

PLEASANT VIEW SENIOR NEWS

EAST LONGMEADOW COUNCIL ON AGING
328 NORTH MAIN STREET
EAST LONGMEADOW, MA 01028-1870
WWW.EASTLONGMEADOWMA.GOV



CAROLYN F. BRENNAN, DIRECTOR
8:00 A.M. - 4:00 P.M. DAILY
PHONE: 525-5436 FAX: 526-9746
CBRENNAN@EASTLONGMEADOWMA.GOV

IMPORTANT DATES AND NEW EVENTS



KIX 100.9 Bonfire Concert:

Don't miss the fun at Center Field on **SAT, SEPT 8th!** Gates open at **5:00 PM**, show time at dusk featuring *The Lost Trailers*. Food, drinks and beer available for purchase at the event. **Tickets available during working hours in KIX offices, the E. L. COA, Rec Dept. and Fire Dept. \$15 per ticket, \$10 with a food donation of 5 non-perishable food items.** Proceeds to benefit above town departments. Food will be sold by DeNardo's Pizza, Fazio's, and E. L. Rotary Club.

Blood Drive: The American Red Cross will conduct a blood drive at the Senior Center on **SAT, SEPT 22nd** from **8:00 AM - 1:00 PM**. Call 1-800-733-2767 to schedule an appointment. Walk-ins welcome, positive ID required.

Shred Event: **SAT, SEPT 29th**

from **9:00 AM - NOON** in back of the Senior Center. Donations of non-perishable, non-expired food items, paper goods and toiletries to benefit our Food Pantry will be accepted and appreciated!

Farmers Market Change of Hours:

Our Farmers Market continues every **FRI** from **12 PM - 4:00 PM** in our parking lot.

History of Louis Armstrong:

David Neil and his Dixieland Stomp Band will be presenting the History of Louis Armstrong at the Pleasant View Senior Center on **FRI, SEPT 14th** from **7:00 - 10:00 PM**. *This event is sponsored by the East Longmeadow Cultural Commission and is free and open to the public.*

Friendship Club: Welcome old friends and new on **THURS, SEPT 20th** when Jean Paul per-

forms following a luncheon of Roast Pork w/Gravy and Scalloped Potatoes. Wear your badge to receive a raffle ticket. *Dues are \$10 annually & can be paid in SEPT & JAN.* Updated forms will be available to fill out. Food Pantry requests are toiletries and paper goods.

Valley Radio Reading Book Sale Fundraiser:

Valley Radio Reading will hold a Book Sale at the Senior Center on **SAT, SEPT 29th, 9 AM - 3 PM; SUN, SEPT 30th, 9 AM - 12:30 PM.**

Coming in OCT! Flea Market:

Rent a table for \$25 to sell your treasures old and new! On **SAT, OCT 27th** from **9:00 AM - 2:00 PM** we will host a Flea Market, open to the public. To rent a table, call Sandy @ 525-5436, ext. 1406. *All proceeds will benefit our Meals on Wheels program.*

OUTREACH - JANICE MICHAELIS, B.S, MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424, JMICHAELIS@EASTLONGMEADOWMA.GOV

Fuel Assistance: If you have received assistance in the past, watch your mail for renewal forms. If you need help completing the form or if you are wondering if you are eligible for assistance, call Janice @ 525-5424.

Tax Exemption for \$500: Deadline for applications is 3 months after the actual tax bills are mailed. Individuals or joint owner must be 70 years or older. Must own and occupy the property on July 1 of the tax year, and com-

pletely domiciled in MASS for the 10 years preceding the application and have owned or occupied the property or other property in MASS for 5 years. Please call Janice for income amounts or questions you may have.

PROGRAMS . . . PLEASE REGISTER FOR ALL PROGRAMS

Movie Tuesdays: All movies begin at **12:45 PM** and **require sign-ups** as seating is limited. Movies this month are: *The Devil Wears Prada* (2006), 109 min. on **SEPT 4th**; *Breakfast at Tiffany's* (1961), 115 min. on **SEPT 18th**.

John Dee Seminar: "How to Avoid the Greatest Dangers Retirees Face" on **TUES, SEPT 11th @ 1:00 PM**. Find out how to build a bridge to safely guide your assets to your loved ones avoiding Probate Court, nursing home spend downs and unnecessary taxes.

Mental Health Presentation: Michelle Caliento, a local mental health professional will address issues important to all of us on **WED, SEPT 12th & THURS, SEPT 13th** from **11:00 AM - 12:00 PM**. Come for an informative discussion and some useful solutions.

Estate Planning Seminar: Atty. Justin McCarthy will discuss long-term medical care and estate planning, giving a summary of expenses and protection for your estate from medical bills and Med-

icaid Liens. **FRI, SEPT 14th @ 10:00 AM**.

Gentleman's Coffee Hour: Beginning this month, we will host a Gentleman's Coffee Hour on every **3rd TUES @ 9:00 AM** featuring different topics or speakers of your choosing. To kick things off on **SEPT 18th**, new Veterans Agent John Comerford will introduce himself and answer any questions you may have. Guys! Come find out what this group is all about!

Meditation Series: Christine Strohman, founder of Evolve Meditation will offer a free 4 week series of meditation classes beginning **SEPT 11 @ 9:00 AM**. Meditation has been practiced for thousands of years to improve physical, mental and emotional health. No previous experience necessary

Cabaret Show: East Village Place will sponsor *A Night in Paris with Ashley Cruz* following luncheon here at the Senior Center, on **WED, SEPT 19th**. Luncheon (\$3) will be French On-

ion Soup, Chicken Nicholas (white wine cream sauce), French Green Beans, and Vanilla Pudding w/Caramel Sauce for dessert. *Please reserve lunch in advance!*

Collette Vacation Tours: Get the details on two trips being offered by the Senior Center when a travel representative visits on **TUES, SEPT 25th @ 1:00 PM**. Trips are planned for APR 6, 2013 - San Francisco Getaway and Lake Tahoe; and SEPT 21, 2013 - Trains of the Colorado Rockies.

Jewelry Class: Sandy Merrill will resume her monthly classes beginning **MON, OCT 1st @ 9:30 AM**. Cost is \$3 and materials are extra. *Walk in, no sign-ups.*

Flu Season: The COA's supply of flu vaccine has been reduced again this year; therefore, we will not be holding a state-sponsored flu vaccine clinic. Lissa Fontaine, R.N. will be making a limited number of home visits to those who are unable to get out for a vaccination. *Please call Lissa at 525-5436, ext. 1407 to be put on a list for home visits.*

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HEALTH AND WELLNESS - LISSA FONTAINE, R.N., MON - FRI, 8 AM TO 4 PM, 525-5436, X 1407, LFONTAINE@EASTLONGMEADOWMA.GOV

Alzheimer's Support Group: We will begin a new support group in OCT with Lissa Fontaine, R.N. as facilitator. Day and time TBA. Please see Lissa if interested.

Arthritis Exercise Classes: MON, 10:30 AM; THURS, 9:00 & 10:30 AM. Nominal fee, contact Lissa to sign up.

Limited Mobility Exercise: WED, 10:00 AM, for people with limited mobility and balance. Nominal fee.

Strength and Cardio Class: MON & WED, 9:30 - 10:00 AM. Bring resistance bands and

hand weights. \$3 per month, please pay Lissa.

New! Meditation Workshop: A four-week series at no cost exploring silent and guided meditation, TUES @ 9:00 AM, SEP 11 - OCT 2.

Matter of Balance Workshop: Begins SEPT 25th at a cost of \$10 for 8 weeks from 10:00 AM to noon. Please sign up with Lissa.

Chair Volleyball: WED, 1:00 PM.

Capuano Care: FREE blood pressure, glucose and total cho-

lesterol screenings, 1st FRI of each month, 8 - 9 AM. Fasting required. SEP 7th.

Better Hearing Clinic: Baystate Hearing Aid Centers, 3rd WED, 15 min. appts. between 10 AM - 12 PM. SEP 19th.

Footcare/Pedicare: 2nd TUES each month/appt., Cost is \$28, SEP 11th. 525-5436.

Fitness Center: Open MON - FRI, 8 AM - 4 PM. Medical clearance required. 20 visits/\$10 (E.L. residents); \$15 others

Blood Pressure: Call Lissa @

ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MON - FRI, 8 AM - 4 PM, 525-5436, X 1406, SGRABIERZ@EASTLONGMEADOWMA.GOV

Art Class: FRI, 10 AM - 12:30 PM w/Jeff Kern. \$15 per class.

Ballroom Dance: 1st & 3rd MON each month, 1:30 PM (\$2.50 pp).

Baystate Deaf Seniors: WED, 10 AM.

Bocce League: WED, 10 AM.

Book Club: Last TUES/month, 10:30 AM. SEPT reading is "Unbroken," by Laura Hillenbrand.

Cribbage: WED & FRI, 10 AM.

Dominoes: FRI, 1 PM.

Exercise: MON/WED, 9 AM/FRI, 8:45 AM. \$3/month or .50/class.

French: WED, 11 AM.

Jewelry Class: 1st MON each month, 9:30 AM, \$3, materials extra. Resumes in OCT.

Legal Consultations w/Dave Carlson: Resuming on the 3rd TUES of each month by appt. SEPT 18th.

Line Dancing Class: FRI, 4 PM, \$3/class.

Mah Jongg: TUES @ 1:00 PM.

Manicures, Waxing: 2nd THURS w/licensed esthetician. SEPT 13th.

Morning Glory Walkers: MON/WED/FRI, 8 AM. Meeting 2nd MON @ 9 AM.

Movie Tuesdays: 1st and 3rd TUES/month, 12:45 PM.

Needlework: FRI, 1 PM

Pitch: MON, begins @ 12:30 PM sharp.

Pool: 8 AM - 4 PM daily,

Instruction THURS 10AM

Scrabble: MON, 1 PM.

Tai Chi: TUES, 9 AM, Free, walk-ins welcome. First Congregational Church

Tap Dance: TUES @ 7 PM, Intermediate; 8 PM, Advanced. Six weeks/\$35, \$30 for 60+. Diane Shields, 218-2375.

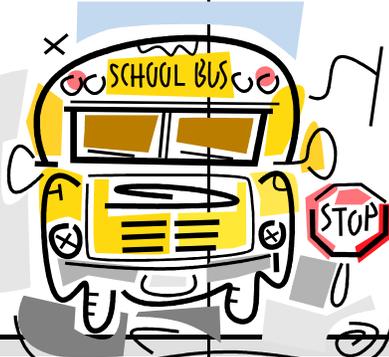
Trivia: THURS, 10 AM.

Zumba/Zumba Gold: MON, 4:15 PM (new time), 6 weeks for \$30 or \$5 per class. Kelly Phillips, Instructor.

Please reserve lunch 24 hours
in advance, call 525-5436.
Served 12 noon.

SEPTEMBER 2012

To reserve van, call 739-7436 or 866-277-7741. \$2.50 each zone/20 ticket pkg, \$47.50, sold in our office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Closed for Labor Day  (No Meals on Wheels Delivered) Paper Recycle	4 Hot Dog w/ Sauerkraut & Beans Movie, The Devil Wears Prada, 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00	5 Oven Fried Chicken Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00	6 Pasta Primavera Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00	7 Tuna Salad on Roll Walkers 8:00 Capuano Care 8:00 Chair Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 12 - 4 Line Dancing Class 4:00
10 Stuffed Shells w/ Marinara Sauce Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 MGW Meeting 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:15 Container Recycle	11 Veal Cordon Bleu Meditation Series begins (4 weeks) 9:00 Footcare/Pedicare/Appt. 9:00 Mah Jongg 1:00 John Dee 1:00 Tap Dance 7:00, 8:00	12 Shepherds Pie Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Mental Health Presentation 11:00 Chair Volleyball 1:00	13 Chicken Parmesan Manicures (appt.) Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Mental Health Presentation 11:00	14 Pier 17 Fish Walkers 8:00 Chair Exercise 8:45 Atty. McCarthy 10:00 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 12 - 4 Line Dancing Class 4:00 History of Louis Armstrong 7:00 PM
17 Chicken Tortellini Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Ballroom Dance 1:30 Scrabble 1:00 Zumba 4:15 Paper Recycle	18 Fish Florentine New! Gentleman's Coffee Hour 9:00 Meditation Workshop 9:00 Movie, Breakfast at Tiffany's 12:45 Mah Jongg 1:00 Legal Consultations/ appt	19 Chicken Nicholas \$3 (white wine cream sauce) Chair Exercise 9:00 Strength & Cardio 9:30 Hearing Screenings 10:00 Limited Mobility Exer 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Cabaret Show sponsored by East Village Place 12:30	20 Roast Pork w/ Gravy Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Friendship Club, Jean Paul 12:30	21 Cold Cut Sub Walkers 8:00 Chair Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 12 - 4 Line Dancing Class 4:00
24 Baked Lasagna w/ Alfredo Sauce Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:15 Container Recycle	25 Turkey Avocado & Apple Wrap Meditation Workshop 9:00 Matter/Balance 10:00 Book Club 10:30 "Unbroken," by Laura Hillenbrand Mah Jongg 1:00 Collette Tours 1:00 Tap Dance 7:00, 8:00	26 Baked Pollock Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 Limited Mobility Exer 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00	27 Meat Loaf w/Gravy Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 FC Board Meeting 10:00 Candaras Rep Visit 11:00 Friendship Club, BINGO 12:30	28 Chicken Pot Pie Walkers 8:00 Chair Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 12 - 4 Line Dancing Class 4:00
		1% Milk Served Daily ****Indicates high Sodium Menu Subject to Change	<div style="background-color: black; color: white; padding: 5px; text-align: center;">FREE HEARING TEST</div> <div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> • FREE Hearing Tests • FREE Video Ear Scans • FREE Consultations • FREE In-Office Repairs <div style="text-align: right;"> <p>Call Today for an Appointment!</p>  <p>CHICOPEE 1269 Memorial Drive (413) 315-5219</p> </div> </div> <p style="text-align: center; font-size: small;">www.BeltonNE.com</p>	