

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

Census 2010: Easy, Important and Safe. Every year, the federal government allocates more than \$400 billion to states and communities based, in part, on census data. With only 10 questions, the 2010 Census questionnaire takes approximately 10 minutes to complete. Households are asked to provide key demographic information, including: whether a housing unit is rented or owned; the address of the residence; and the names, genders, ages and races of others living in the household. By law, the Census Bureau cannot share an individual's responses with anyone, including other federal agencies and law enforcement

entities. Look for your questionnaire to arrive sometime in March, so please complete and mail back your questionnaire as soon as you can. **For those needing assistance**, the Pleasant View Senior Center has scheduled two dates to come in for help filling out your form: **THURS, MAR 18 and TUES, MAR 23, from 10:00 AM - 12:00 NOON.** It is in your and our best interest to make sure that all seniors are counted!

Food Pantry Guidelines: Please be prepared to provide proof of East Longmeadow residency (utility bill, driver's license, real estate tax bill, or rent receipt) when visiting our food

pantry. Due to the increase in people using this service, we ask that you limit your visits to twice a month, and limit what you take to two bags of groceries and one bag of paper/personal products per visit. Also, please remember to fill out the ticket at each visit. Reporting numbers to the state helps us to receive more food. Thank you!

Candidate's Day: THURS, MAR 25th at 12:30 PM facilitated by Asst. Town Moderator Larry Levine, Atty. Candidates will be given three minutes to present their qualifications and share his/her goals for their respective office. Questions will be taken following the speeches.

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

Save Money and Twist with Chubby Checker: Have you seen the Social Security ads with Chubby Checker? There's a new "Twist" in the law that makes it easier to apply for "Extra Help" for prescription

drugs. Social Security no longer counts life insurance or aid from others as income. More people can now get help with Medicare drug plan coverage. Income has to be less than \$16,245 for an individual and \$21,855 for a

couple; resources have to be under \$12,510 for an individual and \$25,010 for a couple.

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

EVENTS, INFORMATION AND MEMORIAL DONATIONS

Shopping, Preparing, and Cooking for One: TUES, MAR 9th, @ 1:30 PM, Redstone Rehabilitation and Nursing Center's Chef will demonstrate how to plan, organize and store your food purchases when you're only cooking for one or two, with ideas on how to make many menu options out of the fewest items. **Limited to 12.** Call 525-5436.

Health Plan Options for those on Medicare: On **WED, MAR 10th, @ 10:00 AM,** Blue Cross Blue Shield of MA will present an explanation of Medicare, including the Medicare drug benefit and how Medigap and Medicare Advantage Plans work with Medicare. All are welcome regardless of insurance coverage. Call 525-5436 to register.

St. Patty's Day Party: TUES, MAR 16th we will have a special \$3 luncheon for St. Patrick's Day, with Corned Beef and Cabbage, Irish Soda Bread, and Dessert sponsored by Redstone Rehabilitation. Irish music performed by singer Mary Franz. Sign up early or call for reservations, 525-5436.

Lemon Pie and Sandwich Fundraiser: The Friendship Club will be holding a Lemon Pie and Sandwich Luncheon on **THURS, MAR 18th** offering a choice of Ham, Tuna, or Egg Salad. **Tickets are \$4 each, on sale THURS, MAR 4th and MAR 11th** during lunch. For tickets or information, call Rosalie Hart @ 525-3734 or Gloria Hogan @ 734-2044.

BINGO Party: TUES, MAR 23rd, 1:00 PM. \$5 for 5 bingo cards with dessert sponsored by Heritage Woods Assisted Living. *Payment required with registration to hold your spot!*

Financial Seminar: Doug Price will host an Informational Seminar at the Pleasant View Senior Center on **TUES, MAR 30TH @ 1:00 PM.** Topics will include: *"What are the differences between Roth IRA's vs. Traditional IRA's? What are the updated laws for Required Minimum Distributions?"* Call 525-5436 to register.

Maundy Thursday Program: originally scheduled for **THURS,**

APR 1st at St. Mark's Church, is being replaced by **"The New Good Time Singers,"** who will perform at the Senior Center following lunch.

Take Me Out to the Ballgame! Mark your calendars now for **TUES, APR 13th,** when the COA will sponsor a special themed luncheon with guest speaker Ned Skinnon. Ned will display sports memorabilia, tell stories of his family baseball history, preview the upcoming season, and predict the winners.

Golf Clinic: for seniors at the Bob Lake Learning Center at Fenway Golf in East Longmeadow, beginning **WED, APR 14th** at 1:00 PM. The cost for each 6-week session is \$60. Two rain dates per session. Call Bob Lake to register, 330-1578.

Memorial Donations: *Thank you for the donations in memory of: Mary Maki: a friend; Emily Rzasa: Mr. & Mrs. Alan Dudley; Cheryl Bourbeau & Dell Manzi: Jean Passon; Antonio Villamaino & Richard Clark: Harry & Dottie 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

MAR 10th, 1:00 PM: Jennifer Higgins, Ph.D. from Cooley Dickinson Hospital will present information on a new collaboration with MASS General Hospital Cancer Center, which includes offering the public co-operative trials in oncology this fall.

MAR 18th, by appointment: Mercy Hospital Life Laboratories will be doing Lipid panel and Glucose blood draw. A 12 to 16 hour fast is necessary. **Call 525-5436 for an appt. between 8:00 and 9:00 AM.** \$12 for total cholesterol, additional \$5 for glucose.

MAR 29th, 10:00 AM., Motivation to Move: Ross Davis,

MSPT, MBA of Gentiva Health Care will help you figure out what motivates you to exercise. Call the Senior Center to register.

Capuano Care: Free blood pressure, glucose and total cholesterol screenings the first FRI of each month from 8:00 - 9:00 AM. *Next date is MAR 5th.*

Alzheimers/Dementia Support Group: Third TUES/mo from 3 - 4 PM in our new Wellness Center, Mary Ann Stout, facilitator. *Next date is MAR 16th.*

Footcare/Pedicare by appt: 2nd TUES/month, \$28. *Next date is March 9th.*

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

New! Arthritis Exercise Class: Beginning THURS, APR 1st at 10:30 AM. **Cost is \$12 for a 6 week session.** Low-impact, joint-safe exercise program helps decrease arthritis pain, relieve stiffness and improve balance. Led by Arthritis Foundation certified instructors. **Registration deadline is MAR 29th,** and enrollment is limited. Participant Release form needs to be signed prior to joining the class. For more information contact Lissa Fontaine, R.N. at 525-5436.

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, supplies extra.

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*

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, MAR 16th @ 9:00 AM w/George Herrick., open to all area veterans.

Zumba: MON, 4 PM to 4:45 PM, 8 weeks for \$25 or \$5 a class drop-in. Next 8-week session starts MAR 15th. Taught by certified instructor Donna Gendron. *Try the first class for free!*

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

MARCH 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 Florentine AARP Taxes by appt. Walkers 8:00 Exercise 9:00 Jewelry Class Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle	2 Baked Chicken Tai Chi 9:00 Mah Jongg 1:00 Peter Pan, Artistic Dance Conservatory 1:00 (dessert provided by Glenmeadow) Acrylic Painting 2:00 Tap Dance 6:00, 7:00, 8:00	3 Breaded Pork Cutlet Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (Cancer House of Hope) Scrapbooking 1:00	4 Hamburg on Roll Trivia 10:00 Friendship Club 12:00 Singer John Noe 12:30	5 Pier 17 Fish 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 Pepperoni Pizza 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 ****Baked Ham w/ Fruit Sauce SHINE/Appt. Footcare/Pedicare/Appt. COA Board Meeting 9:00 Tai Chi 9:00 Cooking for One 1:30 Mah Jongg 1:00 Acrylic Painting 2:00 Tap Dance 6:00, 7:00, 8:00	10 Chicken Quesadilla 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 (Cancer House of Hope) Scrapbooking 1:00 Cooley Dickinson 1:00	11 Turkey Pot Pie Trivia 10:00 Friendship Club 12:00 "Hot Flashes" 12:30	12 Tuna Melt & Vegetable Soup Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Needle work 1:00 Dominoes 1:00 Line Dancing 4:00
15 Chili Cheese Wrap AARP Taxes by appt. Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle	16 ****Corned Beef & Cabbage \$3 Veterans Coffee Hour 9:00 Tai Chi 9:00 St. Patty's Party \$3 lunch Mah Jongg 1:00 Acrylic Painting 2:00 Atty. Dave Carlson/appt. Alzheimer's Support 3:00 Tap Dance 6:00, 7:00, 8:00	17 Breaded Veal w/Gravy Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (Cancer House of Hope) Scrapbooking 1:00	18 Garlic Roasted Chicken Mercy Hospital Life Labs by appt. between 8 - 9 AM Trivia 10:00 Census Form Help 10:00 Friendship Club 12:00 Lemon Pie Fundraiser and BINGO 12:30	19 Macaroni n' Cheese Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes 1:00 Needle work 1:00 Line Dancing 4:00
22 Chicken Cutlet w/Country Gravy 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 Census Form Help 10:00 Book Club 10:30 Mah Jongg 1:00 BINGO Party 1:00 \$3 Acrylic Painting 2:00 Tap Dance 6:00, 7:00, 8:00	24 BBQ Ribs Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (Cancer House of Hope) Scrapbooking 1:00	25 Roasted Turkey Trivia 10:00 FC Board Meeting 10:00 Friendship Club 12:00 Candidate's Day 12:30	26 Baked Fish w/ Lemon Butter Sauce Walkers 8:00 Exercise 9:00 Pinochle 9:30 Cribbage 10:00 Dominoes 1:00 Needle work 1:00 Line Dancing 4:00
29 Veal Parmesan AARP Taxes by appt. Walkers 8:00 Exercise 9:00 Motivation to Move 10:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle	30 Philly Cheese Steak Sandwich w/ Onions Tai Chi 9:00 Book Club 10:30 Mah Jongg 1:00 Doug Price Financial Seminar 1:00 Acrylic Painting 2:00 Tap Dance 6:00, 7:00, 8:00	31 Roast Pork Walkers 8:00 Exercise 9:00 Pinochle 9:30 Deaf Seniors 10:00 French 11:00 (Cancer House of Hope) Scrapbooking 1:00	****Indicates high sodium Menu subject To change	1% Milk served daily Whole Wheat Bread will be offered daily unless otherwise specified