

# 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

## EVENTS & INFORMATION

**Meals On Wheels**  
So no senior goes hungry.

**COA Clothing Tree:** Once again we are working with area shelters to help needy families have happier holidays. Items mostly needed for toddlers through adults size 3X, are undergarments (socks, boxers, sports bras), sweatshirts and sweat pants. *New items only please.* Items may be dropped off at the Senior Center MON - FRI, from 8 AM - 4 PM. *Items will be taken to the shelter on WED, DEC 19th.*

**Spring Trips:** We are working on two trips for this spring: *The Boston Flower Show in March*, which will include transportation, tickets for the Flower Show and lunch at the Phillips Old Colony House in Boston; and a *3-day, 2-night trip to Pennsylvania in April*, which would include the Sight and Sound The-

atre in Lancaster for *Noah the Musical* and other area sites. More details to follow in our JAN Newsletter.

**COA Christmas Party:** We will have a special luncheon on **TUES, DEC 11th** beginning at **11:30 AM.** Entertainment will be courtesy of Centre Stage. Luncheon will be Roast Beef **(\$3).** *Please sign up early as seating is limited.*

**Festival of Giving Trees:** The First Baptist Church at 50 Parker St. will be holding a 4-day fundraising event from **DEC 5th - 8th**, with proceeds to benefit the East L. Food Pantry and the Pioneer Valley Christian School. There will be a complimentary Senior Breakfast followed by a Handbell Choir performance on **FRI, DEC 7th** from **9:00 AM -**

**11:00 AM.** For reservations, call 525-7866 or sign up at the Senior Center. For information and the complete schedule go to: [www.thefestivalofgivingtrees.com](http://www.thefestivalofgivingtrees.com).

**Breakfast with Santa:** The Friendship Club will be hosting a family event on **SAT, DEC 15th** from **8:00 - 10:00 AM.** In addition to a delicious breakfast, there will be an Activity Center set up to create a Christmas decoration, as well as a Gift Center for children to buy a gift for parents and/or grandparents. There will also be a Bake Sale and Pictures with Santa (small fee.) *Tickets are \$6 Adults, \$3 Kids (age one and under free).* Tickets will be available at the Senior Center, MON through FRI, 8 AM - 4 PM. *A limited number of tickets available at the door.*

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

**New Shine Counselor:** Please welcome Liz Ross, a new SHINE counselor. Liz recently completed her SHINE training, and has already been assisting clients

with their medical insurance options during this busy open enrollment period. Liz will be taking appointments every Friday. Please feel free to call our office @ 525-5436 to make an

appointment to go over your health insurance options. Open enrollment will end on DEC 7th. For more information, you can visit [medicare.gov](http://medicare.gov) or call 800-633-4227.

**PLEASE CALL 525-5436 TO REGISTER FOR ALL PROGRAMS!**

**Legal Seminar:** Atty. Justin McCarthy will discuss basic estate planning and the probate process on **FRI, DEC 14th @ 10:00 AM.**

**Friendship Club \$5 BINGO** on **THURS, DEC 27th** from **1:00 - 3:00 PM.** Dress up in your fancy duds to celebrate the New Year! *Please arrange transportation accordingly to allow for all games to be played.*

**Healthy Eating Series:** The focus of this program is to encourage participants to understand and implement eating and activity behaviors that support heart and bone health. Program runs on **WED** from **8:30 - 11:00 AM, NOV 28th - JAN 2nd.**

**Matter of Balance** will be held again in the spring. Please call Lissa or Janice to sign up for this 8-week workshop which focuses on fall prevention and reducing your fear of falling.

**Mental Health Program:** This month's discussion will be about *Depression; signs, symp-*

*toms, and how to deal with it,* on **TUES, DEC 4th @ 11:30 AM.** Bring your lunch and join Michelle Caliento, a local mental health professional, on the first **TUES of each month** when she will present a different topic concerning mental health issues.

**Serious Issues for Seniors:** Hawthorn Elder Care will discuss some serious issues facing seniors today. On **DEC 12th** from **10:00 AM - 12:00 noon** we will view the movie, *Talking with Dolores*, a one-act play about life and death choices related to grief, loss, depression and elder suicide. Then on **DEC 19th, L.I.F.E. Elder Suicide Prevention Training: A Community Model** will be presented. Sign up for one or both sessions.

**New Wellness Programs for JAN:** The Arthritis Foundation Tai Chi program beginning **TUES, JAN 8th @ 10:30 AM,** followed by "Time to Ponder" from 11:30 - noon. A Floor Exercise Class on **MON** and **THURS, 11:30 AM - noon.**

**Evolve Meditation Center** will be offering a six-week guided meditation series **FRI** mornings at **9:30 AM** beginning **NOV 30th** at their **200 North Main St.** location. Seniors discounted pre-paid rate is \$30.

**Memorial Donations:** Thank you to those who remembered our Senior Center with donations in memory of: **Margaret Wright:** Lloyd & Gloria Oakes, Daphne Halliwell, Sandra Grabierz; **Rosalie Hart:** Jean Saso, Pauline Santanello, Dorothy Ferris, Jeanine Nelson, Mary Villamaino, Marion Minor, Gloria Hogan, Jennie Wood, Mr. & Mrs. Raoul Sands, Robert & Ann Clark, Sandra Grabierz, Sabra & John Goetcheus, Alice & Ronald Widmer, Morning Glory Walkers; **Lydia Consolini:** Sandra Grabierz; **Raymond White:** Frank & Mary Thetreat, Design Engineering Dept. Lenox (Charlie O'Keefe, Stan Maziarz, Peter Mustis, Jim Cartier), David, Janice, Graeme, & Ethan White, George & Marilyn Marchant (The Marchant Family Charitable Fund.)

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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

**Alzheimer's Support Group:** 3rd MON each month @ noon to provide emotional, educational and social support for caregivers. *DEC 17th.*

**Arthritis Exercise Classes: MON & THURS, 10:30 AM.** Low-impact, joint-safe exercise to decrease arthritis pain, relieve stiffness and improve balance. Nominal fee. *DVD's available for purchase for home exercise.*

**Limited Mobility Exercise: WED, 10:30 AM,** for people with limited mobility and balance. *Resumes JAN 2nd.*

**Strength and Cardio Class: MON & WED, 9:30 - 10:00 AM.** Bring resistance bands and hand weights. **\$3 per month.**

**Meet and Greet: 1st TUES** of each month @ **11:30 AM.** Different mental health topics discussed each month. *DEC 4th*

**Matter of Balance Workshop:** Cost of \$10 for 8 weeks from 10:00 AM to noon. *Will resume in the spring.*

**Chair Volleyball: WED, 1:00 PM.**

**Capuano Care: FREE** blood pressure, glucose and total cho-

lesterol screenings, **1st FRI** of each month, **8 - 9 AM.** Fasting required. *DEC 7th.*

**Better Hearing Clinic:** Baystate Hearing Aid Centers, **3rd WED,** 15 min. appts. between **10 AM - 12 PM.** *DEC 19th.*

**Footcare/Pedicare: 2nd TUES** each month/appt., **Cost is \$28,** *DEC 11th.* 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 @

## 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. *"Chocolat" by Joanne Harris. DEC 18th this month.* \$15 per class.

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

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

**Bean Bag Baseball:** FRI, 9:30 AM.

**Bocce:** Courts open to residents 8 AM - 4 PM, MON - FRI, Spring through Fall. *League play on WED @ 10:00 AM.*

**Book Club:** Last TUES of the month, 10:30 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 plus materials, *DEC 3rd.*

**Legal Consultations w/Dave Carlson:** On the **3rd TUES** of each month by appt. *DEC 18th.*

**Line Dancing Class:** FRI, 4 PM, \$3/class. 12:30 PM sharp.

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

**Manicures, Waxing:** 2nd THURS w/licensed esthetician. *Dec 13th.*

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

**Movie Tuesdays:** 1st and 3rd TUES/month, 12:45 PM.

**Needlework:** FRI, 1 PM

**Pitch:** MON, begins @

**Pool:** 8 AM - 4 PM daily, Instruction THURS 10AM

**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.

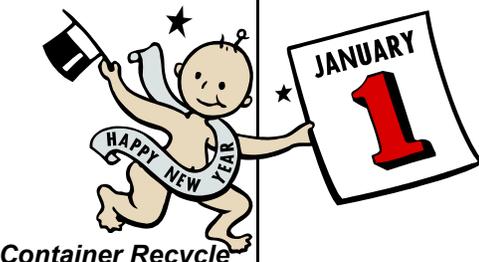
**Trivia:** THURS, 10 AM.

**Zumba Gold:** MON, 4:15 PM, \$5 per class.

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

# DECEMBER 2012

To reserve PVTA van, call 739-7436.  
\$2.50 each zone/20 ticket pkg,  
\$47.50, sold in our office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Lasagna</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 <b>Jewelry Class 9:30</b> Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:15 <b>Container Recycle</b>	<b>4 Swedish Meatballs</b> <b>Depression Issues 11:30</b> <b>Movie, "Best Exotic Mari-gold Hotel" 12:45</b> Meditation 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00	<b>5 Chicken w/Rice Noodles</b> Walkers 8:00 <b>Healthy Eating 8:30</b> Chair Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 Deaf Seniors 10:00 <b>No Limited Mobility Exer.</b> French 11:00 Chair Volleyball 1:00	<b>6 Pier 17 Fish</b> Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 <b>Friendship Club, Westside Tappers 12:30</b>	<b>7 Egg Salad on Roll SHINE by appt.</b> Walkers 8:00 <b>Capuano Care 8:00</b> Chair Exercise 8:45 Bean Bag Baseball 9:30 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00
<b>10*** Macaroni &amp; Cheese</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:15  <b>Paper Recycle</b>	<b>11 Roast Beef (\$3)</b> <b>Footcare/Pedicare/Appt.</b> Meditation 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00 <b>Christmas Party featuring "Centre Stage" 11:30</b>	<b>12 Shepherds Pie</b> Walkers 8:00 <b>Healthy Eating 8:30</b> Chair Exercise 9:00 Strength & Cardio 9:30 <b>Hawthorn Elder Care 10:00</b> Cribbage 10:00 Deaf Seniors 10:00 <b>No Limited Mobility Exer.</b> French 11:00 Chair Volleyball 1:00	<b>13 Chicken Francais</b> <b>Manicures (appt.)</b> Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 <b>Friendship Club, Westfield Choir 12:30</b>	<b>14 Baked Pollock SHINE by appt.</b> Walkers 8:00 Chair Exercise 8:45 Bean Bag Baseball 9:30 <b>Avoiding Probate 10:00</b> Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00
<b>17 Beef Stroganoff</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 <b>Alzheimer Support 12:00</b> Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:15  <b>Container Recycle</b>	<b>18 Barbeque Ribs</b> <b>Book Club 10:30</b> <b>Movie, "Annie the Musical, 12:45</b> Mah Jongg 1:00 <b>Legal Consults/appt</b> Tap Dance 7:00, 8:00	<b>19 Baked Chicken w/ Gravy</b> Chair Exercise 9:00 <b>Healthy Eating 8:30</b> Strength & Cardio 9:30 <b>Hearing Screenings 10:00</b> <b>Hawthorn Elder Care 10:00</b> Cribbage 10:00 Deaf Seniors 10:00 <b>No Limited Mobility Exer.</b> French 11:00 Chair Volleyball 1:00	<b>20 Spaghetti Bolognese</b> Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 <b>Friendship Club, Regular BINGO 12:30</b>	<b>21 Tuna Plate w/ lettuce, tomato, cheese SHINE by appt.</b> Walkers 8:00 Chair Exercise 8:45 Bean Bag Baseball 9:30 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00
<b>24 Closed</b>   <b>Paper Recycle</b>	<b>25 Closed</b> 	<b>26 Baked Fish Florentine</b> Walkers 8:00 <b>Healthy Eating 8:30</b> Chair Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 <b>No Limited Mobility Exer.</b> Deaf Seniors 10:00 French 11:00 Chair Volleyball 1:00	<b>27 Meatloaf</b> Trivia 10:00 Pool Instruction 10:00 <b>No Arthritis Exercise</b> <b>FC Board Meeting 9:50</b> <b>Candaras Rep Visit 11:00</b> <b>Friendship Club, Dress up for New Year's and play \$5 BINGO 12:30</b>	<b>28 Tangerine Chicken Wrap SHINE by appt.</b> Walkers 8:00 Chair Exercise 8:45 Bean Bag Baseball 9:30 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00
<b>31 Closed</b>   <b>Container Recycle</b>	<b>Closed</b>	<i>Whole wheat bread will be offered daily unless otherwise specified.</i>	<b>Menu is subject to change</b>	<i>1% Milk served daily</i>  ***Indicates high sodium