

# Pleasant View Senior News

*From the Center of it All*

328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m – 4 p.m. | 413.525.5436



## HIGHLIGHTS

### COMPASSION AND KINDNESS

Join your fellow seniors in supporting members of the community. Share your sewing, knitting, or crocheting skills with those in need. The next meeting is Sep. 8, at 1 p.m.

### NEW TAI CHI CLASS

Join us on 9/13 for a new Tai Chi class! Starting at 10 a.m., beginners in Tai Chi are welcome to attend the newest addition to the Tai Chi program at Pleasant View.

### WNEU FLU CLINIC

WNEU will host a flu clinic from 8 a.m. until noon on Tuesday, September 19. You must sign up in advance and bring your insurance cards (Med B, Med D)

## JUNE IN REVIEW

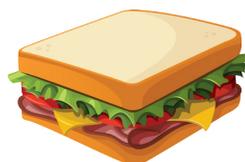


**1,042 Volunteer Hours**



*deliver a difference*

**2,508 Meals Delivered**



**470 Lunches Served**



**65 Food Pantry Visits**

## RESOURCES REPORT

### MEDICARE MAIL

If a member, you will receive a Medicare Prescription Drug Plan or Medicare Advantage Plan update by the end of September. Please understand and save this info regarding 2018 plan changes. Plans may be changed during open enrollment (10/15–12/07).

### REAL ESTATE TAX INFO

Real estate tax exemption applications for 2018 are available at the Town Hall or with Danell Tavella at 328 N. Main St. Applications are accepted starting 11/01/2017. Call Town Hall at 525-5400 x 1600 or the COA at 525-5436 x 1402 for more information.

### LOCK BOX PROGRAM

Sponsored by the ELPD and COA, individuals living alone or with an incapacitated individual and with no nearby family may be eligible for a Lock Box. Please contact Danell Tavella at 525-5436 x 1402 or the ELPD at 525-5440 for more info. Lock Boxes are for emergencies only.

## FITNESS

### BOSU BALANCE CLASS

Tue 8:30 A.M.  
Thur 9:00 A.M.  
\$1/class



### TAI CHI FOR HEALTH

LVL 1 Wed 10:00 A.M.  
LVL 3 Tue 9:30 A.M.  
LVL 2 Tue 10:30 A.M.

Sponsored by CareOne at Redstone



### ZUMBA GOLD & TONING

Mon 4:15 P.M.  
w/ Kelly Phillips  
\$5

### EXERCISE CLASS

M/W/F 8:30 A.M.  
Mon/Thur 10:45 A.M.  
\$1/class

### CHAIR EXERCISE

Mon/Wed 9:00 A.M.  
FRI 8:45 A.M.  
\$3/month or  
\$.50/class

### CHAIR YOGA

Fri 2:00 P.M.  
\$5/class

### ZUMBA

Wed 4:00 P.M.  
w/ Grace Busto  
\$5

## FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. Medical clearance required, please schedule with the nurse. Class card of 20 visit for \$10 or \$15 for out-of-town residents. *Age 90+ no charge*

## RECREATION

### BEAN BAG BASEBALL

Fri 9:30 A.M.

### BILLIARDS

8:00 A.M. – 4:00 P.M.

### BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.  
Spring thru Fall  
Wed 10:00 A.M. Group Play

### BOOK CLUB

The Pearl That Broke It's Shell  
by Nadia Hashimi  
Resumes Sep. 26

### CHAIR VOLLEYBALL

Wed 1:00 P.M.

### CHESS INSTRUCTION

Tue 9:00 a.m.

### COMPUTER CLASS

Wed 1:00 P.M.

Starting Sep. 13

### CREATIVE COLORING

Sep. 21 2:00 P.M.

### FRENCH CLUB

WED 11:00 A.M.

### JEWELRY CLASS

Sep. 18 9:30 A.M.  
\$3/class + materials

### LINE DANCING

Fri 4:00 P.M.  
\$3

### MORNING GLORY WALKERS

M/W/F 8:00 A.M.  
Sep. 12 9:00 A.M.

### NEEDLEWORK

Fri 1:00 P.M.

### POETRY CLASS

Sep. 18 1:00 P.M.

### VOICES AND VISIONS

Sep. 14 2:00 P.M.

### CARDS AND GAMES

*Canasta* Thur 12:30 P.M.  
*Cribbage* W/F 10:00 A.M.  
*Dominoes* Fri 1:00 P.M.  
*Mahjong* Tue 12:30 P.M.  
*Pitch* Mon 12:30 P.M.

### SUMMER FUN THURSDAYS

*Bingo* Sep. 7  
\$5 *Bingo* Sep. 14

### FRIENDSHIP CLUB

*Rita's African Show* Sep.  
21 12:30 P.M.  
*Bingo* Sep. 28 12:30 P.M.



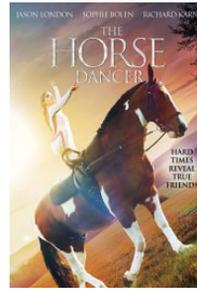
## MOVIES AND DOCUMENTARIES (MON. AND TUES. 12:45 P.M.)



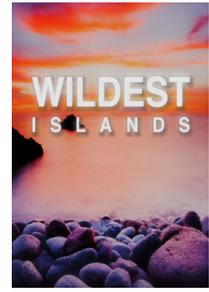
**The Astronaut Farmer**  
Sep. 5  
104 mins 2006 PG



**Wildest Islands: Zanzibar**  
Sep. 11  
51 mins 2013



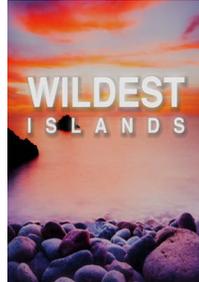
**The Horse Dancer**  
Sep. 12  
114 mins 2017 TV-G



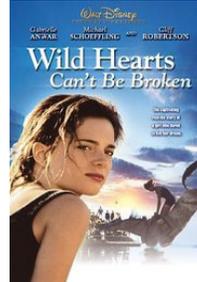
**Wildest Islands: The Caribbean**  
Sep. 18  
52 mins 2013



**Lion**  
Sep. 19  
118 mins 2016 PG-13



**Wildest Islands: Galapagos**  
Sep. 25  
52 mins 2013



**Wild Hearts Can't Be Broken**  
Sep. 26  
88 mins 1991 G

## HEALTH AND WELLNESS (525-5436)

### BLOOD PRESSURE

by appt. with  
Lissa Fontaine, R.N.  
Ext. 1407

### MASSAGE THERAPY

by appointment  
Christina Conti, LMT  
413-348-8370  
Sep. 11 & 25

### MANICURES

by appointment  
Cathy Rashid, LM  
413-335-7422  
Sep. 7 & 21

### HEARING SCREENINGS

Baystate Hearing Center  
Call 525-5436 for appt.  
Sep. 20

### FOOTCARE/PEDICARE

by appointment  
525-5436  
Sep. 5 \$29

### Tai Chi

Tue 9:00 A.M.  
At the First  
Congregational Church

### Alzheimer's/Dementia Caregiver Support Group and Loved Ones Engaged

Discuss experiences with fellow caregivers in the support group, while your loved ones living with dementia enjoy their own support group and the facilities at Pleasant View. Call 525-5436 ext. 1407 to pre-register. The September meeting will be held on the 20<sup>th</sup>.

## ESSENTIAL SERVICES (525-5436)

### FINANCIAL ADVICE

by appt. with Jason  
Hicklen, CFP  
Sep. 6

### LEGAL CONSULTATION

by appt. with  
Dave Carlson, Attorney  
Sep. 19

### LICENSE RENEWALS

First-time online renewals only  
Ages 55-74  
Sep. 13

## SPECIAL NOTICES



### FALLON HEALTH

A representative from Fallon Health will be present to answer any medical questions you may have on Sep. 14 from 10 a.m. - noon.



### PLANNING FOR RETIREMENT

Hoping to know more about retirement planning? Sign up for a presentation from Amanda Solo, a representative of Citizen's Bank, on Sep. 29 at 11:00 a.m.



### FALL PREVENTION

On Sep. 22 at 11 A.M. learn ways to prevent falling in a presentation from Lissa Fontaine, R.N. Sign up today!



### HAROLD GRINSPOON FOUNDATION

#### VOICES AND VISIONS

Grinspoon Foundation project for discussion around the interpretation of famous quotes. Join us on September 14 at 2 p.m.



### HEALTHY AND FIT

Join us on 9/27 as we partner with National Women's Health and Fitness Day in support of women staying healthy and fit at all ages. Try an exercise class, join in on a Q&A, visit sponsors, and enter to win a raffle! Sponsors include: Baystate Health, Personal Touch Home Care, and Griswold Home Care

*EXERCISE CLASS: 8:30 A.M.*

*Q&A WITH A BAYSTATE HEALTH REP: 11:00 A.M.*

*TAI CHI: 10:00 A.M.*

*FITNESS TESTING: 1:00 P.M. (requires sign-up)*

*Enter to win a gift basket (attend 1 event to enter)*



### WALK TO END ALZHEIMER'S

Sun., Sept. 17  
Holyoke Community College  
Sign-up today and donate!



### KEY TO WELLNESS AND SUCCESSFUL AGING

On Sep. 15 at 11 A.M. learn to live a healthy and successful life. Sign up today for the presentation with Lissa Fontaine, R.N.

## VOLUNTEER OPPORTUNITIES



If helping others is something you love to do then becoming a Meals On Wheels driver might be the perfect opportunity for you! If interested, please schedule an appointment with Alicia Smith at 525-5436 ext. 1406.

## VETERAN'S NEWS



On Sunday Sept. 10 2017, we will be honoring those we lost on 9/11. A 911 remembrance will be held at 2pm at Memorial Hall Main Street Monson. Also being honored will be our veterans, our fire personnel and our police officers. Guests speakers will include elected officials, veterans and representatives of our local police and fire departments. All are invited and encouraged to attend.

If you are a veteran who was awarded the Purple Heart, we would like to especially honor you on that date, with a Certificate of Appreciation for your service and your sacrifice.

If you would like to receive a certificate and our thanks, please contact me at 413-267-4140 or email me at: [jcomerford@monson-ma.gov](mailto:jcomerford@monson-ma.gov)

Please come and help us thank our veterans and honor those we lost Sept. 11, 2001.

Thank you,  
John M. Comerford  
Veterans' Agent

## SPONSORS



200 North Main Street | North Building | Suite 103  
East Longmeadow, MA 01028  
TEL. (413) 525-7979  
[www.hampdenhearing.com](http://www.hampdenhearing.com)

**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



Maureen Coughlan, Realtor  
**COLDWELL BANKER**  
"Home" work is what I do best  
CELL (413) 221-7075  
[Maureen.Coughlan@NEMoves.com](mailto:Maureen.Coughlan@NEMoves.com)

**Wealth Preservation Group, Inc.**  
John G. Dec, *President*

Find out how to spend your children's  
inheritance and have them love you for it!  
*Call for a free, no obligation consultation today!*  
**1-800-679-2771**

## Meal Calendar September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MENU SUBJECT TO CHANGE</p> <p>1% Milk served daily</p> <p>*** Indicates high Sodium</p>	<p>Cost: \$2.50</p> <p>Begins at noon</p>			<p>1</p> <p>Spaghetti &amp; meatballs</p> <p>Italian bread</p> <p>Pudding</p>
<p>4</p> <p>Closed for</p> 	<p>5</p> <p>Beef goulash</p> <p>Egg noodles</p> <p>Roasted veggies</p> <p>Mixed fruit</p>	<p>6</p> <p>Turkey pot pie w/ celery, carrots, peas, and potatoes</p> <p>Apple sauce</p>	<p>7</p> <p>Grilled chicken sandwich</p> <p>Lettuce, tomatoes</p> <p>Slide apples</p>	<p>8</p> <p>Baked crusted pollock</p> <p>Sweet potato</p> <p>Yams</p> <p>Carrots</p> <p>Mandarin orange</p>
<p>11</p> <p>Cheese tortellini w/ grilled chicken in tomato cream sauce</p> <p>Apricots</p> <p>Zucchini and summer squash</p>	<p>12</p> <p>Chicken salad and egg salad en rolls</p> <p>3-bean salad</p> <p>Pineapple</p>	<p>13</p> <p>Beef and broccoli</p> <p>Fried rice</p> <p>Peaches</p>	<p>14</p> <p>Pier 17 (baked)</p> <p>Creamed spinach</p> <p>Rice pilaf</p> <p>Fruit and cake</p>	<p>15</p> <p>Stuffed shells w/ meat sauce</p> <p>Green beans</p> <p>Pudding</p>
<p>18</p> <p>Fajita combo</p> <p>Beef and chicken</p> <p>Peppers and onions</p> <p>Mixed fruit</p>	<p>19</p> <p>Mac 'n cheese w/ ham</p> <p>Stewed tomatoes</p> <p>Applesauce</p>	<p>20</p> <p>Paella w/ seafood and sausage</p> <p>Chuckwagon corn</p> <p>Peppers and onions</p> <p>Pineapple</p>	<p>21</p> <p>Chicken parmesan penne</p> <p>California blend</p> <p>Mandarin orange</p>	<p>22</p> <p>Baked fish and chips</p> <p>Coleslaw</p> <p>Jell-O</p>
<p>25</p> <p>Mediterranean chicken</p> <p>Tomatoes, olives, peppers</p> <p>Sliced apples</p>	<p>26</p> <p>Beef tips</p> <p>Marsala</p> <p>Peaches</p>	<p>27</p> <p>Salmon santorini, artichokes, tomatoes, red peppers in lemon sauce</p> <p>Rice pilaf</p> <p>Fresh fruit</p>	<p>28</p> <p>Meatloaf w/ gravy</p> <p>Mashed potato</p> <p>Mixed veggies</p> <p>Pudding</p>	<p>29</p> <p>Jellied meatballs</p> <p>Cous cous</p> <p>California blend</p> <p>Pears</p>

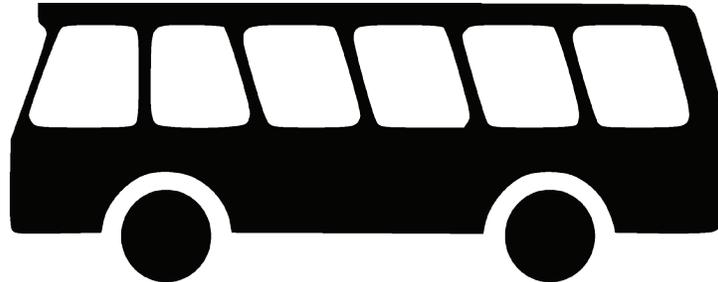
## Activities Calendar September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Indicates additional fee</p> <p>**By appointment</p>				<p>1</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 1:00 Dominoes, Needlework 4:00 Line Dancing Class*</p>
<p>4</p> <p>Closed for</p> 	<p>5</p> <p><b>Pedicare**</b> 8:30 Bosu Balance Class 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie</p>	<p>6</p> <p><b>Financial Advice</b> 8:00 Rail Trail Walk 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball 4:00 Zumba w/ Grace*</p>	<p>7</p> <p><b>Manicures**</b> 9:00 Bosu Balance 10:00 Trivia, Billiards 10:45 Exercise Class 12:30 Bingo*, Canasta</p>	<p>8</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 1:00 Dominoes, Needlework, Compassion and Kindness Endeavor 2:00 Chair Yoga 4:00 Line Dancing Class*</p>
<p>11</p> <p><b>Massage**</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, MGW Meeting 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p>12</p> <p>8:30 Bosu Balance Class 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie</p>	<p>13</p> <p>8:00 Rail Trail Walk 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/ Grace*</p>	<p>14</p> <p>9:00 Bosu Balance 10:00 Trivia, Billiards, <b>Fallon Health</b> 10:30 Ask A Librarian 10:45 Exercise Class 12:30 \$5 Bingo*, Canasta 2:00 Voices and Vision</p>	<p>15</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 11:00 <b>Wellness and Successful Aging</b> 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class*</p>
<p>18</p> <p>8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 1:00 Poetry Class 4:15 Zumba Toning</p>	<p>19</p> <p><b>Legal Consultations, WNEU Flu Clinic</b> 8:30 Bosu Balance Class 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie 1:00 Embroidery class</p>	<p>20</p> <p><b>Support Group Hearing Screenings and License Renewals**</b> 8:00 Rail Trail Walk 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/ Grace*</p>	<p>21</p> <p><b>Manicures**</b> 9:00 Bosu Balance 10:00 Trivia, Billiards 10:45 Exercise Class 11:00 Sen. Lesser representative visit 12:30 Canasta, Rita's African Show</p>	<p>22</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 11:00 <b>Fall Prevention</b> 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class*</p>
<p>25</p> <p><b>Massage**</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p>26</p> <p>8:30 Bosu Balance Class 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah Jongg 12:45 Movie 1:00 Embroidery Class</p>	<p>27</p> <p><b>Healthy and Fit</b> 8:00 Rail Trail Walk 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/ Grace*</p>	<p>28</p> <p>9:00 Bosu Balance 10:00 Trivia, Billiards 10:45 Exercise Class 11:00 State Rep. Ashe Visit 12:30 Bingo*, Canasta</p>	<p>29</p> <p>8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class*, Cribbage 11:00 <b>Planning for Retirement</b> 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class*</p>

## MEMORIAL DONATIONS

Special thanks to Nathan Bailey and Jessie Giorgini for their donation in memory of Linwood Sullivan, Mary Kay Browne and Angela Whittaker for their donation in memory of Marion Cox, and Katherine Bechard for her donation in memory of Frederick Dziewit

## TRI -TOWN TROLLEY



The Tri-Town Trolley is available Mon. thru Fri. 9:00 A.M. – 3:00 P.M. for East Longmeadow and Hampden Seniors. Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation to Longmeadow and Springfield.

Every Tuesday an additional van is run for shopping. Coverage is for grocery, banking, and other store shopping in East Longmeadow or to Allen & Cooley Street in Springfield. Cost is \$1 each way.

24 hours notification is required for booking any transportation. Please call 525-5412.

## COA LIASONS

*Police Department*  
Daniel Atwater  
413-525-5440

*Fire Department/Fire and Life Safety*  
Chris Beecher  
413-525-5430

## PLEASANT VIEW STAFF AND CONTACTS

**Carolyn Brennan**  
*Executive Director*

**Danell Tavella**  
*Community Services*  
Ext. 1402

**Lissa Fontaine, R.N.**  
*Health Educator*  
Ext. 1407

**Alicia Smith**  
*Prog. and Volunteer*  
*Coordinator*  
Ext. 1406

**Meralee Kratovil**  
*Office Manager*  
Ext. 1405

**Terry Glusko**  
*Transportation*  
*Coordinator*  
Ext. 1410

**Sharon Giordano**  
*Bookkeeper*  
Ext. 1405

**Margrit Daley**  
*Kitchen Assistant,*  
*Dishwasher*

**Grace Busto**  
*Chef*