

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.

Candidate's Night: Come hear your state and local candidates present their platforms here at the Pleasant View Senior Center on **THURS, NOV 1st @ 7:00 PM**, facilitated by Town Moderator Jim Sheils. Questions will be taken by the candidates following their platform. *The general public is welcome and encouraged to attend!*

Home Energy Services Program: Joshua Florence from the Pioneer Valley Planning Commission will visit on **FRI, NOV 2nd @ 10:00 AM** to discuss the Home MPG Springfield Area Program, an initiative within the Mass Save Home Energy Services Program. Please call to register.

Influenza Vaccine for Homebound Clients: The COA has received its allocation of the influenza vaccine. We are

designating the vaccine we received to go to our homebound clients. If you or someone you know is unable to get out to receive a flu shot, please call our nurse, Lissa Fontaine @ **525-5436, ext. 1407**, to schedule a home visit. \$2 donation.

Invitation to Participate: As much as our enrollment and programs have grown in the past couple of years, we are realizing that there is a vast population of seniors in our community that have yet to come to our center. *We want you* and would like to issue an invitation for a **free lunch** to any senior (age 60+) who has never participated in a program or had a meal here. For those seniors that are here on a regular basis participating in programs or having lunch, please feel free to issue the same invitation

to a senior you may know that is missing out on all the fun and activity here. ***This invitation is for seniors residing in any town or state.*** Simply clip the coupon below and give us a call @ 525-5436 to put your name in for lunch on the day you would like to attend. You can find our daily menu on the back calendar page of this newsletter, as well as all activities and events happening each day. *We hope to see you soon!*

COUPON GOOD FOR
ONE FREE LUNCH
for new participants
age 60+

Pleasant View Senior Center
328 North Main St.
East Longmeadow

Call 525-5436 for reservations

*This coupon has no expiration date
and no monetary value.*

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

Medicare Open Enrollment: Now until DEC 7 is when ALL people with Medicare can change their Medicare Health Plan and Prescription Drug Coverage for 2013. Information on the 2013 plans are now available. During

open enrollment you can switch, drop or add plans as they relate to Medicare parts A, B, and D, and Medicare Advantage. **If you are satisfied with your current plan, you do not need to do anything.** For help understand-

ing and choosing the right Medicare options call **1-800-633-4227** or visit **medicare.gov**. You may also want to call 525-5436 to make an appointment with one of our SHINE counselors.

PROGRAMS . . . PLEASE REGISTER FOR ALL PROGRAMS

Veterans Luncheon: Once again we will be honoring local veterans at a luncheon on **TUES, NOV 13th**. This event kicks off at 11:30 a.m. and includes entertainment. **No charge for veterans; a guest is \$3.** Please call 525-5436 to reserve your spot as seating is limited.

Friendship Club Thursdays: 11/1 - Regular BINGO, sign up for Bake Sale.

11/8 - Dave Cuccice Show and Food Drive (fixings for Thanksgiving Dinner).

11/15 - Regular BINGO, Bake Sale, Jewelry Sale, Turkey Door Prize, Food Drive (fixings for Thanksgiving Dinner).

11/29 - Board Meeting @ 9:50 AM. Holiday Program, Senior Concert Band of Western MA, *sponsored by Westfield Savings Bank*. We are also still accepting jewelry in good condition to sell on Thursdays to support programming (*no broken jewelry please*.)

Movie Tuesdays: All movies are shown in our beautiful new media center and begin at **12:45 PM**. *Sign-ups required as seating is limited.* Movies this month are: *Chicago* (2002), 113 min. on **NOV 6th**; *Remember the Titans* (2000), 113 min. on **NOV 20th**. Refreshments served.

Monthly Meet and Greet: "Anxiety - everyone has it but why does mine feel so bad?" Come for a discussion about anxiety and learn some solutions to manage it on **TUES, NOV 6th @ 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.

Healthy Eating for Successful Living: An educational and support program designed to assist older adults in the self-management of their nutritional health. The focus of this program is to encourage participants to understand and implement eat-

ing and activity behaviors that support heart and bone health. Expect this six week workshop to begin **late NOV**. *Dates and times TBD.*

Food Drive: The Rotary Club will be holding a Food Drive in our parking lot to benefit the Open Pantry in Springfield and our Food Pantry on **SAT, NOV 17th from 10:00 AM - 2:00 PM**.

UNICO Christmas Party: The date is **FRI, DEC 7th @ 5:00 PM**, includes dinner and entertainment. Free and open to the public. Seating is limited. *Tickets will be available MON, NOV 19th.*

Memorial Donations: *Thank you to those who remembered our Senior Center with donations in memory of:* **Elda Duncan:** *Marion Fiorentino;* **Mafalda Albano:** *Phyllis & Louis Grimldi;* **Margaret Wright:** *Bob & Lorraine Pasquale, Barbara Jambazian, and Irene Brasile.*

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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. *NOV 19th.*

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. Nominal fee.

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. *NOV 6th*

Matter of Balance Workshop: Cost of \$10 for 8 weeks from 10:00 AM to noon. Current class full; wait list started.

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. *NOV 2nd.*

Better Hearing Clinic: Baystate Hearing Aid Centers, **3rd WED,** 15 min. appts. between **10 AM - 12 PM.** *NOV 21st.*

Footcare/Pedicare: 2nd TUES each month/appt., **Cost is \$28, NOV 14th.** 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. \$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 League: WED, 10 AM. *Resumes in spring.*

Book Club: Last TUES of the month, 10:30 AM. NOV reading is "*The Widow's War,*" by Sally Gunning.

Cribbage: WED & FRI, 10 AM. month by appt. *NOV 20th*

Dominoes: FRI, 1 PM.

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

French: WED, 11 AM.

Gentlemen's Coffee Hour: 3rd TUES @ 9:00 AM. *NOV 20th*

Jewelry Class: 1st MON each month, 9:30 AM, \$3 plus materials, *NOV 5th.*

Legal Consultations w/Dave Carlson: On the **3rd TUES** of each

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

Mah Jongg: TUES @ 1:00 PM.

Manicures, Waxing: 2nd THURS w/licensed esthetician. *NOV 8th*

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 @ 12:30 PM *sharp.*

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.

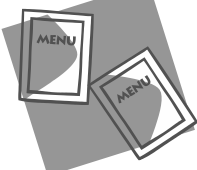
Trivia: THURS, 10 AM.

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

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

NOVEMBER 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
Menu is subject to change  Paper Recycle	1% Milk and WholeWheat Bread served daily ***Indicates high sodium		1 Chicken Casserole Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 Friendship Club, Regular BINGO 12:30	2 Beef Stroganoff Walkers 8:00 Capuano Care 8:00 Chair Exercise 8:45 Bean Bag Baseball 9:30 Art Class 10:00 Home Energy Services Program 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00
5 Sweet & Sour Meatballs Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:15 Container Recycle	6 ***Macaroni & Cheese w/Ham Meet & Greet (Anxiety Issues) 11:30 Movie, Chicago 12:45 Meditation 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00	7 Chicken Fricassee Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:30 Cribbage 10:00 Deaf Seniors 10:00 French 11:00 Chair Volleyball 1:00	8 Beef w/Snow Peas Manicures (appt.) Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 Friendship Club, Dave Cuccie Show 12:30	9 Baked Pollock 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
12 Closed for Veterans Day  Paper Recycle	13 Baked Stuffed Chicken \$3 SHINE by appt. Footcare/Pedicare/Appt. Meditation 9:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00 Veterans Day Luncheon 11:30	14 Goulash Chair Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:30 Cribbage 10:00 Deaf Seniors 10:00 French 11:00 Chair Volleyball 1:00	15 Roasted Turkey Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 Friendship Club, Regular BINGO 12:30	16 Tuna Melt 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
19 Chicken Parmesan Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:15 Container Recycle	20 Baked Pork & Cabbage Gentleman's Coffee Hour 9:00 Movie, Remember the Titans 12:45 Mah Jongg 1:00 Legal Consults/appt Tap Dance 7:00, 8:00	21 Baked Fish Sandwich Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Hearing Screenings 10:00 Cribbage 10:00 Limited Mobility Exer 10:30 Deaf Seniors 10:00 French 11:00 Chair Volleyball 1:00	22 Closed for Thanksgiving Holiday 	23 Closed for Thanksgiving Holiday
26 Chicken Pot Pie Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:15 Paper Recycle	27 Baked Fish Florentine Matter/Balance 10:00 Book Club 10:30 Movie 12:30 Mah Jongg 1:00 Tap Dance 7:00, 8:00	28 Meatloaf Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 Limited Mobility Exer 10:30 Deaf Seniors 10:00 French 11:00 Chair Volleyball 1:00	29 Eggplant Parmesan Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 FC Board Meeting 9:50 Candaras Rep Visit 11:00 Friendship Club, Senior Concert Band of Western Mass 12:30	30 Barbeque Pork w/Broccoli Walkers 8:00 Chair Exercise 8:45 Bean Bag Baseball Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00