



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



JUNE HIGHLIGHTS

NEW MONTHLY VIDEO SERIES

Monday, June 3rd at 1:00

Join us as we begin a monthly video series hosted by Jane Seymour. **This month's topic is "Managing Pain"**. The monthly video series and raffle prizes are sponsored by Right At Home. **Jane Seymour will not be here in person.*



SENIOR LIVING OPTIONS IN WESTERN MASS

Monday, June 10th at 5:30

Join us as we have Eric Aasheim from Oasis Senior Advisors of Western Mass back to discuss senior living options in our area. If you have considered moving into a senior living community come hear what your options are. **Pizza will be served.**

Must call ahead as spots are limited ~

413-525-5436.

JULY 4th PARADE

If you would like to participate in this year's East Longmeadow Fourth of July Parade with The Pleasant View Senior Center please sign up by calling the office at 413-525-5436.



MAY IN REVIEW



932 Volunteer Hours



deliver a difference

1033 Meals Delivered



608 Lunches Served



80 Food Pantry Visits

RESOURCES REPORT

CONGREGATE HOUSING AND GREATER SPRINGFIELD SENIOR SERVICES INC. INFORMATION SESSION

Monday, June 10th at 12:45

Representatives from Greater Springfield Senior Services Inc. (GSSSI) will be here to answer questions regarding congregate housing and to let you know about GSSSI's other programs and resources available. **Join us to learn more about GSSSI and all of the support services in your area.**



The East Longmeadow Housing Authority is accepting applications for McLaren House subsidized congregate housing located at 82 Quarry Hill Road in East Longmeadow.

Congregate Housing is a shared living environment for individuals with physical limitations not requiring 24-hour supervision or medical care. It is ideal for people who no longer feel comfortable living alone but who still wish to be independent and have privacy. **For more information or to arrange a tour, contact the Greater Springfield Senior Services Congregate Housing Coordinator at 413-781-8800 ext. 182.**

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



CHAIR YOGA

with Marianne
Fri 2:00 P.M.

\$5 /Class

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 Beginners Tai Chi Fri 9:45

**** Must sign up in advance ****

Sponsored by CareOne at Redstone

TAI CHI with Shay

*First Congregational
Church*

Tue 9:00 A.M.

ZUMBA GOLD & TONING

with Kelly Phillips
Mon 4:15 P.M.

\$5/Class

LINE DANCING CLASS

with Debbie Tracy
Fri 4:00 P.M.

\$3/Class

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.** Class Cards may be purchased at the office. Cards will be stamped after attending a 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**

HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE

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

BLOOD PRESSURE CLINIC

Free Screening by
Comfort Plus Caregivers
June 13th 9:00

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$29, Home Visit \$50
June 11th

HEARING SCREENING

Free Screening by
Baystate Hearing Center
by appointment 525-5436
June 19th

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
June 13th and 27th

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
June 10th and 24th

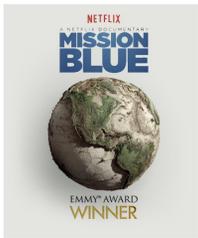
Alzheimer's/Dementia Caregiver Support Group

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 June meeting will be held on the 19th.

MOVIES AND DOCUMENTARIES TUESDAYS at 12:45 P.M.

We will no longer be showing documentaries on Mondays. We will now alternate each week, showing documentaries on the 1st and 3rd Tuesday of the month and showing movies on the 2nd and 4th Tuesday of the month.



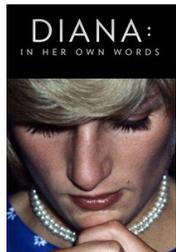
June 4th
Mission Blue
 1 hr 34 mins 2014 TV-PG

The Emmy winning documentary follows the oceanographer Sylvia Earle's campaign to save the world's oceans from threats such as overfishing and toxic waste.



June 11th
Green Book
 2 hrs 10 mins 2018 PG-13

A working class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960's American South. Based on a true story.



June 18th
Diana In Her Own Words
 1hr 53 mins 2017 TV-PG

Featuring archival footage and personal recordings, this documentary offers candid insight into the life of the beloved princess.



June 25th
The Boy Who Harnessed the Wind
 1 hr 53 mins 2019 TV-PG

Inspired by a science book, 13 year old William Kamkwamba builds a wind turbine to save his Malawian village from famine. Based on a true story.

**All movies and documentaries include a 15 minute break with refreshments unless otherwise noted.*

**Movies and Documentaries are liable to change based on availability.*

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

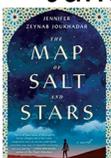
Mon–Fri 8:00 A.M. to 4:00 P.M.

Group Play (Spring—Fall)

Wednesdays 10:00

BOOK CLUB

June 25th at 10:30 A.M.



The Map of Salt and Stars

By Jennifer Zeynab Joukhadar

BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M. * *Volleyball is cancelled on June 12th*

CHESS INSTRUCTION

call the office to schedule

COMPASSION AND KINDNESS

June 14th at 1:00 P.M.

COMPUTER CLASS

Will resume in the fall

FRENCH GROUP

*All conversation is in French

Wednesdays at 11:00 A.M.

JEWELRY CLASS

June 3rd at 9:30

\$3 + materials

KNITTING CLASS

Thursdays 1:00 P.M. \$5

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

June 6th Bingo

June 13th \$5 Bingo

June 20th Picnic

All Friendship Club members eat for free. Must sign up for lunch before June 19th

June 27th Join us for an Ice Cream Social at 12:15 followed by a fun afternoon with the Premier Swing Band as we guess which TV Themes the band is playing. *Sponsored by All About You Homecare, Fallon Health and Common Care Alliance*

JUNE SPECIAL NOTES

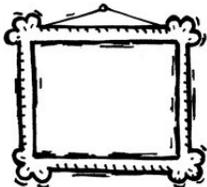


BETTER BREATHER'S MONTHLY SUPPORT GROUP

Monday, June 3rd at 2:00

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease. **Meeting will be held at The Pleasant View Senior Center ~ Refreshments will be served.** Please RSVP by calling 413-224-3290.

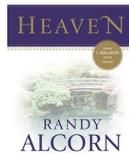
Sponsored by CareOne at Redstone



(FUN) STRUCTION

Monday, June 17th at 11:00

Join Brent Anderson, creator of (fun)struction, as he shows us how to make a wooden frame with a clip that you can hang in your home and display a memorable picture, a to-do list, or a note. The cost of this event is \$10. Materials included. **Must sign up ahead of time due to limited space.**



SENIOR GAMES

Wednesday, June 19th at 11:15

Power Walking is a new Senior Games event. Participants power walk 1500 meters which is about 4 times around the track at Springfield College. Come to the senior center on June 19th to hear how you can get involved and participate in the walk.

THE PASSION OF THE CHRIST

June 7th and 14th 10:30-12:00

The Heaven Book Study will be showing the film "The Passion of the Christ". Due to the movie being spoken in Hebrew there will be subtitles for the viewers to read.

COOKING WITH THE KING

Tuesday, June 11th at 1:00

Join Ray Guillemette, Jr. as he demonstrates preparing a delicious meal for us. You will get to try the dish as well as bring home the recipe to try it yourself.

Sponsored by CareOne at Redstone



PASTA DINNER FUNDRAISER

Thursday, June 20th 5:00-7:00

At The Pleasant View Senior Center
Come support the East Longmeadow Fire Departments Association and enjoy a delicious pasta dinner prepared by the Fire Department! **Tickets are \$7.00 per person and can be purchased at the Senior Center.**

THRIVE AFTER 55

Friday, June 21st 10:00-2:00

Springfield College Field House

The 3rd Annual Senior Wellness Fair sponsored by State Senator Eric P. Lesser, Health New England and Springfield College will feature more than 70 exhibitors, hundreds of raffle prizes and seminars to help you Thrive. Each free ticket comes with a complementary boxed lunch.

Admission is Free

Registration is required

Call 413-526-6501 to register

Please continue to support our Veterans Memorial Fund

The Veterans Memorial Committee is working endlessly to construct this amazing Veterans Memorial to be built on the front lawn of our Senior Center. There are several ways to donate to this worthy cause.

- Pavers can be purchased for \$125 in honor of a loved one
- Military Veterans Memorial T-Shirts are for sale for \$15
- Military Veteran Bracelets are for sale for \$5
- Donate on gofundme at:

<https://gofundme.com/east-longmeadow-veterans-memorial>



ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION

by appt. with

Dave Carlson, Attorney

June 18th

SHINE

COUNSELOR

Medicare Assistance

by Appt. with Karen

June 3rd, 10th, 17th, 24th and 27th

VETERANS AGENT

John Comerford

413-267-4140

Office hours : Tue and Thur

10:00 a.m. to 12:00 p.m.

RESOURCE REPORT

NATURAL GAS FUEL ASSISTANCE GRANT PROGRAM

Springfield Partners for Community Action is taking part in the National Gas Fuel Assistance Program to help Hampden County residents who are over the income limits for traditional Fuel Assistance Programs to keep their homes warm. ***This program offers financial assistance to residents struggling with a short-term economic hardship who do not qualify for Fuel Assistance (LIHEAP).*** To see if you qualify for this program please contact Springfield Community Partners at 413-263-6500 or stop by Springfield Partners for Community Action located at 721 State Street Springfield.

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.



THE HEALTHY INCENTIVE PROGRAM

The Healthy Incentive Program (HIP) for SNAP recipients is once again available. You will be able to use your benefits beginning on May 28th. You must keep at least \$10 in your EBT account so that the vendor can access money for your purchase.



Village Green: June 3rd from 12:00 - 1:00
Inward Commons: June 4th from 2:00 - 3:00
Quarry Hill: June 11th from 1:30 - 2:30

The Town of East Longmeadow will be accepting applications for the Senior Work-Off Abatement Program (SWAP) for abatement on the property tax bill for the fiscal year of 2021 (July 1, 2020 - June 30, 2021) * Applications available July 1st

Taxpayers must be 60 years of age prior to January 1, 2020, 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 \$12 per hour, and the maximum allowable abatement is \$1,500 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 \$1,500 (less federal income tax and Medicare deductions). Seniors will complete the hours from January 1, 2020 to November 30, 2020. 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, 2019.***

SPONSORS

 <p>THE REAL ESTATE MARKET CENTER</p>	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	

<p>DAVID G. CARLSON ATTORNEY AT LAW <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>
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**Notary Public services are now available at
The Pleasant View Senior Center.**

Please call Danell Tavella at
525-5436 ext. 1402



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



Meal Calendar June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
3 Lasagna Green Beans Peppers Pineapple	4 Roasted Turkey Breast Slices on Toast with Gravy Braised Red Cabbage Carrots Vanilla Pudding	5 Chicken Leg and Penne Pasta Mixed Vegetables Peaches	6 Salisbury Steak with Gravy Mashed Potatoes Peas Fresh Apples	7 Tuna Salad on a Roll Three Bean Salad Mixed Fruit
10 Spaghetti and Meatballs Mixed Vegetables Apple Sauce	11 Grilled Chicken Breast Rice Pilaf Spinach Fresh Oranges	12 Cheeseburgers with Lettuce and Tomato Spinach Apricots	13 Un-Breaded, Baked Pollock with Rice Artichokes Mixed Fruit	14 Cheese Ravioli with Italian Sausage and Marinara Sauce Roasted Brussel Sprouts Peaches
17 Grilled Cheese Sandwich Corn Chowder Pears	18 Tender Beef Tips Bolognese with Italian Sausage Baked Potato Peas Fresh Apples	19 Grilled Chicken Breast Scampi Cabbage Pineapple	20 <i>Friendship Club Picnic</i> Meatloaf with Gravy Mashed Potatoes Chocolate Pudding	21 Fish and Chips Fries Coleslaw Bananas
24 Meatloaf Sandwich Three Bean Salad Seasoned Fries Fresh Oranges	25 Hotdogs Sauerkraut Baked Beans Peaches	26 Grilled Chicken Breast Marsala Peas and Carrots Pears	27 Roasted BBQ Pulled Pork Coleslaw <i>Ice Cream Social</i>	28 French Onion Meatballs Peppers and Onions Broccoli Mixed Fruit
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 June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
3 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 1:00 Managing Pain Video Series 2:00 Better Breather's Support Group* 4:15 Zumba Toning	4 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Documentary	5 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 1:00 Chair Volleyball	6 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo 1:00 Knitting	7 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:45 "Heaven" Study Video Showing 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
10 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Information Session 4:15 Zumba Toning 5:30 Senior Living Options in Western Mass Presentation	11 Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie 1:00 Cooking with the King	12 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group	13 Manicures* 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 \$5 Bingo 1:00 Knitting	14 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 9:45 Tai Chi 10:00 Art, Cribbage 10:45 "Heaven" Study Video Showing 12:30 Mah-jongg 1:00 Compassion and Kindness , Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
17 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 11:00 (Fun) struction 12:30 Pitch, Pool League 4:15 Zumba Toning	18 Legal Consultations* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Documentary	19 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 11:00 French Group 11:15 Senior Games 1:00 Chair Volleyball	20 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 Friendship Club Picnic 1:00 Knitting 5:00 Fire Department Pasta Dinner fundraiser	21 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 9:45 Tai Chi 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
24 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning	25 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	26 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 1:00 Chair Volleyball	27 Manicures*, 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 12:15 Ice Cream Social and Swing Band 1:00 Knitting	28 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 9:45 Tai Chi 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class

* 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

Summer is here, please keep in mind children's snacks!

This month we are also in need of:

Paper Goods : Paper Towels, Napkins, Tissue, Toilet Paper and Laundry Detergent
Toiletries: Soap, Toothpaste and Shampoo

Please check the expiration dates, we can only accept donations of food that have not expired!

Thank you for your continued support and generous donations!

MEMORIAL DONATIONS



A special thank you to Minnie Miller and Mary Villamaino for their donations in memory of Tom Bruno.

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
Administrative Assistant/
Social Media Coordinator
Ext. 1404

Sandy Bell
Meal Site
Coordinator



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