

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



DECEMBER HIGHLIGHTS

HOLIDAY PARTY

Join us on **December 21st** at 12:30 to hear **Entertainer Noah Lis** perform during our holiday party.

VISIT WITH SANTA

Santa is coming to Pleasant View!
December 16th 10:00 - 12:00
 Get your picture with Santa, enjoy a continental breakfast, hot chocolate bar, contests and more.
 Ugly Christmas sweater contest at 11:30.
 All ages welcome!



BREAKFAST CLUB

New Day and Time
 Stop by on **TUESDAY mornings** from 9:00-10:30 to enjoy healthy and delicious goodies.



Please note we will be closed on December 25th and January 1st.

We wish everyone a happy and healthy holiday!



Admission is one canned good

NOVEMBER IN REVIEW



770 Volunteer Hours



deliver a difference

1276 Meals Delivered



560 Lunches Served



84 Food Pantry Visits

RESOURCES REPORT

FUEL ASSISTANCE

The Valley Opportunity Council, Inc. is mailing out recertification paperwork for the 2017-2018 heating season. If you need assistance in completing your paperwork, please call Danell Tavella at 525-5436 X 1402.

EDUCATE OUR YOUTH

Springfield College Occupational Therapy Students are seeking a few older adults to spend quality time with them 1-2 hours per week. They are looking to engage in activities that are enjoyable and meaningful to you! Call Danell Tavella at 525-5436 X 1402 to join in the opportunity.

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.

CHAIR YOGA

Will resume in January

TAI CHI HEALTH

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

Sponsored by CareOne at Redstone



ZUMBA

w/Grace Busto
Wed 4:00
\$5

ZUMBA GOLD & TONING

w/Kelly Phillips
Mon 4:15
\$5

EXERCISE CLASS

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

NEW ZUMBA GOLD

(Chair accessible)
w/Grace Busto
Wed 3:00
\$3

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.

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
Dec. 11

MANICURES

by appointment
Cathy Rasid, LM
413-335-7422
Dec. 14 and 28

HEARING SCREENING

Baystate Hearing Center
Call 525-5436 for Appt.
Dec. 20

FOOTCARE/PEDICARE

By appointment
525-5436
Dec. 12

TAI CHI

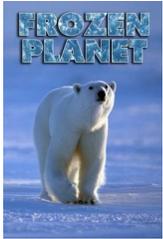
Tue 9:00 A.M. At the First
Congregational Church

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 December meeting will be held on the 20th.

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



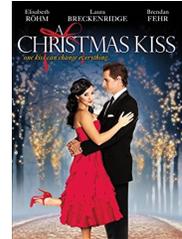
**Frozen Planet:
Autumn**
Dec. 4 48 mins



Christmas Belle
Dec. 5
1 hr 27 mins 2013 TV-PG



**Frozen Planet:
Winter**
Dec. 11 48 mins



A Christmas Kiss
Dec. 12
1 hr 29 mins 2011 PG



**Frozen Planet:
An Epic Journey**
Dec. 18 52 mins



White Christmas
Dec. 19
2 Hours 1954 TV -G



No Reservations
Dec. 26
1 hr 44 mins 2007 PG



RECREATION

ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

Dec. 14th 10:30

BEAN BAG BASEBALL

Fridays 9:30 A.M.

BILLIARDS

8:00 A.M. – 4:00 P.M.

Free Instruction Thursdays 10:00

BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.

Spring thru Fall

Wednesdays 10:00 A.M.

Group Play

BOOK CLUB

A Piece of the World
By. Christina Baker Kline
Dec. 19th 10:30 A.M.

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

Call office if interested to set a date

COMPASSION AND KINDESSS

Dec. 8th 1:00

COMPUTER CLASS

Wednesdays 1:00 P.M.

CREATIVE COLORING

Dec. 21st 2:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

Dec. 4th 9:30 A.M.

\$3/class + materials

LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY WALKERS

M/W/F 8:00 A.M.

NEEDLEWORK

Fridays 1:00 P.M.

POETRY CLASS

Dec. 19th 1:00 P.M.

VOICES AND VISIONS

Dec 14th 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 Dec. 7

\$5 *Bingo* Dec. 14

*Christmas Party with Tree Raffle
and Entertainer Noah Lis* Dec. 21

Bingo Dec. 28



SPECIAL NOTES



MEDICATION AWARENESS

December 6th 1:00

Join Alice, a nursing student at Bay Path University, as she leads a discussion on medications and what you should know about them.

Alice currently works at Baystate Medical Center and is excited to share her knowledge with you! Please sign up in the office.



COOKING WITH ASHLEY HOLIDAY COOKIE SWAP

December 13th 11:00

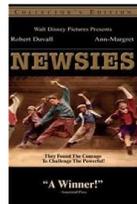
Come test out a new and exciting cookie recipes for the holiday season. Not only will you get to bake cookies, you will also get to bring some home as well as a holiday tray. \$14 includes everything. Will be held at the Community Life Center, 50 Parker Street East Longmeadow. Space is limited, sign up today!



MEET & GREET

**For Quarry Hill residents at QUARRY HILL
Thursday, Dec. 7th from 1:00—2:00**
in the Community Room.

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. Please see future newsletters for a Meet & Greet near you or feel free to call or come visit us at the Senior Center.



NEWSIES SHOWING

December 15th 12:45

Join us for the spectacular big screen showing of the Broadway musical *Newsies* on December 15th! Based on the 1992 musical film, *Newsies*, which was inspired by the real life Newsboys Strike of 1899 in New York City. This musical is sure to get you dancing and rooting for the Newsies! The show begins at 12:45 p.m. with a 15 minute intermission between the acts. Refreshments available during intermission. Sign up today!



COMPASSION AND KINDNESS

December 8th 1:00

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 finished.

Any questions call Lissa at 525-5436 X- 1407



NATIONAL GAMES DAY

December 20th 1:-00 - 3:00

December 20th is National Games Day! Grab your friends and come on over between 1:00—3:00 to play games. Scrabble, Pictionary, Trivia, Yahtzee and more!

Speaker David Garnes

December 7th 8:30 a.m.

David Garnes will be here to share stories in honor of Pearl Harbor Day. Please sign up in the office.

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULTATION

by appt. with
Dave Carlson, Attorney
Dec. 19

LICENSE RENEWALS

First-time online renewals
only (ages 55-74)
Dec. 20

VETERANS AGENT

John Comerford
413-267-4140
Office hours at the Senior Center on
Tue and Thur 10:00 a.m. to 12:00 p.m.

VOLUNTEER OPPORTUNITIES



We are in need of kitchen assistants. This includes prepping for Meals on Wheels, helping our chef prepare daily lunches, cleaning etc. If interested, please schedule an appointment with Alicia Smith at 525-5436 x 1406.

INCLEMENT WEATHER POLICY



When East Longmeadow Public Schools are closed due to weather, there will be no congregate meals served or Meals on Wheels delivered. The Senior Center remains open for phone calls and emergencies unless the Town Hall closes. Weather updates can be viewed on WGGB Channel 40 and WWLP Channel 22. *When there is a two hour delay, please call the Senior Center to inquire about lunch and Meals on Wheels.*



NUTRITION PROGRAMS

HEALTHY INCENTIVE PROGRAM

Looking for ways to earn more SNAP dollars, learn how to use HIP by participating in Farmers Markets, Farm Stands, Mobile Markets and CSA Farm Shares. Programs have been confirmed through the winter months. Call the office at 525-5436 to learn more about this program.



EMERGENCY FOOD PANTRY

Our pantry is for East Longmeadow families in need of supplemental food items to get them through the month. Please remember that TWO bags per visit is the LIMIT for using the Emergency Food Pantry twice per month. Don't forget to bring you own bags.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Are you 60 or older and your gross monthly income is below \$2,010 for a household of one; or \$2706 for a household of two? You may be eligible for SNAP benefits. Call Danell Tavella at 525-5436 for more information.



SILVER SNIPPET

We **can** live well as we age. Senior Centers can empower us to master aging. Senior centers embrace the opportunities and challenges of aging. We are a gateway connecting older adults, their families, and the community to resources that enable older adults (and eventually everyone as they age) to stay healthy secure, and independent.-NISC

Come to Pleasant View Senior Center to explore, learn, and discover.

It is a friendly place to meet with your neighbors. Do you have talents and skills to share? This is the place!

We also provide many essential services for our seniors to continue to live independently in our community. Just look through the newsletter to see all we have to offer. Let us help you "Master Aging".

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
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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 December 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>** Indicates High Sodium</p> <p>Partially funded by the MA Executive Office of Elder Affairs and the Federal Administration</p>			<p>1</p> <p>Oven Baked Potato Crusted Pollack Au Gratin Potato Roasted Brussel Sprouts Peaches</p>
<p>4</p> <p>Cheese Lasagna with Meat Sauce Italian Vegetables Mixed Fruit</p> <p><i>National Cookie Day</i> </p>	<p>5</p> <p>BBQ Pulled Pork Sandwiches Coleslaw Sliced Apples</p>	<p>6</p> <p>Glazed Salmon Rice Pilaf Squash and Zucchini Pineapple</p>	<p>7</p> <p>Baked Chicken Scalloped Potatoes Pudding</p>	<p>8</p> <p>Beef Bolognese Egg Noodles Mixed Vegetables Fruited Jell-O</p>
<p>11</p> <p>Crustless Bacon, Broccoli and Cheese Quiche Steamed Carrots Sliced Apples and Cake</p>	<p>12</p> <p>Salisbury Steak Mashed Potatoes Green Peas Pudding</p>	<p>13</p> <p>Grilled BBQ Chicken Sandwich Zesty Fries 3 Bean Salad Mandarin Oranges</p>	<p>14</p> <p>Fish Francoise Quinoa Green Beans Peaches</p>	<p>15</p> <p>Stuffed Cabbage Pork Quinoa Peppers Apple Sauce</p> <p><i>National Cupcake Day</i> </p>
<p>18</p> <p>Beef Stroganoff Egg Noodles Peas and Carrots Pears</p> <p><i>National Bake Cookies Day</i> </p>	<p>19</p> <p>Turkey Pot Pie with Potato, Celery, Carrots and Peas Pineapple</p> <p><i>National Hard Candy Day</i> </p>	<p>20</p> <p>Sweet and Sour Meatballs Fried Rice Vegetable Medley Apricots</p>	<p>21</p> <p><i>Christmas Party with Entertainer Noah Lis</i></p> <p>Chicken Parmesan Penne Roasted Vegetable Special Desert</p>	<p>22</p> <p>Sweet Potato Crusted Pollock Smashed Cauliflower and Potato Mixed Fruit</p>
<p>25</p> <p>Center Closed</p> 	<p>26</p> <p>New Orleans Chicken Brown Rice Fruited Jell-O</p> <p><i>National Candy Cane Day</i> </p>	<p>27</p> <p>Eggplant Parmesan with Spaghetti California Veggies Peaches</p> <p><i>National Fruit Cake Day</i> </p>	<p>28</p> <p>Hearty Beef Stew with Peas, Carrots and Celery Pudding</p>	<p>29</p> <p>Seafood Chowder with Clams, Shrimp, Crabmeat, Potato, Corn and Carrots Mandarin Oranges</p>

Activities Calendar December 2017

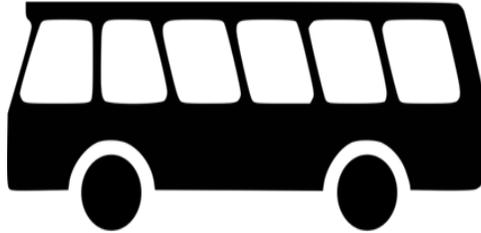
Monday	Tuesday	Wednesday	Thursday	Friday
<p>*By Appointment</p>				<p>1 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 1:00 Dominoes, Needlework 4:00 Line Dancing Class UNICO Dinner</p>
<p>4 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning</p>	<p>5 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie</p>	<p>6 SHINE Appointments* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Medication Presentation, Chair Volleyball, Computer Class 3:00 Zumba Gold 4:00 Zumba w/Grace</p>	<p>7 Quarry Hill Meet and Greet 8:30 Speaker David Ganes 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:30 Bingo, Canasta,</p>	<p>8 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 1:00 Compassion and Kindness, Dominoes, Needlework, 4:00 Line Dancing Class</p>
<p>11 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</p>	<p>12 Pedicare* 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie</p>	<p>13 SHINE Appointments*, Cooking with Ashley * 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 Chair Volleyball, 3:00 Zumba Gold 4:00 Zumba w/Grace</p>	<p>14 Manicures* 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:30 Ask a Librarian 10:45 Exercise Class 12:30 \$5 Bingo, Canasta, 2:00 Voices and Visions</p>	<p>15 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:45 Newsies Showing 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p> <hr/> <p>16 10:00 Visit with Santa</p>
<p>18 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>19 Legal Consultations* 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Book Club, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie 1:00 Poetry Class</p>	<p>20 SHINE Appointments*, Hearing Screening*, License Renewal*, Support Group 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 1:00 National Games Day, Chair Volleyball, Computer Class 3:00 Zumba Gold 4:00 Zumba w/Grace</p>	<p>21 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:30 Christmas Party with Noah Lis, Canasta 2:00 Creative Coloring</p>	<p>22 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>2^F</p> 	<p>26 8:30 Bosu Balance 9:00 Breakfast Club 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2, 12:30 Mah-jongg 12:45 Movie</p>	<p>27 8:00 Walkers 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 3:00 Zumba Gold 4:00 Zumba w/Grace</p>	<p>28 Manicures* 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:30 Bingo, Canasta,</p>	<p>29 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>

MEMORIAL DONATIONS

A special thank you to Charlotte Roda for her donation in Memory of Linwood Sullivan.



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****

24-48 hour notification is required for booking any transportation. ***For medical appointments we recommend calling as soon as you schedule your appointment.*** 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
Program And Volunteer
Coordinator
Ext. 1406

Meralee Kratovil
Office Manager
Ext. 1404

Terry Glusko
Transportation Coordinator
Ext. 1410

Sharon Giordano
Bookkeeper
Ext. 1405

Margit Daley
Kitchen Assistant,
Dishwasher

Barbara Fenney
Dispatcher
Ext. 1410

MON - FRI: 8:00 a.m. – 4:00 p.m. | 413.525.5436



Grace Busto
Chef