



News From the View

Pleasant View Senior Center-The Center of it All

328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m. – 4 p.m. | 413.525.5436



APRIL HIGHLIGHTS

VOLUNTEER FAIR

Tuesday, April 23rd 10:00—12:00
Interested in volunteering? Come see what great opportunities await you! There will be organizations here from East Longmeadow and surrounding towns with information on how you can volunteer. If you would like to stay after the fair for lunch please call us by Monday, April 22nd to sign up. Lunch is \$3.00

THANK YOU

We would like to thank all of our volunteers for all of their hard work and dedication to making our senior center a great place to be! We could not offer all that we do without your help. You are truly amazing and we are so grateful for each one of you.
Happy Volunteer Appreciation Month!

EGG HUNT

Saturday, April 20th 10:00—12:00
The EL Recreation Department is hosting a FREE egg hunt at Heritage Park. Parents and Grandparents are encouraged to bring their grandkids for an afternoon full of fun. Have your picture taken with the bunny, enjoy food trucks, face painting, children's crafts and watch a magician.
**Payment will be required for the food trucks.*

MARCH IN REVIEW



970 Volunteer Hours



959 Meals Delivered



485 Lunches Served



80 Food Pantry Visits

RESOURCES REPORT

FARM SHARE SIGN UPS

Wednesday, April 10th 9:00—11:00

We are excited to offer the Farm Share Program again this year!

The Farm Share provides local, organic vegetables that are harvested by Crow River Farm of East Longmeadow. You can choose a variety of payment options, including SNAP, HIP, check or a combination of payments. Weekly or bi-weekly pickups are available on Wednesday afternoons at the East Longmeadow Senior Center. The Program runs from July 10th through September 11th and lasts for 10 weeks. Please contact Danell Tavella at 525-5436 for more information.

SENIOR LIVING OPTIONS IN WESTERN MASS

Wednesday, April 10th at 11:15

Have you considered moving into a senior living community but don't know what your options are? Come join us for an informational session about the senior living options in your area with Eric Aasheim from Oasis Senior Advisors of Western Mass. Refreshments will be provided.

EXERCISE

BOSU CLASS with Lissa

****Please check with Lissa before your first class**

Tue 8:30 A.M.

Thur 8:30 A.M.

Card Needed



CHAIR EXERCISE

Mon/Wed 9:00 A.M.

Fri 8:45 A.M.

No Charge

EXERCISE CLASS with Lissa

M/W/F 8:30 A.M.

Mon/Thur 10:45 A.M.

Card Needed



TAI CHI HEALTH with Lissa

Tue 9:30 A.M.

Tue 10:30 A.M.

Wed 10:00 A.M.

Thur 9:30 A.M.

New Students: A beginners Tai Chi class will begin this spring.

Sponsored by CareOne at Redstone

TAI CHI

with Shay

First Congregational Church

Tue 9:00 A.M.

CHAIR YOGA

with Marianne

Fri 2:00 P.M.

\$5 /Class

No class on 4/26

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 our nurse Lissa.

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

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
April 9th

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
April 4th and 18th

BLOOD PRESSURE CLINIC

Free Screening by
Comfort Plus Caregivers
April 11th 9:00

HEARING SCREENING

Free Screening by
Baystate Hearing Center
Call 525-5436 for Appt.
April 17th

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
April 8th and 22nd

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. For more information please call Lissa at 525-5436 ext. 1407. **The April meeting will be held on the 17th.**

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



**Blue Planet:
Ocean World**
April 1st
48Mins



**Jumanji:
Welcome to the
Jungle**
April 2nd
1 hr 59 mins
2017 PG-13



**Blue Planet:
The Deep**
April 8th
48Mins



**The Hundred-Foot
Journey**
April 9th
2 hrs 2 mins
2014PG

**April 15th
Center Closed
No
Documentary**



Soul Surfer
April 16th
1 hr 46 mins
2011 PG



**Blue Planet:
Open Ocean**
April 22nd
48Mins



**Night at the
Museum**
April 23rd
1 hr 48 mins
2006 PG



**Blue Planet:
Frozen Seas**
April 29th
48Mins



**Night at the
Museum:
Battle of the
Smithsonian**
April 30th
2 hrs 2009 PG

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

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

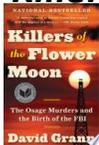
Mon–Fri 8:00 A.M. to 4:00 P.M.
Group Play (Spring—Fall)
Wednesdays 10:00

BOOK CLUB

April 30th at 10:30

Killers of the Flower Moon

By David Grann



BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.



CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

call the office to schedule

COMPASSION AND KINDNESS

April 12th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

April 1st 9:30

\$3 + materials

KNITTING CLASS

Thursdays 1:00 P.M. \$5

LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY

WALKERS

Mon/Wed/Fri 8:00 A.M.



NEEDLEWORK

Fridays 1:00 P.M.

TRIVIA

Thursdays 10:00 A.M.

CARDS AND GAMES

Canasta Thur 12:00 P.M.

Cribbage Wed/Fri 10:00 A.M.

Dominoes Fri 1:00 P.M.

Mah-jongg Tue/Fri 12:30 P.M.

Pitch Mon 12:30 P.M.

FRIENDSHIP CLUB

April 4th To Be Determined

April 11th Bingo and Lemon Pie Sale

Pies sponsored by CareOne

April 18th Entertainment by

Dave Colucci

April 25th \$5 Bingo



APRIL SPECIAL NOTES



BETTER BREATHER'S MONTHLY SUPPORT GROUP

Monday, April 1st at 2:00

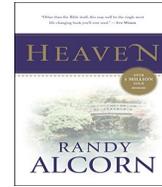
Designed to educate and support individuals in the community who experience respiratory and pulmonary disease.

Meetings will be held at The Pleasant View Senior Center the first Monday of every month at 2:00, refreshments will be served.

Please RSVP by calling 413-224-3290
Sponsored by CareOne at Redstone



Be sure to stop by and see what trips we are offering!



"HEAVEN" BOOK STUDY

Fridays at 10:45

Learn about Heaven and what the Bible has to say about it. The Co-Leaders for this group have asked that those who would like to join this study purchase their own copy of the book "Heaven" by Randy Alcorn.

Please call us at 525-5436 if interested in joining the book study.



TUNE UP CLINIC

Wednesday, April 3rd at 12:30

Have your walker, cane, wheelchair and more tuned up by Louis & Clark and Home Helpers Home Care.



COMPASS INSURANCE PANEL

Wednesday, April 3rd at 11:15

There will be a panel of people from Compass Financial & Insurance Services Group to answer questions you have regarding insurance, Medicare annuity and more!



MASSEDP INFORMATION TABLE

Thursday, April 4th 10:30 -12:30

Come see what phone options are available for those who have heard and sight difficulties.



BIG Y APP

Monday, April 22nd from 2:00-4:00

As you may know Big Y has removed their coin program and has created a mobile app in its place. If you are interested in learning more about this app and using it on your smartphone, employees from Big Y will be here to assist you. First come, first serve.



dispatch HEALTH

DISPATCH HEALTH
Wednesday, April 24th at 11:15

Dispatch Health provides quality healthcare in the convenience of your home. A representative will be here to tell you what Dispatch Health can offer and how it all works.



The Traveling Pool League is looking for players!

- Must be able to provide your own transportation to Senior Centers in Agawam, East Longmeadow, Ludlow, Springfield and Hampden
- All levels are welcome

If you are interested in joining the Traveling Pool League please contact Dave Dawson at 860-741-7448

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION	LICENSE RENEWALS	SHINE COUNSELOR	VETERANS AGENT
by appt. with Dave Carlson, Attorney April 9th	First-time online renewals only (ages 55-74) April 17th	Medicare Assistance by Appt. with Karen April 1st, 8th, 22nd, 25th and 29th	John Comerford 413-267-4140 Office hours Tue and Thur 10:00 a.m. to 12:00 p.m.

RESOURCE REPORT

MONTHLY ONSITE HOUSING OFFICE HOURS



Each month Danell Tavella, Director of Community Services, will be holding office hours in the Community Room of the housing developments. She will be available to answer questions regarding assistance programs.

Inward Commons: Tuesday, April 2nd from 2:00 -3:00

Village Green: Monday, April 8th from 12:00 - 1:00

Quarry Hill: Monday, April 8th from 1:30 - 2:30

OPTIONS COUNSELING

What is it? Options counseling is a free service that assists people in making informed decisions about nursing home placement, living at home or living at other community settings with services.

Who Qualifies? People age 60 or older, people of any age who have any type of disability and caregivers qualify.

An Elder Care Advisor will work with you to help develop a long term plan, explore financial resources, make recommendations and more.

**To connect with an Elder Care Advisor contact
Greater Springfield Senior Services (GSSI) at 413-781-8800.**



Just a reminder, this is the last month you can apply for fuel assistance! The Valley Opportunity Council, Inc. is an energy assistance program that can help you pay for heating your house or apartment during the heating season, between NOV 1 and APR 30 of each year. This program can help pay for any fuel that you use, including but not limited to: oil, propane, natural gas, or electric.

Paperwork required: proof of identity, income verification, heating, electric, phone, mortgage, real estate tax, water & sewer, and homeowners insurance bills.

Call Danell Tavella at 525-5436 ext. 1402 for an appointment to complete the paperwork

EAST LONGMEADOW VETERANS MEMORIAL FUNDRAISER DANCE

Elks Lodge #61 440 Tiffany Street, Springfield

FRIDAY, APRIL 5, 2019 6pm-11pm

Bring Your Own Snacks ~ Cash Bar Only Raffles and 50/50 Drawing

6:00-8:30 Dave Colucci (Golden Oldies and Classics) & Lisa Carter (Tribute to Cher)

9:00-10:00 "A-Ray Of Elvis" (Ray Guillemette Jr.)

Your contributions will help with the construction of **The Veterans Memorial** located at 328 North Main Street

\$10 Per Person (Cash Only Non-Refundable)

Tickets on sale at The Pleasant View Senior Center

Space is Limited - Only 280 Tickets are available for this event



SPONSORS

 <p>THE REAL ESTATE MARKET CENTER</p>	<p>Never overpay to sell your home with my 3% and/or 4% Commission Plan!</p> <p>www.3or4plan.com</p>
	<p>Michael Robie, Real Estate Broker 413-575-7236</p>

<p>DAVID G. CARLSON ATTORNEY AT LAW</p> <p><i>Estate Planning • Wills & Trusts • Probate of Estates Elder Issues</i></p> <p>200 NORTH MAIN STREET • SUITE 6 EAST LONGMEADOW, MA 01028 Tel. (413) 525-1313 Fax (413) 525-7272</p>

Notary Public services are now available at

The Pleasant View Senior Center.

Please call Danell Tavella at

525-5436 ext. 1402



SKILLED NURSING AGENCY	
 <p>ComfortPlus CAREGIVERS ...exceptional care right at home</p> <p>413-224-2615</p> <p>ComfortPlusCaregivers.com • Medicare & Private Pay Accepted</p>	<p>Providing in-home skilled nursing, personal care, and companion care</p>

Meal Calendar April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Chili 3 Bean Salad Corn Mixed Fruit	2 BBQ Pork Ribs Roasted Potatoes Corn Cinnamon Apples	3 Liver and Onions Mashed Cauliflower Sautéed Red Cabbage Peaches	4 Corned Beef Hash Broccoli Peppers Chocolate Pudding	5 Creamed Tuna on Toast Green Peas Carrots Pineapple
8 Vegetable Lasagna with Meat Sauce Broccoli and Cauliflower Carrots Pears	9 Ham and Scallop Potatoes Carrots and Green Beans Corn and Peas Fruited Jell-O	10 American Chop Suey with Pasta Carrots and Green Beans Broccoli, Cauliflower and Red Peppers Butterscotch Pudding	11 Roasted Turkey Breast Au Gratin Potatoes Green Beans Mixed Fruit	12 Un-Breaded Fish Francaise Rice Pilaf Spinach and Tomatoes Peppers Apple Sauce
15 CENTER CLOSED 	16 Grilled Chicken Breast with Ranch Sauce Broccoli, Carrots and Cauliflower Peaches	17 Chicken Breast Francaise Peas Mashed Potatoes Fresh Oranges	18 Beef Tips Peppers and Onions Green Beans Pasta Banana	19 CENTER CLOSED 
22 Turkey Pot Pie with Carrots and Celery Potatoes Pineapple	23 Roasted BBQ Pulled Pork Sandwich 3 Bean Salad Coleslaw Mandarin Oranges	24 Grilled Chicken Breast Penne Roasted Brussel Sprouts Pears	25 French Meat Pie Carrots and Green Beans Corn and Peas Apple Crisp ala Mode	26 Spaghetti and Meatballs Broccoli, Cauliflower and Red Peppers Carrots and Green Beans Mixed Fruit
29 Stuffed Shells Broccoli, Cauliflower and Carrots Zucchini and Squash Peaches	30 Chicken Salad Potato Salad Coleslaw Tapioca Pudding		Lunch Begins at Noon <i>*Please reserve lunch 24 hours In advance by calling 525-5436</i> **Menu Subject to Change**	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted** \$3.00 Lunch Donation is Appreciated

Activities Calendar April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 2:00 Better Breather's Support Group* 4:15 Zumba Toning	2 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie	3 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 Compass Insurance Panel 12:30 Tune Up Clinic 1:00 Chair Volleyball, Computer Class	4 Manicures* 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:30 MassEDP Table 10:45 Exercise Class 12:00 Canasta 12:30 Friendship Club 1:00 Knitting	5 AARP Taxes* 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing
8 Massage Therapy*, SHINE* 8:00 MGW Meeting 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning	9 Pedicare*, Legal Consultations* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie	10 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, Farm Share Sign Ups 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 Senior Living Options Presentation 1:00 Chair Volleyball, Computer Class	11 8:30 Bosu Class 9:00 Blood Pressure Clinic 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo & Lemon Pie Sale 1:00 Knitting	12 AARP Taxes* 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Compassion and Kindness , Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing
15 CENTER CLOSED 	16 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie	17 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 11:00 French 1:00 Chair Volleyball, Computer Class	18 Manicures* 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 Entertainer Dave Colucci 1:00 Knitting	19 CENTER CLOSED 
22 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 2:00 Big Y App 4:15 Zumba Toning	23 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:00 Volunteer Fair 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie	24 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 Dispatch Health 1:00 Chair Volleyball, Computer Class	25 SHINE* 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting	26 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class
29 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning	30 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club , Tai Chi 12:30 Mah-jongg 12:45 Movie			* By Appointment To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436

DONATIONS

OPEN PANTRY

This month we are looking for:

Crackers, Cereal, Tuna Fish, Canned Chili and Beef Stew, Toiletries, Ziti, Elbows and Penne Pasta.

Please check the expiration dates, we can only accept donations of food that have not expired! Thank you everyone for your continued support and generous donations!

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.*

MEMORIAL DONATIONS

A special thank you to Ray Rosati for his donation in memory of Esther Rosati and to The East Longmeadow Cribbage Crew for their donation in memory of Joe Setian.



TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 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.

48-72 hour notification is required for booking any transportation. When booking appointments please have the complete address and phone number of your destination.

****For medical appointments we recommend calling as soon as you schedule your appointment****

To schedule a ride 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
*Accounting Administrative
Assistant*
Ext. 1405

Barbara Fenney
Dispatcher
Ext. 1410

Margit Daley
*Kitchen Assistant,
Dishwasher*

Danell Tavella
Community Services
Ext. 1402

Meralee Kratovil
Office Manager
Ext. 1404

Leah Weaver

Sandy Bell
*Meal Site
Coordinator*



MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436 www.facebook.com/elseniors