



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 Wednesday, July 4th, on call will be available

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:

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



Activities calendar

July 2 - 6

Room: Riverside Room

	Activities	Extras
Monday 2 Lunch: Pot roast, sweet and sour red cabbage, baked potato and sour cream	10:00 Current Events/Horoscopes 11:00 Craft 1:00 Walk/Exercise 1:30 Name that Tune 2:00 Bingo 3:00 What am I?	Happy Birthday: Raymond C. 10:30 Painting with Carol Jeopardy with Chris & Bob 11:00 1:00 Women's Group
Tuesday 3 Lunch: Cold plate/ tuna salad	10:00 Current Events/Horoscopes 11:00 Patriotic Sing a Long 1:00 Walk/Exercise 1:30 July IQ 2:00 Mixed up 4 th of July 3:00 4 th of July memories	10:30 Heather's Group
Wednesday 4 Lunch:	Happy 4 th Of July	
Thursday 5 Lunch: Salisbury steak, scalloped potatoes and mixed vegetables	10:00 Current Events/Horoscopes 11:00 Ring Toss 1:00 Walk/Exercise 1:30 Trivia 2:00 Bingo 3:00 I've learned	12:00 Wellness Group 1:00 Jeopardy with Chris & Bob
Friday 6 Lunch: Pier 17 fish, rice pilaf and Jardinière vegetables	10:00 Current Events/Horoscopes 11:00 Give me 5 1:00 Walk/Exercise 1:30 Animal Trivia 2:00 Bingo 3:00 July Trivia	12:45 Manicures 1:00 Men's Group

Note:

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

Activities calendar

July 9 - 13

Room: Riverside Room

	Activities	Extras
Monday 9 Lunch: Chicken meatball stroganoff, buttered noodles and summer blend vegetables	10:00 Current Events/Horoscopes 11:00 Bean Bag Toss 1:00 Walk/Exercise 1:30 The Slushy & the Smoothy 2:00 Bingo 3:00 Red, White, Blue or No	Happy Birthday: Geneva G. 10:30 Painting with Carol Jeopardy with Chris & Bob 11:00 1:00 Women's Group
Tuesday 10 Lunch: American chop suey and spinach	10:00 Current Events/Horoscopes 11:00 Sing a long 1:00 Walk/Exercise 1:30 Married with humor 2:00 Mixed up color 3:00 Who am I?	Happy Birthday: Robert F. 10:30 Heather's Group
Wednesday 11 Lunch: Haddock/Latino red sauce, white sauce and corn	10:00 Current Events/Horoscopes 11:00 puzzles 12:30 Walk/Exercise 1:00 Koraleers 2:00 Social Hour 3:00 bingo	Happy Birthday: Sallie R, Helen M. Richard G, Wayne S. 10:30 Women's Group 12:45 Bible Study, Book of Romans
Thursday 12 Lunch: Roast turkey, cranberry sauce, mashed potatoes and squash	10:00 Current Events/Horoscopes 11:00 Corn hole 12:30 Walk/Exercise 1:00 Food Bank In-service 2:30 Never have I ever 3:00 Remembering the beach	12:00 Wellness Group Jeopardy with Chris & Bob 1:00
Friday 13 Lunch: Ham & tomato mac and cheese with green beans	10:00 Current Events/Horoscopes 11:00 Simon says 1:00 Walk/Exercise 1:30 Short stories 2:00 Bingo 3:00 Color your world	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: Uesta T. 7/14

Activities calendar

July 16 - 20

Room: Riverside Room

	Activities	Extras
Monday 16 Lunch: Pollack, au gratin potatoes and mixed vegetables	10:00 Current Events/Horoscopes 11:00 Craft 1:00 Walk/Exercise 1:30 Food for thought 2:00 Bingo 3:00 What am I?	10:30 Painting with Carol Jeopardy with Chris & Bob 11:00 1:00 Women's Group
Tuesday 17 Lunch: Breaded chicken, mozzarella cheese and buttered ziti	10:00 Current Events/Horoscopes 11:00 Lucky Dog 1:00 Walk/Exercise 1:30 Simon Says 2:00 Puzzles 3:00 You be the Judge	Happy Birthday: Paula B. 10:30 Heather's Group
Wednesday 18 Lunch: Turkey meatloaf, mashed potatoes and peas with pearl onions	10:00 Current Events/Horoscopes 11:00 Corn Hole 1:00 Walk/Exercise 1:30 Trivia 2:00 Bingo 3:00 Cutting Loose	Happy Birthday: Francis C, Dora L, Margaret O. 10:30 Women's Group 12:45 Bible Study, Book of Romans 1:00 Art with Amy
Thursday 19 Lunch: Cold plate/ egg salad	10:00 Current Events/Horoscopes 11:00 Horse Racing 1:00 Walk/Exercise 1:30 The Social World 2:00 Paper Tag 3:00 52 Flavors	12:00 Wellness Group 1:00 Jeopardy with Chris & Bob
Friday 20 Lunch: Italian Beef stew, ziti and tossed salad	10:00 Current Events/Horoscopes 11:00 Craft 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 Bingo 3:00 Rain Forest	Happy Birthday: Gail M. 12:45 Manicures 1:00 Men's Group

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Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00
 Happy Birthday: Helen P, Andrew P. 7/22

Activities calendar

July 23 - 27

Room: Riverside Room

	Activities	Extras
Monday 23 Lunch: Cabbage roll skillet, white rice and summer squash	10:00 Current Events/Horoscopes 11:00 Craft 1:00 Walk/Exercise 1:30 Mother Nature 2:00 Bingo 3:00 Like riding a bike	10:30 Painting with Carol Jeopardy with Chris & Bob 11:00 1:00 Women's Group
Tuesday 24 Lunch: Hot Dog and beans	10:00 Current Events/Horoscopes 11:00 12 or Less 12:30 Walk/Exercise 1:00 Joel 2:00 What do you see? 3:00 Garden Riddle jumble	Happy Birthday: Blair W 10:30 Heather's Group
Wednesday 25 Lunch: Omelet and oven brown potatoes	10:00 Current Events/Horoscopes 11:00 Craft 1:00 Walk/Exercise 1:30 Funny letters 2:00 Bingo 3:00 The Laundry Thief	10:30 Women's Group 12:45 Bible Study, Book of Romans
Thursday 26 Lunch: Cold Plate/ grilled chicken breast	10:00 Current Events/Horoscopes 11:00 Can you picture this? 1:00 Walk/Exercise 1:30 Memories of fishing 2:00 Bowling 3:00 Finish the line	Happy Birthday: Rosalie S. 12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
Friday 27 Lunch: Sweet and Sour pork loin, fried rice and ginger carrots	10:00 Current Events/Horoscopes 11:00 Wheel of Fortune 1:00 Walk/Exercise 1:30 Escape to paradise 2:00 Bingo 3:00 My safe place	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: Vivian D, Sandra H, Sandra L. 7/28



Activities calendar

July 30 - 31

Room: Riverside Room

	Activities	Extras
Monday 30 Lunch: Taco Bowl	10:00 Current Events/Horoscopes 11:00 Craft 1:00 Walk/Exercise 1:30 Hard or Soft 2:00 Bingo 3:00 Imagine	Happy Birthday: Marie H, Evelyn L, John S. 10:30 Painting with Carol Jeopardy with Chris & Bob 11:00 1:00 Art with Amy 1:00 Women's Group
Tuesday 31 Lunch: Turkey Tetrazzini, rotini and Italian blend vegetables	10:00 Current Events/Horoscopes 11:00 R.L.C. 1:00 Walk/Exercise 1:30 How times have changed 2:00 Ring Toss 3:00 Wheel of Fortune	Happy Birthday: Margaret C, Ronald C. 10:30 Heather's Group
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

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Area for the tip of the month content.

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Tuesday 3 Lunch: Cold plate/ tuna salad	10:00 Current Events/Horoscopes 11:00 Bingo 1:00 Walk/Exercise 1:30 Patriotic Sing a long 2:00 Red White and Blue Quiz 3:00 Memories of 4 th of July	10:30 Heather's Group
Wednesday 4 Lunch:	Happy 4 th of July	
Thursday 5 Lunch: Salisbury steak, scalloped potatoes and mixed vegetables	10:00 Current Events/Horoscopes 11:00 Bingo 1:00 Walk/Exercise 1:30 What am I? 2:00 Puzzles 3:00 4 th of July Coincidence	12:00 Wellness Group 1:00 Jeopardy with Chris & Bob
Friday 6 Lunch: Pier 17 fish, rice pilaf and Jardinière vegetables	10:00 Current Events/Horoscopes 11:00 Craft 1:00 Walk/Exercise 1:30 Poison Ivy 2:00 Family Feud 3:00 July IQ	12:45 Manicures 1:00 Men's Group

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Monday 9 Lunch: Chicken meatball stroganoff, buttered noodles and summer blend vegetables	10:00 Current Events/Horoscopes 11:00 Craft 1:00 Walk/Exercise 1:30 Slushy and Smoothie 2:00 Yahtzee 3:00 Who am I?	Happy Birthday: Geneva G 10:30 Painting with Carol 11:00 Jeopardy with Bob & Chris 1:00 Women's Group
Tuesday 10 Lunch: American chop suey and spinach	10:00 Current Events/Horoscopes 11:00 Bingo 12:30 Walk/Exercise 1:00 Healthy Meal Prep 2:00 Mixed up colors 3:00 Comic Trivia	Happy Birthday: Robert F. 10:30 Heather's Group
Wednesday 11 Lunch: Haddock/Latino red sauce, white sauce and corn	10:00 Current Events/Horoscopes 11:00 Bingo 12:30 Walk/Exercise 1:00 Koraleers 2:00 Social Hour 3:00 Married with Humor	Happy Birthday: Sallie R, Helen M. Richard G, Wayne S. 10:30 Women's Group 12:45 Bible Study, Book of Romans
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Tuesday 17 Lunch: Breaded chicken, mozzarella cheese and buttered ziti	10:00 Current Events/Horoscopes 11:00 Bingo 1:00 Walk/Exercise 1:30 Food for Thought 2:00 Mad Science Trivia 3:00 Who am I?	Happy Birthday: Paula B. 10:30 Heather's Group 11:00 Fishing Trip
Wednesday 18 Lunch: Turkey meatloaf, mashed potatoes and peas with pearl onions	10:00 Current Events/Horoscopes 11:00 Bingo 1:00 Walk/Exercise 1:30 July IQ 2:00 Puzzles 3:00 The Crimson Rose	Happy Birthday: Francis C, Dora L, Margaret O. 10:30 Women's Group 12:45 Bible Study, Book of Romans
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Tuesday 24 Lunch: Hot Dog and beans	10:00 Current Events/Horoscopes 11:00 Bingo 12:30 Walk/Exercise 1:00 Joel 2:00 Corn Hole 3:00 Trivia	Happy Birthday: Blair W. 10:30 Heather's Group
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Friday 27 Lunch: Sweet and Sour pork loin, fried rice and ginger carrots	10:00 Current Events/Horoscopes 11:00 Craft 1:00 Walk/Exercise 1:30 Mystery of Tour De France 2:00 Jeopardy 3:00 Random Trivia	12:45 Manicures 1:00 Men's Group

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