



NOVEMBER 2019

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



NOVEMBER HIGHLIGHTS

VETERANS DINNER

Thursday, November 7th at 5:00 pm

We invite Veterans and their guest to our Annual Veterans Dinner. This event is free for our Veterans, \$5 for their one guest and \$10 for the general public. Please sign up by calling 525-5436.



MONTHLY BIRTHDAY BASH

Wednesday, November 13th 12:00



The second Wednesday of every month we will have a Birthday Bash to celebrate participants with a birthday in the current month. *If it is your birthday month come enjoy a free lunch!* Please sign up by calling 525-5436. *Cupcakes sponsored by Glenmeadow*

MONTH IN REVIEW



539 Volunteer Hours



912 Meals Delivered



347 Lunches Served



96 People Served

RESOURCE REPORT

REAL ESTATE TAX SENIOR EXEMPTION APPLICATIONS

Exemption applications for fiscal year 2020 will be accepted in the Assessor's office **starting** November 1, 2019. The applications will be available for you to pick up in the Assessor's office at the Town Hall or by appointment with Danell Tavella at the Senior Center. If you need assistance or have any questions, please feel free to contact the Assessors at 525-5400 ext. 1600 or Danell Tavella at 525-5436 ext. 1402.

COMING SOON MOBILE FOOD PANTRY PROGRAM

We are excited to announce this new program brought to you by the Community Development Fund Program in conjunction with The Pleasant View Senior Center. The Mobile Food Pantry was designed to aid residents facing barriers such as transportation, mobility and other needs. For further information please call Danell Tavella at 525-5436 ext. 1402.



Donations to the Food Pantry are always accepted.

This month we are in need of: Toilet Paper, Laundry Detergent, Toothpaste, Shampoo, Soap, Cereal, Crackers, Canned Whole Meals, Canned Pork and Beans, School Snacks and Juice.

We appreciate all of the support from OUR community!

EXERCISE

BOSU CLASS with Lissa

Tue/Thur 8:30 A.M.

**Please check with Lissa before your first class*

Class 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.

Class Card Needed



CHAIR YOGA

New Day and Time with Marianne
Wed 2:30 P.M.
\$5 /Class

TAI CHI HEALTH with Lissa

Tue 9:30 A.M.

Wed 10:00 A.M.

Thur 9:30 A.M.

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

Tai Chi is 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

FOOTCARE/PEDICARE

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

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
November 14th

BLOOD PRESSURE CLINIC

Free Screening by
Comfort Plus Caregivers
November 14th at 9:00

HEARING SCREENING

Free Screening by
Baystate Hearing Center
by appointment 525-5436
November 20th

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
November 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. The meeting is held at The Pleasant View Senior Center. For more information please call Lissa at 525-5436 ext. 1407.

The November meeting will be held on the 20th.

PLEASANT VIEW CINEMA TUESDAYS at 12:45 P.M.

November 5th

Saving Mr. Banks

2 hrs 6 mins 2013 PG-13



Based on the true story of when Walt Disney (Tom Hanks) embarked on what became a 20 year journey to obtain the movie rights to "Mary Poppins" from the book's author P.L. Travers (Emma Thompson). As Travers' book stops selling she must make a decision on whether or not to give the movie rights to Disney.

November 26th

He Named Me Malala

1 hr 28 mins 2015 PG-13



This documentary tells the story of a teenage Pakistani girl shot for speaking out on behalf of girls' education, who has become a leading advocate for children's rights and the youngest-ever Nobel Peace Prize Laureate.



We will not be showing a movie on November 12th or November 19th

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

****Movies are subject to change based on availability.***



Come join the Morning Glory Walkers! All ages are welcome. We walk inside the Pleasant View Senior Center or if able, some of us walk the Rail Trail on Maple Street as well as other outdoor locations. The second Monday of each month we hold a meeting at 9:00. Every Spring we hold a Spring Fling and in December we have a holiday party. Both include a delicious meal and entertainment. We also enjoy pizza parties, movies, social get togethers and wonderful support from each other. Dues are \$10 a year. Our uniforms are white pants and tee shirts (\$6.00) and sweatshirts (\$12.00). If interested please call Maryann at 525-3044.

We hope you can join us

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

November 14th 10:30 A.M.

BEAN BAG BASEBALL

Fridays 9:30 A.M.

BILLIARDS

Mon-Fri 8:00 A.M. to 4:00 P.M.

BOCCE

Mon-Fri 8:00 A.M. to 4:00 P.M.

Group Play Wednesdays 10:00

BOOK CLUB

November 26th 10:30



The Only Woman in the Room

By Marie Benedict

BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

*No chair volleyball on 11/27

COMPASSION AND KINDNESS

November 8th 1:00 P.M.

COMPUTER CLASS

November 20th 1:00 P.M.

FRENCH CONVERSATION

GROUP

Wednesdays 11:00 A.M.

HEAVEN BOOK STUDY

Fridays 10:30 A.M.

JEWELRY CLASS

November 4th 9:30 A.M.

\$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

November 7th *Melody Band*

November 14th *\$5 Bingo*

November 21st *Thanksgiving Luncheon and Entertainment*

Sponsored by CareOne. Please

sign up for lunch in advance by

calling 525-5436.

November 28th *Center Closed*

Happy Thanksgiving



NOVEMBER SPECIAL NOTES



BETTER BREATHER'S MONTHLY SUPPORT GROUP

Monday, November 4th at 2:00

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

Sponsored by CareOne at Redstone



COMPASSION AND KINDNESS

Friday, November 8th 1:00

Our knitted square endeavor has come to an end. The Project Amigo will no longer be supplying the afghans to Colima, Mexico, due to some logistical challenges. Thank you to everyone who participated in this great activity. We will be collecting any squares you still have at the November 8th meeting. If you have any other ideas of projects to participate in please let us know, however, our Compassion and Kindness group will be taking a hiatus until spring. ~ Deb and Lissa



HOSPICE 101

Wednesday, November 20th 12:30

Hospice can be a scary word to hear, but it shouldn't be. Come learn about Hospice, it's history and the myths and facts. **Presented by Beacon Hospice.**



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: Nov. 5th from 2:00 - 3:00

Village Green: Nov. 6th from 3:00 - 4:00

Quarry Hill: Please call the office for November's hours.



MONTHLY VIDEO SERIES

Monday, November 4th at 12:45

Join us for our monthly video series hosted by Jane Seymour. **This month's topic is Combating Fatigue.** The monthly video series and raffle prizes are **sponsored by Right At Home Homecare.** *Jane Seymour will not be here in person.

HOW TO USE FACEBOOK

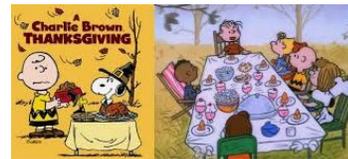
Friday, November 15th 11:00

Join our Social Media Coordinator to learn how to use the popular social media outlet, Facebook. You will learn how to set up an account, post pictures and communicate with your friends and family who are also on Facebook. Please sign up by calling 525-5436.

COOKBOOK



If you would like your favorite family recipe to be featured in our **Pleasant View Cookbook** please drop off your recipe(s) at the office.



MOVIE NIGHT FEATURING

CHARLIE BROWN THANKSGIVING

Friday, November 22nd 5:30

The Movie is put on by the East Longmeadow Recreation Dept. Bring your grandkids for a fun evening including popcorn and refreshments. Sign up by calling 413-525-5437.

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 WGGG 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.**

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION

by appt. with
Dave Carlson, Attorney
525-5436
November 19th

NOTARY PUBLIC SERVICES

by appt. with
Danell Tavella
525-5436 ext. 1402

SHINE COUNSELOR

Medicare Assistance
by appt. with Karen
525-5436

VETERANS AGENT

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

OUT AND ABOUT



The Tuesday 9:00 Tai Chi class at First Congregational Church celebrated Shay's Birthday.
Happy Birthday Shay



Walk to End Alzheimer's
Thank you to everyone that helped us raise over \$1,800 towards Alzheimer's research.

RESOURCE REPORT

OPEN ENROLLMENT



If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2020. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!** During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your plan changes as well as other*

*options you may have. **Open Enrollment is from October 15, 2019 - December 7, 2019***

Our SHINE Counselor is here weekly; please call 525-5436 for an appointment. If you have a general question you can call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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 you 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 @ 525-5436 ext. 1402 for an appointment to complete the paperwork.**

SCAM ALERT

DON'T FALL FOR THIS SCARY NEW SOCIAL SECURITY SCAM

There is a new twist on the Social Security Administration (SSA) scam. The latest is an imposter robocall, which says your benefits will end. (That's not true)

If you get a call like this, do not press 1. Instead, just hang up and remember:

- Your Social Security number is *not* about to be suspended.
- The *real* Social Security Administration will *never* call to threaten your benefits.
- The real SSA will *never* tell you to wire money, send cash, or put money on a gift card.

Please remember that calls can spoof a number that shows up on your Caller ID as being from the Social Security Administration – but it's really not! If you're getting these calls, you're not alone. Tell your friends and neighbors about this scam. Tell them to hang up and report the call to the Federal Trade Commission at 1-877-FTC-HELP.





Meal Calendar November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Begins at Noon</p> <p><i>*Please reserve lunch 24 hours In advance by calling 525-5436</i></p> <p>**Menu Subject to Change**</p>	<p>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</p> <p>\$3.00 Lunch Donation is Appreciated</p>		<p>1</p> <p>Fall Fridays Served from 11:30 - 1:00</p> <p>Fish n' Chips</p> <p>Fries</p> <p>Coleslaw</p> <p>Pineapple</p>	
<p>4</p> <p>Vegetable Lasagna with Meat Sauce</p> <p>Italian Blend Vegetables</p> <p>Fresh Cinnamon Apples</p>	<p>5</p> <p>Liver and Onions</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Peaches</p>	<p>6</p> <p>Chicken Legs with Pasta</p> <p>Brussel Sprouts</p> <p>Mixed Fruit</p>	<p>7</p> <p>Shepard's Pie</p> <p>Mashed Potatoes</p> <p>Mixed Fruit</p> <p>Chocolate Pudding</p>	<p>8</p> <p>Fall Fridays Served from 11:30 - 1:00</p> <p>Philly Cheese Steak Sandwich with Onions and Peppers</p> <p>Apple Sauce</p>
<p>11</p> <p>CENTER CLOSED</p> 	<p>12</p> <p>Teriyaki Glazed Salmon</p> <p>Rice Pilaf</p> <p>Broccoli</p> <p>Fresh Oranges</p>	<p>13</p> <p>Birthday Lunch</p> <p>Grilled BBQ Chicken Breast</p> <p>Cauliflower </p> <p>Desert Sponsored by Glenmeadow</p>	<p>14</p> <p>Meatloaf with Gravy</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Fruited Jell-O</p>	<p>15</p> <p>Fall Fridays Served from 11:30 - 1:00</p> <p>Tuna Casserole</p> <p>Peas and Carrots</p> <p>Pears</p>
<p>18</p> <p>Beef Stew</p> <p>Potatoes, Carrots, Celery, and Tomatoes</p> <p>Peaches</p>	<p>19</p> <p>Chicken Breast</p> <p>Cabbage and Carrots</p> <p>Sliced Apples</p>	<p>20</p> <p>Spaghetti and Meatballs</p> <p>Peas</p> <p>Pineapple</p>	<p>21</p> <p>Thanksgiving Luncheon Sponsored by CareOne</p> <p>Turkey Breast Dinner with Stuffing</p> 	<p>22</p> <p>Fall Fridays Served from 11:30 - 1:00</p> <p>Low Sodium Hot Dog on a Roll</p> <p>Baked Beans and Sauerkraut</p> <p>Mixed Fruit</p>
<p>25</p> <p>Open Faced Roasted Turkey Sandwich with Gravy</p> <p>Corn and Peppers</p> <p>Pudding</p>	<p>26</p> <p>Chicken Chop Suey</p> <p>Fried Noodles</p> <p>Asian Blend Vegetables</p> <p>Apple Sauce</p>	<p>27</p> <p>Beef Tips Marsala with Mushrooms</p> <p>Egg Noodles</p> <p>Mandarin Oranges</p>	<p>28</p> <p>CENTER CLOSED</p> 	<p>29</p> <p>CENTER CLOSED</p> 



Activities Calendar November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>* By Appointment To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</p>		<p>1 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:30 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p>	
<p>4 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 Monthly Video Series 2:00 Better Breather's Support Group 4:15 Zumba Toning</p>	<p>5 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>6 SHINE* 8:00 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 2:30 Chair Yoga</p>	<p>7 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Melody Band 1:00 Knitting Class 5:00 Veterans Dinner</p>	<p>8 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:30 "Heaven" Study 12:30 Mah-jongg 1:00 Compassion and Kindness, Dominoes, Needlework 4:00 Line Dancing Class</p>
<p>11 CENTER CLOSED</p> 	<p>12 Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg</p>	<p>13 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 12:00 Birthday Bash 1:00 Chair Volleyball 2:30 Chair Yoga</p>	<p>14 Manicures* 8:30 Bosu Class 9:00 Blood Pressure Clinic 9:30 Tai Chi 10:00 Trivia 10:30 Ask A Librarian 10:45 Exercise Class 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting Class</p>	<p>15 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:30 "Heaven" Study 11:00 How To Use Facebook Presentation 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p>
<p>18 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning</p>	<p>19 Legal Consultation* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg</p>	<p>20 Hearing Screening*, SHINE*, Support Group 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 12:30 Hospice 101 1:00 Chair Volleyball, Computer Class 2:30 Chair Yoga</p>	<p>21 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:00 Thanksgiving Luncheon and Entertainment 1:00 Knitting Class</p>	<p>22 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:30 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class 5:00 Movie Night</p>
<p>25 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</p>	<p>26 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club 12:30 Mah-jongg 12:45 Pleasant View Cinema</p>	<p>27 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 2:30 Chair Yoga</p>	<p>28 CENTER CLOSED</p>	<p>29 CENTER CLOSED</p> 

MEMORIAL DONATIONS



A special thank you to Alice Richard for her donation in memory of Sandra Smith, to Bruce and Jane Desilets for their donation in memory of Marian Volpe and to Robert and Barbara Erwin for their donation in memory of Bev Dimauro.

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**



The Senior Center will be closed on Monday, November 11th, Thursday, November 28th and Friday, November 29th. The trolley will NOT be running on those days.

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

Sandy Bell
Meal Site
Coordinator



www.facebook.com/elseniors

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

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Michael Robie, Real Estate Broker 413-575-7236

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