

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

EXCITING NEWS!

Meals On Wheels
So no senior goes hungry.

Come Ride With Us! The last few weeks in May marked the beginning of a new Regional Shuttle program for the COA involving the towns of Hampden and East Longmeadow. The purpose of this service is to make senior transportation more affordable, and is meant to complement the PVTA's service, not replace it. Seniors and those with disabilities from Hampden and East Longmeadow can call **525-5412** for transportation to the Pleasant View Senior Center **MON, WED, FRI** for \$1 per ride for transportation between the hours of **9:00 AM** and **2:00 PM**. Those that use the PVTA's \$1 shuttle on **TUES** and **THURS** should continue to call 739-7436, ext. 301. Our goal for the future is to have our van available for transportation to medical offices on **TUES** and

THURS for the same cost of \$1 per ride.

Farmers Market: Our Farmers Market will be held on **FRI** each week from **1:00 PM** to **6:00 PM** in back of the Senior Center, beginning **JUNE 1st** and running to mid-fall. We will start off with plants/perennials, bakery items such as breads, pies and cookies; marinara sauces, olive oils, vinaigrettes, pickles, relishes, dips, and meat rubs. As the growing season progresses, we will be adding vegetables and fruits. *Anyone interested in being a vendor should call Sandra Grabierz @ 525-5436, ext. 1406.*

Dining w/Lissa & Sandy: **FRI, JUN 22nd** will be the first of three healthy, nutritious lunches we are planning for the summer. This first luncheon will

feature a guest chef who will prepare the meal with local produce from our Farmer's Market, if available. *Cost per lunch is \$5 and limited to 12 seats.* For additional information, please call 525-5436 and ask for Lissa at ext. 1407 or Sandy at ext. 1406.

Friendship Club News: *Used Jewelry Sales* will be on **MAY 31st, JUN 7th, and JUN 14th.** *\$5 BINGO* will be on **JUN 7th.** *Our End of Year Buffet and Bake Sale* is scheduled for **JUN 14th**, with entertainment by the *Resurrection Airmen's Band*. Members who have paid their dues for the first half of the year will receive a complimentary ticket for the Buffet, which can be picked up **MAY 31st** or **JUN 7th.** *Please let Margaret know what you will be bringing to the Bake Sale by 5/31.*

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

Beware of Scams: Never give personal information such as your Social Security number or banking information over the phone, or by e-mail. Remember, unless you

have made the call you need not speak to anyone calling soliciting information. Just politely hang up. Beware of calls or e-mails stating that a relative or person you know is

in trouble and needs money sent. This is just another way scam artists try to get your money. And of course, if it sounds too good to be true, it probably is. ~ Janice

MARK YOUR CALENDARS . . .

Make Your Own Jewelry:

Sandy Merrill will conduct her last class of the season on **MON, JUN 4th @ 9:30 AM.** Cost is \$3 and supplies are an additional cost. Sandy will begin again in **SEPT** with a special class, date TBD.

Real Estate Seminar:

Presented by Christine Strohman of Keller Williams Realty. This month's topic, the last in a her series, will be "**The Top Five Real Estate Secrets,**" scheduled for **TUES, JUN 12 @ 9:30 AM.** A discussion around what most people don't know about the real estate market, sales people, and the process of buying and selling a home. Call 525-5436 to register.

Walk in the Park:

Come join walkers from Wilbraham for an easy walk at your own pace at beautiful Fountain Park. Meet new friends and share time with old ones. Dress for the weather and bring water.

Good walking shoes are recommended. This event is for all walking abilities and will take place on **WED, JUNE 27th @ 10:30 AM.** The East Longmeadow Senior Center will be offering a Boxed Lunch for the event for \$2. Please reserve yours by **FRI, JUN 22nd** by calling 525-5436. Meet at Fountain Park parking lot.

Movie Tuesdays:

On **JUN 12th** we will show, "**The Wedding Planner**" (1 hour, 42 min); on **JUN 19th,** we will feature a virtual trip to the ball game 

when we show, "**Field of Dreams**" (1 hour, 47 min). Wear your favorite team jersey or cap and sign up for lunch, which will feature Ball Park franks, peanuts and Cracker Jack! To round out the month, on **JUN 26th** we will show, "**Casablanca**" (1 hour, 42 min) with a "Make Your Own Sundae Party" following the

movie. *Please be sure to sign up to secure your seat!*

Memorial Donations:

Thank you to those who remembered our Senior Center with donations in memory of: **Robert Crocker:** John & Kathleen Farrell, Mary Crocker Young, Roger & Dorothy Haley, Marge Sheehan, Jan Bonnieville, Dr. and Mrs. Jorge Alba, Scott & Elizabeth O'Brien, Susan & Richard Small, Jennifer Trzaski, Christopher Malash, Terry Poppiti, **French Club members:** Marie Boutin, Marialyse Rivers, René Dubé, Dee Gainski, Rachel Baudet, Etta Meade, Lucien Demers, Lucille Duquette, Roger Maurice, Lucille Caputo, Gloria Parsons, and Denise Crawford. **Dorothy Weyner:** Glenna Ball; **Simone Bolton:** Louis & Phyllis Grimaldi; **Carmino Giannetti:** Jennie Wood; **Christopher Scholtz:** Jennie Wood. Mary Villamaino made a donation with thanks to Danieleen Callahan for a service rendered.

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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

The Heart Truth for Women: Serious messages about women and heart disease - a national awareness and prevention campaign. Join Lissa on **JUN 21st @ 12:30 PM** to learn more about this important campaign.

Balance Workshop: This popular workshop will be given again in **SEPT**. Please let Lissa know if you are interested in this informative series of workshops. 525-5436, ext. 1407.

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**, payable to Lissa.

Alzheimer's Support Group: **3rd TUES** of each month, **3:00 PM.** *JUN 19th*

Capuano Care: *FREE* blood pressure, glucose and total cholesterol screenings, **1st FRI** of

each month, **8 - 9 AM.** Fasting required. *JUN 1st.*

Better Hearing Clinic: Baystate Hearing Aid Centers, **3rd WED**, 15 min. appointments from. **10 AM - 12 PM.** *JUN 20th.*

Footcare/Pedicare: **2nd TUES** each month/appt., **Cost is \$28,** *JUN 12th.* 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 @ 525-5436, ext. 1407 for appt.

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: **WED, 10 AM**

Book Club: Last **TUES**/month, 10:30 AM, *Beautiful Girl*, by Rachel Simon.

Candaras Rep Visit: 4th **THURS @ 11:00 AM**

Cribbage: **WED & FRI, 10 AM.**

Dominoes: **FRI, 1 PM.** **FRI, 4 PM,** \$3/class.

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

French: **WED, 11 AM.** **Manicures, Waxing:** 2nd **THURS** w/licensed esthetician. *JUN 14th.*

Jewelry Class: 1st **MON** each month, 9:30 AM, \$3, supplies extra. *JUN 4th.* No classes **JUN, JUL, AUG.** Will resume in **SEPT** with a special class.

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

Needlework: **FRI, 1 PM**

Pinochle: **WED, 10 AM**

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

Pool: 8 AM - 4 PM daily.

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.**

Veterans Coffee Hour: 3rd **TUES**/month @ 9:00 AM. *Meetings resume SEPT 18th.*

Zumba/Zumba Gold: **MON, 4 PM,** 6 weeks for \$30 or \$5 per class. Kelly Phillips, Instructor.

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

JUNE 2012

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WE ARE Meals On Wheels So no senior goes hungry.</p> <p>Paper Recycle</p>	<p>1% Milk served daily</p> <p>***Indicates high sodium</p> <p>Menu subject to change</p>	<p>FREE HEARING TEST</p> <p>• FREE Hearing Tests Call Today for an Appointment! • FREE Video Ear Scans • FREE Consultations Beltone • FREE In-Office Repairs Hearing Aid Centers www.BeltoneNE.com CHICOPEE 1269 Memorial Drive (413) 315-5219</p>		<p>1 Pier 17 Baked Fish Walkers 8:00 Capuano Care 8:00 Exercise 8:45 TRIAD 9:00 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>
<p>4 Pasta Alfredo w/ Chicken Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Container Recycle</p>	<p>5 Chicken Francais w/ Sauce SHINE by appt. Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>6 ***Baked Ham w/Au Gratin Potatoes Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:00 Cribbage 10:00 Pinochle 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00</p>	<p>7 Meatloaf w/Mashed Potatoes and Gravy Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Friendship Club, "\$5 BINGO" 12:30</p>	<p>8 Tuna Salad Plate Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>
<p>11 Veal Parmesan w/ Pasta & Sauce Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 MGW Meeting 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Paper Recycle</p>	<p>12 Ground Beef & Bean w/Cheddar Cheese Footcare/Pedicare/Appt. Real Estate Seminar 9:30 Movie, The Wedding Planner 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>13 Fish Florentine Walkers 8:00 Exercise 9:00 No Strength & Cardio No Limited Mobility Exercise Cribbage 10:00 Pinochle 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00</p>	<p>14 Picnic Buffet \$3 (Baked Chicken, Pasta & Meatballs w/Sauce, Salad) Manicures (appt.) Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 FC Board Meeting 10:00 Friendship Club, "Picnic Buffet and Resurrection Airmen's Band" 12:00</p>	<p>15 Egg Salad/Roll Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>
<p>18 Pier 17 Baked Fish Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Ballroom Dance 1:30 Scrabble 1:00 Zumba 4:00 Container Recycle</p>	<p>19 ***Hot Dog in Baked Beans Free Legal Consultations (appt.) Movie, Field of Dreams 12:45 Mah Jongg 1:00 Alzheimer's Support 3:00 Tap Dance 7:00, 8:00</p>	<p>20 Cheeseburger on Roll w/Lettuce, Tomato Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Hearing Screenings 10:00 Cribbage 10:00 Pinochle 10:00 Limited Mobility Exer 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00</p>	<p>21 Chicken Marsala Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Heart Truth for Women 12:30</p>	<p>22 Mac & Cheese w/ Hot Dog Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dining w/Lissa & Sandy 12:00 \$5 (by reservation) Dominoes 1:00 Needlework 1:00 Farmers Market 1:00</p>
<p>25 Shepherds Pie w/ Mashed Potato/Corn Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Paper Recycle</p>	<p>26 Buffet w/Pasta Primavera, Cajun Chicken, Chicken & Rice Casse-role, Salad Book Club 10:30 Movie, Casablanca 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>27 Turkey Apple Wrap Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 Pinochle 10:00 No Limited Mobility Exercise Deaf Seniors 10:00 Bocce League 10:00 Walk in the Park 10:30 French 11:00</p>	<p>28 Hot Roast Beef Open Face Sandwich Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 FC Board Meeting 10:00 Candaras Rep visit 11:00</p>	<p>29 Baked Cheese Lasagna Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Farmers Market 1:00 Line Dancing Class 4:00</p>