

# 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

## HAPPENING THIS SPRING . . .

 **Mobility Fair:** On **APR 20th** starting at **9:00 AM**, we will be holding a Health & Fitness Fair entitled, *“Minds and Bodies in Motion: Let Us Show You Ways to a Happy, Healthy You!”* This event will consist of speakers and displays from numerous agencies with information about their products and different types of equipment. Events happening around the area will also be discussed. But most importantly, information about staying fit and healthy will be provided. *TRIAD will be available to help residents fill out their Emergency Preparedness Forms.* Save the date and come experience this fun and informative event!

**Meals on Wheels Fundraiser:** During our Mobility Fair, we will be holding a number of

Raffles to help support our Meals on Wheels program. Baskets to choose from include: an Exercise Basket, a Gardening Basket, a Game Basket, a Quilt Set, and two Accessory Baskets (one for men and one for women.) Tickets will be available for sale at the Senior Center beginning **APR 1st** and will be drawn **APR 20th** at the Mobility Fair. Make sure you buy your tickets in plenty of time and place them in the basket(s) you hope to win!



**“A Tribute to Patsy Cline” Fundraising Event!** The COA is very excited to present Donna Lee performing as Patsy Cline in a Meals on Wheels Fundraiser to be held on **WED,**

**MAY 16th** from **2:00 - 3:00 PM** at the Pleasant View Senior Center. Tickets are \$5 each, which includes light refreshments. Sponsors of the event include East Village Place, Glenmeadow Retirement Community, East Longmeadow Skilled Nursing Center, Redstone Rehabilitation, and Wingate at East Longmeadow. Raffle tickets will be sold for various prizes.

**Prescription Drug Take Back:** The E. L. Police Dept., in conjunction with the Drug Enforcement Administration will be collecting prescription drugs no longer needed - no questions asked. Bring your out-dated or unneeded prescription drugs to the police station between the hours of 10:00 AM and 2:00 PM, on **SAT, APR 28th.**

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

**Fuel Assistance:** Fuel Assistance applications can be taken until the end of **APR.** Call Janice @ 525-5424 to see if you are eligible for assistance, or to make an appointment to apply for assistance.

**SHINE Counselor:** Charlotte Meyer will see clients at the Senior Center the **first TUES** of each month from **10:00 AM - 12 noon.** Please call 525-5436 for an appointment.

**Emergency Preparedness:** If you need help filling out the Emergency Preparedness Form that was inserted into February's Newsletter, give Janice a call to schedule a home visit, 525-5424.

## MORE INFORMATION . . .

**Reminder!** Please remember to use your SWIPE card when visiting the Senior Center, as the statistics are very valuable for grants and funding. For your convenience we have a second monitor now located in the auditorium on Don's desk.

**Real Estate Seminar:** Are you daunted by the idea of selling your family home? Christine Strohman of Keller Williams Realty in Longmeadow will speak on today's market, how current values are determined, and things to consider when making improvements to your home. Call 525-5436 to register for **TUES, APR 10th @ 9:30 AM.**

**Farmers Market:** We are very excited to announce our plans to hold a Farmers Market in back of the Senior Center, to open this spring and run to mid-fall, held one day a week from 2:00 to 6:00 PM. Fresh seasonal produce and other products will be sold. Watch the **MAY**

newsletter for more information. *Farmers interested in being a vendor should call Carolyn Brennan @ 525-5436, ext. 1401.*

**Movie Tuesdays:** Beginning in **APR** we will be showing movies twice a month, on the **2nd and 4th TUES.** *Movies that are popular new releases will be offered twice.* Other months we will show two different movies. On **APR 10th** and **APR 24th** we will show, "The Descendants." Length is 115 min. *Please be sure to sign up to secure your seat!*

**Scrabble Tiles:** Do you have an old Scrabble game you no longer use? If you would like to donate, we are in need of several more sets.

**Putting Pain in its Place:** How to get osteoarthritis under control. Join us on **APR 27th @ 11:00 AM** for this educational program developed by the Arthritis Foundation to inform participants about arthritis and

pain management. This program introduces participants to self-management techniques and safe exercises that are specific to people with arthritis. *Sign up @ 525-5436.*

**The Diamond Collection:** Discount tickets are being sold in the Senior Center office for the ultimate Neil Diamond tribute, to be held on **APR 28th @ 8 PM** at the Commonwealth Academy, 1 Ames Hill Rd. in Springfield. Cost is **\$12** for seniors (regular price is \$17.)

**Memorial Donations:** *Thank you to those who remembered our Senior Center with donations in memory of:* **Clifford Pope:** *George Podmore, the Pittsfield Employee Relief Association, Virginia & Joe Bealieu;* **Horton Minor:** *Tracey & John Davis, Ro Hart, Al Vannelli;* **Jesse Wood:** *Ro Hart, Al Vannelli, Lou Barrette, Beverly Dimauro, Lorraine & Bob Pasquale, Mary Rufenacht, and Marion Fiorentino;* **Diano Giorgini:** *Lou Barrette.*

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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

**WII Bowling League:** **TUES** of each week @ **12:30 PM**.

**Balance Workshop:** Matter of Balance Workshop will run for 8 weeks beginning **TUES, APR 3rd @ 10:00 AM**. See Lissa to sign up. \$10 fee to cover the cost of materials.

**Arthritis Exercise Classes:** Classes are continuing. Space is limited and a nominal fee is charged. Call Lissa for more information, ext. 1407.

**New! Novice Exercise Class:** Beginning **WED, APR 4th @**

**10:00 AM**, Lissa will be starting a new exercise class for people with limited mobility and balance. Call Lissa at ext. 1407 to sign up.

**New! Strength and Cardio Fitness Class: MON & WED, 9:30 - 10:00 AM.** Bring resistance bands and hand weights.

**Alzheimer's Support Group: 3rd TUES** of each month from **3 - 4 PM**. Facilitated by Mary Ann Stout. *APR 17th*.

**Better Hearing Clinic:**

Baystate Hearing Aid Centers, **3rd WED**, 15 min. appts. from **10 AM - 12 PM. APR 18th**.

**Capuano Care:** *FREE* blood pressure, glucose and total cholesterol screenings, **1st FRI** of each month, **8 - 9 AM**. Fasting required. *Next date is APR 6th*.

**Footcare/Pedicare: 2nd TUES** of each month, **Cost is \$28, APR 10th**. Call 525-5436 for appointment.

**Fitness Center:** Open **MON - FRI, 8 AM - 4 PM**. Medical clearance required.

**Blood Pressure:** Call 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**.

**Book Club:** Last **TUES**/month, 10:30 AM, *The Night Circus*, by Erin Morgenstern.

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

**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, supplies extra. *Next class is APR 2nd*.

**Legal Consultations:** **3rd TUES** by appt. w/ Attorney Dave Carlson. *Next date is APR 17th*.

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

**Mah Jongg:** **TUES @ 1:00 PM**.

**Manicures, Waxing:** 2nd **THURS** w/licensed esthetician. *APR 12th*.

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

**Needlework:** **FRI, 1 PM**

**Pinochle:** **WED, 10 AM**, starts up **APR 4th**.

**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. *APR 17th*.

**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.

# APRIL 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  |
|---|---|---|--|---|
| <b>2 Baked Ziti</b><br><b>AARP Tax Prep/appt.</b><br>Walkers 8:00<br>Exercise 9:00<br>Strength @ Cardio 9:30<br><b>Jewelry Class 9:30</b><br>Arthritis Exercise 10:30<br>Pitch 12:30<br>Scrabble 1:00<br><b>Ballroom Dance 1:30</b><br>Zumba 4:00<br><b>Paper Recycle</b> | <b>3 Cajun Chicken</b><br><br><b>SHINE by appt.</b><br>Balance Workshop 10:00<br>WII Bowling League 12:30<br>Mah Jongg 1:00<br>Tap Dance 7:00, 8:00   | <b>4 Roast Beef &amp; Egg-plant Sub w/Mozzerella</b><br>Walkers 8:00<br>Exercise 9:00<br>Strength @ Cardio 9:30<br>Novice Exercise 10:00<br>Cribbage 10:00<br>Pinochle 10:00<br>Deaf Seniors 10:00<br>Pool Instruction 10:00<br>French 11:00          | <b>5 ****Baked Ham</b><br>Arthritis Exercise 9, 10:30<br>Trivia 10:00<br><b>Friendship Club, "Easter Hat &amp; Bonnet Parade" 12:00</b>  | <b>6 Potato Crunch Fish</b><br>Walkers 8:00<br><b>Capuano Care 8:00</b><br>Exercise 8:45<br><b>TRIAD 9:00</b><br>Art Class 10:00<br>Cribbage 10:00<br>Dominoes 1:00<br>Needlework 1:00<br>Line Dancing Class 4:00 |
| <b>9 Baked Chicken</b><br><b>AARP Tax Prep/appt.</b><br>Walkers 8:00<br>Exercise 9:00<br>Strength @ Cardio 9:30<br><b>MGW Meeting 9:00</b><br>Arthritis Exercise 10:30<br>Pitch 12:30<br>Scrabble 1:00<br>Zumba 4:00<br><br><b>Container Recycle</b>                      | <b>10 Veal Scaloppini</b><br><b>Footcare/Pedicare/Appt. Realtor Workshop 9:30</b><br>Balance Workshop 10:00<br>WII Bowling League 12:30<br><b>Movie, "The Descendants," 12:45</b><br>Mah Jongg 1:00<br>Tap Dance 7:00, 8:00                 | <b>11 Shepherd's Pie</b><br>Walkers 8:00<br>Exercise 9:00<br>Strength @ Cardio 9:30<br>Novice Exercise 10:00<br>Cribbage 10:00<br>Pinochle 10:00<br>Deaf Seniors 10:00<br>Pool Instruction 10:00<br>Balance Workshop 10:00<br>French 11:00            | <b>12 Roast Turkey \$3</b><br>Arthritis Exercise 9, 10:30<br><b>Manicures (appt.)</b><br>Trivia 10:00<br><b>Friendship Club, Regular BINGO 12:00</b>   | <b>13 Chicken Teriyaki</b><br>Walkers 8:00<br>Exercise 8:45<br>Art Class 10:00<br>Cribbage 10:00<br>Dominoes 1:00<br>Needlework 1:00<br>Line Dancing Class 4:00   |
| <b>16 Closed for Patriot's Day</b><br><br><br><b>Paper Recycle</b>   | <b>17 Hamburg on Roll</b><br><b>Veterans Coffee Hour 9:00</b><br><b>Free Legal Consultations (appt.)</b><br>Balance Workshop 10:00<br>WII Bowling League 12:30<br>Mah Jongg 1:00<br><b>Alzheimer's Support 3:00</b><br>Tap Dance 7:00, 8:00 | <b>18 Chicken Parmesan</b><br>Walkers 8:00<br>Exercise 9:00<br>Strength @ Cardio 9:30<br><b>Hearing Screenings 10:00</b><br>Novice Exercise 10:00<br>Cribbage 10:00<br>Pinochle 10:00<br>Deaf Seniors 10:00<br>Pool Instruction 10:00<br>French 11:00 | <b>19 Roast Pork w/ Gravy</b><br>Arthritis Exercise 9, 10:30<br>Trivia 10:00<br><b>Friendship Club, TBA 12:00</b>  | <b>20 Tuna Salad Plate</b><br>Walkers 8:00<br>Exercise 8:45<br><b>Mobility Fair 9:00</b><br>Art Class 10:00<br>Cribbage 10:00<br>Dominoes 1:00<br>Needlework 1:00<br>Line Dancing Class 4:00                      |
| <b>23 Tangerine Chicken Salad on Roll</b><br>Walkers 8:00<br>Exercise 9:00<br>Strength @ Cardio 9:30<br>Arthritis Exercise 10:30<br>Pitch 12:30<br>Scrabble 1:00<br>Zumba 4:00<br><br><b>Container Recycle</b>  | <b>24 BBQ Ribs</b><br>Balance Workshop 10:00<br><b>Book Club 10:30</b><br>WII Bowling League 12:30<br><b>Movie, "The Descendants" 12:45</b><br>Mah Jongg 1:00<br>Tap Dance 7:00, 8:00   | <b>25 American Chop Suey</b><br>Walkers 8:00<br>Exercise 9:00<br>Strength @ Cardio 9:30<br>Cribbage 10:00<br>Pinochle 10:00<br>Novice Exercise 10:00<br>Deaf Seniors 10:00<br>Pool Instruction 10:00<br>French 11:00                                  | <b>26 Chicken Marsala</b><br>Arthritis Exercise 9, 10:30<br>Trivia 10:00<br><b>FC Board Meeting 10:00</b><br><b>Candaras Rep visit 11:00</b><br><b>Friendship Club, Regular BINGO 12:00</b>  | <b>27 Broccoli Cheese Fish</b><br>Walkers 8:00<br>Exercise 8:45<br>Art Class 10:00<br>Cribbage 10:00<br><b>Osteoarthritis Talk 11:00</b><br>Dominoes 1:00<br>Needlework 1:00<br>Line Dancing Class 4:00           |
| <b>30 ****Beef Hot Dog on Roll</b><br>Walkers 8:00<br>Exercise 9:00<br>Strength @ Cardio 9:30<br>Arthritis Exercise 10:30<br>Pitch 12:30<br>Scrabble 1:00<br>Zumba 4:00<br><br><b>Paper Recycle</b>   |    | 1% Milk served daily<br><br>***Indicates high sodium<br><br>Menu subject to change  | <div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>FREE HEARING TEST</b> </div> <div style="display: flex; justify-content: space-between; align-items: center;"> <ul style="list-style-type: none"> <li>• FREE Hearing Tests</li> <li>• FREE Video Ear Scans</li> <li>• FREE Consultations</li> <li>• FREE In-Office Repairs</li> </ul> <div style="text-align: center;"> <br/> <b>Belton</b><br/> Hearing Aid Centers </div> <div style="text-align: center;"> <b>CHICOPEE</b><br/> 1269 Memorial Drive<br/> <b>(413) 315-5219</b> </div> </div> <p style="text-align: center; margin-top: 5px;">Call Today for an Appointment!<br/>www.BeltonNE.com</p> |   |