

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



FEBRUARY HIGHLIGHTS

AARP FREE TAX SERVICE

AARP volunteers will be preparing taxes on Fridays beginning February 2nd—April 13th by appointment only. This free service is geared towards seniors of low to moderate income, filing a simple tax return. Please call 525-5436 for an appointment.



NEW KNITTING CLASS

This class is for beginners and advanced beginners who would like to learn or perfect the basics of knitting through guided projects. This 8 week course will meet on Thursdays at 1:00 beginning on February 15th. Cost is \$5 per week. Sign up today by calling 525-5436. *What you will need: #10 circular needle, stitch markers, scissors, row counter and a notebook.*



FACIALS

Registered Esthetician Diane Neil will be here on the first Wednesday of each month beginning on March 7th. The cost for a facial is \$30 for a one hour appointment. To make an appointment call 525-5436. **Join us on February 14th at 11:00 for a free demonstration.**



JANUARY IN REVIEW



618 Volunteer Hours



1158 Meals Delivered



430 Lunches Served



68 Food Pantry Visits

RESOURCES REPORT



HEALTHY NUTRITION OPTIONS

Wednesday, February 21st at 11:00



Crow River Farm, East Longmeadow Council on Aging and CSA team up to bring locals a “**Farm Share Program**”. Individuals will have an easy way to obtain healthy fruits and vegetables throughout the summer months. Choose weekly or bi-weekly pickups, here at the Senior Center, for 10 weeks out of the summer. Kerisa Fitzgerald of Crow River Farm and Brian Snell of CISA will be here to provide information on how the program works. Come learn about this **NEW** and **EXCITING** program and how you can use your SNAP HIP benefits to help pay for your share.

EXERCISE

BOSU BALANCE CLASS

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

EXERCISE CLASS

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

TAI CHI HEALTH with Lissa

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

TAI CHI with Shay

At First Congregational Church

Tue 9:00 A.M.



CHAIR EXERCISE

Mon/Wed 9:00 A.M.
Fri 8:45 A.M.
No Charge

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.

CHAIR YOGA

Fri 2:00 P.M.
\$5

ZUMBA GOLD & TONING

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

ZUMBA

With Grace

Will resume in the Spring

Many insurance companies have fitness rebates. Some of the classes and use of the fitness center qualify for up to \$150 returned to you. Please check with your insurance company, then speak with Lissa Fontaine about appropriate documentation.

HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE

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

FACIALS

by appointment 525-5436
Diane Neil, Reg. Esthetician
Cost is \$30
Beginning in March

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
Feb. 13th

HEARING SCREENING

Free Screening by
Baystate Hearing Center
Call 525-5436 for Appt.
Feb. 21st

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
Feb. 8th and 22nd

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
Feb. 12th and 26th

Alzheimer's/Dementia Caregiver Support Group

The support group meets monthly to provide emotional, educational and social support for caregivers who have a loved one living with dementia. Meeting is held at The Pleasant View Senior Center. Please call Lissa at 525-5436 ext. 1407 for more information.

The February meeting will be held on the 21st.

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



**Planet Earth II:
Islands**
Feb. 5
50 mins



Cool Runnings
Feb. 6
1 hr 38 mins
1993 PG



**Planet Earth II:
Mountains**
Feb. 12
49 mins



**No Movie
Due to
Entertainment**
Feb. 13

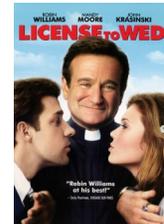
**Center Closed
No Documentary**
Feb. 19



**How to Steal
a Million**
Feb. 20
2 hrs 3 mins
1966 TV-PG



**Planet Earth II:
Jungles**
Feb. 26
49 mins



License to Wed
Feb. 27
1 hr 31 mins
2007 PG-13

RECREATION

ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

Feb. 8th 10:30 A.M.

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.

Group Play Spring thru Fall

Wednesdays 10:00 A.M.

BOOK CLUB

The Secret Diary of Hendrik

Groen

By Hendrik Groen

Feb. 27th 10:30 A.M.

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

*if interested call the office
to set a date*

COMPASSION AND KINDESSS

Feb. 9th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

GIN RUMMY

Wednesdays 1:00 P.M.

Begins Feb. 14th

JEWELRY CLASS

Will Resume in March

\$3/class + materials

KNITTING CLASS

Thursdays 1:00 \$5

Beginning Feb. 15th

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 READING

Feb. 20th 1:00 P.M.

STRESS FREE COLORING

Tuesdays 9:00 A.M.

CARDS AND GAMES

Canasta Thur 12:00 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 Feb. 1st

\$5 *Bingo* Feb. 8th

Entertainment Feb. 15th

Resurrection Airmen Band

Bingo Feb. 22nd

SPECIAL NOTES



SUPER BOWL PARTY

February 2nd at 11:00

Wear your favorite football team's jersey and join in on some Super Bowl fun!



MEET & GREET

February 7th at 1:00 - 2:00

Inward Commons Community Room

February 14th 1:00—2:00

Brownstone III Lower 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.



RSVP

February 22nd 10:00—11:30

RSVP is the volunteer center for people 55 and over in the Pioneer Valley. If you are interested in discovering some potential places where you can volunteer stop on by! A representative from RSVP will be here from 10:00—11:30.

Make sure to stop by the center to see the great trips that we offer! Included is a trip to Amish Country in Lancaster, PA a visit to the Aqua Turf Club to see Bobby Rydell, a guided driving tour in Kennebunkport, ME and more!

PyongChang 2018



SENIOR CENTER OLYMPICS

February 9th 10:30

Come hear how the Olympics got started, take part in the Winter Games Torch Relay and test your Olympic knowledge with trivia questions. Beginning Feb. 9th keep a look out for some of the Senior Center's games as they may be geared towards an Olympic format.



VALENTINE'S DAY LUNCH & ENTERTAINMENT

February 13th 12:00—2:00

Join us for lunch on Valentine's day followed by Entertainment. This event is sponsored by CareOne at Redstone. Please call **Redstone at 525-3336** to sign up for lunch



APEX HOME CARE

February 23rd 11:00

Knowing the difference between a Visiting Nurse and Private Home Care presentation brought to you by Cheryl Rumley of Apex Home Care. Refreshments will be provided. Sign up by calling 525-5436.



COMPASSION AND KINDNESS

February 9th 1:00

Come and help with sewing, knitting and crochet projects to create for a variety of charitable organizations. Come on by and we can put any talent to work for our projects. We meet the second Friday of the month at 1:00.

VETERANS

★ *Breakfast* ★

VETERANS BREAKFAST

February 20th 10:00

Sponsored by The Reserve in East Longmeadow

This breakfast is only for Veterans. This is an opportunity to come and meet other Veterans and to learn about some of the services available to you. Sign up by calling 525-5436.



Wealth Preservation Group, Inc

FINANCIAL DANGERS

Wednesday February 28th at 3:30

Will your income last as long as you will?

Learn how to map it out and protect your assets for your lifetime and to Build a Bridge to safely guide your assets to your loved ones. This is a broad overview of many estate planning topics you won't want to miss! *Presented by John G. Dee*

STRESS FREE COLORING

Tuesday's at 9:00

Coloring is back! It is said to decrease stress and increase relaxation. Come try it out for yourself. Bring your own supplies or use those provided by the COA.

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION

by appt. with
Dave Carlson, Attorney
Feb. 20th

LICENSE RENEWALS

First-time online
renewals only
(ages 55-74)
Feb. 21

SHINE

COUNSELOR
Medicare Assistance
By Appt. with Jackie
Wednesdays

VETERANS AGENT

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

RESOURCE INFORMATION

CIRCUIT BREAKER TAX CREDIT

Taxpayers who are eligible for the tax credit in the 2017 tax year can claim the credit by submitting a completed Schedule CB, Circuit Breaker Credit, with their 2017 state income tax return. Eligible taxpayers who do not normally file a state income tax return may obtain a refund by filing a return with Schedule CB. Taxpayers must be 65 years of age or older, own or rent and occupy property in Massachusetts. Income limitations apply. The maximum credit is \$1,080 for the tax year beginning January 1, 2017.

REAL ESTATE TAX EXEMPTION APPLICATIONS

Applications for the fiscal year 2018 are being accepted in the Assessor's office until April 1, 2018. Applicants **MUST** be an East Longmeadow home owner, 70 years of age or older, or joint owner with a spouse 70 years or older. Contact the Assessor's office at 525-5400 ext. 1600 or Danell at 525-5436 ext. 1402 for more information and eligibility criteria.

FILE of LIFE

The **File of Life** is a refrigerator magnet with an attached red plastic pocket labeled "**FILE OF LIFE**". In the plastic pocket is a tri-fold card on which you can record your vital emergency information. In an Emergency, first responders know to look on the refrigerator for this important information. Please visit the COA office for your FREE file of life.

DEADLINES TO REMEMBER

FUEL ASSISTANCE: November 1, 2017 - April 30, 2018

East Longmeadow RE TAX EXEMPTION: November 1, 2017 – April 1, 2018

SNAP (Supplemental Nutritious Assistance Program): Ongoing

SILVER SNIPPET

The Wellness Wheel has seven dimensions of wellness. January we focused on the *physical dimension*.

For February let's discuss the *social dimension which emphasizes the creation and maintenance of healthy relationships and encourages positive contributions to the welfare of the community. The social dimension focuses on interdependence with others and nature. It encourages the pursuit of harmony within the family and community. Begin by respecting yourself and continue with respecting other people and their differences. Develop meaningful interactions with others through a variety of activities-find something you enjoy doing and do it!*

The Pleasant View Senior Center has a wide variety of opportunities to become involved and meet new people. There is art class, bean bag baseball, billiards, book club, chair volleyball, jewelry class, and many different card games. If we don't have it just ask or start your own group.

(Whole Person Wellness-Kay Van Norman and The Journal of Active Aging May/June 2013)

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

Wealth Preservation Group, Inc.

John G. Dee, 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



Maureen Coughlan, Realtor
COLDWELL BANKER

"Home" work is what I do best!

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

♥ Meal Calendar February 2018 ♥

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Creamy Chicken and Mushrooms Egg Noodles Green Peas Peaches	2 Low Sodium Hot Dog and Chili on a Roll Coleslaw Mandarin Oranges
5 Eggplant Parmesan with Meat Sauce Penne Pasta Mixed Fruit	6 Buttermilk Ranch Chicken Scalloped Potato Steamed Broccoli Pears	7 Stuffed Cabbage with Pork and Quinoa Apple Sauce	8 Roasted Turkey Smashed Potato Carrots and Green Beans Apple Crisp	9 Baked Pollock with Mustard Oil Sauce Smashed Cauliflower Pineapple
12 BBQ Meatballs Butter Sage Mashed Potato Green Beans Fruited Jell-O	13 <i>Valentine's Day Lunch</i> <i>Sponsored by CareOne at Redstone. Call 525-3336 to sign up</i> <i>Meals on Wheels only : Chicken and Broccoli Alfredo Tortellini</i>	14 Mild Buffalo Chicken Chili Corn Bread Caesar Salad Butterscotch Pudding	15 French Meat Pie Roasted Brussel Sprouts Mandarin Oranges <i>National Gum Drop Day</i> 	16 Fish Francoise Quinoa Spinach Peaches
19 CENTER CLOSED 	20 Meatloaf Sandwich 3 Bean Salad Mixed Fruit Cake	21 Turkey Pot Pie with Carrots, Celery, Peas and Potatoes Pineapple	22 BBQ Chicken Roasted Vegetables Au Gratin Potatoes Chocolate Pudding	23 Tuna Salad on a Roll Beet Salad Cinnamon Apples
26 Pasta Italiano with Slice Beef Italian Vegetables Peaches	27 Chicken Cacciatore Linguine Carrots, Celery and Peppers Mandarin Oranges	28 Shepard's Pie Peas and Carrots Fruited Jell-O		Cost is \$2.50 Lunch Begins at Noon **Please reserve lunch 24 hours in advance by calling 525-5436**

♥ Activities Calendar February 2018 ♥

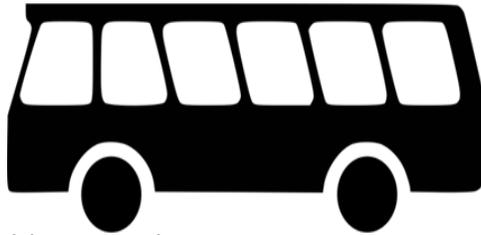
Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo	2 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Super Bowl Party 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
5 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	6 8:30 Bosu Balance 9:00 Breakfast Club, Stress Free Coloring 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	7 Meet and Greet Inward Commons, SHINE* 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	8 Manicures* 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:30 Ask A Librarian 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo	9 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 10:30 The Olympics 1:00 Compassion and Kindness, Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
12 Massage Therapy* 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	13 Pedicare* 8:30 Bosu Balance 9:00 Breakfast Club, Stress Free Coloring 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:00 Valentine's Day Lunch and Entertainment 12:30 Mah-jongg	14 Meet and Greet Brownstone III, SHINE * 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 Facial Demo , French 1:00 Chair Volleyball, Computer Class, Gin Rummy	15 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 Resurrection Airmen Band 1:00 Knitting Class	16 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 2:00 Chair Yoga 4:00 Line Dancing Class
19 CENTER CLOSED 	20 Legal Consultations* 8:30 Bosu Balance 9:00 Breakfast Club, Stress Free Coloring 9:30 Tai Chi, Level 3 10:00 Veterans Breakfast 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie 1:00 Poetry Reading	21 Hearing Screening*, License Renewal*, SHINE *, Support Group 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 Nutrition Options Presentation , French 1:00 Chair Volleyball, Computer Class, Gin Rummy	22 Manicures* 9:00 Bosu Balance 10:00 Billiards Lesson, Trivia, Friendship Club Board Meeting, RSVP Representative 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 Bingo 1:00 Knitting Class	23 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Apex Presentation 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
26 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	27 8:30 Bosu Balance 9:00 Breakfast Club, Stress Free Coloring 9:30 Tai Chi, Level 3 10:30 Book Club, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	28 SHINE* 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, Gin Rummy 3:30 Wealth Group Presentation		
*By Appointment				

THANK YOU



A BIG Thank You to our Community for all your donations of food for our Emergency Pantry, Gifts and Gift Cards to those experiencing a hardship, and holiday homemade cards for our home bound elders! We know that the holidays are a busy time of year and we appreciate all that you do. Thank you for your generosity and for taking time out of your hectic schedules to brighten someone's day.

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

Alicia Smith
*Program And Volunteer
Coordinator*
Ext. 1406

Terry Glusko
*Transportation
Coordinator*
Ext. 1410

Grace Busto
Chef

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

Sharon Giordano
Bookkeeper
Ext. 1405

Barbara Fenney
Dispatcher
Ext. 1410

Margit Daley
*Kitchen Assistant,
Dishwasher*

Danell Tavella
Community Services
Ext. 1402

Meralee Kratovil
Office Manager
Ext. 1404

Sandy Bell
*Meal Site
Coordinator*



MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436