525-5436.

Upcoming Trip Presentations: A representative from Tours of Distinction will be here on **TUES, FEB 9th @ 10:00 AM** to share information and highlights from these two upcoming trips (see below):

Our Upcoming Trips: The COA is excited to sponsor new trips for 2010: first is a two-day

bus trip to **Turning Stone Resort & Casino, April 6 & 7, 2010**. Cost is \$148 pp double; \$138 pp triple, \$219 single. *Final payment for this trip is FEB 20th*. Then, **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, & gratuities. **Please note** - we still have a few seats available for the **Rhode Island Flower Show on February 19th**. Cost is \$92, call for details.

Health Plan Options for those on Medicare: On **WED, FEB 10th @ 10:00 AM**, we will host a presentation offered by Blue Cross Blue Shield of MA. This will include an explanation of Medicare, including the Medicare drug benefit, and how Medigap plans and Medicare Advantage plans work with Medicare. This popular seminar is often praised for the way it makes complex information easy to understand. All are welcome regardless of insurance coverage.

Peter Pan Performance! The Kinetic State Ballet from Artistic Dance Conservatory, located at

257A Shaker Rd. in East Longmeadow, will perform the childhood favorite, *Peter Pan* on **TUES, MAR 2nd @ 1:00 PM** here at the Pleasant View Senior Center. The Kinetic State Ballet Company is a non-profit division of the conservatory that brings the art of dance to local schools and neighborhoods year-round. Refreshments will be provided. This performance is free and open to the public.

St. Patty's Day Party: Mark your calendar now for **TUES, MAR 16th** when we will have a special luncheon for St. Patrick's Day, with Irish music performed by singer Mary Franz.

Calligrapher needed: We are in need of a proficient calligrapher to donate some time updating our Honor Roll Board of names of veterans who attended Pleasant View School. *Please call Sandy Grabierz, 525-5436.*

Memorial Donations: *Thank you to the following for remembering our Senior Center with donations in memory of: Ruth Wescott: Melba & Tom Driscoll, Ellen Potter; Sally Perrin: Dot Philbin; Arthur Herzog: Dorothy & Harry Weyner.*



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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

Dignity Study: Cynthia Jacelon, PhD, Assoc. Professor from UMASS School of Nursing, will be here on **THURS, FEB 4th, 9:30 AM to 1:00 PM** to provide details of a research study entitled, **Dignity and Older Adults.** If you are at least 65 years old and would like to volunteer to take part, please call 413-545-9576 and leave your name and phone number, or come to the presentation to get more information. If interested, you will be asked to provide information about yourself and then be asked to complete several questionnaires. Some participants will be asked to repeat the questionnaires either 2 - 3 days or 4 - 5

weeks after the first time. All information will be confidential. Professor Jacelyn will meet with you at a time and place of your choosing. The estimated time commitment is 20 minutes. All participants will receive a gift certificate to a local chain grocery store.

Capuano Care will offer free blood pressure, glucose and total cholesterol screening the first FRI of each month from 8:00 - 9:00 AM. *Next date is FEB 5th.*

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

Come stretch before you walk with the Morning Glory Walkers!

Alzheimers/Dementia Support Group: Third TUES/mo from 3 - 4 PM in our new Wellness Center, Mary Ann Stout, facilitator. 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: with Lissa Fontaine, R.N., 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: Exercise: MON/WED/TUES/THURS, Quarry Hill, 9:00 AM; SAT at Inward Commons, 10 AM. Weights available.

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, "Revolutionary Road," by Richard Yates.

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

Memoir Writing: THURS, 1:00 - 3:00 PM. 6 wks/\$60, \$50 for 60+.

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*

Pinochle: WED & FRI, 9:30 AM.

Race Walk: SAT, 8 AM, Springfield College.

Scrabble: MON, 1 PM.

Scrapbooking: WED @ 1 PM.

Tai Chi: TUES, 9 AM,

drop-in, no cost. (First Congregational Church.)

Tap Dance: TUES, 6 PM Beginners; 7 PM Intermediate; 8 PM, Advanced. For more information, call Diane Shields, 413-218-2375.

Trivia: THURS, 10 AM.


Veterans Coffee Hour: TUES, FEB 16th @ 9:00 AM w/George Herrick., open to all area veterans.

Zumba: MON, 4 PM to 4:45 PM, 8 weeks for \$25 w/certified Zumba instructor Donna Gendron, or \$5 a class drop-in.

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

FEBRUARY 2010

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
1 Lasagna w/ Garden Salad AARP Taxes by appt. Walkers 8:00 Exercise 9:00 Jewelry Class cancelled Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle	2 Baked Pollock Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 6:00, 7:00, 8:00	3 Roasted Chicken Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>) Scrapbooking 1:00	4 Breaded Pork Cutlet Research on Dignity Study Presentation 9:30 Trivia 10:00 Friendship Club 12:00 High School Drama Club 12:30 Memoir Writing 1:00	5 Egg Salad Sandwich, Potato Salad Walkers 8:00 Capuano Care 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Needle work 1:00 Dominoes 1:00 Line Dancing 4:00
8 Baked Ham w/ Pineapple Sauce AARP Taxes by appt. Walkers 8:00 MGW Meeting 9:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Paper Recycle	9 Shepherds Pie SHINE/Appt. Footcare/Pedicare/Appt. COA Board Meeting 9:00 Tai Chi 9:00 Tours of Distinction 10:00 Mah Jongg 1:00 Tap Dance 6:00, 7:00, 8:00	10 Chicken Fajitas Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 Health Plan Options for People w/Medicare 10:00 French 11:00 (<i>Cancer House of Hope</i>) Scrapbooking 1:00	11 Veal Parmesan Trivia 10:00 Friendship Club 12:00 Valentine Program/50th Anniversary w/John Banker 12:30 (<i>sponsored by East Longmeadow Skilled Nursing Center</i>) Memoir Writing 1:00	12 Pier 17 Fish w/ Peppers Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Needle work 1:00 Dominoes 1:00 Line Dancing 4:00
15  - Closed - Ballroom Dance will be held today 1:30 Container Recycle	16 Roast Beef Sandwich w/Gravy Veterans Coffee Hour 9:00 Tai Chi 9:00 Mah Jongg 1:00 Atty. Dave Carlson/appt. Alzheimer's Support 3:00 Tap Dance 6:00, 7:00, 8:00	17 Macaroni & Cheese Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>) Scrapbooking 1:00	18 Chicken Patty Cordon Bleu Trivia 10:00 Friendship Club 12:00 Bruce Moore, Town Historian 12:30 Memoir Writing 1:00	19 Roast Pork w/ Gravy Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes 1:00 Needle work 1:00 Line Dancing 4:00
22 Eggplant Parmesan w/Ziti AARP Taxes by appt. Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Paper Recycle	23 Meatloaf w/Gravy Tai Chi 9:00 Mah Jongg 1:00 Tap Dance 6:00, 7:00, 8:00	24 Baked Fish Florentine Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (<i>Cancer House of Hope</i>) Scrapbooking 1:00	25 Roast Turkey w/ Stuffing Trivia 10:00 FC Board Meeting 10:00 Friendship Club 12:00 BINGO 12:30 Memoir Writing 1:00	26 Corn Chowder, Tunafish Sandwich Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes 1:00 Needle work 1:00 Line Dancing 4:00
***Indicates high sodium Menu subject To change	1% Milk served daily Whole Wheat Bread will be offered daily unless otherwise specified	