

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



NOVEMBER HIGHLIGHTS

THANKSGIVING WITH REP. BRIAN ASHE

Representative Brian Ashe will be here on Thursday, November 16th to help serve Thanksgiving Lunch.

Please note we will be closed on Friday, 11/10 in Observance of Veteran's Day and on Thursday, 11/23 and Friday, 11/24 for the Thanksgiving Holiday.



VETERAN'S DINNER



Veteran's and their guests are invited to our annual Veteran's Dinner on Nov. 9th at 5:30. Free for Veteran's and \$5 for one guest. Seats are limited, call 525-5436 to reserve a spot. Anyone else wishing to honor the Veteran's may sign up to be put on a will call list to be notified when seating becomes available at \$10 per seat.

BREAKFAST CLUB

Stop by on Thursday mornings from 8:30-10:00 to enjoy healthy and delicious Goodies.



OCTOBER IN REVIEW



752 Volunteer Hours



1169 Meals Delivered



500 Lunches Served



60 food Pantry Visits

RESOURCES REPORT

MEET & GREET

For Brownstone Garden residents at BROWNSTONE GARDENS Community Room Tuesday, Nov. 14th 10:00 A.M.—11:00 A.M. Join Danell Tavella, Director of Community Services and Alicia Smith, Program and Volunteer Coordinator for an informal meet and greet session. Come learn about new and ongoing offerings at your Senior Center.

MEDICARE OPEN ENROLLMENT

Open Enrollment runs Oct. 15th—Dec. 7th. This is the time when you can join, drop or change your insurance. Our SHINE Counselor Jackie is here on Wednesday's from 9:00 A.M.—3:00 P.M. If you have Medicare questions or want to make changes to your current plan please call the office at 525-5436 to schedule a 1 hour appointment.

EXERCISE

BOSU BALANCE CLASS

Tue 8:30 A.M.
Thur 9:00 A.M.
Card Needed



CHAIR EXERCISE

Mon/Wed 9:00 A.M.
Fri 8:45 A.M.

TAI CHI HEALTH

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



CHAIR YOGA

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

Sponsored by CareOne at Redstone

EXERCISE CLASS

M/W/F 8:30 A.M.
Mon/Thur 10:45 A.M.
Card Needed

ZUMBA

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

ZUMBA GOLD & TONING

Mon 4:15 w/Kelly Phillip
\$5

FITNESS CENTER

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

PAYMENTS

An Exercise Class card may be purchased for Exercise and BOSU classes. There are two cards available: \$5 cards for 6 classes and \$15 cards for 18 classes. All payments will need to be made at the front office with Meralee. Cards will be stamped after attending a class.

RECREATION

ART CLASS

Fri 10:00 A.M. \$15

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

Sidonia's Thread

By Hanna Perlstein Marcus

Nov. 28 10:30 A.M.

CHAIR VOLLEYBALL

Wed 1:00 P.M.

CHESS INSTRUCTION

Tue 9:00 A.M.

COMPASSION AND KINDESS

Will resume in December

COMPUTER CLASS

Wed 1:00 P.M.

CREATIVE COLORING

Nov. 16 1:00 P.M.

FRENCH CLUB

Wed 11:00 A.M.

JEWELRY CLASS

Nov. 6 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.

NEEDLEWORK

FRI 1:00 P.M.

POETRY CLASS

Nov. 21 1:00 P.M.

VOICES AND VISIONS

Nov 9 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.

Mah-jongg Tue 12:30 P.M.

Pitch Mon 12:30 P.M.

FRIENDSHIP CLUB

Bingo Nov. 2

\$5 Bingo Nov. 9

Thanksgiving Lunch w/Vocalist

Laurie Festa Nov. 16

Bingo Nov. 30

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

**Documentary
Cancelled**

Nov. 6



Miss Congeniality

Nov. 7

1 hr 52 mins 2000 PG-13



**Wildest Islands:
Vancouver Island**

Nov. 13 52 mins



Our Souls at Night

Nov. 14

1 hr 43 mins 2017 TV-14



**Wildest Islands:
Philippines**

Nov. 20 52 mins



Hitch

Nov. 21

1 hour 58 mins 2005 PG-13



**Wildest Islands:
Falkland Islands**

Nov. 27 52 mins



Safe Haven

Nov. 28

1hr 52 mins 2013 PG-13

HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE

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

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
Nov. 13 and 27

MANICURES

by appointment
Cathy Rasid, LM
413-335-7422
Nov. 2 and 16

HEARING SCREENING

Baystate Hearing Center
Call 525-5436 for Appt.
Nov. 15

FOOTCARE/PEDICARE

By appointment
525-5436
Nov. 14

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 November meeting will be held on the 15th.

ESSENTIAL SERVICES (525-5436)

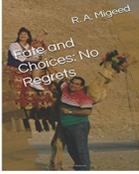
LEGAL CONSULTATION

by appt. with Dave Carlson, Attorney
Nov. 21

LICENSE RENEWALS

First-time online renewals only (ages 55-74)
Nov. 30

SPECIAL NOTES



LUNCH WITH REDA

One of our very own, Reda Migeed, has written a book and will be sharing the inspiration behind it on Nov. 2 during lunch.



HOMECARE

Why use a Private Homecare Agency? Presentation by representatives of Apex Healthcare Services. Nov. 17 11:00 A.M.



COOKING WITH ASHLEY

Want to impress your family and friends with something new for Thanksgiving? Need an update of a classic recipe? In this class you will learn new, easy and fun make ahead recipes that will make your holiday a snap. Class is \$12.50 and will be held at The Community Life Center 50 Parker Street on Nov. 8. 11:00 A.M. Sign up is required.



MARKET UPDATE & ESTATE PLANNING

Join Dave Carlson and Jason Hicklen as they give a market update and go over estate planning. A.M. Please sign up in advance. Nov. 3 at 11:00



BIG Y FLU CLINIC

Big Y will host a Flu Clinic at the center on Tuesday, Nov. 21 from 9 A.M. - 12 P.M.

Call 525-5436 to schedule an appointment. Please bring your insurance card.



MEMORY CARE

The East Longmeadow Library has started a Memory Café! The next gathering will be on Nov. 7. For more information and to sign up call 413-525-5432



MEET & GREET

Danell Tavella, Director of Community Services and Alicia Smith, Program and Volunteer Coordinator will be hosting Meet and Greets near you. Come say hello and learn about the new and ongoing services and offerings at the Senior Center. Please see future newsletters for dates.



COMPASSION AND KINDNESS

Will resume on December 8th. At 1:00 p.m. We have been busy putting together materials and instructions for our projects, these include Dress a Girl, Baby Bibs, Adult Bibs and Knitted Afghan Squares. If you would like to help out stop by and pick up a packet to sew at home and return it to the COA when done. We are always looking for more hands to put to work and more ideas to help out the community. Any questions call Lissa at x 1407

SILVER SNIPPET

“Engaged in Life” sums up the concept of *Active Aging*. The goal is to live life as fully as possible within the seven dimensions of wellness, which are *emotional, vocational, physical, spiritual, intellectual, social and environmental*.

Over the past **100** years, we have added an additional **30** years to life expectancy. Our challenge is to ensure quality of life during these years.

International Council on Active Aging



Come to the Pleasant View Senior Center to find out how **YOU** can become an Active Ager-engaged in life!

VOLUNTEER OPPORTUNITIES



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

MEDICARE INFORMATION



You're getting a new Medicare card!

Cards will be mailed between

April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card.

This will help keep your information more secure and help protect your identity. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800- 772-1213. TTY users can call 1-800- 325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

SPECIAL THANK YOU



A special thank you to Kristen who instead of asking for gifts for her 10th birthday collected donations for our food pantry!

Happy Birthday Kristen!



Feeding the Community

SPONSORS

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

HAMPDEN
HEARING CENTER

200 North Main Street • North Building • Suite 103
East Longmeadow, MA 01028
413-525-7979 www.hampdenhearing.com

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Maureen Coughlan, Realtor
COLDWELL BANKER

"Home" work is what I do best!

CELL (413) 221-7075
Maureen.Coughlan@NEMoves.com

Meal Calendar November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cost is \$2.50</p> <p>Lunch Begins at Noon</p> <p>**Please reserve lunch 24 hours in advance by calling 525-5436**</p>		<p>1</p> <p>Chicken Madeira Mashed Potato Steamed Carrots Peaches</p>	<p>2</p> <p>Bacon Cheese-Burger Potato Casserole Roasted Brussel Sprouts Mixed Fruit</p>	<p>3</p> <p>Stuffed Shells with Chicken Alfredo Broccoli Chocolate Pudding</p>
<p>6</p> <p>Green Bean and Turkey Casserole Pineapple</p>	<p>7</p> <p>Macaroni and Shrimp in Lobster Sauce Broccoli Mandarin Oranges</p>	<p>8</p> <p>Creamy Garlic Butter Tuscan Chicken Garlic Bread Fruited Jell-O</p>	<p>9</p> <p>Shepherd's Pie Peas and Carrots Sliced Apples</p>	<p>10</p> <p>Center Closed</p> 
<p>13</p> <p>Tuna Casserole Peas Apricots</p>	<p>14</p> <p>Meatloaf Scalloped Potatoes Mixed Vegetables Pears</p>	<p>15</p> <p>New Orleans Chicken Rice Mandarin Vegetable Blend Apple Sauce</p>	<p>16</p> <p>Thanksgiving Lunch Roasted Turkey Mashed Potato Green Bean Casserole Stuffing Bread Pudding</p>	<p>17</p> <p>Spaghetti and Meatballs Hawaiian Vegetable Blend Peaches</p>
<p>20</p> <p>Rib BBQ Sandwiches Zesty Fries 3-Bean Salad Mixed Fruit</p>	<p>21</p> <p>Beef and Broccoli Fried Rice Pudding</p>	<p>22</p> <p>Chicken Saltimbocca Pasta Broccoli & Cauliflower Pineapple</p>	<p>23</p> <p>Center Closed</p> 	<p>24</p> <p>Center Closed</p>
<p>27</p> <p>Chicken Cacciatore Roasted Potato Carrots, Celery and Peppers Mandarin Oranges</p>	<p>28</p> <p>Seafood Rice Casserole Green Beans Sliced Apples</p>	<p>29</p> <p>Tomato- Basil Turkey Casserole Pears</p>	<p>30</p> <p>Beef Goulash Egg Noodles Mixed Vegetables Peaches</p>	<p>** Indicates High Sodium</p> <p>Partially funded by the MA Executive Office of Elder Affairs and the Federal Administration</p>

Activities Calendar November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 SHINE Appointments* 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/Grace	2 Manicures*, Lunch with Reda 8:30 Breakfast Club 9:00 Bosu Balance 10:00 Trivia, Billiards 10:45 Exercise Class 12:30 Bingo, Canasta	3 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Dave and Jason Presentation 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
6 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch 4:15 Zumba Toning	7 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	8 SHINE Appointments* 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French, Cooking Class 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/Grace	9 8:30 Breakfast Club 9:00 Bosu Balance 10:00 Trivia, Billiards 10:30 Ask a Librarian 10:45 Exercise Class 12:30 \$5 Bingo, Canasta, Bake Sale 2:00 Voices and Visions 5:30 Veteran's Dinner	10 Center Closed 
13 Massage Therapy* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning	14 Pedicare*, Brownstone Meet & Greet 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	15 Hearing Screening*, SHINE Appointments*, Support Group 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/Grace	16 Manicures** 8:30 Breakfast Club 9:00 Bosu Balance 10:00 Trivia, Billiards 11:00 Sen. Lesser Visit 10:45 Exercise Class 12:00 Thanksgiving Lunch with Laurie and State Rep. Ashe 12:30 Bingo, Canasta, 1:00 Creative Coloring	17 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Apex Healthcare Services 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
20 SHINE Appointments* 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	21 Legal Consultations* Big Y Flu Clinic* 8:30 Bosu Balance 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 Poetry Class	22 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/Grace	23 Center Closed 	24 Center Closed
27 Massage Therapy* 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	28 8:30 Bosu Balance 9:00 Chess Instruction 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2, Book Club 12:30 Mah-jongg 12:45 Movie	29 SHINE Appointments* 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, Computer Class 4:00 Zumba w/Grace	30 License Renewal* 8:30 Breakfast Club 9:00 Bosu Balance 10:00 Trivia, Billiards 10:45 Exercise Class 12:30 Bingo, Canasta,	*By Appointment

MEMORIAL DONATIONS

A special thank you to those who remembered our Senior Center with donations in Memory of Mildred (Millie) Colapietro: Mr. and Mrs. Albert Circosta, Joan Earnshaw, Mary Villamaino, Gregory and Judith Stern, Ted and Peg Plamondon, The Morning Glory Walkers, Lillian Paschetto, Nancy Maccallum, Christine Millen, Mr. and Mrs. Charles Bongiovi, Lorraine Parent, Irene Brasile, Louise Rosati, Mary Hogan and Children, Stan and Carole Brunell, Beverly Roos, Janice Colagreco, Kathy Sowa, Sandra Grabierz, Philomena Miller, Marion Fiorentino, Pam Maybury Schlotz, Pauline Santanello, Timothy Carlson, Alice Maybury, Susan Mancinone, Arlene Lizotte, Nancy and Skip Colby, Arleen Richards and Gloria Colagreco. A special thank you to those who remembered our Senior Center with donations in Memory of Pearl McCurry: Diane Duff and Erni Booth, Marion Fiorentino and Bruce and Dianne Nelson.

TROLLEY



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

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.

**** As of October 26th all shopping Shuttle transportation is \$1 each way for in town transportation and \$2 each way for out-of-town transportation****

24 hour 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

Alicia Smith

*Program And Volunteer
Coordinator
Ext. 1406*

Sharon Giordano

*Bookkeeper
Ext. 1405*



Danell Tavella

*Community Services
Ext. 1402*

Meralee Kratovil

*Office Manager
Ext. 1404*

Margit Daley

*Kitchen Assistant,
Dishwasher*

Lissa Fontaine, R.N.

*Health Educator
Ext. 1407*

Terry Glusko

*Transportation Coordinator
Ext. 1410*

Barbara Fenney

*Dispatcher
Ext. 1410*

Grace Busto

Chef