

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

TOWN EVENTS

Meals On Wheels
So no senior goes hungry.

National Night Out: The community will gather for a night out against crime at the East Longmeadow High School on **TUES, AUG 7th** from **5:30 - 8:00 p.m.** for its annual National Night Out. This is a unique safety and community event sponsored by the National Association of Town Watch (NATW). Don't miss this fun and informative event organized by the East Longmeadow Police Dept.

Prescription Drug Take Back: Safely dispose of medications at the National Take-Back Initiative to be held at the East Longmeadow Police Station on **SAT, SEPT 29th** from **10:00 AM - 2:00 PM.** Bring your expired, unwanted or un-

used prescription drugs to the police station on Somers Rd. for proper disposal. No questions asked.

Shred Event: Through the efforts of the Board of Selectmen and the Police Dept., Pro-Shred of Wilbraham will once again be offering its services to shred your personal papers on **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.

Household Hazardous Waste Collection Day: A regional household hazardous waste collection day will be held on **SAT, SEPT 15th** from

9:00 AM to 1:00 PM at the East Longmeadow Fire Station, 150 Somers Road (Rt. 83).

The participating communities include East Longmeadow, Hampden, Longmeadow, Ludlow, and Wilbraham. Each town has a limited number of slots for its residents, and appointments will be made on a first-come, first-served basis. **Pre-registration is required and will take place in each town beginning SEPT 10th.** Please note: Latex paint is not a hazardous waste and will not be accepted at this event.

Many thanks to Congressman Richard Neal's office for their donation of a new 5' x 8' American flag for the flag pole in front of the Pleasant View Senior Center.

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

Farmers Market Coupons: We have received a limited number of Farmers Market Coupons. To be eligible you must be 60 years of age or older and eligible for SSI, Sec-


tion 8 Housing, Energy Assistance, Medicaid or Commodity Food Assistance. **Quantities are limited**, so to be fair to everyone you must come to the Senior Center and sign the

form to receive the coupons. You will not be allowed to pick up coupons for others. These coupons are worth \$25 and can be spent at most Farmers Markets. Call 525-5424 for info.

PROGRAM UPDATES . . .

Computer Instruction:

The response to our computer classes has been overwhelming. Given class size limitations and the number of instructors, we have not been able to accommodate everyone at this time. We are looking for some additional instructors and hope to have more classes open soon. If you are interested in computer training, please contact Sandy Grabierz @ 525-5436, ext. 1406. She will take your name, number and experience level, and contact you to schedule training. Thank you for your interest and patience.



Travels with Liz: Liz Fontaine will virtually transport you to a different country on three **WED** this month. Join us on a photographic journey to Greece on **AUG 1st @ 10:00 AM**; Argentina on **AUG 8th @ 11:00 AM**, and Vietnam and Cambodia on **AUG 15th @ 11:00 AM**. Sign up

for one or all three travelogues to see the sites and hear about Liz's travel experiences. Finish off with lunch which will highlight cuisine to reflect the tastes of each country.

Movie Tuesdays: All movies begin at 12:45 PM and require sign-ups as seating is limited. Movies this month are:

- AUG 7th *Chocolat*, 121 min.
- AUG 14th *The Pursuit of Happyness*, 117 min.
- AUG 21st *The Greatest Game Ever Played*, 120 min.
- AUG 28th *Now Voyager*, 117 min.

Friendship Club Summer Reunion: Sign up for a luncheon of garden salad, spaghetti and meatballs and summer squash on **THURS, AUG 16th** when Friendship Club members get together for their annual summer reunion. Meet new members and renew old

friendships. **BINGO** will be played following lunch.

Rail Trail Walk: Lissa and Sandy will be hosting a Rail Trail Walk on **MON, AUG 13th** starting at the Maple Rd. entrance at **8:15 AM**. Walk at your own pace and distance then return to the Senior Center for a light brunch. There will be a nominal charge of \$2 per person for brunch. Please sign up in the office.

Beat the Heat: Elderly people are more prone to heat stress than younger people for several reasons. Cool off in the Senior Center **MON** through **FRI** from 8:00 AM to 4 PM with lunch served every day.

Memorial Donations: *Thank you to those who remembered our Senior Center with donations in memory of: **Frederick Chapman:** The Morning Glory Walkers; **Doris Briere:** Pauline Santanello, Sylvia Cook, John Boyd.*

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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

Balance Workshop: This popular workshop will be given again in **SEPT**. Please see Lissa for more information.

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.

Chair Volleyball: **WED, 1:00 PM.**

Capuano Care: *FREE* blood pressure, glucose and total cholesterol screenings, **1st FRI** of each month, **8 - 9 AM.** Fasting required. *AUG 3rd.*

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

Footcare/Pedicare: **2nd TUES** each month/appt., **Cost is \$28, AUG 14th.** 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.

Coming in SEPT: Meditation Class exploring silent and guided meditation, **TUES @ 9:00 AM** beginning **SEPT 11.**

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 un-

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 "Cleopatra - A Life," by Stacy Schiff*

Computer Instruction: **WED, 1:00 PM**

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 SEPT with a special class on a date TBD.*

Legal Consultations: **3rd TUES** by appt. w/ Attorney Dave Carlson. *Resumes in SEPT.*

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

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

Manicures, Waxing: 2nd **THURS** w/licensed esthetician. *AUG 9th.*

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

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 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.

AUGUST 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>FREE HEARING TEST</p> <ul style="list-style-type: none"> • FREE Hearing Tests • FREE Video Ear Scans • FREE Consultations • FREE In-Office Repairs <p>www.BeltoneNE.com</p> <p>Call Today for an Appointment!</p> <p>Beltone Hearing Aid Centers</p> <p>CHICOPEE 1269 Memorial Drive (413) 315-5219</p> <p>Container Recycle</p>		<p>1 Greek Pastitio Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:00 Cribbage 10:00 Greece w/Liz 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00 Computer Instruction 1:00</p>	<p>2 Baked Pollock Florentine Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00</p>	<p>3 Baked Ham w/Raisin Sauce Walkers 8:00 Capuano Care 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>6 Chicken Salad Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00</p> <p>Paper Recycle</p>	<p>7 Meatball Sub SHINE by appt. Movie, 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00 National Night Out @ ELHS 5:30</p>	<p>8 Garlic Lime Chicken Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:00 Cribbage 10:00 Deaf Seniors 10:00 Bocce League 10:00 Argentina w/Liz 11:00 French 11:00 Chair Volleyball 1:00 Computer Instruction 1:00</p>	<p>9 Roast Turkey w/ Stuffing Manicures (appt.) Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00</p>	<p>10 Pier 17 Fish 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>13 Bacon Cheese-burger Walkers 8:00 Rail Trail Walk 8:15 Exercise 9:00 Strength & Cardio 9:30 MGW Meeting 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00</p> <p>Container Recycle</p>	<p>14 Oven Fried Chicken Footcare/Pedicare/Appt. Movie, 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>15 Shrimp w/Vermicelli \$3 Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Hearing Screenings 10:00 Limited Mobility Exer 10:00 Cribbage 10:00 Cambodia w/Liz 11:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00 Computer Instruction 1:00</p>	<p>16 Spaghetti & Meat Sauce Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Friendship Club Summer Reunion 12:00</p>	<p>17 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>20 Baked Cheese Lasagna w/Tomato Sauce 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</p> <p>Paper Recycle</p>	<p>21 Veal Cutlet w/ Mushroom Sauce Movie, 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>22 Mesquite Smoked Baked Chicken Walkers 8:00 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 Computer Instruction 1:00</p>	<p>23 Roast Beef w/ Gravy Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00 Candaras Rep Visit 11:00</p>	<p>24 Sweet Sausage Sub w/Peppers, onions 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>27 Philly Steak Pizza Roll Walkers 8:00 Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00</p> <p>Container Recycle</p>	<p>28 Beef Stroganoff Movie, 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>29 Baked Pollock Walkers 8:00 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 Computer Instruction 1:00</p>	<p>30 Chicken Parmesan Arthritis Exercise 9, 10:30 Trivia 10:00 Pool Instruction 10:00</p>	<p>31 Egg Salad on Whole Grain Bread 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>