

# 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

## HAPPY NEW YEAR!

As we enter into the new year, we would like to give thanks once again, as we were overwhelmed by the generosity and support from the community and individuals for our Food Pantry and our Giving Tree. Our pantry shelves are now fully re-stocked to assist the needy in town, and the new clothing and hand-knit items will be delivered to a local shelter to distribute to men, women and children. To all of you, and to those who made monetary donations, we give our heartfelt thanks.

Thank you as well to the many organizations who made generous monetary donations to our Nutrition Program and Senior Center: *Brownstone Residents Assoc., East Longmeadow Police Dept., Women's Fellowship of the First Congregational Church, Lions Club of East Longmeadow, Rotary Club of East Longmeadow, UNICO, E. L. Firefighter's Assoc., Bluebird Estates, The Morning Glory Walkers, Knights of Columbus, Baystate Deaf Seniors, E. L. Small Busi-*

*ness Assoc., Panera Bread and Webster Bank.*

**Extra Flu Vaccine:** We still have some flu serum left if you have not yet received your flu shot. Please call Lissa Fontaine, R.N., 525-5436, ext. 1407. Home visits can be provided.

**Holiday Closings:** the Senior Center will be closed on the following dates: **JAN 2nd** (New Year's Day), and **JAN 16th** (Martin Luther King's Birthday.) *No Meals on Wheels will be delivered on these days.*

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

**Medicare Plans:** The 2011 Medicare Open Enrollment period ended on December 7th, but there are still a few changes you can make, if you qualify. For those with **Medicare Advantage Plan:** Between JAN 1st and FEB 14th, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage

during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement at this time. For those with a **Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011:** If you did not select a different Medicare drug plan for 2013, then you are currently without drug coverage. You have until the

end of FEB to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment. For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month. **Questions? Call Janice Michaelis @ 525-5424.**

## MORE INFORMATION . . .

**AARP Tax Aide** volunteers will be providing free tax return preparation at the Pleasant View Senior Center on **MON** mornings, beginning **JAN 30th** by appointment only. *We are still working out details so please watch the news releases for additional information.* This service will be strictly 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.

**Chess Classes Forming:** We are in the process of contacting interested people for Beginner's classes and Intermediate classes. Please call Sandy for more information, 525-5436, ext. 1406. Cost TBD.

**Winning Ways for Weight Loss:** Join us on **WED, JAN 11th @ 10:00 AM** for a fun and informative session to get your New Year's weight resolution jump started! Sue Mazrolle,

MSRD, registered dietician at the Hampden and E.L. Wingate facilities will offer some surefire strategies to get you motivated. We will sample tasty low-cal snack options and discuss ways that even those with limited mobility can exercise. Please call 525-5436 to sign up.

**Thank you UNICO!** In early December the UNICO Club put their excellent culinary skills to work, cooking and serving a complimentary, delicious dinner to over 120 guests here at the Senior Center. As was the same in many past years, a wonderful time was had by all!

**Congratulations** to Retired Hampden County District Court Judge **Nancy Dusek-Gomez** for being named Ms. Massachusetts Senior America this past November at the Springfield High School of Commerce. Nancy plays in our Bocce league.

**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!*

**Schedule Changes:** There will be no jewelry class in **JAN** OR **FEB.** The next class will be on **MON, MAR 5th @ 9:30 AM.** Due to upcoming **MON** holidays, Ballroom Dance will be on the **2nd & 4th MON, JAN 9th & 23rd @ 1:30 PM.**

**Memorial Donations:** *Thank you to those who remembered our Senior Center with donations in memory of: Ed Hart: Bob Wood; Dot Philbin; Arden Nicoli; Mary Villamaino, Dorothy Weyner: Phyllis & Louis Grimaldi, Jeanine Nelson, Larry & Melinda Mandeville.*



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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:** 8-week workshop, "*A Matter of Balance: Managing Concerns about Falls*," begins **TUES, JAN 24th @ 10:00 AM**. \$10 includes workbook. *Space is limited, see Lissa for details.*

**Arthritis Exercise Classes:** **MON @ 10:30 AM, THURS @ 9:00 and 10:30 AM**. Space is limited, nominal fee is charged. Call Lissa to register @ 525-5436, ext. 1407.

**Alzheimer's and Related Disorders Support Group:** **3rd TUES** of each month from

**3 - 4 PM**. Facilitated by Mary Ann Stout. *JAN 17th.*

**Better Hearing Clinic:** Baystate Hearing Aid Centers, **3rd WED**, 15 min. appts. from **10 AM - 12 PM**. *JAN 18th.*

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

**Chair Massage:** Call 525-5436 for a 15 minute appointment with Ginnie Levine, LMT on **JAN 5th, 9 AM to 12 noon**, or on **DEC 19th, 9 AM**

**to 12 noon**. Cost is \$10.

**Footcare/Pedicare:** **2nd TUES** of each month, **Cost is \$28, JAN 10th**. 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 to make an appointment 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:** 2nd & 4th **MON** *this month only*, 1:30 PM (\$2.50 pp)

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

**Book Club:** Last **TUES**/month, 10:30 AM. *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.

**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 JAN or FEB; next class MAR 5th.*

**Legal Consultations:** **3rd TUES** by appt. w/ Attorney Dave Carlson. *Next date is JAN 17th.*

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

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

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

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

**Movie Tuesday:** 2nd **TUES** each month at 12:45 PM. *JAN 10th, "Water for Elephants" (2 hrs)*

**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. *JAN 17th.*

**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.

# JANUARY 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</b></p> <p>Closed for New Year's Day</p> <p><b>A HAPPY NEW YEAR</b></p> <p><b>Container Recycle</b></p>	<p><b>3 ***Hot Dog w/Baked Beans</b></p> <p>Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><b>4 Oven Baked BBQ Chicken</b></p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00</p>	<p><b>5 Roast Beef</b></p> <p>Arthritis Exercise 9, 10:30 <b>Chair Massage (appt.)</b> Trivia 10:00 <b>Friendship Club, Dick Partridge Radio Show, 12:30</b></p>	<p><b>6 Corn Chowder &amp; Fishwich on a Roll</b></p> <p><b>7</b></p> <p>Walkers 8:00 <b>Capuano Care 8:00</b> Exercise 8:45 <b>TRIAD 9:00</b> Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00</p>
<p><b>9 Lasagna w/Meat Sauce</b></p> <p>Walkers 8:00 <b>MGW Meeting 9:00</b> Exercise 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:00</p> <p><b>Paper Recycle</b></p>	<p><b>10 ***Baked Ham</b></p> <p><b>Footcare/Pedicare/Appt.</b> Mah Jongg 1:00 <b>Movie, Water for Elephants (2 hours) 12:45</b> Tap Dance 7:00, 8:00</p>	<p><b>11 Swedish Meatballs</b></p> <p>Walkers 8:00 Exercise 9:00 <b>Weight Loss Seminar 10:00</b> Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00</p>	<p><b>12 Chicken Marengo</b></p> <p>Arthritis Exercise 9, 10:30 <b>Manicures (appt.)</b> Trivia 10:00 <b>Friendship Club, Regular BINGO 12:30</b></p>	<p><b>13 Minestrone Soup, Egg Salad Sandwich</b></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><b>16</b></p> <p>Closed for Martin Luther King Day</p> <p><b>MLK</b></p> <p><b>Container Recycle</b></p>	<p><b>17 Cheese Ravioli w/ Alfredo Sauce</b></p> <p><b>Veterans Coffee Hour 9:00</b> <b>Free Legal Consultations (appt.)</b> <b>Alzheimer's Support 3:00</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><b>18 Ground Beef Stroganoff w/Noodles</b></p> <p>Walkers 8:00 Exercise 9:00 <b>Hearing Screenings 10:00</b> Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00</p>	<p><b>19 Roast Turkey w/ Stuffing</b></p> <p>Arthritis Exercise 9, 10:30 <b>Chair Massage (appt.)</b> Trivia 10:00 <b>Friendship Club, The Harmonicats 12:30</b></p>	<p><b>20 Baked Fish Florentine</b></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><b>23 BBQ Ribs &amp; Wings, Chinese Noodles</b></p> <p>Walkers 8:00 Exercise 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:00</p> <p><b>Paper Recycle</b></p>	<p><b>24 Tomato Basil Turkey Wrap</b></p> <p><b>Balance Workshop 10:00</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p><b>25 Potato Crunch Fish w/Zesty Fries</b></p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00</p>	<p><b>26 Garlic Baked Chicken</b></p> <p>Arthritis Exercise 9, 10:30 Trivia 10:00 FC Board Meeting 10:00 <b>Candaras Rep visit 11:00</b> <b>Friendship Club, Regular BINGO 12:30</b></p>	<p><b>27 Veal Cutlet w/ Mushroom Gravy</b></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><b>30 Chicken Breast w/ Mozzarella</b></p> <p><b>AARP Tax Prep/appt.</b> Walkers 8:00 Exercise 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00</p> <p><b>Container Recycle</b></p>	<p><b>31 Garden Salad, Stuffed Shells in Sauce</b></p> <p><b>Balance Workshop 10:00</b> <b>Book Club 10:30</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>1% Milk served daily</p> <p>***Indicates high sodium</p> <p>Menu subject to change</p>	<div style="background-color: black; color: white; padding: 5px; text-align: center;"><b>FREE HEARING TEST</b></div> <p style="text-align: center;">Call Today for an Appointment!</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <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> <div style="text-align: center;">  <p><b>Beltone</b> Hearing Aid Centers</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>CHICOPEE</b> 1269 Memorial Drive <b>(413) 315-5219</b></p> </div> </div> <p style="text-align: center; font-size: small;">www.BeltoneNE.com</p>	