

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

EMERGENCY PREPAREDNESS FORM INSERTED

Emergency Preparedness

Form: The East Longmeadow Council on Aging is collecting information that will assist us in reaching residents in need during an emergency or disaster. During the power outage in October, our biggest challenge was identifying residents who needed assistance. The enclosed registration form will provide the information we need to help us do that. It is strictly confidential and will not be shared with anyone outside of the Council on Aging. There is also an option on the form to sign up for the town wide **Community Notification System**

(Blackboard Connect). This will enable residents to receive notifications based upon the primary phone number noted on the insert, which would include severe weather warnings and updates, hazardous traffic or road conditions inside the city or affecting local routes, and any other situation that could impact the safety, property, or welfare of our citizens.

Road Trip to Wellness:

Join us on this year long "virtual" journey to enhance your mind, body and spirit all while improving your quality of life. Continuing with our theme, "No Senior Left Inside,"

each month we will be offering programs that take us to various parts of the country and world. FEB we will start in Kansas with our Wizard of Oz ballet, then off to New Orleans for our Mardi Gras Party, and France for the movie, "Midnight in Paris." Along the way we will offer a variety of events that will motivate and enhance your abilities to travel with us. Please remember to "swipe" when participating in a program. At the end of the year we will tally the miles and see who has traveled the farthest. Watch for the bus icon which will signify a Road Trip event!



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

Important Information regarding Commodities:

It is with a great deal of thought and discussion that we have decided to discontinue our **Quarterly Commodities Distribution.** This is due to the smaller allotments of food we have been getting from the Food Bank. We are looking into the possibility

of beginning other food programs, as of yet not decided. We do encourage anyone who has been receiving commodities to use our food pantry. East Longmeadow residents that have a need, are invited to use the pantry twice a month, between the hours of 9:00 AM and 3:00 PM, MON - FRI. To get start-

ed, you will need to meet with Janice Michaelis to complete paperwork showing members of your household, and also to provide proof of residency. Examples are a driver's license, utility bill or tax bill. For further information or to make an appointment, please call Janice at 525-5424.

MORE INFORMATION . . .

Friendship Club News: It was decided by FC members at the JAN 6th meeting that dues will now be **\$10 per year**, payable in two \$5 installments, due in JAN and SEPT. JAN payment date this year will be extended to FEB 16th. We are still accepting donations of new or used jewelry in mint condition for the club to sell on future dates, and we are looking for any greeting cards you no longer have a use for. For those couples who will be attending the 50th Anniversary Party on FEB 9th, please bring in your wedding portrait for us to display that day. And just a friendly reminder that volunteers for up and coming events are still needed! Please see Margaret for details.

Local Dancers to Perform: Artistic Dance Conservatory's Kinetic State Ballet will perform the childhood favorite, *The Wizard of Oz* here at the Senior Center on **TUES, FEB 7th @ 1:00 PM.**

The Kinetic State Ballet Company is a non-profit division of the conservatory located on Shaker Rd. in East Longmeadow. This performance is free and open to the general public of all ages. *We hope you can join us!*

AARP Tax Aide volunteers continue to provide free tax return preparation at the Pleasant View Senior Center on **MON** mornings, by appointment only. This service is for for East Longmeadow residents only at this site. Alternative sites are as follows: Jewish Community Center, 739-4715; Longmeadow COA, 565-4150; The Good Life Center, 787-6785. *No appointments MON, FEB 20th due to President's Day.*

Mardi Gras Party! Hosted by the COA, on **TUES, FEB 21st.** We begin this fun afternoon with appetizers at **11:30 AM**, followed by a special lunch of Cajun Chicken Diane with Pasta, Cajun style corn, and corn

bread. Entertainment will be provided by singer Bob Mel and a special dessert will be sponsored by Glenmeadow Retirement Community.

How to Avoid the Greatest Dangers Retirees Face: John Dee of Wealth Preservation Group, Inc. will present this timely seminar on **WED, FRI 29th @ 1:00 PM.** Build a bridge to safely guide your assets to your loved ones avoiding probate, nursing home spend-down and unnecessary taxes. *This is a broad overview of many estate planning topics you won't want to miss!* Please register by calling 525-5436.

Future Shred Events: Mark your calendar now for **SAT, MAR 31st** and **SAT, SEPT 29th.** Times are 9:00 AM to 12:00 noon.

Memorial Donations: *Thank you to those who remembered our Senior Center with donations in memory of: Dorothy Weyner: Arden Nicoli, Dorothy Ferris, and Ray & Foy Miller.*



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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

Managing Hypertension: Pam Sullivan, RD, LD, CDN will present ways to manage hypertension through a healthy lifestyle on **WED, FEB 1st @ 1:00 PM.**

Balance Workshop: 8-week workshop, "A Matter of Balance: Managing Concerns about Falls," **TUES and WED @ 10:00 AM.** \$10 includes workbook. *Classes full!*

Arthritis Exercise Classes: **MON, 10:30 AM; THURS, 9:00 & 10:30 AM.** Space is limited, nominal fee is charged. Call Lissa to register, ext. 1407

Dining with Lissa & Sandy: We are planning on continuing this popular program - watch for details in upcoming months!

Alzheimer's and Related Disorders Support Group: **3rd TUES** of each month from **3 - 4 PM.** Facilitated by Mary Ann Stout. *FEB 21st.*

Better Hearing Clinic: Baystate Hearing Aid Centers, **3rd WED,** 15 min. appts. from **10 AM - 12 PM.** *FEB 15th.*

Capuano Care: *FREE* blood pressure, glucose and total cholesterol screenings, **1st FRI** of

each month, **8 - 9 AM.** Fasting required. *Next date is FEB 3rd.*

Footcare/Pedicare: **2nd TUES** of each month, **Cost is \$28, FEB 14th.** Call 525-5436 for appointment.

Fitness Center: **MON - FRI, 8 AM - 4 PM.** Pick up forms in the COA office. Updated medical clearance forms needed every 12 months. Multi-use cards; \$10/20 visits, E.L. residents; \$15/20 visits NR.

Blood Pressure Readings: Please call Lissa for an appt. as her schedule has changed.

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 & 4th **MON** this month, 1:30 PM (\$2.50 pp)

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

Book Club: Last **TUES**/month, 10:30 AM, *The Kitchen House* by Kathleen Grissom.

Candaras Rep Visit: 4th **THURS @ 11:00 AM**

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, supplies extra. *No class in FEB; next class will be MAR 5th.*

Legal Consultations: **3rd TUES** by appt. w/ Attorney Dave Carlson. *Next date is FEB 21st.*

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

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

Manicures, Waxing: 2nd **THURS** w/licensed esthetician. *FEB 9th.*

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

Movie Tuesday: 2nd **TUES** each month at 12:45 PM. *FEB 14th, "Midnight in Paris" 2011 (94 min)*

Needlework: **FRI, 1 PM**

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

Pool: 8 AM - 4 PM daily. Mens, Ladies, and co-ed leagues forming.

Scrabble: **MON, 1 PM.**

Tai Chi: **TUES, 9 AM,** *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. *FEB 21st.*

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.

FEBRUARY 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>1% Milk served daily</p> <p>***Indicates high sodium</p> <p>Menu subject to change</p> <p>Container Recycle</p>		<p>1 Shepherd's Pie</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 Balance Workshop 10:00 French 11:00 Managing Hypertension 1:00</p>	<p>2 Roast Pork</p> <p>Arthritis Exercise 9, 10:30 Trivia 10:00 Friendship Club, Regular BINGO, 12:00</p>	<p>3 Fish Chowder, Tuna Salad on Roll</p> <p>Walkers 8:00 Capuano Care 8:00 Exercise 8:45 TRIAD 9:00 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>6 Spaghetti w/ Meatballs</p> <p>AARP Tax Prep/appt. Walkers 8:00 Exercise 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Paper Recycle</p>	<p>7 Open Faced Steak Sandwich w/peppers & onions</p> <p>Balance Workshop 10:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00 Kinetic State Ballet - The Wizard of Oz 1:00</p>	<p>8 Oven Baked Chicken</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 Balance Workshop 10:00 French 11:00</p>	<p>9 Meatloaf</p> <p>Arthritis Exercise 9, 10:30 Manicures (appt.) Trivia 10:00 Friendship Club, 50th Anniversary Valentine's Party, Brian Gille 12:00, sponsored by East Longmeadow Skilled Nursing Facility</p>	<p>10 Pier 17 Baked Fish</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>13 Veal Parmesan</p> <p>AARP Tax Prep/appt. Walkers 8:00 Exercise 9:00 MGW Meeting 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Container Recycle</p>	<p>14 Cheeseburg Soup, Chicken Breast Sub</p> <p>Footcare/Pedicure/Appt. Balance Workshop 10:00 Movie, Midnight in Paris 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>15 Baked Ham w/ Raisin Sauce</p> <p>Walkers 8:00 Exercise 9:00 Hearing Screenings 10:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 Balance Workshop 10:00 French 11:00</p>	<p>16 Roast Turkey w/ Stuffing & Gravy \$3</p> <p>Arthritis Exercise 9, 10:30 Trivia 10:00 Friendship Club, Mardi Gras Party 12:00 - Wear purple, green & gold - bring your hats & beads!</p>	<p>17 Sweet & Sour Meatballs</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>20</p> <p>Closed for President's Day</p>  <p>Paper Recycle</p>	<p>21 Cheesy Bean Dip, Cajun Chicken Dianne Veterans Coffee Hour 9:00 Free Legal Consultations (appt.) Balance Workshop 10:00 COA Mardi Gras Party 11:30, sponsored by Glenmeadow Retirement Mah Jongg 1:00 Alzheimer's Support 3:00 Tap Dance 7:00, 8:00</p>	<p>22 Roast Beef w/Gravy</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 Balance Workshop 10:00 French 11:00</p>	<p>23 Veal Cordon Bleu</p> <p>Arthritis Exercise 9, 10:30 Trivia 10:00 FC Board Meeting 10:00 Candaras Rep visit 11:00 Friendship Club, Regular BINGO 12:00</p>	<p>24 Baked Fish Florentine</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>27 Chicken Sausage w/Apple & Pasta AARP Tax Prep/appt. Walkers 8:00 Exercise 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle</p>	<p>28 Baked Cheese Ravioli w/Sauce</p> <p>Balance Workshop 10:00 Book Club 10:30 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>29 Grilled Chicken Breast</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 Balance Workshop 10:00 French 11:00 John Dee 1:00</p>	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> FREE HEARING TEST </div> <div style="display: flex; justify-content: space-between; align-items: center;"> <ul style="list-style-type: none"> • FREE Hearing Tests • FREE Video Ear Scans • FREE Consultations • FREE In-Office Repairs <div style="text-align: center;">  <p>CHICOPEE 1269 Memorial Drive (413) 315-5219</p> </div> </div> <p style="text-align: center;">Call Today for an Appointment! www.BeltonNE.com</p>	