

328 NORTH MAIN ST
EAST
LONGMEADOW
MA 01028

MON - FRI
8:00 AM - 4:00 PM

PH 413.525.5436
FAX 413.526.9746

TWO-TOWN
TROLLEY
413.525.5412

PVTA
413.739.7436

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- Grace Busto, Chef
- Margrit Daley, Kitchen
Assistant, Dishwasher

Pleasant View Senior News

From the Center of It All

JUN 2017

www.eastlongmeadowma.gov

What's Happening...

Food Drives: We are extremely grateful to those organizations that have conducted food drives for the Emergency Food Pantry located here at the Senior Center. We have dedicated volunteers who sort through all items checking the expiration dates, as unfortunately, any expired food donations need to be discarded. *There has been a number of times the majority of food items brought to us are past the expiration date.* This results in a lot of wasted time and energy on everyone's part, so we are asking those who organize Food Drives to please include the wording, *donations of non-perishable and non-expired food items* in your advertising.

Thrive After 55: presented by Senator Eric Lesser - FRI, JUN 9, 9:00 AM - 2:00 PM, Rivers Auditorium at West-

ern New England University. Over 40 vendors, 100+ Raffle Prizes, Free Boxed Lunch, Seminars on Nutrition, Elder Law, Movement and more to help you thrive!

For a FREE Ticket, call 526-6501 or visit senatorlesser.com/thrive.

State Representative Brian Ashe will be visiting the Pleasant View Senior Center to meet with constituents and discuss issues/concerns facing our senior population. As Vice-Chairman on Elder Affairs, he wants to hear first-hand the problems seniors are facing and how the state legislature can assist and make a positive change. Join us on **MON, JUN 12 @ 10:00 - 11:30 AM.** Coffee and pastry will be served. For questions or comments, feel free to call 413-272-3922 or e-mail: robin.frechette@mahouse.gov.

From the Director of Community Services

Mobile Food Bank: Looking for FREE healthy food? The Foodbank of Western Mass provides fresh produce and other nutritious food at NO cost. There are NO eligibility requirements. Bring your own bags or totes. Stop by and pick up a Mobile Food Bank Distribution Schedule to identify the closest location to you.

Brown Bag: Food for elders - A program of the Foodbank of Western Mass provides a FREE bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The program is for those over age

55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance or Veterans Aid, you will likely qualify to receive the Brown Bag monthly. For more information, or an application, please call Danell at 525-5436.

Reminder: Emergency Food Pantry Participants - please bring your own bags when visiting the pantry. Visits are limited to TWICE a month, and is available to supplement your existing food purchases. New East Longmeadow households are asked to speak with Danell at 525-5436, ext. 1402.

May Month in Review

Volunteer Hours Logged: 1,180

Meals on Wheels Delivered: 2,558

Lunches Served: 696

Food Pantry Visits: 60

Volunteer Opportunities

Meals on Wheels Drivers - drive once a week or fill in as a sub. Training will be provided and a stipend is paid per trip.

Kitchen Subs needed!

Please call Alicia @ 525-5436, ext. 1406.

Meetings and Support Groups

Alzheimer's/Related Dementia Caregiver Support Group: Meetings 3rd WED each month facilitated by COA Staff. *Call Lissa for more information. 525-5436, ext. 1407.*

Loved Ones Engaged: Support Group for people living with Demintia held at the same time as Caregiver Support Group. *Must call Lissa to pre-register.*

Baystate Deaf Seniors: WED 10:00 AM

Morning Glory Walkers Meeting: 2nd MON @ 9:00 AM.

Senior Friendship Club: THUR 12:30 PM. Weekly meeting followed by entertainment, speakers or BINGO. *Mid-SEP through mid-JUN. Bingo during summer.*

Fitness, Fun and Activities

EXERCISE OPTIONS WITH LISSA:

Bosu Balance Class: TUE 8:30 AM; WED 10:00 AM; THUR 9:00 AM. \$1 class

Chair Exercise: MON/WED 9:00 AM; FRI 8:45 AM. \$3 per month or \$.50 per class.

Exercise Class: combines flexibility, strength training and light cardio. This is an evidence based Arthritis Foundation Program, but all are welcome! M,W,F 8:30 AM, M,TH, 10:45 AM. \$1 class

Fitness Center: Includes state-of-the-art cardio machines and weight station. Medical clearance required and initial visit with Lissa. Class card of 20 visits for \$10 or \$15 for out-of-town residents. *Age 90 + no charge.*

Tai Chi for Health: TUE 9:30 AM (Level 3); 10:30 AM (Level 2).

Bean Bag Baseball: FRI 9:30 AM

Billiards: 8:00 AM - 4:00 PM

Bocce: 8:00 AM - 4:00 PM, MON - FRI, Spring through Fall. Group play WED 10:00 AM.

Chair Volleyball: WED 1:00 PM

Chair Yoga: FRI 2:00 PM \$5

Line Dancing Class: FRI 4:00 PM. \$3

Morning Glory Walkers: M, W, F 8:00 AM

Rail Trail Walk: WED @ 8:00 AM, weather permitting. Meet at Maple Rd. entrance

Pickleball: WED 11:30 AM at the CLC in First Baptist Church, 50 Parker Street \$1

Tai Chi: TUE 9:00 AM, *First Congregational Church @ the Rotary w/Shay Holda (FREE)*

Zumba: WED 4:00 PM w/Grace Busto \$5

Zumba Gold and Toning: MON 4:15 PM w/Kelly Phillips \$5

Cards and Games

Canasta: THUR 12:30 PM
Cribbage: WED & FRI 10:00 AM
Dominoes: FRI 1:00 PM
Mah Jongg: TUE 12:30 PM
Pitch: MON 12:30 PM
Trivia Club: THUR 10:00 AM

Summer Fun

Bocce: Staff and caregivers from Home Instead Senior Care will be here on **WED, JUN 14 @ 10:00 AM** to raise awareness of Alzheimer's disease, and play Bocce with us! They will also be sponsoring snacks for this event. *Meet us out at the Bocce Courts to have some fun and enjoy some refreshments!*

At Your Service

Blood Pressure by appointment with our nurse, Lissa Fontaine, R.N. Ext. 1407.

Financial Advice with Jason Hicklen, CFP on the 1st WED of each month. Call 525-5436 for a free 15 min. appt. *JUN 7.*

Footcare/Pedicare on the 2nd TUES of each month. Cost is \$29 (Home visits \$50). Call 525-5436 for an appt. on *JUN 13.*

Hearing Screenings given here by Baystate Hearing Center on the 3rd WED each month, 10:00 - 11:00 AM. Free. Call 525-5436 for a 15 min. screening on *JUN 21.*

Legal Consultation with Attorney Dave Carlson on the 3rd TUES of each month. Call 525-5436 for a free 30 min. consult. *JUN 20.*

License Renewals Online renewals each 3rd WED @ 11:00 AM for first time online renewals only. You must be between age 55 - 74,

have a credit card or checking account, an email account and no unpaid tickets or fines. Please sign up. *JUN 21.*

Massage Therapy on the 2nd & 4th MON of the month, *FREE*. Call Christina Conti, LMT @ 413-348-8370 for an appt. *JUN 12, JUN 19.*

Manicures on alternate THUR each month with Licensed Manicurist Cathy Rasid. Call her @ 413-335-7422 for price information and appointment. *JUN 1, JUN 15, JUN 29.*

State Rep. Eric Lesser visits the Senior Center every 3rd THUR @ 11:00 AM. *JUN 15.*

State Rep. Brian Ashe visits the Senior Center every 4th THUR @ 11:00 AM. *JUN 22.*

Veterans Agent John Comerford holds office hours at the Senior Center on TUES and THUR each week from 10:00 AM - 12:30 PM. Call John @ 413-267-4140 for an appt.

Special Interest

Art Class: FRI 10:00 AM - 12:30 PM. \$15

Book Club: Last TUE 10:30 AM; *The Dinner* by Herman Koch. *JUN 27.*

Chess Instruction: TUES, 9:00 AM - 10:00 AM

Compassion and Kindness Endeavor: 2nd FRI @ 1:00 PM. We are taking a summer hiatus and will return in the fall. Next meeting is **SEP 8**. Call Lissa for information about future projects. X1407.

Computer Class: WED 1:00 PM. *SEP-MAY*

Creative Coloring: 1st & 3rd THUR 2:00 PM

French Club: WED 11:00 AM

Jewelry Class: 1st MON 9:30 AM. \$3 plus cost of materials. *JUN 5.*

Needlework: FRI 1:00 PM

PAL Talks: 1st WED @ 11:00 AM. This month a TED Talk, "*Good Boundaries Free You*," presented by Sari Gillman. A 16 min. video with discussion to follow. *JUN 7*

Voices & Vision: 2nd THU 2:00 PM. Discussion group of the artistic interpretation of various quotations and themes. *JUN 8.*

Pleasant View presents...

Let's Get Cooking! Ashley Tresoline, owner of Bella Foodie, LLC offers cooking classes at the Community Life Center, 50 Parker St. Please call 525-5436 to sign up for:

JUN 13 & 20 @ 11:00 AM - a two-part series. Pull out your knives, roll up your sleeves, and hone those fundamental skills! On **TUE, JUN 13** you will learn about proper kitchen techniques and equipment. We will make a recipe with simple seasonal ingredients using these techniques. On **TUE, JUN 20**, you will put your skills to use in a friendly completion Top Chef Style recreating the recipes you learned, for some select guests.

Grab your spouse, a friend, a sibling and come enjoy an afternoon in the kitchen with Bella Foodie! \$32

COA Liaisons: Now available to our senior population for advice or information -

Police Officer Daniel Atwater, 525-5440, daniel.atwater@eastlongmeadowma.gov;

Firefighter/Fire and Life Safety Educator Christopher Beecher, 525-5430, christopher.beecher@eastlongmeadowma.gov

Lock Box Returns: If you were given a LOCK BOX that is no longer needed, please return it to the Pleasant View Senior Center, 328 North Main St., MON - FRI, between 8:00 AM - 4:00 PM. If you have any questions, please call

Movies and Documentaries

Every **TUESDAY @ 12:45 p.m.**

JUN 6: *A Gift Horse*, TV-PG, 2015, 1h 22m

JUN 13: *Flash of Genius*, PG-13, 2008, 1h 59m

JUN 20: *Queen of Katwe*, PG, 2016, 2h 4m

JUN 27: *Heritage Falls*, TV-PG, 2016, 1h 28m

Includes 10 min. intermission with refreshments.

Every **MONDAY @ 12:45 PM.**

"Tiger: Spy in the Jungle" Series follows 4 tigers in India from cubs to adulthood.

JUN 5: *Episode 1*

JUN 12: *Documentary cancelled*

JUN 19: *Episode 2*

JUN 26: *Episode 3*

Friendship Club Thursdays

Have lunch and stay for some fun!

JUN 1 - BINGO

JUN 8 - \$5 BINGO

JUN 15 - End of Year Picnic w/ entertainment by Resurrection Airmen Band

JUN 22 - BINGO

JUN 29 - \$5 BINGO

BINGO every THUR through the summer

Special Thanks to Homewatch Caregivers for sponsoring dessert and flowers last month for our 90th Birthday Party.

Do you like to sing? St. Michael's Parish in East Longmeadow is looking for choir members starting in September. Please contact Music Director, Mrs. Anna Giza @ 860-749-5141.

Summer Fun

Staff vs. Seniors Volleyball Match: We will have 3 - 4 teams, with each team playing the staff in one game. The two winning teams will play each other in a final playoff! Come join the fun or just cheer us on, on **WED, JUN 14 @ 1:00 PM.**

Outdoor Lawn Games needed! A Summer Outdoor Collection is being sponsored by the Fiends of the East Longmeadow Public Library, a tax-exempt 501(c)(3) organization which is comprised of volunteers to provide

support to our town library. If you have a used croquet set, badminton set, bocce ball set, tennis rackets and tennis balls, horse-shoe set, or any other outdoor lawn game, please consider donating these items to the library. All library patrons will soon be able to "borrow" these outdoor games just as one would a book. Let's get families outdoor this summer and get active! If you have any questions relating to this project, please contact Melanie @ 413-525-8989.

Sponsors

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Two-Town Trolley

The Two-Town Trolley is available MON through FRI, 9:00 AM to 3:00 PM for East Longmeadow and Hampden seniors. Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation to Longmeadow and Springfield.

Every Tuesday we run an additional van as a shopping shuttle for East Longmeadow and Hampden seniors to do grocery, banking, and other store shopping in East Longmeadow or to Allen & Cooley Street in Springfield. Cost is \$1 each way.

24 hours notification is required for booking any transportation. Call 525-5412.

Special thanks to the *First Baptist Church* on Parker Street for use of their Community Life Center for our programs; to ***Care One at Redstone*** for sponsoring our Tai Chi for Arthritis classes.

Disclaimer: *Pleasant View Senior Center reserves the right to use any pictures or videos taken of its participants for publicity purposes. If you would NOT like your image to be used, you must inform the center in writing.*

Please reserve lunch 24 hours
in advance by calling 525-5436.
Served at 12 noon. \$2.50

JUN 2017

PLEASANT VIEW SENIOR NEWS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>Container Recycle</i></p>		<p><i>Menu subject to change</i></p> <p><i>1% milk served daily</i></p> <p>***Indicates high sodium</p>	<p>1 Philly Cheese Steak Grinder Manicures by appt. 9:00 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 FC - BINGO 12:30 Canasta 2:00 Creative Coloring</p>	<p>2 Fish Francais 8:00 Walkers 8:30 Arthritis Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 2:00 Chair Yoga 4:00 Line Dancing Class \$3</p>
<p>5 Stuffed Shells in Tomato Cream Sauce 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Jewelry Class \$3 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, p. 4 4:15 Zumba Toning <i>Paper Recycle</i></p>	<p>6 Chicken & Broccoli 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie - p. 4</p>	<p>7 Beef Bolognese 8:00 Rail Trail Walk 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Bocce Group Play 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bosu Balance 11:00 PAL Talk 11:00 Free Financial Advice 11:00 French 11:30 Pickelball at CLC \$1 1:00 Chair Volleyball 4:00 Zumba w/Grace \$5</p>	<p>8 Seafood Chowder & Caesar Salad 9:00 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 Canasta 12:30 FC - \$5 BINGO 2:00 Voices and Vision</p>	<p>9 Eggplant Parm Grinder 8:00 Walkers 8:30 Arthritis Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 11:00 Ask a Librarian 1:00 Dominoes 1:00 Needlework 2:00 Chair Yoga 4:00 Line Dancing Class \$3</p>
<p>12 Swedish Meatballs 8:00 Walkers 8:30 Arthritis Exercise 9:00 MGW Meeting 9:00 Chair Exercise 10:00 Massage Therapy 10:00 Brian Ashe visit 10:45 Arthritis Exercise 12:30 Pitch 12:45 No Documentary 4:15 Zumba Toning \$5 <i>Container Recycle</i></p>	<p>13 Turkey Pot Pie Footcare/Pedicare by Appt. 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 11:00 Cooking Class 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie - p. 4</p>	<p>14 Chicken Marsala 8:00 Rail Trail Walk 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Bocce Group Play 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bosu Balance 11:00 French 11:30 Pickelball at CLC \$1 1:00 Chair Volleyball - Seniors vs. Staff 4:00 Zumba with Grace \$5</p>	<p>15 French Meat Pie Manicures by Appt. 9:00 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 11:00 Eric Lesser Rep. 12:30 Canasta 12:30 FC - Picnic w/ Resurrection Airmen Band 2:00 Creative Coloring</p>	<p>16 Pier 17 Fish 8:00 Walkers 8:30 No Arthritis Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 2:00 Chair Yoga 4:00 Line Dancing Class \$3</p>
<p>19 Teriyaki Chicken 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, p.4 4:15 Zumba Toning \$5 <i>Paper Recycle</i></p>	<p>20 Quiche w/Broccoli & Cheese 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 11:00 Cooking Class 12:30 Mah Jongg 12:45 Movie - p. 4 1:00 Free Legal Consults</p>	<p>21 Salisbury Steak 8:00 Rail Trail Walk 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Hearing Screenings 10:00 Bocce Group Play 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bosu Balance 11:00 French 11:00 License Renewals 11:30 Pickelball 1:00 Chair Volleyball 4:00 Zumba with Grace \$5</p>	<p>22 Chicken Breast Piccata 9:00 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 11:00 Brian Ashe rep. 12:30 Canasta 12:30 BINGO</p>	<p>23 Vegetarian Chili 8:00 Walkers 8:30 Arthritis Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 2:00 Chair Yoga 4:00 Line Dancing Class \$3</p>
<p>26 Spaghetti & Meatballs 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Massage Therapy 10:45 Arthritis Exercise 12:30 Pitch 12:45 Documentary, p.4 4:15 Zumba Toning \$5 <i>Container Recycle</i></p>	<p>27 Chicken Stir-Fry 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 10:30 Book Club, The Dinner, by Herman Koch 12:30 Mah Jongg 12:45 Movie - p. 4</p>	<p>28 Turkey Wrap 8:00 Rail Trail Walk 8:30 Arthritis Exercise 9:00 Chair Exercise 10:00 Bocce Group Play 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bosu Balance 11:00 French 11:30 Pickelball at CLC \$1 1:00 Chair Volleyball 4:00 Zumba with Grace \$5</p>	<p>29 Fish & Chips Manicures by appt. 9:00 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 \$5 BINGO 12:30 Canasta</p>	<p>30 Mac & Cheese/Ham 8:00 Walkers 8:30 Arthritis Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 2:00 Chair Yoga cancelled 4:00 Line Dancing Class \$3</p>