



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

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



Caregiver Corner

Caregivers and family members are welcome and highly encouraged to attend any and all of our support groups. Below are the groups scheduled for this month. Each group offers education, support and the opportunity to meet other caregivers and family members. Refreshments are offered at each group as well.

Topic	Date/Time	Location	Contact	Sponsoring site

Tip of the month:

Area for the tip of the month content.

Activities calendar

May 1 - 4

Room: Riverside Room

	Activities	Extras
Monday Lunch:		
Tuesday 1 Lunch: Baked Haddock, Au Gratin potatoes and mixed vegetables	10:00 Walk/Exercise 11:00 Name that Animal Sound 1:00 Walk/Exercise 1:30 Name 3 2:00 Short Story 3:00 Old movies	Happy Birthday: Fran P.
Wednesday 2 Lunch: Shepherd's Pie	10:00 Walk/Exercise 11:00 Bingo 1:00 Walk/Exercise 1:30 Trivia 2:00 Sing a Long 3:00 White Board Games	Happy Birthday: Luz C, 11:00 Women's Group 1:00 Pastor Steve
Thursday 3 Lunch: Maple Glazed Roast Pork, mashed potatoes and squash	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 What am I? 2:00 What do you prefer? 3:00 Tennis Elbow	12:00 Wellness Group 2:00 Women's Group
Friday 4 Lunch: Taco salad bowl	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 Flower Mart 2:00 Bingo 3:00 Patio Talk	12:45 Manicures 1:00 Men's Group

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00
 Happy Birthday: John H. 5/6

Activities calendar

May 7 - 11

Room: Riverside Room

	Activities	Extras
Monday 7 Lunch: Jambalaya	10:00 Walk/Exercise 11:00 Short Story 1:00 Walk/Exercise 1:30 Do you remember? 2:00 Craft 3:00 What am I?	11:00 Jeopardy with Bob and Chris 1:00 Mind, Body and Spirit Group
Tuesday 8 Lunch: Tuna Salad	10:00 Walk/Exercise 11:00 Craft 12:30 Walk/Exercise 1:00 Sandy Robinson 2:00 Old 3:00 Movie	Happy Birthday: Adrienne L, Mary Ruf. And Juanna T. 1:00 Jeopardy with Chris and Bob
Wednesday 9 Lunch: Baked ham, mashed potatoes and squash	10:00 Walk/Exercise 11:00 Bingo 1:00 Walk/Exercise 1:30 Can you? 2:00 Drawing 3:00 Patio Talk	11:00 Women's Group 1:00 Pastor Steve Yard Goats trip
Thursday 10 Lunch: Macaroni and cheese with stewed tomatoes	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 Mother's 2:00 Day 3:00 Celebration	11:00 Wellness Group 1:00 Women's Group
Friday 11 Lunch: Baked Chicken, au gratin potatoes and carrots	10:00 Walk/Exercise 11:00 Bingo 12:00 Walk/Exercise 1:00 Lisa Pernice 2:00 White Board Games 3:00 Sing a Long	Happy Birthday: Miriam V. 12:45 Manicures 1:00 Men's Group

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00
 Happy Birthday: Lauren V. 5/12

Activities calendar

May 14 - 18

Room: Riverside Room

	Activities	Extras
Monday 14 Lunch: Cold plate with lasagna soup	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 Trivia 2:00 Name that Animal Sound 3:00 Patio Talk	Happy Birthday: Frances H. 11:00 Jeopardy with Bob and Chris 1:00 Mind, Body and Spirit Group
Tuesday 15 Lunch: Chili, baked potato and sour cream	10:00 Walk/Exercise 11:00 Jeopardy 1:00 Walk/Exercise 1:30 Who am I? 2:00 Horse Racing 3:00 White Board Games	
Wednesday 16 Lunch: Pier 17 fish, rice pilaf and carrots	10:00 Walk/Exercise 11:00 Bingo 1:00 Walk/Exercise 1:30 What if? 2:00 What do I need? 3:00 Ma. Crazy laws	Happy Birthday: Daniel R. 11:00 Women's Group 1:00 Pastor Steve Yard Goats Trip
Thursday 17 Lunch: Roast turkey, cranberry sauce and stuffing	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 Who am I? 2:00 Alphabet Soup 3:00 Old Movies	12:00 Wellness Group 2:00 Women's Group 1:00 Jeopardy with Chris and Bob in Summit Room
Friday 18 Lunch: Vegetable pasta casserole and green beans	10:00 Walk/Exercise 11:00 12 or Less 1:00 Walk/Exercise 1:30 Be the change 2:00 Bingo 3:00 Name 3	12:45 Manicures 1:00 Men's Group

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 Current Events Everyday 9:30 to 10:00



Activities calendar

May 21 - 25

Room: Riverside Room

	Activities	Extras
Monday 21 Lunch: Baked Chicken/marsala wine sauce	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 Terrific Tulip 2:00 Which is larger? 3:00 Would you Rather?	11:00 Jeopardy with Bob and Chris 1:00 Mind, Body and Spirit Group
Tuesday 22 Lunch: Mexican twist pasta with cauliflower	10:00 Walk/Exercise 11:00 Calm in your life 1:00 Walk/Exercise 1:30 Older than dirt 2:00 Rhyme time bingo 3:00 Funny road signs	Happy Birthday: James B.
Wednesday 23 Lunch: Hot dog and beans	10:00 Walk/Exercise 11:00 Bingo 1:00 Walk/Exercise 1:30 13 annoying things teachers 2:00 trivia 3:00 Patio Talk	11:00 Women's Group 1:00 Pastor Steve
Thursday 24 Lunch: Meat loaf, scalloped potatoes and mixed vegetables	10:00 Walk/Exercise 11:00 Craft 12:30 Walk/Exercise 1:00 Joel 2:00 What do I need? 3:00 Movie Time	12:00 Wellness Group 2:00 Women's Group
Friday 25 Lunch: Baked haddock Latino, red sauce with olives and yellow rice	10:00 Walk/Exercise 11:00 Popular cities to visit 1:00 Walk/Exercise 1:30 Trivia 2:00 Bingo 3:00 Sing a long	12:45 Manicures 1:00 Men's Group Happy Birthday Lucille D.

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Lunch everyday 12:00 to 1:00
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 Happy Birthday: Bernadette R. 5/26 Barbara B. 5/27



Activities calendar

May 28 - 31

Room: Riverside Room

	Activities	Extras
Monday 28 Lunch:		Memorial Day PACE Day Program will be Closed
Tuesday 29 Lunch: Baked Chicken, Delmonico potatoes and mixed vegetables	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 discussion 2:00 L.R.C. 3:00 Patio Talk	Happy Birthday: Agnes M, Stanley B.
Wednesday 30 Lunch: Potato Pollack fillet, orzo tarragon peas and cole slaw	10:00 Walk/Exercise 11:00 Bingo 1:00 Walk/Exercise 1:30 Ring Toss 2:00 Lucy Dog 3:00 Can you picture this?	Happy Birthday: Evelyn S, Marie Ann T. 11:00 Women's Group 1:00 Pastor Steve
Thursday 31 Lunch: Chef salad	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 Trivia 2:00 Movie Time 3:00 Movie Time	12:00 Wellness Group 2:00 Women's Group Happy Birthday Leona H.
Friday Lunch:		

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Tip of the month:

Large light blue rectangular area for providing a tip of the month.

Activities calendar

May 1 - 4

Room: Summit Room

	Activities	Extras
Monday Lunch:		
Tuesday 1 Lunch: Baked Haddock, Au Gratin potatoes and mixed vegetables	10:00 Walk/Exercise 11:00 Short Story 1:00 Walk/Exercise 1:30 Front Office In-service 2:00 Which War Was It? 3:00 Dear Abby	11:00 Bingo Happy Birthday Fran P.
Wednesday 2 Lunch: Shepherd's Pie	10:00 Walk/Exercise 11:00 Geezer Test 1:00 Walk/Exercise 1:30 Star Talk 2:00 Craft 3:00 Horse Racing	Happy Birthday: Luz C 11:00 Women's Group 1:00 Pastor Steve 2:00 Bingo
Thursday 3 Lunch: Maple Glazed Roast Pork, mashed potatoes and squash	10:00 Walk/Exercise 11:00 Funny Money 1:00 Walk/Exercise 1:30 What if???? 2:00 Money Trivia 3:00 You be the Judge	11:00 Wellness Group 11:00 Bingo 2:00 Women's Group 1:00 Jeopardy
Friday 4 Lunch: Taco salad bowl	10:00 Walk/Exercise 11:00 Jeopardy 1:00 Walk/Exercise 1:30 Cinco De Mayo Talk 2:00 Wheel of Fortune 3:00 Making Guacamole	1:00 Men's Group 12:45 Manicures

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 Happy Birthday: John H. 5/6



Activities calendar

May 7 - 11

Room: Summit Room

	Activities	Extras
Monday 7 Lunch: Jambalaya	10:00 Walk/Exercise 11:00 Craft 12:30 Walk/Exercise 1:00 Front Office In-service 2:00 Left, Right, Center 3:00 What was Your Favorite?	11:00 Jeopardy with Bob and Chris
Tuesday 8 Lunch: Tuna Salad	10:00 Walk/Exercise 11:00 Mixed up Baseball 12:30 Walk/Exercise 1:00 Sandy Robinson 2:00 Leaf Out 3:00 Music and Memories	Happy Birthday: Adrienne L, Mary Ruf. And Juanna T. 11:00 Bingo
Wednesday 9 Lunch: Baked ham, mashed potatoes and squash	10:00 Walk/Exercise 11:00 Front Office In-service 1:00 Walk/Exercise 1:30 Discussion Circle 2:00 Trivia 3:00 Dear Abby	11:00 Women's Group 1:00 Pastor Steve 2:00 Bingo Yard Goats Game
Thursday 10 Lunch: Macaroni and cheese with stewed tomatoes	10:00 Walk/Exercise 11:00 Mother's Day Poems 1:00 Walk/Exercise 1:30 Mother's Day 2:00 Celebration 3:00 You be the Judge	12:00 Wellness Group 11:00 Bingo 2:00 Women's Group 1:00 Jeopardy with Chris and Bob
Friday 11 Lunch: Baked Chicken, au gratin potatoes and carrots	10:00 Walk/Exercise 11:00 Family Feud 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 Leaf Out 3:00 Price is Right	Happy Birthday: Miriam V. 12:45 Manicures 1.00 Men's Group

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May 14 - 18

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	Activities	Extras
Monday 14 Lunch: Cold plate with lasagna soup	10:00 Walk/Exercise 11:00 How Old are they Now? 1:00 Walk/Exercise 1:30 Trivia 2:00 White Board Games 3:00 Mad Libs	Happy Birthday: Frances H. 11:00 Jeopardy with Bob and Chris 1:00 Mind, Body and Spirit Group
Tuesday 15 Lunch: Chili, baked potato and sour cream	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 Trivia Circle 2:00 Left, Right, Center 3:00 Memory Game	11:00 Bingo
Wednesday 16 Lunch: Pier 17 fish, rice pilaf and carrots	10:00 Walk/Exercise 11:00 Jeopardy 1:00 Walk/Exercise 1:30 Short Story 2:00 When was it Made? 3:00 What I loved to Do	Happy Birthday: Daniel R. 11:00 Women's Group 1:00 Pastor Steve Yard Goats Game
Thursday 17 Lunch: Roast turkey, cranberry sauce and stuffing	10:00 Walk/Exercise 11:00 Wheel of fortune 1:00 Walk/Exercise 1:30 Bird Talk 2:00 Bird Sounds 3:00 Bird Coloring	2:00 Women's Group 1:00 Jeopardy This day is for the Birds! 12:00 Wellness Group
Friday 18 Lunch: Vegetable pasta casserole and green beans	10:00 Walk/Exercise 11:00 Choose a Letter 1:00 Walk/Exercise 1:30 Hot Potato 2:00 Karaoke 3:00 WII Bowling	1:00 Men's Group 12:45 Manicures

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Tuesday 22 Lunch: Mexican twist pasta with cauliflower	10:00 Walk/Exercise 11:00 Best Advice 1:00 Walk/Exercise 1:30 How Old are they Now? 2:00 Trivia 3:00 Karaoke	Happy Birthday: James B. 1:00 Bingo
Wednesday 23 Lunch: Hot dog and beans	10:00 Walk/Exercise 11:00 Craft 1:00 Walk/Exercise 1:30 Wii Bowling 2:00 Geezar Test 3:00 Memory Game	11:00 Women's Group 1:00 Pastor Steve 2:00 Bingo
Thursday 24 Lunch: Meat loaf, scalloped potatoes and mixed vegetables	10:00 Walk/Exercise 11:00 Summers Gone By 12:30 Walk/Exercise 1:00 Joel 2:00 Family Feud 3:00 Dear Abby	12:00 Wellness Group 1:00 Jeopardy with Chris and Bob 2:00 Women's Group 1:00 Francis/Portraits
Friday 25 Lunch: Baked haddock Latino, red sauce with olives and yellow rice	10:00 Walk/Exercise 11:00 Memorial Day Trivia 12:30 Walk/Exercise 1:00 Front Office In-service 2:00 Patriotic Sing A Long 3:00 Picnic Talk	1:00 Men's Group 12:45 Manicures Happy Birthday Lucille D.

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Thursday 31 Lunch: Chef salad	10:00 Walk/Exercise 11:00 Office In-Service 1:00 Walk/Exercise 1:30 Smile Toss Game 2:00 Fill in the Hymn 3:00 Choose a Letter	12:00 Wellness Group 2:00 Women's Group 1:00 Jeopardy with Chris and Bob Happy Birthday Leona H.
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