

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

UPCOMING EVENTS

Note from the Director: For the past 20 years, transportation for elders has been a major area of importance to me. In 1999, as the Director of the Hampden Council on Aging, I worked with Roz Clark (former director of the ELCOA), to regionalize and coordinate paratransit services for three towns; East Longmeadow, Hampden and Wilbraham. This was a successful endeavor that was locally controlled. Tri-Town Trolley efficiently and affordably provided reliable transportation to elders in the community. Unfortunately, services went out to bid several years later, and a larger agency won the contract. **On behalf of the COA**, I am researching alternate ways to provide transportation to seniors in our community. PVTA staff have welcomed this discussion and are open to looking at alternative ways to offer this much needed service. **As a PVTA advisory board member** for

the town of East Longmeadow, I am aware and understand the challenge of keeping costs down for paratransit and believe PVTA continually reviews and analyzes paratransit services. **PVTA will be holding** public hearings across Western Mass to discuss the possibility of increase in fares. At the time of this newsletter's printing, the dates and places of the hearings had not been finalized. PLEASE READ THE REMINDER AND THE REPUBLICAN for dates and locations of the public hearing on fare increases. Your voice needs to be heard.

Candidate's Night: We hope you can join us for *Candidate's Night* on **THURS, MAR 22 @ 7:00 PM** here at the Pleasant View Senior Center, facilitated by Town Moderator Jim Sheils. Candidates will be given three minutes to present their qualifications and share his/her goals for their respective office.

Questions will be taken following their comments.

Shred Event and More:

Mark your calendar now for **SAT, MAR 31st, 9:00 AM - 3 PM** when Pro-Shred of Wilbraham will be shredding your personal papers until **noon**. In addition, there will be a **Food Drive** until **2:00 PM** organized by local scout Connor O'Shea for his Eagle Scout project, to benefit our Food Pantry. Donations of *non-expired, non-perishable food items* are welcomed, and paper products and personal hygiene products are especially needed. **The 16 Acres Lions Club** will also be holding a **Fundraiser** until **3:00 PM** to benefit a program for abused and neglected children. Available for purchase will be crafts, new and nearly new tag sale items, food from Gus and Paul's Deli, and a super lottery tree raffle. *Join us for a fun-filled day to benefit a variety of wonderful causes!*

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.

MORE INFORMATION . . .

Daylight Savings Time Begins on **SUN, MAR 11th**. *Don't forget to set your clocks ahead one hour before retiring SAT night!*

Make Your Own Jewelry with Sandy Merrill resumes on **MON, MAR 5th @ 9:30 AM**. Open to adults of all ages; \$3 plus supplies.



Road Trip to Wellness: This month, come on a virtual journey heading to the southern states when we show, *The Help* on **TUES, MAR 13th** following lunch (2 hrs, 26 min.) The next day, **WED, MAR 14th**, we will travel to **Ireland** for our **St. Patrick's Day party**. The festivities will begin with appetizers at **11:30 AM**, immediately followed by an Irish luncheon and entertainment by the well-known and popular Tom Stankus aka "T-Bone." *Call early for your reservation as seating is limited!*

John Dee Seminar: John Dee of Wealth Preservation Group, Inc. will present *How to Maxim-*

ize your Social Security Benefits on **WED, MAR 21st @ 1:00 PM**. This workshop will educate people nearing retirement on how to better understand Social Security and create a personalized retirement income plan. Please register by calling 525-5436.



Mobility Fair: On **APR 20th**, we will be holding a Mobility 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. *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!

Memorial Donations: *Thank you to those who remembered our Senior Center with donations in memory of: **Louis Cangro:** Morning Glory Walkers; **Horton Minor:** Family of Russell & Penny Jones, Franklin United Methodist Church for Bruce Minor, Suzanne & Larry Reynolds, Foy & Ray Miller, Barbara & Jeffrey Davis, Beverly Dimauro, Katherine & William Rose, Louis & Phyllis Grimaldi, Jeanine Nelson, Dorothy Ferris, Sandra Grabierz, Jeffrey Hott. **Jesse Wood:** The Morning Glory Walkers.*

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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: To begin first **TUES** in **MAR @ 12:30 PM**. Other WII sports to choose from also. Everyone welcome to try the fun!

Balance Workshop: Due to popularity, the Matter of Balance Workshop will run for 8 weeks beginning **TUES, APR 3rd @ 10:00 AM**. Please see Lissa to put your name on the list. There is a \$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 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.

Alzheimer's and Related Disorders Support Group: **3rd TUES** of each month from **3 - 4 PM**. Facilitated by Mary Ann Stout. *MAR 20th*.

Better Hearing Clinic: Baystate Hearing Aid Centers,

3rd WED, 15 min. appts. from **10 AM - 12 PM. MAR 21st**.

Capuano Care: *FREE* blood pressure, glucose and total cholesterol screenings, **1st FRI** of each month, **8 - 9 AM**. Fasting required. *Next date is MAR 2nd*.

Footcare/Pedicare: **2nd TUES** of each month, **Cost is \$28, MAR 13th**. Call 525-5436 for appointment.

Fitness Center: Open **MON - FRI, 8 AM - 4 PM**. Fee involved, 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, *Death Comes to Pemberley*, by P.D. James.

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 MAR 5th*.

Legal Consultations: **3rd TUES** by appt. w/ Attorney Dave Carlson. *Next date is MAR 20th*.

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

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

Manicures, Waxing: 2nd **THURS** w/licensed esthetician. *MAR 8th*.

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

Movie Tuesday: 2nd **TUES** each month at 12:45 PM. *MAR 13th, "The Help" (146 min.)*

Needlework: **FRI, 1 PM**

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

Pool: 8 AM - 4 PM daily. Mens, Ladies, and co-ed leagues forming.

Scrabble: **MON, 1 PM**.

Tai Chi: **TUES, 9 AM**, 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. *MAR 21st*.

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.

MARCH 2012

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1% Milk served daily</p> <p>***Indicates high sodium</p> <p>Menu subject to change</p> <p>Container Recycle</p>	<p>FREE HEARING TEST</p> <p>Call Today for an Appointment!</p> <p>  CHICOPEE 1269 Memorial Drive (413) 315-5219 </p> <p>www.BeltoneNE.com</p>		<p>1 Roast Beef au jus</p> <p>Arthritis Exercise 9, 10:30 Trivia 10:00 Friendship Club, "Fabulous Duo" 12:00</p>	<p>2 Pier 17 Fish</p> <p>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 Line Dancing Class 4:00</p>
<p>5 Cheese Lasagna w/ Meat Sauce AARP Tax Prep/appt. Walkers 8:00 Exercise 9:00 Jewelry Class 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Paper Recycle</p>	<p>6 Pulled Pork w/Cole Slaw on a Roll Balance Workshop 10:00 Mah Jongg 1:00 WII Bowling League 12:30 Tap Dance 7:00, 8:00</p>	<p>7 Baked Fish Florentine</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 Balance Workshop 10:00 French 11:00</p>	<p>8 Chicken Francais</p> <p>Arthritis Exercise 9, 10:30 Manicures (appt.) Trivia 10:00 Friendship Club, BINGO 12:00</p>	<p>9 Egg Salad on Wheat</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>12 Beef Stroganoff w/ Noodles</p> <p>AARP Tax Prep/appt. Walkers 8:00 Exercise 9:00 MGW Meeting 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Container Recycle</p>	<p>13 Garlic Baked Chicken Footcare/Pedicare/Appt. Balance Workshop 10:00 WII Bowling League 12:30 Movie, "The Help," 12:45 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>14 Chicken Sausage</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 Balance Workshop 10:00 French 11:00 St. Patrick's Day Lunch 11:30, Tom Stankus</p>	<p>15 ****Corned Beef w/ Cabbage \$3</p> <p>Arthritis Exercise 9, 10:30 Trivia 10:00 Friendship Club, St. Patrick's Day w/John Grundstrom 12:00</p>	<p>16 Macaroni & Cheese</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>19 ****Hot Dog w/ Chili & Sauerkraut</p> <p>AARP Tax Prep/appt. Walkers 8:00 Exercise 9:00 Pitch 12:30 Scrabble 1:00 Ballroom Dance 1:30 Zumba 4:00 Paper Recycle</p>	<p>20 Philly Steak Wrap w/Cheese & Onions Veterans Coffee Hour 9:00 Free Legal Consultations (appt.) WII Bowling League 12:30 Mah Jongg 1:00 Alzheimer's Support 3:00 Tap Dance 7:00, 8:00</p>	<p>21 Chicken Teriyaki</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 Hearing Screenings 10:00 French 11:00 John Dee Seminar, 1:00</p>	<p>22 Roasted Pork w/ Gravy</p> <p>Trivia 10:00 Candaras Rep visit 11:00 Friendship Club, TBA 12:00 Candidate's Night 7:00</p>	<p>23 Tuna Salad on Roll</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>
<p>26 Chicken Tuscany Parmesan</p> <p>AARP Tax Prep/appt. Walkers 8:00 Exercise 9:00 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:00 Container Recycle</p>	<p>27 Veal Parmesan Book Club 10:30 WII Bowling League 12:30 Mah Jongg 1:00 Tap Dance 7:00, 8:00</p>	<p>28 Baked Meatloaf w/ Gravy</p> <p>Walkers 8:00 Exercise 9:00 Cribbage 10:00 Deaf Seniors 10:00 Pool Instruction 10:00 French 11:00</p>	<p>29 Roast Turkey w/ Gravy</p> <p>Arthritis Exercise 9, 10:30 Trivia 10:00 FC Board Meeting 10:00 Friendship Club, Regular BINGO 12:00</p>	<p>30 Corn Chowder, Baked Pollock</p> <p>Walkers 8:00 Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 Line Dancing Class 4:00</p>