

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



JUNE HIGHLIGHTS

SAFETY FAIR

Friday, June 22nd

The purpose of this fair is to provide you with education about your overall safety. There will be vendors from 9:00—12:00 including hearing screenings, the opportunity to complete a health care proxy, a keynote speaker and more! Our keynote speaker for this event is DaLonn Pearson from the Mass Office on Disability. DaLonn, along with our local emergency personnel will be presenting at 11:00 on what to do in the event of an emergency. His presentation will be geared towards those with disabilities and caregivers. This presentation will be open to everyone. He will have Emergency Go Packs available for those who qualify.



Refreshments and raffles included

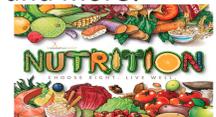


NUTRITION AND WELLNESS FOR OLDER ADULTS

Friday, June 15th 11:00

Amber from The Food Bank will be here to discuss healthy and delicious meal and snack ideas, tips on reducing sugar and sodium, shopping and cooking meals for one or two and more!

**** Free Food Sampling**



MAY IN REVIEW



612 Volunteer Hours



1245 Meals Delivered



610 Lunches Served



52 Food Pantry Visits

RESOURCES REPORT

DO YOU KNOW YOUR NEIGHBOR???

If you are concerned about the **Health and Welfare** of a neighbor, PLEASE contact us to make us aware. Anonymous calls are welcome and ALL will be addressed.

Danell Tavella, COA 525-5436
Officer Dan Atwater, ELPD 525-5440
OR, Elder Abuse Hotline
 1-800-922-2275
 (7days/wk , 24/hrs a day)

SWAP

If you are 60 or over and a resident of East Longmeadow you may be eligible for SWAP, the Senior Tax Work Off Abatement Program. **Applications will be available July 1st and are due by October 1st.** Late applications will not be accepted. If you would like more information about this program please call our office at 525-5436.

HOUSING

Ellen Cohen Mehlhorn from GSSI will be here on **Wednesday, June 20th at 11:15** to discuss McLaren House Congregate Living and to answer any questions you have about services offered by Greater Springfield Senior Services.

OPEN PANTRY

This month we are looking for toothpaste, deodorant, shampoo, soap and toothbrushes.
 Thank you to everyone for your continued support and generous donations!

EXERCISE

BOSU 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

NEW DANCE FITNESS

6 Week Program
Tuesday June 5th, 12th
and 19th @ 10:30 \$5/Class

FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. Medical clearance form is required, orientation necessary before use. Please schedule an appointment 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 GOLD

w/Grace
Wed 3:00 P.M.
\$5 (No Class 6/27)

ZUMBA TONING

w/Grace
Wed 4:00 P.M.
\$5 (No Class 6/27)

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
June 6th

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
June 12th

HEARING SCREENING

Free Screening by
Baystate Hearing Center
Call 525-5436 for Appt.
June 20th

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
June 14th and 28th

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
June 11th and June 25th

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 June meeting will be held on the 20th.

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



**Small is Beautiful: A
Tiny House Documentary**
June 4th
1 hr 7mins 2015



The Clapper
June 5th
1 hr 30mins
2017 R



Beary Tales
June 11th
51 mins
2013



Sliding Doors
June 12th
1 hr 38mins
1998 PG-13



**National Parks
Adventure**
June 18th
42 mins 2016



Wild Hogs
June 19th
1 hr 39 mins
2007 PG-13



**Elizabeth at 90: A
Family Tribute**
June 25th
1 hr 29 mins 2016



Carrie Pilby
June 26th
1 Hr 38mins
2017 TV-14

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

Will resume in September

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

Grief Cottage

Gale Godwin

June 26th 10:30 A.M.

BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.



CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

if interested call

office to set a date

COMPASSION AND KINDESSS

June 8th 1:00 P.M.

COMPUTER CLASS

Will resume in September

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

June 4th 9:30 A.M.

\$3/class + materials

KNITTING CLASS

Thursdays 1:00 \$5

Materials Required

LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY WALKERS

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



MUSIC LESSONS

Call office to set a date
\$7 per 30 minute lesson

NEEDLEWORK

Fridays 1:00 P.M.

TRIVIA

Thursdays 10:00 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

June 7th Bingo

June 14th \$5 Bingo

June 21st **End of Season Picnic**

1:00 p.m. Free for Members,
\$3 per ticket for non-members

**Entertainment to follow
by The Resurrection Airmen**

BINGO			
4	26	43	59 70
9	30	41	55 68
7	23	35	50 63
8	20	31	60 75
13	18	34	52 69

SPECIAL NOTES



HEALTH CARE PROXY **Wednesday, June 6th** **at 11:15**

Come hear the importance of having a health care proxy. Presented by The Holyoke VNA.



SENIOR GAMES
Saturday, June 16th
Every year we open the Senior Games by walking a mile on the track at Springfield College. If you would like to participate this year, please call Alicia at 413-525-5436



GOLF INSTRUCTION

Bob Lake, PGA Pro will offer a series of golf lessons for seniors at Fenway Golf in East Longmeadow. Lessons are Wednesdays from 11:00-12:00. The cost is \$89 per six week session. Please call Bob directly at 413-330-1578
Session II July 11-August 15
Session III Sept. 5-October 10



ICE CREAM DAY **Thursday, June 7th** **following lunch**

Come enjoy ice cream with all of the toppings sponsored by The Visiting Angels.



COOKING CLASS with BELLA FOODIE

Wednesday, June 20th
at 3:00

Outdoor entertaining at it's finest! We will explore quick, easy and beautiful dishes you can bring to this season's BBQ's, potluck and dinner parties. \$14 per person, Class is limited to 6 people, register by June 15th by calling 413-525-5436



TAG and BAKE SALE **Saturday, June 23rd** **9:00—5:00**

Inward Commons Tenant Association will be holding a Tag and Bake Sale at Inward Commons (Off Somers Rd-High St) All proceeds to benefit the Inward Commons Tenant Association. Any Questions call Marilyn Bouvier 413-233-7799



HEALTHY LEG DAY **Friday June 8th** **at 11:00**

A representative from Sigvaris will be here to discuss the importance of leg health.



ENDLESS BYWAYS **Wednesday, June 27th** **at 11:15**

You've never experienced travel quite this way. Join Joe and Martha as they tell you all about the great trips coming our way this fall!



FRIENDSHIP TOURS **Wednesday, June 13th** **at 11:15**

Come hear about all the great trips coming up!



BINGO **Thursday, June 28th** **at 1:00**

Join us as Clear Captions sponsors bingo and prizes!

THE RESERVE AT EAST LONGMEADOW

DINNER AT THE VIEW **Featuring The Reserve**

Wednesday, June 27th at 5:00

We are excited to offer monthly dinners at The Pleasant View Senior Center. We hope you can join us for a delicious, affordable dinner in a comfortable environment. Reservations are required, \$5 per person. *Seating is limited.* **Due to the popularity of this event tickets will now be pulled on a lottery system. You may add your name to the lottery between Monday, June 4th-Friday June 8th. You must come to the office at the Senior Center to enter your name. There will be no group sign ups. We can not accept phone calls for tickets, you must be present to put your name in the lottery. Names will be selected and notified on June 11th and 12th.** We hope this gives everyone a fair opportunity to join us for dinner!

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULTATION

by appt. with
Dave Carlson, Attorney
June 19th

LICENSE RENEWALS

First-time online
renewals only
(ages 55-74)
June 19th

SHINE

COUNSELOR
Medicare Assistance
By Appt. with Jackie
June 7th and 21st

VETERANS AGENT

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

THANK YOU

Thank you to **East Village Place** for sponsoring our April's *Dinner at the View*. On April 25th over 90 seniors were able to enjoy an affordable night out with a delicious dinner prepared by **Jeffrey Ross, the Dining Service Director of East Village Place**.

We would also like to thank all of our volunteers who helped make this event so successful. We appreciate all you did to help this event run so smoothly!



Thank you to **CareOne at Redstone** for sponsoring our *Cinco De Mayo lunch* on May 3rd. Everyone enjoyed a delicious lunch followed by entertainment!



MEMORIAL DONATIONS

A special thank you to **Walter LaBroad** for his donation in memory of **Ken Cook**.

SPONSORS

THE REAL ESTATE MARKET CENTER

Never overpay to sell your home with my 3% and/or 4% Commission Plan!

www.3or4plan.com

Michael Robie, Real Estate Broker 413-575-7236

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

FARMINGTON BANK®

Visit our East Longmeadow branch at 61 North Main St.

Toll-Free 877-376-BANK | farmingtonbankct.com Member FDIC. Equal Housing Lender

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

BBB ACCREDITED BUSINESS

Brown Farm Community Gardens

The Town of East Longmeadow has community garden plots for rent at Brown Farm located at 64 Hampden Road. \$15 for a half plot, \$30 for a full plot. For more information please call the Recreation Department at 413-525-5437

Meal Calendar June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	\$2.50 Lunch Donation is Appreciated Lunch Begins at Noon	<i>**Please reserve lunch 24 hours in advance by calling 525-5436**</i> <i>*Whole Wheat Bread or Rolls Served Daily</i>		1 BBQ Pork Ribs Sweet Potato Peas & Carrots Sliced Apples
4 Beef Bourgeon Egg Noodles Green Beans Mixed Fruit	5 Ham and Egg Salad Sandwiches Beet Salad Peaches	6 Chicken Parmesan Spaghetti Peas & Carrots Jell-O with Fruit	7 Roasted Turkey Mashed Potato California Blend Pudding	8 Fish Francoise Rice Pilaf Vegetable Medley Pineapple
11 BBQ Chicken Wrap Zesty Fries Spinach Fresh Fruit	12 Veal Cutlet w/Gravy Scalloped Potatoes Italian Blend Vegetables Mandarin Oranges	13 Paella with Shrimp, Mussels & Sausage Saffron Rice Mixed Vegetables Peaches	14 Shephard's Pie Green Beans & Sweet Peppers Butterscotch Pudding	15 Swedish Chicken Meatballs Sweet Potato Brussel Sprouts Fruit Cocktail
18 Cheese Lasagna with Meat Sauce Broccoli & Cauliflower Peaches	19 Salisbury Steak Au Gratin Potato Peas & Mushrooms Sliced Apples	20 Pollack Milanese with Bruschetta Rice Pilaf Mandarin Blend Oranges	21 Baked BBQ Chicken Chicken Cobb Salad with Macaroni Fresh Fruit & Cake	22 Meat Loaf Mashed Potatoes Steamed Carrots Pudding
25 Vegetarian Chili with Kidney and Cannellini Beans Pears	26 Chicken & Broccoli Fried Rice Applesauce and Cake	27 Beef Bolognese Penne Italian Blend Vegetables Pineapple	28 Meatball Sub Green Salad Chips Soup *only served in house Peaches	29 Baked Fish & Chips Zesty Fries Coleslaw Jell-O with Fruit

Activities Calendar June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
*By Appointment				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 2:00 Chair Yoga 4:00 Line Dancing Class
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	5 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Dance Fitness, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	6 Facials* 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 11:15 Health Care Proxy Presentation 1:00 Chair Volleyball 3:00 Zumba Gold 4:00 Zumba Toning	7 SHINE* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta, Ice Cream Day 12:30 Bingo 1:00 Knitting Class	8 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Healthy Leg Day Presentation 1:00 Compassion and Kindness , Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
11 Massage Therapy* 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning	12 Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Dance Fitness, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	13 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 11:15 Friendship Tours Presentation 1:00 Chair Volleyball 3:00 Zumba Gold 4:00 Zumba Toning	14 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting Class	15 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Nutrition and Wellness Presentation 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
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	19 Legal Consultations*, License Renewals* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Dance Fitness, Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	20 Hearing Screening*, Support Group 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 11:15 Housing Presentation 1:00 Chair Volleyball 3:00 Cooking Class , Zumba Gold 4:00 Zumba Toning	21 SHINE* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 1:00 Friendship Club End of Season Picnic and Entertainment 1:00 Knitting Class	22 Safety Fair 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
25 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	26 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Book Club , Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	27 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 1 11:00 French 11:15 Endless Byways Presentation 1:00 Chair Volleyball 5:00 Dinner At The View (Reservation Req.)	28 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 1:00 Bingo and Prizes 1:00 Knitting Class	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 2:00 Chair Yoga 4:00 Line Dancing Class

SILVER SNIPPET

This month we will focus on the ***Vocational Dimension of the wellness wheel***. This area emphasizes determining and achieving personal and occupational interests through meaningful activities. This can occur through goal setting for personal enrichment. This dimension is linked to the creation of a positive attitude about personal and professional abilities and development. The recommendations are to engage fully in life, participate in hobbies or an occupation, recognize abilities, identify a personal mission and goals, learn new skills, maintain interests and develop new interests.

(Whole person wellness model, Jan Montague)

Pleasant View Senior Center has many opportunities to learn new skills-whether its billiards, cribbage, sewing, knitting, painting or a new musical instrument. What have you always wanted to do? Come and see if we offer it here. Is there some skill set you would like to share? Let us know that too. The Senior Center has many volunteers who are sharing their skills. Volunteering is a great way to participate and share your gifts, talents and time.

We hope to see you soon

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**

48-72 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 LIAISONS

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