



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



DECEMBER HIGHLIGHTS

SANTA CLAUS IS COMING TO TOWN

Saturday, December 7th 9:00 - 12:00



Join us for a fun morning of Christmas festivities! Bring your grandchildren or your pet to have their picture taken with Santa, enjoy refreshments and some hot cocoa, play Christmas Bingo for a chance to win prizes, enjoy musical entertainment by Noah Lis and more! For more details please call us at 525-5436.

Join us for a fun morning of Christmas festivities! Bring your grandchildren or your pet to have their picture taken with Santa, enjoy refreshments and some hot cocoa, play Christmas Bingo for a chance to win prizes, enjoy musical entertainment by Noah Lis and more!

UNICO DINNER

Friday, December 6th at 5:00

Join us for a delicious dinner and fun night put on by UNICO. Call today to reserve your spot, 525-5436. Those who make a reservation may only register themselves and one guest.



HOLIDAY HOURS

The Pleasant View Senior Center will be closing at 12:00 on Tuesday, December 24th and 31st. We will be closed on Wednesday, December 25th and January 1st.

We wish everyone a happy and healthy holiday season



The Pleasant View Senior Center will be implementing a new reservation policy for lunch. Effective December 1st, all lunch reservations are required to be made no later than 1:00 pm the day before.

MONTH IN REVIEW



531 Volunteer Hours



711 Meals Delivered



375 Lunches Served



114 People Served

RESOURCE REPORT

NEW 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 is designed to aid residents facing barriers such as transportation, mobility and other needs.

For further information please call Tracey Walz at 525-5436 ext. 1408.



Mobile Food Pantry

Donations to the Food Pantry are always accepted. This month we are in need of: Toothpaste, Shampoo, Soap, Toilet Paper, Laundry Detergent, 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

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

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**

Tai Chi is sponsored by CareOne at Redstone

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

BLOOD PRESSURE

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

FOOTCARE/PEDICARE

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

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
December 12th

BLOOD PRESSURE CLINIC

Free Screening by
Comfort Plus Caregivers
December 12th at 9:00

HEARING SCREENING

Free Screening by
Baystate Hearing Center
by appointment 525-5436
December 18th

MASSAGE THERAPY

by appointment
Christina Conti, LMT
413-348-8370
December 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. For more information please call Lissa at 525-5436 ext. 1407.

The December meeting will be held on the 18th.

Mary-Anne Schelb, Holistic Health Practitioner from Encompass Health Rehabilitation Hospital of Western Mass will be speaking at the Caregivers Support Group this month about Caregiver Burnout and how to keep themselves healthy as they care for their loved ones.

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



December 3rd

Christmas with a View

1 hrs 31 mins 2018 TV-PG

Still reeling from a business failure, the restaurant manager of a ski resort finds her world jolted by a new chef, who has his own hidden past.

December 17th

The Christmas Chronicles

1 hr 44 mins 2018 TV-PG

After accidentally crashing Santa's sleigh, a brother and sister pull an all-nighter to save Christmas with a savvy, straight-talking St. Nick. Starring Kurt Russell, Darby Camp and Judah Lewis.



December 10th

Holiday in the Wild

1 hr 26 mins 2019 TV-PG

In this feel-good, romantic movie, empty nester Kate embarks on a solo second honeymoon in Africa after her husband abruptly ends their marriage where she finds purpose and potential romance. Starring Rob Lowe, Kristin Davis and Fezile Mpela.



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

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

THANK YOU VETERANS

On November 7th we celebrated our Veterans and thanked them for serving our country and protecting our freedoms.

We would like to thank all of our volunteers and sponsors for helping make the evening so special ~ Fontaine Development LLC, Home Helpers Home Care of Enfield, Homewatch Caregivers and Louis & Clark.



RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

ASK A LIBRARIAN

December 12th 10:30 A.M.

BEAN BAG BASEBALL

Fridays 9:30 A.M.

BILLIARDS

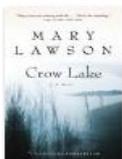
Mon–Fri 8:00 A.M. to 4:00 P.M.

BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.

BOOK CLUB

December 31st 10:30



Crow Lake

By Mary Lawson

BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.

*there will be no Breakfast Club on December 24th or 31st

CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

*Volleyball will start at 12:30 on Dec. 4th

COMPASSION AND KINDNESS

December 13th 1:00 P.M.

COMPUTER CLASS

December 18th 1:00 P.M.

FRENCH CONVERSATION

GROUP

Wednesdays 11:00 A.M.

HEAVEN BOOK STUDY

Will resume in January

JEWELRY CLASS

December 2nd 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

December 5th \$5 Bingo

December 12th Bingo

December 19th Christmas

Celebration ~ Musical

Entertainment by brother and

sister duo, Play More & Flanagan

December 26th \$5 Bingo



DECEMBER SPECIAL NOTES



BETTER BREATHER'S MONTHLY SUPPORT GROUP

Monday, December 2nd 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



MONTHLY BIRTHDAY BASH

Wednesday, December 11th at 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**



NIGHT OUT WITH THE GOLDEN YEARS

Tuesday, December 17th at 6:00

Enjoy an evening of your favorite Holiday songs featuring Jimmy Mazz. We hope you can join us for an evening of appetizers, fun and good cheer. Reservations are required, to reserve your spot please call 525-5436.



INCLEMENT WEATHER POLICY

When East Longmeadow Public Schools are closed due to weather, all programs will be cancelled and 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.**



RIGHT AT HOME INFORMATION TABLE

Thursday, December 5th 11:00-12:00

Looking for a home care agency? Someone to help with different tasks? Come see if Right at Home's services are right for you! Those who visit this information table will be entered in to win a raffle prize sponsored by Right at Home.



MOVIE NIGHT FEATURING THE POLAR EXPRESS

Friday, December 13th at 6:45

The East Longmeadow Recreation Department will be hosting a movie night here at Pleasant View. Bring your grandkids for a fun evening including popcorn and refreshments.



MONTHLY ONSITE HOUSING OFFICE HOURS

Danell Tavella, Director of Community Services, will resume holding office hours in the Community Room of the housing developments next year. If you have questions regarding assistance programs please call Danell at 525-5436 ext. 1402.

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.



ESSENTIAL SERVICES

LEGAL CONSULTATION

by appt. with
Dave Carlson, Attorney
525-5436
December 17th

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.

RESOURCE REPORT

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.**

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.



VETERANS MEMORIAL



The East Longmeadow Veterans Memorial Committee is raising funds to construct a Veterans Memorial at 328 N. Main Street (The Senior Center). This Veterans Memorial will be dedicated to honor and memorialize the sacrifice of East Longmeadow military veterans who answered the "call to arms" and to recognize their sense of duty and courage...especially those who sacrificed their lives for the freedoms we enjoy today.

The East Longmeadow Veterans Memorial Committee consists of a camaraderie of eight members (all military veterans) whose passion it is to build this memorial in East Longmeadow. "It is our duty to give back and our privilege to create such a monument to

honor such brave Americans. Likewise, this memorial will link the past to the present and enable the people of East Longmeadow to feel proud, remember and respect the sacrifice of those who died, fought, participated and were affected by conflicts."

The Veterans Memorial Committee is constantly engaged in numerous fundraising activities to help defray the expense of the Memorial. Numerous financial institutions, businesses, as well as the Town population have already contributed/donated money towards the construction. Recently the Veterans Memorial Committee received \$100,000 from the State of Massachusetts toward the Memorial which was secured by State Representative Brian Ashe with the assistance of Senator Eric Lesser and State Representative Angelo Puppolo.

The East Longmeadow Veterans Memorial Committee is a non-profit 501(C)(3) organization and registered with the Massachusetts Attorney General's Office. Donations/contribution can be made to: Peoples Bank, 201 N. Main Street, East Longmeadow, Ma. 01028. The tax-exempt number is 82-2777412.

There is also a gofundme page at: <https://www.gofundme.com/east-longmeadow-veterans-memorial> where donations/contributions can be made.



Meal Calendar December 2019

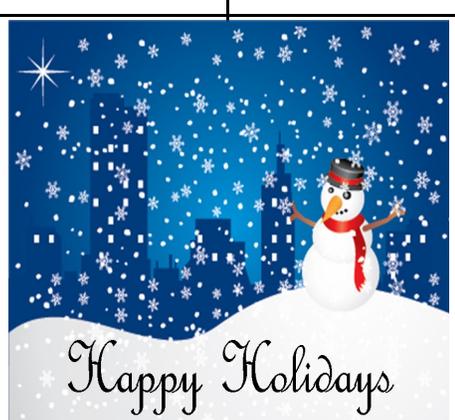


Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Stew Green Beans Cabbage Fresh Apples	3 Baked Chicken Breast Mixed Vegetables Egg Noodles Lemon Pudding	4 Crispy Fish Sandwich on a Bun Steamed Corn Minestrone Soup Pineapple Tidbits	5 Butternut Mac & Cheese Brussel Sprouts Pears	6 <i>Café Fridays Served from 11:30 - 1:00</i> Hot Dog with Baked Beans Soup of The Day Mixed Fruit
9 Chicken Pot Pie Mashed Winter Squash Collard Greens Apple Sauce	10 American Chop Suey Steamed Cauliflower Peaches	11 <i>Birthday Lunch</i> Chicken Parmesan Rice  Mixed Vegetables <i>Dessert Sponsored by Glenmeadow</i>	12 Tuna Noodle Casserole Stewed Tomatoes Carrot Cake	13 <i>Café Fridays Served from 11:30 - 1:00</i> Turkey Breast Club Sandwich Soup of the Day Mandarin Oranges
16 Sweet and Sour Pork Oriental Vegetables White Rice Tapioca Pudding	17 Lemon Dill Pollock Seasoned Couscous Roasted Carrots Pineapple Tidbits	18 Roast Turkey Breast and Gravy Cranberry Stuffing Mashed Potatoes and Turnip Pumpkin Pie	19 Chicken Brunswick Stew Broccoli Rice Pilaf Sliced Apples	20 <i>Café Fridays Served from 11:30 - 1:00</i> Pepperoni Pinwheel Sandwich 3 Bean Salad Soup of the Day Fresh Fruit
23 Pork Roast with Gravy Rice Pilaf Roasted Beets Mandarin Oranges	24 <p style="text-align: center;">The Center is closing at 12:00 We will not be serving meals or delivering Meals on Wheels</p>	25 CENTER CLOSED 	26 Chicken Breast Marsala Ziti Noodles Mixed Vegetables Raisins	27 <i>Café Fridays Served from 11:30 - 1:00</i> Meatball Grinder Oven Baked Potatoes Soup of the Day Blueberry Snack Loaf
30 Vegetable Primavera Shells Steamed Spinach Fresh Fruit	31 <p style="text-align: center;">The Center is closing at 12:00 We will not be serving meals or delivering Meals on Wheels</p>		Lunch Begins at Noon <i>*Please reserve lunch in advance by calling 525-5436 Reservations must be made No later than 1pm the day before</i>	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted** \$3.00 Lunch Donation is Appreciated **Menu Subject to Change**



Activities Calendar December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 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 2:00 Better Breather's Support Group 4:15 Zumba Toning	3 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema	4 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group, 12:30 Chair Volleyball 2:30 Chair Yoga	5 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 Right at Home Information Table 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting Class	6 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class 5:00 UNICO Dinner
9 Massage Therapy*, 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	10 Pedicare* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema	11 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	12 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 Bingo 1:00 Knitting Class	13 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Compassion and Kindness , Dominoes, Needlework 4:00 Line Dancing Class 6:45 Movie Night
16 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning	17 Legal Consultation* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema 6:00 Night Out with The Golden Years	18 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 1:00 Chair Volleyball, Computer Class 2:30 Chair Yoga	19 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 Christmas Celebration with Play More & Flanagan 1:00 Knitting Class	20 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class
23 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 	24 8:30 Bosu Class 9:30 Tai Chi The Center is closing at 12:00 We will not be serving meals or delivering Meals on Wheels	25 CENTER CLOSED 	26 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting Class	27 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class
30 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	31 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club The Center is closing at 12:00 We will not be serving meals or delivering Meals on Wheels			To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436

MEMORIAL DONATIONS

A special thank you to the Cribbage Players for their donation in memory of Bev Dimauro and to Paul Joyce for his donation in memory of Mike Torica.

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**



Due to the holidays the Tri-Town Trolley will be not running on the following days:

December 24th, December 25th, December 31st and January 1st



COA LIAISONS

Police Department

Fire Department/Fire and Life Safety



Daniel Atwater
413-525-5440

Chris Beecher
413-525-5430



PLEASANT VIEW STAFF AND CONTACTS

Carolyn Brennan
Executive Director

Sharon Giordano
Accountant
Ext. 1405

Tracey Walz
Food Pantry
Coordinator
Ext. 1408

Terry Glusko
Transportation
Coordinator
Ext. 1410

Lissa Fontaine, R.N.
Health Educator
Ext. 1407

Meralee Kratovil
Office Manager
Ext. 1404

Sandy Bell
Meal Site
Coordinator

Barbara Fenney
Dispatcher
Ext. 1410

Danell Tavella
Community Services
Ext. 1402

Leah Weaver
Administrative Assistant/
Social Media Coordinator
Ext. 1404

Margit Daley
Kitchen Assistant,
Dishwasher

Alicia Smith
Program And
Volunteer Coordinator
Ext. 1406

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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Elder Issues

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