



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



MARCH HIGHLIGHTS



AROUND THE TOWN *Tuesday, March 24th*

Join us along with a few others on a fun progressive Italian lunch sponsored by The Senior Center, CareOne at Redstone and East Village Place. We will begin at the Senior Center at 10:45 for appetizers, travel to CareOne at Redstone for a delicious lunch and end our afternoon at East Village Place for dessert and entertainment by Dave Colucci. Sign ups are required for this event and space is limited. \$5 per person. Tickets for this event will be available at The Senior Center beginning March 9th.



ST. PATRICK'S DAYS LUNCH AND TRIVIA *Tuesday, March 17th beginning at 12:00*



Join us for a delicious corned beef and cabbage lunch followed by our Western Mass Trivia host, Bobby Roast Beef. This event is free however you must sign up at the senior center to receive a ticket. Tickets will be available to East Longmeadow residents beginning March 2nd and to the general public on March 4th. Space is limited, each person may pick up a ticket for themselves and one guest. Raffle drawing Included. **Event sponsored by Oasis Senior Advisors, Louis & Clark Pharmacy, 16 Acres Health Care Center and Right at Home Homecare.**

MONTH IN REVIEW



539 Volunteer Hours



796 Meals Delivered



353 Lunches Served



121 People Served

RESOURCE REPORT



Thank You to Cathy Hood and St. Michael's Church for their February "Share The Love" can drive, Busy Bee Preschool, ELHS Key Club and the many anonymous donors that have dropped off items for our pantry.

We appreciate all of the support from OUR community!

Donations needed for the Food Pantry:

Coffee, Tea, Pancake Mix, Syrup, Jelly, Muffin and Bread Mix, Cereal, Oatmeal, Raisins, Juice Boxes, Crackers, Toilet Paper, Soap, Shampoo, Toothpaste and Deodorant

MOBILE FOOD PANTRY PROGRAM

The Mobile Food Pantry is 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.**



EXERCISE

BOSU CLASS with Lissa

Tue/Thur 8:30 A.M.

**Please check with Lissa before your first class*

Class Card Needed

EXERCISE CLASS with Lissa

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

Mon/Thur 10:45 A.M.

Class Card Needed

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.

CHAIR EXERCISE

Mon/Wed 9:00 A.M.

Fri 8:45 A.M.

No Charge

CHAIR YOGA

with Marianne

Wed 2:30 P.M. **\$5 /Class**

No Class March 25th

ZUMBA GOLD & TONING

with Kelly Phillips

Mon 4:00 P.M. **\$5/Class**

LINE DANCING CLASS

with Debbie Tracy

Fri 4:00 P.M. **\$3/Class**

Some health insurance companies will reimburse for fitness classes or fitness room usage. Check with your health insurer to see if attending fitness classes or using the fitness room is reimbursed. If so please let Lissa Fontaine know and she will give you documentation for you to turn into your health insurer.

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

HEARING SCREENING

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



FOOTCARE/PEDICARE

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

MANICURES

by appointment 413-335-7422
Cathy Rasid, LM
March 5th and 19th

MASSAGE THERAPY

by appointment 413-348-8370
Christina Conti, LMT
March 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 March meeting will be held on the 18th.

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

March 3rd

The Laundromat

1 hrs 36 mins 2019 R

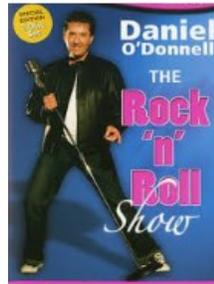


When a widow gets swindled out of insurance money, her search for answers leads to two cunning lawyers in Panama who hide cash for the super rich. Starring Meryl Streep, Gary Oldman and Antonio Banderas.

March 10th

Daniel O'Donnell: Rock 'n' Roll

1 hr 40 mins



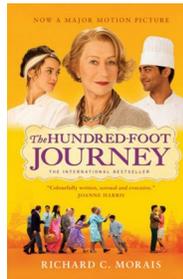
Daniel O'Donnell is an Irish singer from Dublin, Ireland who has become known around the world for his musical talent. Join us for a viewing of one of his spectacular shows recorded at The Point in Dublin.

Due to special events we will not be showing movies on March 17th or March 24th



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

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



March 31st

The Hundred-Foot Journey

2 hrs 2 mins 2014 PG

A Chef and his family leave India to open an eatery in the south of France, where they clash with the haughty restaurateur across the street. Starring Helen Mirren, Om Puri and Manish Dayal.

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.

BOCCE

Will resume in the spring

BOOK CLUB

March 31st 10:30

Warlight

By Michael Ondaatje

BRIDGE

Wednesdays 10:00

Beginning March 25th

BROWNSTONE CAFÉ

Tuesdays 8:00 A.M.—10:00 A.M.



CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.



COMPASSION AND KINDNESS

March 13th 1:00 P.M.

COMPUTER CLASS

March 18th 1:00 P.M.

FRENCH CONVERSATION GROUP

Wednesdays 11:00 A.M.

JEWELRY CLASS

March 2nd

\$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

March 5th \$5 Bingo

March 12th \$5 Bingo

March 19th Bingo

March 26th *St. Patrick's Day*

Entertainment by Willie Ninger



Willie Ninger

VETERANS MEMORIAL FUNDRAISER



EAST LONGMEADOW VETERANS MEMORIAL FUNDRAISER

Elks Lodge #61 440 Tiffany Street, Springfield

FRIDAY, APRIL 17, 2020 6pm-11pm

Doors open at 5:30pm Bring Your Own Snacks ~ Cash Bar Only ~ Raffles and 50/50 Drawing

PERFORMERS

6:00 - 7:00 Dave Colucci (Golden Oldies and Classics) 7:00 - 8:00 Rick Larrimore (Tribute to Rod Stewart)

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

\$20 Per Person (Cash Only Non-Refundable) Space is Limited - Only 300 Tickets are available for this event

Tickets on sale at The Pleasant View Senior Center ~ Monday-Friday from 8am-4pm

THANK YOU

*Thank you to **Big Y and Carla Michaelis** for their donations for our Valentine's Day Afternoon Tea. This was enjoyed by our care partners and their loved ones.*



RESOURCE REPORT

Rabies Clinic at A.W. Browns 144 shaker Road East Longmeadow

Saturday, March 14th 10:00 - 12:00

Cost for vaccinations will be \$12 for either Rabies or Distemper (\$24 for both). Porter Road Pet Care will pay for the first 50 Rabies vaccinations. Pets will need to be either on a leash or in a carrier.

Reminder

The Last day for Fuel Assistance is 4/30/2020

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.



Village Green: To be announced

Quarry Hill: Monday, March 9th 1:30 -2:30

Inward Commons: Tuesday, March 17th 1:00 -2:00

WANT TO LOWER YOUR MEDICARE COSTS?

On **January 1, 2020** the income and asset limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will **automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.**

Income and Asset Limits Effective 1-1-2020

Individual: Income/Month \$1,738 Assets \$15,720 **Married Couple:** Income/Month \$2,346 Assets \$23,600

To learn more and to request an application, contact MassHealth at: **1-800-841-2900** or **TTY at: 1-800-497-4648**. SHINE can also assist you with the application process. To make an appointment with our SHINE Counselor please call 413-525-5436.

*Medicare Savings Programs are also called "MassHealth Buy-In" and are administered by MassHealth

ESSENTIAL SERVICES

LEGAL CONSULATION

by appt. with

Dave Carlson, Attorney

525-5436

March 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.

Meal Calendar March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Stuffed Chicken Breast Steamed Spinach Mashed Yams Mandarin Oranges	3 Beef Stew Garlic Mashed Potatoes Warm Fruit Compote	4 Roast Pork Seasoned Cauliflower Yellow Rice Fresh Fruit	5 Hot Dog on a Bun Onions and Peppers Baked Beans Pineapple	6 Lemon Butter Pollock Steamed Green Beans Scalloped Potatoes Vanilla Pudding
9 Chicken Alfredo Broccoli Ziti Spiced Peaches	10 Shepard's Pie with Mashed Potato Top Peas and Carrots Spiced Apples	11 <i>Birthday Lunch</i> Baked Potato Bar Chili and Sour Cream  Cheesy Spinach <i>Dessert Sponsored by Glenmeadow</i>	12 Chicken Fajitas Peppers and Onions Yellow Rice Butterscotch Pudding	13 Fish Tacos Coleslaw Yellow Rice Mixed Fruit
16 BBQ Pulled Pork Sliders Sweet Potatoes Creamy Coleslaw Spiced Pears	17 Corned Beef and Cabbage Boiled Potatoes Carrots  Bread Pudding	18 Meatloaf with Mushrooms and Gravy Garlic Green Beans Mashed Potatoes Mixed Fruit	19 Eggplant Rollatini Steamed Broccoli Ziti with Marinara Sauce Cookies	20 Pollack Dill Carrots Fresh Fruit
23 American Chop Suey California Blend Vegetables Spiced Peaches	24 Turkey Pot Pie Butternut Squash Collard Greens Fresh Fruit	25 Taco Salad Yellow Rice Crispy Tortillas Fruited Jell-O	26 Corned Beef and Cabbage Boiled Potatoes Carrots Pineapple	27 Crispy Fish Filet Potato Wedges Salad with Tomato and Cucumber Fresh Fruit
30 Chicken Paprikash Mixed Vegetables Egg Noodles Mixed Fruit	31 Sweet and Sour Pork over Rice Stir Fry Oriental Vegetables Mandarin Oranges		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 March 2020

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 4:00 Zumba Toning	3 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 Pleasant View Cinema	4 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Cribbage, Deaf Seniors, Tai Chi 11:00 French Group, Memory Class 1:00 Chair Volleyball 2:30 Chair Yoga	5 Manicures* 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 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
9 Massage Therapy* 8:00 Walkers 8:30 Exercise Class 9:00 MGW Meeting 10:45 Exercise Class 12:30 Pitch, Pool League 4:00 Zumba Toning	10 Pedicare* 8:00 Brownstone Café 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 Cribbage, Deaf Seniors, Tai Chi 11:00 French Group, Memory Class 12:00 Birthday Bash 1:00 Chair Volleyball 2:30 Chair Yoga	12 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 12:00 Canasta 12:30 \$5 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 11:00 30 Days to Healthy Living 12:30 Mah-jongg 1:00 Compassion and Kindness , Dominoes, Needlework 4:00 Line Dancing Class
16 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:00 Zumba Toning	17 Legal Consultation* 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 12:00 St. Patrick's Day Luncheon and Trivia 12:30 Mah-jongg 	18 Hearing Screening*, Support Group 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Cribbage, Deaf Seniors, Tai Chi 11:00 French Group, Memory Class 1:00 Chair Volleyball, Computer Class 2:30 Chair Yoga	19 Manicures* 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 Bingo 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 11:00 How to Use E-Readers 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 4:00 Zumba Toning	24 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 10:45 Around The Town Progressive Lunch 12:30 Mah-jongg	25 SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bridge, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group, Memory Class 1:00 Chair Volleyball	26 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 Brian Ashe. Rep., Mass EDP Info Table 12:00 Canasta 12:30 Entertainment by Willie Nininger 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 11:00 Getting Through The Medicare Maze 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class
30 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:00 Zumba Toning	31 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club 12:30 Mah-jongg 12:45 Pleasant View Cinema			To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436

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.**

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.

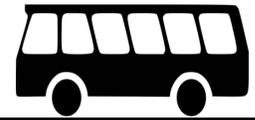
Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation.

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

Sharon Giordano
Accountant
Ext. 1405

Tracey Walz
Food Pantry
Coordinator
Ext. 1408

Stephen Plifka
Chef

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

Meralee Kratovil
Office Manager
Ext. 1404

Terry Glusko
Transportation
Coordinator
Ext. 1410

Sandy Bell
Meal Site
Coordinator
Ext. 1413

Danell Tavella
Community Services
Ext. 1402

Leah Weaver
Administrative Assistant/
Social Media Coordinator
Ext. 1404

Barbara Fenney
Dispatcher
Ext. 1410

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



SPONSORS

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<p>Michael Robie, Real Estate Broker 413-575-7236</p>	

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