



# Monthly News

We would like to welcome each of our new participants!

We look forward to serving your needs.

We continue to expand and grow in large part due to our existing participants and their caregivers. Thank you so much for your referrals and we hope that you will continue to spread the word about our program.

**If the PACE center is closed and you need urgent medical advice and assistance, call the Center to reach the answering service who will page our on-call medical staff. Please do not call this number for an emergency. For emergencies, please call 911.**

## Important information

If you need to stay home for a non-medical reason on a day that you are scheduled to come into the Center, please call the transportation service to cancel your ride. Please also call the Center after 8 a.m. to let us know you won't be coming in.

Please remember to wear your transportation name badge when being transported to the site. This is for your safety.

Please do not bring food items from home into the Center. Many of our participants are on special diets, or have allergies, and the sharing of food may pose a hazard to their well-being. However, if you are planning on bringing in a birthday cake, please let us know the day before. All birthday cakes must be store bought (sorry, we cannot accept homemade cakes).

Riverside Room

We will be closed January 1<sup>st</sup> for New Years

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### Summit ElderCare contact information

101 Wason Ave. Springfield, MA 01107

**1-413-272-6178 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday**

Activities Coordinator: Virginia Ericksberg: 1-774-317-6160

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Hulmes Transportation: 1-413-323-6100



# Activities calendar

January 1 - 5

**Room:** Riverside Room

	Activities	Extras
<b>Monday 1</b>  <b>Lunch:</b>	Happy New Year	Happy Birthday: Carlene L
<b>Tuesday 2</b>  <b>Lunch:</b> Stuffed Shells, Mixed Vegetables and Salad	10:00 Exercise/Walking Group 11:00 New Year' Quote 1:00 Exercise/walking group 1:30 New Year Superstition 2:00 Penny Ante 3:00 Short Stories	
<b>Wednesday 3</b>  <b>Lunch:</b> Baked Chicken Marsala, Tortellini Alfredo and Carrots	10:00 Exercise/Walking Group 11:00 Bingo 1:00 Exercise/walking group 1:30 Let's Talk About You 2:00 Name that Sitcom 3:00 The Brat Pack	1:00 Pastor Steve  Happy Birthday: Daniela S.
<b>Thursday 4</b>  <b>Lunch:</b> Corn Chowder, Pier 17 Fish and Pasta Salad	10:00 Exercise/Walking Group 11:00 Lucky Dog 1:00 Exercise/walking group 1:30 Bean Categories 2:00 Horse Racing 3:00 A Day to Remember	1:00 Women's Group with Jackie  11:00 Wellness Group with Gigi
<b>Friday 5</b>  <b>Lunch:</b> Meat Loaf, Mashed Potatoes and Butternut Squash	10:00 Exercise/Walking Group 11:00 Dice Game 1:00 Exercise/walking group 1:00 Lisa Pernice 2:00 Movie 3:00 Movie	12:45 Manicures with Heather

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00  
 Happy Birthday: Claire P 1/6, Pauline O 1/7



# Activities calendar

January 8 - 12

**Room:** Riverside Room

	Activities		Extras
<b>Monday 8</b>  <b>Lunch:</b>  Breaded Veal Patty, Sweet Potatoes and Green Beans	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group A First Time Trivia  Exercise/walking group Snow Categories Bingo 1980 Review	1:00 April's Mind, Body and Spirit Group
<b>Tuesday 9</b>  <b>Lunch:</b>  Stuffed Pepper Soup, Egg Salad and Pasta Salad	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Crafts  Exercise/walking group Happy World New Year Five Clues Picture This	11:00 Wellness Group with Gigi
<b>Wednesday 10</b>  <b>Lunch:</b>  Haddock, Rice Pilaf and Broccoli	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Bingo  Exercise/walking group January IQ Mad Libs 80's Turning into 80's	1:00 Pastor Steve
<b>Thursday 11</b>  <b>Lunch:</b>  Taco Bowl	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Cabbage Patch Mining  Exercise/walking group What am I? 12 or Less Don't Miss Your Clue	1:00 Women's Group with Jackie
<b>Friday 12</b>  <b>Lunch:</b>  BBQ Baked Chicken	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Craft  Exercise/walking group Lucky New Year Food Movie Movie	Happy Birthday: John B.   12:45 Manicures with Heather

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00  
 Happy Birthday: Richard F.1/13

# Activities calendar

January 15 - 19

**Room:** Riverside Room

	Activities	Extras
<b>Monday 15</b> <b>Lunch:</b> Soup and Sandwich	10:00 Exercise/Walking Group 11:00 Martin Luther King Trivia 1:00 Exercise/walking group 1:30 Food Fad 80's 2:00 Word Puzzles 3:00 Reminisce	1:00 April's Mind, Body and Spirit Group  Happy Birthday: Carol M, Jacquelyn B, Joseph B, George C.
<b>Tuesday 16</b> <b>Lunch:</b> Chicken Broccoli Ziti Casserole	10:00 Exercise/Walking Group 11:00 Crafts 1:00 Exercise/walking group 1:30 Aussie Safari 2:00 I Hear Memories 3:00 A Contented Life	Happy Birthday: Bernice H..
<b>Wednesday 17</b> <b>Lunch:</b> Hamburg with Pasta Salad	10:00 Exercise/Walking Group 11:00 Bingo 1:00 Exercise/walking group 1:30 Mixed up Tea Party 2:00 Yahtzee 3:00 Old T.V. Shows	1:00 Pastor Steve
<b>Thursday 18</b> <b>Lunch:</b> Baked Chicken with Mushroom Sauce	10:00 Exercise/Walking Group 11:00 Trivia 1:00 Exercise/walking group 1:30 Mixed up January 2:00 Family Feud 3:00 Sing a Long	1:00 Women's Group with Jackie  Happy Birthday: Gertrude A, Mary K, Paul A  11:00 Wellness Group with Gigi
<b>Friday 19</b> <b>Lunch:</b> Italian Sausage Bites	10:00 Exercise/Walking Group 11:00 Craft 1:00 Exercise/walking group 1:30 What am I? 2:00 Bingo 3:00 Movie	Happy Birthday: Stephan S.  12:45 Manicures with Heather

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00  
 Happy Birthday: Carmen F. 1/21

# Activities calendar

January 22 - 26

**Room:** Riverside Room

	Activities	Extras
<b>Monday 22</b>  <b>Lunch:</b>  Shepherd's Pie	10:00 Exercise/Walking Group 11:00 Penny Ante 1:00 Exercise/walking group 1:30 Having Fun 2:00 Puffer Belly Trail 3:00 Richard Simmons	1:00 April's Mind, Body and Spirit Group
<b>Tuesday 23</b>  <b>Lunch:</b>  Beans and Hot Dogs	10:00 Exercise/Walking Group 11:00 Crafts 1:00 Exercise/walking group 1:30 Mixed up Breakfast 2:00 Horse Racing 3:00 1980's Review	11:00 Wellness Group with Gigi
<b>Wednesday 24</b>  <b>Lunch:</b>  Bean Soup, Roast Pork and Sweet Potatoes	10:00 Exercise/Walking Group 11:00 Bingo 1:00 Exercise/walking group 1:30 A Day to Remember 2:00 Pictionary 3:00 What am I?	1:00 Pastor Steve
<b>Thursday 25</b>  <b>Lunch:</b>  Swedish Meatballs, Noodles and Spinach	10:00 Exercise/Walking Group 11:00 Wheel of Fortune 1:00 Exercise/walking group 1:30 What's Your Flavor? 2:00 Pokeno 3:00 Sing A Long	
<b>Friday 26</b>  <b>Lunch:</b>  Baked Chicken Latino, Oven Brown Potatoes and Carrots	10:00 Exercise/Walking Group 11:00 Craft 1:00 Exercise/walking group 1:30 Rad or Not 2:00 Bingo 3:00 Movie	12:45 Manicures with Gigi

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00



# Activities calendar

January 29 - 31

Room: Riverside Room

	Activities	Extras
<b>Monday 29</b> <b>Lunch:</b> Taco Salad Bowl	10:00 Exercise/Walking Group 11:00 Lucky Dog 1:00 Exercise/walking group 1:30 Where are we? 2:00 Winter Categories 3:00 Can you Picture This?	1:00 April's Mind, Body and Spirit Group  Happy Birthday: Diane B.
<b>Tuesday 30</b> <b>Lunch:</b> Pollack Filet, Rice Pilaf and Peas with Pearl Onions	10:00 Exercise/Walking Group 11:00 Crafts 1:00 Exercise/walking group 1:00 Joel 2:00 Movie 3:00 Movie	
<b>Wednesday 31</b> <b>Lunch:</b> Roast Turkey, cranberry sauce and mashed potatoes	10:00 Exercise/Walking Group 11:00 Bingo 1:00 Exercise/walking group 1:30 Facts about Flowers 2:00 White Board Puzzles 3:00 Sing a Long	1:00 Pastor Steve  Happy Birthday: Beatriz R, Noemi P, Frederick F.
<b>Thursday</b> <b>Lunch:</b>		
<b>Friday</b> <b>Lunch:</b>		

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00





# Activities calendar

January 1 - 5

Room: Summit Room

	Activities	Extras
<b>Monday 1</b>  <b>Lunch:</b>	Happy New Year	Happy Birthday: Carlene L
<b>Tuesday 2</b>  <b>Lunch:</b> Stuffed Shells, Mixed Vegetables and Salad	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:30 Trivia 2:00 Firsts Trivia 3:00 Dear Jackie	1:00 Jeopardy with Chris and Bob
<b>Wednesday 3</b>  <b>Lunch:</b> Baked Chicken Marsala, Tortellini Alfredo and Carrots	10:00 Exercise/Walking Group 11:00 Putting the Past in Order 1:00 Exercise/walking group 1:30 Still Funny 2:00 Bingo 3:00 Short Story	11:00 Women's Group with Jackie  1:00 Pastor Steve  Happy Birthday: Daniela S.
<b>Thursday 4</b>  <b>Lunch:</b> Corn Chowder, Pier 17 Fish and Pasta Salad	10:00 Exercise/Walking Group 11:00 Bingo 1:00 Exercise/walking group 1:30 A Look Back 2:00 Family Feud 3:00 You be the Judge	1:00 Women's Group with Jackie  Happy Birthday: Barbara W.  11:00 Wellness Group with Gigi
<b>Friday 5</b>  <b>Lunch:</b> Meat Loaf, Mashed Potatoes and Butternut Squash	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:00 Lisa Pernice 2:00 Horse Racing 3:00 Mystery Person	1:00 Men's Group with John  12:45 Manicures with Heather

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00  
 Happy Birthday: Claire P 1/6, Pauline O 1/7



# Activities calendar

January 8 - 12

**Room:** Summit Room

	Activities		Extras
<b>Monday 8</b>  <b>Lunch:</b>  Breaded Veal Patty, Sweet Potatoes and Green Beans	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Stick or Switch  Exercise/walking group Funny New Years Word Puzzles Dot Doodles	11:00 Jeopardy with Bob and Chris   1:00 April's Mind, Body and Spirit Group
<b>Tuesday 9</b>  <b>Lunch:</b>  Stuffed Pepper Soup, Egg Salad and Pasta Salad	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Bingo  Exercise/walking group Mixed up New Years Wheel of Fortune Dear Heather	1:00 Jeopardy with Chris and Bob   11:00 Wellness Group with Gigi
<b>Wednesday 10</b>  <b>Lunch:</b>  Haddock, Rice Pilaf and Broccoli	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Group Craft  Exercise/walking group Simon and Garfunkel Bingo Short Stories	11:00 Women's Group with Jackie   1:00 Pastor Steve
<b>Thursday 11</b>  <b>Lunch:</b>  Taco Bowl	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Group Craft  Exercise/walking group January IQ Horse Racing Food for Thought	1:00 Women's Group with Jackie
<b>Friday 12</b>  <b>Lunch:</b>  BBQ Baked Chicken	10:00 11:00  1:00 1:30 2:00 3:00	Exercise/Walking Group Car Quiz  Exercise/walking group Name 10 Jeopardy Karaoke	1:00 Men's Group with John  Happy Birthday: John B, George C.  1:00 Portraits 12:45 Manicures With Heather

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00  
 Happy Birthday: Richard F 1/13.



# Activities calendar

January 15 - 19

**Room:** Summit Room

	Activities	Extras
<b>Monday 15</b>  <b>Lunch:</b>  Soup and Sandwich	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:30 Mixed up Tea 2:00 Martin Luther King Program 3:00 Don't Miss Your Cue	11:00 Jeopardy with Bob and Chris  Happy Birthday: Carol M, Jacquelyn B, Joseph B, George C. 1:00 April's Mind, Body and Spirit Group
<b>Tuesday 16</b>  <b>Lunch:</b>  Chicken Broccoli Ziti Casserole	10:00 Exercise/Walking Group 11:00 Car Quiz 1:00 Exercise/walking group 1:30 Star of the Month 2:00 Word Mining 3:00 Alcatraz is Calling	1:00 Jeopardy with Chris and Bob  Happy Birthday: Bernice H.
<b>Wednesday 17</b>  <b>Lunch:</b>  Hamburg with Pasta Salad	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:30 At 4,000 Feet 2:00 Bingo 3:00 Trivia	11:00 Women's Group with Jackie  1:00 Pastor Steve
<b>Thursday 18</b>  <b>Lunch:</b>  Baked Chicken with Mushroom Sauce	10:00 Exercise/Walking Group 11:00 Bingo 1:00 Exercise/walking group 1:30 Who am I? 2:00 Pictionary 3:00 A Devil of Time	1:00 Women's Group with Jackie  11:00 Wellness Group with Gigi  Happy Birthday: Gertrude A, Mark K, Paul A.
<b>Friday 19</b>  <b>Lunch:</b>  Italian Sausage Bites	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:30 Dot Doodles 2:00 50 Flower Facts 3:00 Hidden in Plain Site	1:00 Men's Group  12:45 Manicures with Heather  Happy Birthday: Stephan S.

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00  
 Happy Birthday: Carmen F. 1/21

# Activities calendar

January 22 - 26

**Room:** Summit Room

	Activities	Extras
<b>Monday 22</b>  <b>Lunch:</b>  Shepherd's Pie	10:00 Exercise/Walking Group 11:00 Who am I? 1:00 Exercise/walking group 1:30 Corn Hole 2:00 Jeopardy 3:00 First Impression	11:00 Jeopardy with Bob and Chris  1:00 April's Mind, Body and Spirit Group
<b>Tuesday 23</b>  <b>Lunch:</b>  Beans and Hot Dogs	10:00 Exercise/Walking Group 11:00 Bingo 1:00 Exercise/walking group 1:30 Mixed up 20's 2:00 Karaoke 3:00 Trivia	1:00 Jeopardy with Chris and Bob  11:00 Wellness Group with Gigi
<b>Wednesday 24</b>  <b>Lunch:</b>  Bean Soup, Roast Pork and Sweet Potatoes	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:30 Bean Bag Toss 2:00 Bingo 3:00 You be the Judge	11:00 Women's Group with Jackie  1:00 Pastor Steve
<b>Thursday 25</b>  <b>Lunch:</b>  Swedish Meatballs, Noodles and Spinach	10:00 Exercise/Walking Group 11:00 Opposites Hangman 1:00 Exercise/walking group 1:30 What am I? 2:00 Yahtzee 3:00 21 Card Game	1:00 Women's Group with Jackie
<b>Friday 26</b>  <b>Lunch:</b>  Baked Chicken Latino, Oven Brown Potatoes and Carrots	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:30 Ring Toss 2:00 Jeopardy 3:00 WII Games	1:00 Men's Group  12:45 Manicures with Heather

**Note:**

Lunch everyday 12:00 to 1:00  
 Current Events Everyday 9:30 to 10:00



# Activities calendar

January 29 - 31

**Room:** Summit Room

	Activities	Extras
<b>Monday 29</b>  <b>Lunch:</b>  Taco Salad Bowl	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:30 Ring Toss 2:00 I Hear Memories 3:00 Bowling	11:00 Jeopardy with Bob and Chris  Happy Birthday: Diane B.  1:00 April's Mind, Body and Spirit Group
<b>Tuesday 30</b>  <b>Lunch:</b>  Pollack Filet, Rice Pilaf and Peas with Pearl Onions	10:00 Exercise/Walking Group 11:00 Bingo 1:00 Exercise/walking group 1:00 Joel 2:00 Pokeno 3:00 Hang Man	11:00 Jeopardy with Chris and Bob
<b>Wednesday 31</b>  <b>Lunch:</b>  Roast Turkey, cranberry sauce and mashed potatoes	10:00 Exercise/Walking Group 11:00 Group Craft 1:00 Exercise/walking group 1:30 What am I? 2:00 Bingo 3:00 Hot Potato	11:00 Women's Group with Jackie  1:00 Pastor Steve  Happy Birthday: Beatriz R, Noemi P, Frederick F.
<b>Thursday</b>  <b>Lunch:</b>		
<b>Friday</b>  <b>Lunch:</b>		

**Note:**

Lunch everyday 12:00 to 1:00  
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