

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, EXT. 1401 FAX: 526-9746
CAROLYN.BRENNAN@EASTLONGMEADOWMA.GOV

NEWS AND EVENTS

Meals On Wheels
So no senior goes hungry.

FUNDRAISER A SUCCESS!

Our efforts to raise funds for our Two Town Trolley by presenting a Murder Mystery Dinner Theatre earlier in November raised a total of \$3,600.58. This will help fund over 300 trips for elders in East Longmeadow and Hampden.

UNICO HOLIDAY PARTY:

This annual event for our seniors, courtesy of the UNICO Club, will be held on **FRI, DEC 5th @ 5:00 PM** here at the Pleasant View Senior Center. This event has filled up quickly as it does every year, so if you have signed up and cannot attend, please remember to call the Senior Center to cancel your reservation so that those on the wait list may attend. UNICO, the largest Italian American organization in the country

is an acronym for Unity, Neighborliness, Integrity, Charity, and Organization.

SENIOR FRIENDSHIP CLUB CHRISTMAS PARTY:

Get your tickets early for this special holiday event on **SUN, DEC 14 from 1:00 to 4:00 PM**. The festivities will include a catered Turkey Dinner and holiday singing and dancing. Tickets will be available each **THURS** at the Senior Center during the Friendship Club meetings, or please call Jennie @ 525-2821.

FOOD DRIVE UPDATE: The East Longmeadow Cultural Council will hold its next monthly food drive on **FRI, DEC 5 from 10:00 AM - 1:00 PM** at the Pleasant View Senior

Center inside the parking lot side entrance. All donations benefit our Emergency Food Pantry. For more information contact the East Longmeadow Cultural Commission @ Chamnpy30@gmail.com.

FREE SERVICE: Mark Whitney of Whitney's Auto Consulting Service will be at the Senior Center on **WED, DEC 10 @ 1:00 PM** to explain his free service in car maintenance advice. Mark will do a personalized 10 point check list of your car, including headlight inspection, battery posts, tires, wiper blades and windshield fluid, antifreeze, oil, and more. Call 525-5436 to sign up for this free service. First five sign-ups will receive a Keychain flashlight!

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

SNAP: Are you age 60 or older? Do you need a *boost* to your food budget? **You may be eligible for SNAP!** The Supplemental Nutrition Assistance Program (SNAP) is also known as Food Stamps. SNAP benefits

come on an EBT card, which allows you to buy food at most grocery stores and many farmers' markets. If your monthly income is below the following limits, there is no asset test: \$1,945 for a HOUSEHOLD of

ONE; \$2,622 for a HOUSEHOLD of TWO. You will need proof of identity, social security number, and proof that you live in Massachusetts. Call Janice Michaels at 525-5424 for more information, or to apply.

NEWS AND EVENTS

TWO TOWN TROLLEY 525-5412

HOLIDAY CLOSINGS: We will be closed at noon on **WED, DEC 24** for Christmas Eve and at noon on **WED, DEC 31** for New Year's Eve; and all day on **THUR, DEC 25** for Christmas Day, and **THUR, JAN 1** for New Year's Day. *No Meals on Wheels will be delivered these days.*

FRIENDSHIP CLUB DATES:

THURS, DEC 4 - John Redgette sings, New Sock Drive, Food Drive for Christmas Dinner.

THURS, DEC 11 - Melody Band Holiday Program, New Sock Drive, Food Drive for Christmas Dinner, White Elephant and Jewelry Sale.

SUN, DEC 14 - Friendship Club Christmas Party, 1:00 - 4:00 PM (\$5 member, \$15 guest.) Includes Entertainment and catered Turkey Dinner.

THURS, DEC 18 - \$5 BINGO, Bake Sale, New Sock Drive, Food Drive for Christmas Dinner.

TUESDAY MOVIES:

DEC 2: *You've Got Mail* (1998, 119 min)

DEC 9: *Hitch* (2005, 118 min)

DEC 16: *White Christmas* (1954, 120 min)

DEC 23: *The Muppet's Christmas Carol* (1992, 85 min) *Bring your grandkids for a special holiday show!*

SENIOR MANICURES: This month licensed manicurist Cathy Rasid will be at the Pleasant View Senior Center on **DEC 4 & DEC 18**. Please call Cathy for an appointment @ 413-335-7422.

MASSAGE THERAPY: Christina Conti, LMT offers free massages each **MON** at the Senior Center. Call Christina for an appointment @ 413-348-8370.

TECHNOLOGY TODAY: Mike Squindo facilitates this class the 3rd **FRI** of each month @ **10:30 AM**. This month on **DEC 19**, the topic will be: "Navigating Facebook". Please call 525-5436 to sign up.

AGING IN PLACE: Please join the STCC Occupational Therapy Assistant students on **TUES, DEC 2 @ 10:30 AM** as they discuss and present solutions for seniors to maintain their safety

and independence as they continue to age in their own home. Topics discussed will include fall prevention, adaptive equipment/devices, universal design and home modifications. Sign up @ 525-5436.

FLU VACCINE: Our nurse has extra flu vaccine available if you need a shot. Please call Lissa at 525-5436, ext. 1407.

NEW IN JANUARY! Lissa will be available for 1/2 hour private exercise instruction by appt. Want to try the BOSU Balance Trainer? Here's your chance. Need a refresher on the Fitness Room equipment or looking for some instruction for our weight machine? Or maybe you would like to just get going again. Call Lissa to schedule a time to work out an exercise program with you.

MEMORIAL DONATIONS: Thank you for donations made in memory of: **Joe Scanlon** by Alan & Pat Dudley; **Anne George** by Marion Fiorentino, Richard & Lynn Bluhm, Ed & Cathy Bauchiero; **Virginia Denton** by Robert & Beverly Coppoletta; **Leon Osborne**

by Lorraine Parent, Sylvia & Kenneth Cook, Ruth Washburn, Susan & Al Grimaldi, Larry & Melinda Mandeville, Marilyn Erickson, Sandra Grabierz, Carla Corey; **William Mumford Jr.** by Peggy Mitton.

DAVID G. CARLSON
ATTORNEY AT LAW

Estate Planning • Wills & Trusts • Probate of Estates
Elder Issues

200 NORTH MAIN STREET • SUITE 6
EAST LONGMEADOW, MA 01028
Tel. (413) 525-1313 Fax (413) 525-7272

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WEEKLY PROGRAMS

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

Arthritis Exercise: M,W,F @ 8:30 AM; M,TH @ 10:30 AM. \$1 class.

Baystate Deaf Seniors: WED, 10:00 AM.

Bean Bag Baseball: FRI, 9:30 AM.

Bosu Balance Class: THURS, 8:30 & 9:30 AM; WED, 10:15 AM. *Pre-registration necessary.* \$1/class.

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

Chair Volleyball: WED, 1:00 PM.

Computer Class: WED 1:00 - 3:00 PM

Cribbage: WED & FRI, 10:00 AM.

French Club: WED, 11:00 AM.

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

Mah Jongg: TUES @ 12:30 PM.

Massage Therapy: MON, 9:00 AM - 2:00 PM by appt. *Free.* Call Christina @ 413-348-8370.

Morning Glory Walkers: MON/WED/FRI @ 8 AM. Meeting 2nd MON each month @ 9:00 AM.

Movie Matinee: TUES @ 12:45 PM; (movies listed on p. 2.) Please sign up in the main hall.

Needlework: FRI @ 1:00 PM.

Pitch: MON @ 12:30 PM at Senior Center; WED @ 12:30 PM at First Baptist Church, 50 Parker St.

Scrabble: MON @ 1:00 PM.

Strength and Cardio: MON & WED, 9:30 - 10:00 AM. 50 cents per class.

Tai Chi: TUES, 9:00 AM. *First Congregational Church.*

Tai Chi for Arthritis: TUES @ 9:30 AM (Level 2); 10:30 AM (Level 1); 11:30 Seated Tai Chi; \$1 class.

Tap Dance: FRI @ 3:00 PM (Beginner/Intrmdte), \$5 per class for 60+. Classes are ongoing. Call Diane Shields, 413-218-2375.

Trivia Club: THURS, 10:00 AM.

Zumba Fitness & Toning: MON, 4:15 PM, \$5.

MONTHLY PROGRAMS

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

Better Hearing Clinic: Free screenings by Baystate Hearing Aid Centers, 3rd WED, 15 min. appointments, 10:00 - 11:00 AM. *DEC 17.*

Book Club: Last TUES, 10:30 AM. *DEC 30 - The Storied Life of A.J. Fikry by Gabrielle Zevin.*

Bridge: 2nd THURS @ 12:30 PM. *DEC 11*

Caregiver Support Group: 2nd WED this month

@ 2:30 PM. *DEC 10. (Normally 3rd WED @ 3:00)*

Footcare/Pedicare: 2nd TUES each month/appt. *DEC 9.* Call 525-5436 for appt.

Jewelry Class: 1st MON each month, 9:30 AM, \$3 plus materials. *DEC 1.*

Legal Consults: 3rd TUES of the month by appt. with Atty. Dave Carlson. *DEC 16.*

Manicures: 10 AM - 3 PM every other THURS, Call Cathy Rasid, 413-335-7422. *DEC 4 & DEC 18.*

Technology Class: 3rd FRI @ 10:30 AM. *DEC 19*

ONGOING PROGRAMS

Billiards: 8 AM - 4 PM MON - FRI. *Instruction offered THURS @ 10:00 AM.*

Bocce: Courts open to residents 8 AM - 4 PM, MON - FRI, spring - fall. *League play on WED @ 10:00 AM. Resumes in the spring.*

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

Fitness Center: Open MON - FRI, 8:00 AM - 4:00 PM. Treadmills, elliptical machine, recumbent bikes, and a weight station. Medical clearance required. 20 visits/\$10 (E.L. residents); \$15 non-residents.

Please reserve lunch 24 hours
in advance, call 525-5436.
Served 12 noon. \$2.50

DECEMBER 2014

To reserve PVTA van, call 739-7436. \$2.50 each zone/20 ticket pack \$47.50, sold in our office.
Two Town Trolley 525-5412

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Alfredo 8:00 Walkers 8:30, 10:30 Arthritis Exer. 9:00 MGW Meeting 9:00 Chair Exercise 9:00 - 2:00 Free Massages 9:30 Strength & Cardio 12:30 Pitch 1:00 Scrabble 1:30 Ballroom Dance 4:15 Zumba Fitness/Toning Container Recycle	2 Beef Stew 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 11:30 Seated Tai Chi 12:30 Mah Jongg 12:45 Movie - You've Got Mail (119 min)	3 Pan Seared Glazed Salmon 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:15 Bosu Balance 11:00 French 1:00 Chair Volleyball 1:00 Computer Class w/Mike	4 Chicken Carbonara Manicures by appt. 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:30 Arthritis Exercise 1:00 FC - John Redgette, New Sock Drive, Food Drive for Christmas Dinner 1:00 Open Computer Time	5 BBQ Ribs 8:00 Walkers 8:30 Arthritis Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 3:00 Tap Class 4:00 Line Dancing Class 5:00 UNICO Holiday Dinner
8 Eggplant Roulade 8:00 Walkers 8:30, 10:30 Arthritis Exer. 9:00 - 2:00 Free Massages 9:00 Chair Exercise 9:30 Jewelry Class 9:30 Strength & Cardio 12:30 Pitch 1:00 Scrabble 1:30 Ballroom Dance cancelled 4:15 Zumba Fitness/Toning Paper Recycle	9 Seafood Pesto over Linguine Footare/Pedicare/Appt. 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 11:30 Seated Tai Chi 12:30 Mah Jongg 12:45 Movie - Hitch (118 min)	10 Baked Garlic Chicken 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:15 Bosu Balance 11:00 French 1:00 Chair Volleyball 1:00 Computer Class w/Mike 1:00 Car Maintenance Advice 2:30 Caregiver Support Group	11 Meatloaf 8:30 Bosu Balance cancelled 9:30 Bosu Balance cancelled 10:00 Trivia 10:00 Billiards Instruction 10:30 Arthritis Exercise 1:00 FC - Melody Band Holiday Program, New Sock Drive and Food Drive for Christmas Dinner 1:00 Open Computer Time	12 Beef Bolognese 8:00 Walkers 8:30 Arthritis Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class 10:00 Cribbage 12:30 Bridge 1:00 Dominoes 1:00 Needlework 3:00 Tap Class 4:00 Line Dancing Class
15 Pasta ala Vokda 8:00 Walkers 8:30, 10:30 Arthritis Exer. 9:00 MGW Meeting 9:00 Chair Exercise 9:00 - 2:00 Free Massages 9:30 No Strength & Cardio 12:30 Pitch 1:00 Scrabble 1:30 Ballroom Dance 4:15 Zumba Fitness/Toning Container Recycle	16 Salisbury Steak 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 cancelled 11:30 Seated Tai Chi cancelled 12:30 Mah Jongg 12:45 Movie - xxx (xxx min) 1:00 Free Legal Consults by appt. w/Atty. Dave Carlson	17 Chicken Parmesan 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 No Strength & Cardio 10:00 Hearing Screenings 10:00 Cribbage, Deaf Seniors 10:15 Bosu Balance cancelled 11:00 French 12:00 COA Christmas Lunch 1:00 Chair Volleyball cancelled 1:00 Computer Class w/Mike	18 Baked Fish Provencal Manicures by appt. 8:30 Bosu Balance cancelled 9:30 Bosu Balance cancelled 10:00 Trivia 10:00 Billiards Instruction 10:30 Arthritis Exercise 11:00 Brian Ashe Rep 12:30 Bridge 1:00 FC - \$5 BINGO, Bake Sale, New Sock Drive, Food Drive for Christmas Dinner 1:00 Open Computer Time	19 Vegetarian Chili 8:00 Walkers 8:30 Arthritis Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class 10:00 Cribbage 1:00 Dominoes 1:00 Needlework 3:00 Tap Class 4:00 Line Dancing Class
22 Mediterranean Pollock over Rice 8:00 Walkers 8:30, 10:30 Arthritis Exer. 9:00 Chair Exercise 9:00 - 2:00 Free Massages 9:30 No Strength & Cardio 12:30 Pitch 1:00 Scrabble 4:15 Zumba Fitness/Toning Paper Recycle	23 Spaghetti & Meatballs 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 cancelled 11:30 Seated Tai Chi cancelled 12:30 Mah Jongg 12:45 Movie - The Muppet's Christmas Carol (85 min)	24 Closed at noon 8:00 Walkers 8:30 Arthritis Exercise canceled 9:00 Chair Exercise 9:30 No Strength & Cardio 10:15 Bosu Balance cancelled 10:00 Cribbage 10:00 Deaf Seniors 10:15 Bosu Balance 11:00 French	25 Closed for Christmas Day 	26 Cold Cut Grinder 8:00 Walkers 8:30 Arthritis Exercise canceled 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class 10:00 Cribbage 10:30 Technology Class, 1:00 Dominoes 1:00 Needlework 3:00 Tap Class 4:00 Line Dancing Class
29 American Chop Suey 8:00 Walkers 8:30, 10:30 No Arthritis Exer. 9:00 Chair Exercise 9:00 - 2:00 Free Massages 9:30 No Strength & Cardio 12:30 Pitch 1:00 Scrabble 4:15 Zumba Fitness/Toning Container Recycle	30 Fish Sandwich 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 cancelled 11:30 Seated Tai Chi cancelled 10:30 Book Club, The Storied Life of A.J. Fikry by Gabrielle Zevin 12:30 Mah Jongg	31 Closed at noon 8:00 Walkers 8:30 Arthritis Exercise canceled 9:00 Chair Exercise 9:30 No Strength & Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:15 Bosu Balance cancelled 11:00 French	***Indicates high sodium Menu subject to change	Whole wheat bread will be offered daily unless otherwise specified.