

# PLEASANT VIEW SENIOR NEWS

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

## NEWS AND INFORMATION



**New Parking Lot:** As many of you may have noticed, our newly paved and painted parking lot is a little different than before. Please note the newly designed drop-off area in the front of the building, as well as a re-shifting of parking spaces from the center of the entrance lot to the side facing Remax, with some additional spaces down the sides and in back of the building. Our goal is to have a better flow of traffic entering and exiting the parking lot, as well as some additional parking spaces.

**Our Two Town Trolley** is now running each week day. Call 525-5412 anytime to schedule a ride between **9:00 AM - 2:00 PM**. We are increasing the radius of travel as

the need arises, so please don't hesitate to call. *Cost is only \$1 per ride.*

**Our Farmers Market** is well underway! We have several new vendors who have joined us and we will continue to expand as seasonal produce becomes available. Stop by our back parking lot every Friday between **1:00 and 6:00 PM** to see a delicious array of products.

### **Household Hazardous Waste Collection Day:**

A regional household hazardous waste collection day will be held on **SAT, SEPT 15, 2012 from 9:00 AM to 1:00 PM** at the East Longmeadow Fire Station, 150 Somers Road (Rt. 83). The participating communities include East Longmead-

ow, Hampden, Longmeadow, Ludlow, and Wilbraham. Each town has a limited number of slots for its residents, and appointments will be made on a first-come, first-served basis.

***Pre-registration is required and will take place in each town beginning SEPT 10<sup>th</sup>.***

Residents are advised to save the date. More details will follow as SEPT approaches. Please note: Latex paint is not a hazardous waste and will not be accepted at this event.

**4th of July:** We wish the community a safe, happy 4th of July holiday! We will be closed and Meals on Wheels will NOT be delivered. We hope to see you at the Parade cheering on the COA Float!

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

**Free Phone Service:** To qualify, you need to participate in one of the following programs: MassHealth or Medicaid, Food Stamps/SNAP, SSI, LIHEAP, EAEDC,

or TAFDC. Two companies offer this service: **Safelink (Wireless) 800-723-3546;** and **Assurance (wireless) 888-898-4888.** For those who do not qualify for this

program **AAA** offers a very affordable service for a monthly fee (**888-622-9211.**) *Remember!* If you lose power, a cell phone will work as long as you keep it charged.

## PROGRAM UPDATES . . .



**Miniature Golf:** Lissa and Sandy are off on another Road Trip! This time, to Fenway Golf Course in East Longmeadow for a game of miniature golf, then back to the Senior Center for lunch and a movie. Mark your calendars for **TUES, JUL 17th @ 10:00 AM** (rain date is JUL 24th). Cost is \$5 for golf. *Please sign up early as space is limited.*

**New! Chair Volleyball** has gotten off to a great start! We are still looking for more players, no experience necessary. Come join us each **WED** from **1:00 - 2:00 PM** for some exercise and a lot of laughs.

**Computer Instruction:** We have started Computer Training, held on **WED** from **1:00 - 3:00 PM**. Levels are beginner to advanced, and several instructors are available for one on one assistance. Please call Sandy for information and to register, 525-5436, ext. 1406.

**Movie Tuesdays:** All movies begin at 12:45 PM and require sign-ups as seating is limited. Movies this month are:

- JUL 10th *The Phantom of the Opera* (2004) 143 min.
- JUL 17th *We Bought a Zoo* (2011) 124 min.
- JUL 24th *The Long, Hot Summer* (1958) 115 min.
- JUL 31st *Chariots of Fire* (1981) 124 min.

**Friendship Club** Ice Cream Social and BINGO will be on **THURS, JUL 26th** following lunch. Please call 525-5436 for reservations.

**Brian Ashe Office Hours:** Representative Brian Ashe will address your questions or concerns when he visits the Senior Center **JUL 9th** from **12 noon to 1:00 PM**. You will find him in the Conference Room.

**Ballroom Dance** is every

first and third **MON** from **1:30 - 3:30 PM** (\$2.50, includes coffee and tea); and on the following **SAT** evenings at **7:00 PM** (\$8, includes refreshments): JUL 7th and 14th, featuring Richie Mitnick on the organ; AUG 4th, 11th, and 18th, with Champagne Jam providing music.

**Make Your Own Jewelry:** Sandy Merrill will return on a date to be determined in **SEPT** to instruct a special jewelry class. Watch for details in **SEPT** newsletter.

**Memorial Donations:** *Thank you to those who remembered our Senior Center with donations in memory of:* **Robert Crocker:** *Middlesex Hospital ICT, Lynn & Kenneth Winter,* **Simone Bolton:** *Lou Barrette,* **Carmino Giannetti:** *Al Vannelli;* **Doris Briere:** *East Longmeadow Senior Quilters Club, Dorcas Weiner, Rosalie Hart, Aline Mouton, Jennie Wood, Lin Sullivan.*

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## HEALTH AND WELLNESS - LISSA FONTAINE, R.N., MON - FRI, 8 AM TO 4 PM, 525-5436, X 1407, LFONTAINE@EASTLONGMEADOWMA.GOV

**Balance Workshop:** This popular workshop will be given again in **SEPT**. Please let Lissa know if you are interested in this informative series of workshops. 525-5436, ext. 1407.

**Arthritis Exercise Classes:** **MON, 10:30 AM; THURS, 9:00 & 10:30 AM.** Nominal fee, contact Lissa to sign up.

**Limited Mobility Exercise:** **WED, 10:00 AM**, for people with limited mobility and balance. Nominal fee.

**Strength and Cardio Class:** **MON & WED, 9:30 - 10:00 AM.** Bring resistance bands and

hand weights. **\$3 per month**, payable to Lissa.

**Chair Volleyball:** **WED, 1:00 PM.** *Players needed!*

**Alzheimer's Support Group:** **3rd TUES** of each month, **3:00 PM.** Facilitated by Mary Ann Stout. *JUL 17th*

**Capuano Care:** *FREE* blood pressure, glucose and total cholesterol screenings, **1st FRI** of each month, **8 - 9 AM.** Fasting required. *JUL 6th.*

**Better Hearing Clinic:** Baystate Hearing Aid Centers, **3rd WED**, 15 min. appts. be-

tween **10 AM - 12 PM.** *JUL 18th.*

**Footcare/Pedicare:** **2nd TUES** each month/appt., **Cost is \$28,** *JUN 10th.* 525-5436.

**Fitness Center:** Open **MON - FRI, 8 AM - 4 PM.** Medical clearance required. 20 visits/\$10 (E.L. residents); \$15 others

**Blood Pressure:** Call Lissa @ 525-5436, ext. 1407 for appt.

**It's Summertime!** And that means paying attention to signs and symptoms of heat-related illnesses during periods of extreme heat. Stay cool, stay hy-

## ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MON - FRI, 8 AM - 4 PM, 525-5436, X 1406, SGRABIERZ@EASTLONGMEADOWMA.GOV

**Art Class:** **FRI, 10 AM - 12:30 PM** w/Jeff Kern. \$15 per class.

**Ballroom Dance:** 1st & 3rd **MON** each month, 1:30 PM (\$2.50 pp).

**Baystate Deaf Seniors:** **WED, 10 AM.**

**Bocce League:** **WED, 10 AM.**

**Book Club:** Last **TUES**/month, 10:30 AM. *Resumes in SEPT.*

**Computer Instruction:** **WED, 1:00 PM**

**Cribbage:** **WED & FRI, 10 AM.**

**Dominoes:** **FRI, 1 PM.**

**Exercise:** **MON/WED, 9 AM/FRI, 8:45 AM.** \$3/month or .50/class.

**French:** **WED, 11 AM.**

**Jewelry Class:** 1st **MON** each month, 9:30 AM, \$3, materials extra. *Resumes in SEPT with a special class on a date TBD.*

**Legal Consultations:** **3rd TUES** by appt. w/ Attorney Dave Carlson. *Resumes in SEPT.*

**Line Dancing Class:** **FRI, 4 PM, \$3/class.**

**Mah Jongg:** **TUES @ 1:00 PM.**

**Manicures, Waxing:** 2nd **THURS** w/licensed esthetician. *JUL 12th.*

**Morning Glory Walkers:** **MON/WED/FRI, 8 AM.** Meeting 2nd **MON @ 9 AM.**

**Needlework:** **FRI, 1 PM**

**Pinochle:** **WED, 10 AM**

**Pitch:** **MON, begins @ 12:30 PM sharp.**

**Pool:** 8 AM - 4 PM daily.

**Scrabble:** **MON, 1 PM.**

**Tai Chi:** **TUES, 9 AM,** Free, walk-ins welcome. *First Congregational Church*

**Tap Dance:** **TUES @ 7 PM, Intermediate; 8 PM, Advanced.** Six weeks/\$35, \$30 for 60+. Diane Shields, 218-2375.

**Trivia:** **THURS, 10 AM.**



**Veterans Coffee Hour:** 3rd **TUES**/month @ 9:00 AM. *Resumes SEPT 18th.*

**Zumba/Zumba Gold:** **MON, 4 PM, 6 weeks** for \$30 or \$5 per class. Kelly Phillips, Instructor.

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

# JULY 2012

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><b>2 Hot Dog &amp; Baked Beans</b> Walkers 8:00 Exercise 9:00 Strength &amp; Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:00 <b>Container Recycle</b></p>	<p><b>3 Cheeseburger &amp; Zesty Fries</b> <b>SHINE by appt.</b> Mah Jongg 1:00 <i>Tap Dance cancelled</i></p>	<p><b>4</b> <b>CLOSED FOR</b> <b>4th OF JULY</b> </p>	<p><b>5 Pier 17 Fish</b> <i>No Arthritis Exercise</i> Trivia 10:00 Pool Instruction 10:00</p>	<p><b>6 Teriyaki Chicken Breast</b> Walkers 8:00 <b>Capuano Care 8:00</b> Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>
<p><b>9 Turkey Pot Pie w/ Biscuit</b> Walkers 8:00 Exercise 9:00 Strength &amp; Cardio 9:30 <b>MGW Meeting 9:00</b> Arthritis Exercise 10:30 <b>Brian Ashe 12:00</b> Pitch 12:30 Scrabble 1:00 Zumba 4:00 <b>Paper Recycle</b></p>	<p><b>10 Pepperoni Pizza</b> <b>Footcare/Pedicure/Appt. Movie, The Phantom of the Opera 12:45</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><b>11 Roast Pork</b> Walkers 8:00 Exercise 9:00 Strength &amp; Cardio 9:30 Limited Mobility Exer 10:00 Cribbage 10:00 Pinochle 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00 Computer Instruction 1:00</p>	<p><b>12 Chicken and Rice Alfredo</b> <b>Manicures (appt.)</b> Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00</p>	<p><b>13 Tuna Roll, Macaroni Salad</b> Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>
<p><b>16 Salmon Boat w/ Scampi Sauce</b> Walkers 8:00 Exercise 9:00 Strength &amp; Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 <b>Ballroom Dance 1:30</b> Scrabble 1:00 Zumba 4:00</p>	<p><b>17 Spaghetti w/ Meaballs</b> <b>Mini Golf at Fenway 10:00</b> <b>Movie, We Bought a Zoo 12:45</b> Mah Jongg 1:00 <b>Alzheimer's Support 3:00</b> Tap Dance 7:00, 8:00</p>	<p><b>18 Chef Salad Plate</b> Walkers 8:00 Exercise 9:00 <i>No Strength &amp; Cardio</i> <i>No Limited Mobility Exercise</i> Cribbage 10:00 Pinochle 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00 Computer Instruction 1:00</p>	<p><b>19 Orange Baked Chicken</b> Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00</p>	<p><b>20 Spinach &amp; Cheese Lasagna</b> Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>
<p><b>23 Veal w/Onions, Peppers, Mushrooms</b> Walkers 8:00 Exercise 9:00 Strength &amp; Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00  <b>Paper Recycle</b></p>	<p><b>24 Meatloaf w/Gravy</b> <b>Movie, The Long, Hot Summer 12:45</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><b>25 Fish Florentine</b> Walkers 8:00 Exercise 9:00 Strength &amp; Cardio 9:30 <b>Hearing Screenings 10:00</b> Cribbage 10:00 Pinochle 10:00 Limited Mobility Exer 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00 Computer Instruction 1:00</p>	<p><b>26 Chicken Marsala \$3</b> Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Candaras Rep Visit 11:00 <b>Friendship Club - Ice Cream Social and Bingo 12:30</b></p>	<p><b>27 Ribs and Wings</b> Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>
<p><b>30 Swedish Meatballs</b> Walkers 8:00 Exercise 9:00 Strength &amp; Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00  <b>Container Recycle</b></p>	<p><b>31 Chicken Salad/Roll</b> <b>Movie, Chariots of Fire 12:45</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><i>1% Milk served daily</i>  <i>***Indicates high sodium</i>  <i>Menu subject to change</i></p>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>FREE HEARING TEST</b></p> <p style="text-align: right;">Call Today for an Appointment!</p> <ul style="list-style-type: none"> <li>• FREE Hearing Tests</li> <li>• FREE Video Ear Scans</li> <li>• FREE Consultations</li> <li>• FREE In-Office Repairs</li> </ul> <p style="text-align: center;"> <b>CHICOPEE</b> 1269 Memorial Drive (413) 315-5219</p> <p style="text-align: center;"><a href="http://www.BeltoneNE.com">www.BeltoneNE.com</a></p> </div>	