

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



JULY HIGHLIGHTS



HAPPY 4TH OF JULY!

The Pleasant View Senior Center will be closed on Wednesday, July 4th in honor of Independence Day. Be sure to look for our float in the East Longmeadow parade this year as we are celebrating Pleasant View Senior Center's 60th Year Anniversary!

DINNER AT THE VIEW

Thank you to everyone that has attended our monthly dinners and to our many volunteers that helped make the dinners so successful! We would also like to thank *Fazio's Restaurant, East Village Place, Center Square Grill* and *The Reserve* for sponsoring our dinners.

Dinner at the View will resume in the Fall.

FARMERS' MARKETS

Come to the Senior Center for the latest copy of local farmers' markets.



JUNE IN REVIEW



1,264 Volunteer Hours



1,054 Meals Delivered



776 Lunches Served



88 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)

2018 SUMMER FARMSHARE

Just a reminder for those that registered for the CSA Farm Share through the Crow River Farm, the program will run from July 11th-September 12th. **Pick up will take place on Wednesday's from 1:00-3:00 at the Senior Center.** Once you check in, your pre-bagged farm share will be ready to take home



OPEN PANTRY

This month we are looking for:



Thank you to everyone for your continued support and generous donations!

EXERCISE

BOSU CLASS

with Lissa
Tue 8:30 A.M.
Thur 9:00 A.M.

Card Needed



EXERCISE CLASS

with Lissa
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

CHAIR YOGA

with Marianne
Fri 2:00 P.M.

\$5 /Class

No Class July 27

ZUMBA GOLD & TONING

with Kelly Phillips
Mon 4:15 P.M.

\$5/Class

FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. A Medical clearance form is required and orientation is 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

CLASS PAYMENTS

An Exercise Class card may be purchased for Lissa's 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. Cards will be stamped after attending a class.

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
August 1st

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
July 10th

HEARING SCREENING

Free Screening by
Baystate Hearing Center
Call 525-5436 for Appt.
July 18th

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
July 12th and 26th

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
July 9th and 23rd

Alzheimer's/Dementia Caregiver Support Group

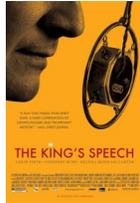
The support group meets monthly to provide emotional, educational and social support for caregivers who have a loved one living with dementia. The meeting is held at The Pleasant View Senior Center. Please call Lissa at 525-5436 ext. 1407 for more information.

The July meeting will be held on the 18th.

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



**Weird Wonders
of the World:
Episode 2**
July 2nd 50mins



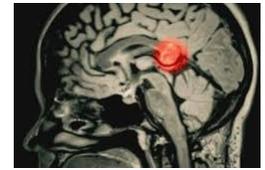
The King's Speech
July 3rd
1 hr 58mins
2010 R



**Weird Wonders
of the World:
Episode 3**
July 9th 50 mins



**My Perfect
Romance**
July 10th
1 hr 31mins
2018 PG



**Weird Wonders
of the World:
Episode 4**
July 16th 50 mins



Blue Jasmine
July 17th
1 hr 38 mins
2013 PG-13



**Weird Wonders
of the World:
Episode 5**
July 23rd 51 mins



Kodachrome
July 24th
1 Hr 45mins
2018 TV-MA



**Weird Wonders
of the World:
Episode 6**
July 30th 49 mins



Woman in Gold
July 31st
1 Hr 49 mins
2015 PG-13

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

Mon–Fri 8:00 A.M. to 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

Will resume in September

The book will be

The Liars' Club

By Mary Karr

BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.



CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

if interested call the
office to set a date

COMPASSION AND KINDNESS

July 13th 1:00 P.M.

COMPUTER CLASS

Will resume in September

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

Will resume in September
\$3/class + materials

KNITTING CLASS

Will resume in September

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/Fri 12:30 P.M.

Pitch Mon 12:30 P.M.

SUMMER THURSDAYS

July 5th \$5 Bingo

July 12th Bingo

July 19th Bingo and Prizes sponsored

by Jewish Geriatric Services

July 26th 12:30 Performance by

ELHS Students. Ice Cream at 12:15

Sponsored by Homewatch Caregivers

JULY SPECIAL NOTES



EQUIPMENT TUNE UP

Tuesday, July 10th at 10:00
Home Helpers along with Louis & Clark will be at the Senior Center to help you with any minor repairs needed on equipment included, but not limited to, wheelchairs, canes and walkers.

BUDGET



BUDGETING ON A FIXED INCOME

**Wednesday, July 25th
at 11:15**

Come hear tips on how to budget on a fixed income. Presented by Cambridge Credit Counselor.



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

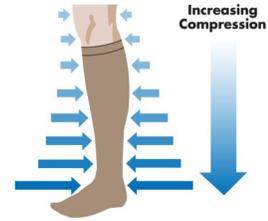
Session II July 11-August 15
Session III September 5-October 10



VETERANS BRUNCH

Tuesday, July 24th at 10:00

Please join us at the Senior Center for a Veterans brunch sponsored by The Reserve. This brunch is open to Veterans only. This is a great opportunity to come and meet other Veterans. Please call 525-5436 to reserve a spot so we know how many to prepare for.



LEGS AND VENOUS DISORDERS

Thursday, July 19th at 10:00

A representative from Sigvaris will be here from 10:00 - 12:00 with information regarding venous disorders in legs and the importance of medical compression.



SENIOR MEDICARE PATROL PROGRAM (SMP)

Friday, July 27th at 11:00

Protect yourself from Medicare Fraud. SMP raises awareness about healthcare errors, fraud and abuse. Come hear about the new Medicare Card and what you need to know.

Presented by the Senior Medicare Patrol.



THE MASSACHUSETTS SENIOR LEGAL HELPLINE

Are you 60+ and in need of legal help?

(800) 342-5297

The helpline is a project of the Volunteer Lawyers Project of Boston. They provide free legal information and referral services to Massachusetts residents who are 60 years old or older. The helpline is open Monday through Friday 9:00am - 12:00pm.



ESSENTIAL SERVICES (525-5436)

LEGAL CONSULTATION

by appt. with
Dave Carlson, Attorney
July 17th

LICENSE RENEWALS

First-time online
renewals only
(ages 55-74)
July 24th

SHINE

COUNSELOR
Medicare Assistance
By Appt. with Jackie
July 19th

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 **Center Square Grill** for sponsoring our May's *Dinner at the View*. On May 30th over 90 seniors enjoyed an affordable night out with a delicious dinner prepared by **Center Square Grill**. 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!



MEMORIAL DONATIONS



A special thank you to Jessie Giorgini and Nathan Bailey for their donations in memory of Charles Docherty and Paul Pucci, to Mary Kreitzer for her donation in memory of Fred Kreitzer, to Walter Labroad for his donation in memory of Kathy Cronin and to Richard and Anna Paige for their donation in memory of Anna Louise Sleith.

SPONSORS

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Michael Robie, Real Estate Broker 413-575-7236

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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

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

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John G. Dee, President

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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 July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Rib BBQ Sandwich Seasoned Fries Beet Salad Apple Sauce	3 Spaghetti & Meatballs Carrots & Green Beans Chocolate Pudding	4 CENTER CLOSED 	5 Glazed BBQ Chicken Sweet Potato Sweet Peas Peaches	6 Pier 17 Fish Brown Rice Spinach Mandarin Oranges
9 Chicken Cooked in Red Sauce with Roasted Peppers and Celery Quinoa Fruit Bar	10 Turkey Pot Pie with Carrots, Celery and Potato Corn Bread Pineapple	11 Low Sodium Hot Dog on a Bun Baked Beans Mixed Fruit	12 Philly Cheese Steak Wrap 3-Bean Salad Fruited Jell-O	13 Shrimp Carbonara with Creamy White Sauce, Peas and Mushrooms Pineapple
16 American Chop Suey Broccoli, Cauliflower and Carrots Sliced Apples	17 Crustless Quiche with Broccoli, Bacon and Cheese Mixed Vegetables Fruit and Cake	18 Vegetable Lasagna Grilled Garlic Chicken Strips California Blend Vegetables Peaches	19 Roasted Turkey with Gravy Mashed Potatoes Green Bean Casserole Vanilla Pudding	20 Fish Francaise Lemon Orzo Roasted Brussel Sprouts Mixed Fruit
23 Tuna Salad on a Roll Coleslaw Pineapple	24 Chicken Francaise Penne Vegetable Medley Pears	25 Shepard's Pie Peas and Carrots Mandarin Oranges	26 Deluxe Bacon Cheese Meatloaf Burger Seasoned Fries Green Salad Cake	27 Turkey Tetrazzini Sweet Peas Sliced Apples
30 Oven Baked BBQ Chicken Yams Steamed Carrots Butterscotch Pudding	31 Eggplant Parmesan with Meat Sauce Spaghetti Italian Bread Fruited Jell-O	\$2.50 Lunch Donation is Appreciated Lunch Begins at Noon	**Please reserve lunch 24 hours in advance by calling 525-5436** <i>*Whole Wheat Bread or Rolls Served Daily</i>	

Activities Calendar July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 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	3 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	4 CENTER CLOSED 	5 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo	6 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga
9 Massage* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch 12:45 Documentary 4:15 Zumba Toning	10 Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:00 Equipment Tune Up 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	11 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 1:00 Chair Volleyball	12 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo	13 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Compassion and Kindness , Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
16 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	17 Legal Consultations* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	18 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 1:00 Chair Volleyball	19 SHINE* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 Bingo and Prizes	20 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
23 Massage* 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	24 License Renewals* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:00 Veterans Brunch 10:30 Tai Chi, Level 2, 12:30 Mah-jongg 12:45 Movie	25 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 Budgeting Presentation 1:00 Chair Volleyball	26 Manicures* 9:00 Bosu Class 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:15 Ice Cream and Performance by EL High School band	27 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 11:00 Medicare Presentation 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class
30 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	31 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi, Level 3 10:30 Tai Chi, Level 2 12:30 Mah-jongg 12:45 Movie	* By Appointment		

SWAP PROGRAM

The Town of East Longmeadow is accepting applications for positions under the Senior Tax Work-Off Abatement Program

The Town of East Longmeadow is currently accepting applications for 20 positions under the Senior Work-Off Abatement Program (SWAP) for abatement on the fiscal year 2020 (July 1, 2019 to June 30, 2020) property tax bill. Basic requirements are: taxpayers must be 60 years of age prior to January 1, 2019, must be an assessed owner of property in East Longmeadow, and must have owned and occupied a home in East Longmeadow for at least five years.

The compensation will be calculated at the state minimum wage of \$11 per hour, and the maximum allowable abatement is \$1,375 per property. As a result, seniors will need to work 125 hours (as voted at the May 2015 Annual Town Meeting) to receive the full abatement of \$1,375 (less federal income tax and Medicare deductions). Seniors will complete the hours from January 1, 2019 to November 30, 2019.

Positions being offered this year include: clerical, data entry, gardening, and general maintenance. Seniors have an opportunity to lower their property tax bill, and taxpayers are benefiting from the superior talent and work experience seniors bring to the job at a very low cost to the town.

Interested senior residents can pick up applications and information packets at the Senior Center at 328 North Main Street or print it at home from our website by following: www.eastlongmeadowma.gov. Applications should be submitted to the Senior Center, Attention: Alicia Smith, COA Volunteer Coordinator, no later than October 1, 2018.

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.

**** All 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