



News From the View



Pleasant View Senior Center

~ The Center of it All ~

328 NORTH MAIN STREET

EAST LONGMEADOW, MA 01028

MON - FRI: 8:00 a.m. – 4:00 p.m.

413.525.5436

HIGHLIGHTS



Kentucky Derby Thursday, May 2nd at 12:45 Join us at the races (aka our Center) for a fun and humorous afternoon as our jockeys and horses compete for the grand title! Who do you think will win? Prizes given for correct guesses!



Cinco de Mayo Party Friday, May 3rd at 12:00 Join us for lunch, non-alcoholic margaritas, and music by the Elderly Brothers! Event tickets are available at the Senior Center for \$5. Tickets must be picked up in person, and each individual may register two people. We hope you can help us celebrate Cinco de Mayo! *Sponsored by JGS Lifecare and Attorney David G. Carlson.*



Don Quixote Play Thursday, May 9th at 12:45 Come see the play, "Don Quixote" performed by volunteer actors of Pleasant View Senior Center. Directed by Fred Sokol. **A second showing will be held on Saturday, May 25th at 3:00.** Don't miss out on this fun presentation!



SHOW CIRCUS Saturday, May 11th at 11:00 The circus performers who joined us at The Little E will be bringing their BIG SHOW to East Longmeadow! This event will take place at the East Longmeadow High School. Doors open at 10:00 with refreshments and free balloon creations by Brie's Balloons. This event is FREE and open to ALL ages, and is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council, and sponsored by Pleasant View Senior Center, the EL Recreation Department, the East Longmeadow Campus of Care, and the East Longmeadow Rotary Club. Register by calling 525-5436 or <https://ticketstripe.com/SHOWCircus2024>.



Memory Cafe Tuesday, May 21st at 11:00 Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks. Cafés are free to attend and welcome to all. We hope you can join us on the third Tuesday of every month. Registration is required. *Sponsored by Fallon Summit ElderCare.*



Join us on Thursday, May 23rd at 11:30 to celebrate Gloria Hogan, East Longmeadow's oldest citizen at 102 years old. While newspaper circulations across the country are on the decline, East Longmeadow maintains one of Boston's oldest newspaper traditions. In 1909, the now defunct Boston Post newspaper distributed painstakingly designed walking canes to 700 New England towns. The canes, made of ebony—imported from Africa and crowned with 14-karat gold—were then presented in varying measures of ceremonial pomp, to the oldest living male of those municipalities. Women were added to the list of cane recipients starting in 1930. Since then, for over a century, the canes have been presented to the next oldest survivor in those MA towns, in what has become a venerable Yankee tradition. Help the East Longmeadow COA and Historical Society keep the tradition alive locally, and learn more about our incredible recipient.



Memorial Day Picnic Friday, May 24th at 12:00 Join us for our first picnic of the summer! \$5.00 per person. Tickets are available at the Senior Center starting on Monday, May 6th. Hamburgers, hot dogs and sides! Door prizes and music by guitarist and singer, Tim Duquette, will begin at 12:45. *Sponsored by the East Longmeadow Campus of Care.*



Health and Fitness Fair Wednesday, May 29th 11:00 - 2:00 Health and Fitness Fair, Mindfulness and Zumba from 10:00-11:00 Visit with local gyms and fitness instructors, hear about a new fitness program being developed by the MA Council On Aging, take a nutrition risk assessment, have your blood pressure checked and enjoy FREE samples from My Main Squeeze Juice Shop. *Sponsored by Health New England, Home Helpers of Western Mass and Central CT, and Integra Home Health.* Refreshments and Door Prizes! First 50 people will receive a goody bag!

HIGHLIGHTS

Registration is required for all programs by calling 525-5436, in person at the Senior Center office or at www.myactivecenter.com



Coffee with the Town Manager Wednesday, May 1st Have coffee and chat with East Longmeadow's Town Manager, Tom Christensen. First Wednesday of every month at 10:30.

 **Pilates** Mondays and Fridays at 1:00 starting on Monday, May 6th Pilates is a system of repetitive exercises performed to promote strength, stability, and flexibility. \$5 per class. Please bring a PILATES floor mat with you to class. Chairs will be available for those who prefer not to sit on the floor.



Five Element Tai Chi Wednesdays from 2:15-3:15 FREE All levels welcome! Wheelchair accessible. Taught by Grand Master Winchell Ping Chiu Woo. Tai Chi is cancelled on May 29th.



Discover Your Purpose Monday, May 6th at 11:00 Understand and explore your purpose, and develop your own personal purpose statement. This seminar uses an integrative framework that focuses on purpose, connections, and life balance and their impacts on health, longevity, and happiness. In structured discussions with peers, attendees will gain confidence about their own next steps and emerge ready to move forward in pursuing their goals for work with a social purpose. Join in with others from your community to find your own purpose and "discover what's next!"



Paint & Glow Tuesday, May 7th at 10:30 Join this fun painting experience, Cinco de Mayo theme. No experience needed. All materials provided. Sign up today!



New Member Orientation Friday, May 10th at 10:30 An informative new member orientation and tour will take place every month on the 2nd Friday, from 10:30 - 11:30. Registration is suggested, however drop-ins are welcome.



Italian Class - New session beginning! Classes will be held on Wednesday May 15th and 22nd Beginners 1 class begins at 10:15 and Beginners 2 begins at 11:30 and Thursday, May 30th at 9:00 and 10:15. If you are new to the class and have no prior knowledge of the language, or feel that you need to review lessons taught, Beginners 1 would be best. If you have been taking these classes and wish to continue increasing your proficiency, please choose Beginners 2. \$5 per class. June - August dates TBD.



Fraud and Scams Lunch and Learn Friday, May 17th at 12:15 Learn Current Scams Affecting Seniors, How To Protect Yourself, and What To Do If You're A Victim. Presented by Freedom Credit Union. If you would like to register for lunch at 12:00, call 525-5436 by May 16th. Suggested lunch donation of \$4.



Flower Arranging Tuesday, May 21st at 1:00 Join us for flower arranging and mocktails. Sponsored by JGS Lifecare. Limited Space, sign up today!



Mass EDP Table Top Wednesday, May 22nd from 11:00-1:00 Stop by to learn what phone adaptations are available to you for your specific needs!

SAVE THE DATE



Sponsor Appreciation Fair Thursday, June 13th from 10:00-12:00 Giveaways and prizes! We hope you will stay for lunch at 12:00 as we thank all of our community partners for their support of our programs. Call 525-5436 to register for lunch by June 12th. Suggested lunch donation of \$4.



Antiques Appraisals Wednesday, June 26th Ever wonder how much that item is that has been passed down in your family for generations? Bring it to our Antiques Appraisals night! More details coming soon! In partnership with the East Longmeadow Historical Society.



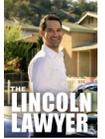
East Longmeadow Farmers' Market Located at The Depot at Graham Central Station, 64 Maple Street. Saturdays from 9:00-1:00 June 1st-August 31st. Includes local farmers and artisans.

PLEASANT VIEW CINEMA

Join us **Tuesday's at 12:45** to enjoy a movie or a documentary
*Movies are subject to change



May 7th, 14th and 21st *The Lincoln Lawyer Series Continued Episodes* 2023, 43-56m Sidelined after an accident, hotshot Los Angeles lawyer Mickey Haller restarts his career and his trademark Lincoln—when he takes on a murder case. Suspenseful and Witty



May 28th *Nyad* 2023, PG-13, 2h Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida. Sport/Documentary

ONGOING PROGRAMS

ART CLASS with Jeff Kerns Fridays 10:00 \$15
*Must bring your own supplies

BEAN BAG BASEBALL Fridays 10:00

BILLIARDS Open Play Tue - Fri 8:00 to 4:00
Pool League Mondays 8:00-4:00 All levels welcome
Free Instruction Thursdays 10:00

BIRTHDAY BASH Wednesday, May 1st 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial



BLOOD PRESSURE CLINIC Monday,
May 20th at 10:00 Free

BOCCE Mon-Fri 8:00-4:00 (weather pending)
Open Play Wednesdays 10:00 (weather pending)

BREAKFAST CAFE Wednesday, May 29th
8:00-10:00 Join us for a delicious breakfast!

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00
No Volleyball on May 29th

TECH HELP Wednesday, May 15th 1:00
Sign up required by calling 525-5436

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday, May 15th 11:00
Taste a delicious recipe! Presented by East Village Pl.

FRENCH GROUP Tuesdays 11:00
*All conversation is in French

HANDCRAFTING Thursdays 1:00

JOURNALING Monday, May 13th 10:00

LIBRARY ON THE GO Thursday, May 9th
10:30 - 12:00

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monthly
Meeting Monday, May 13th 9:00

STAMP CLUB Tuesday, May 14th and 28th 1:00

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

CARDS AND GAMES



CANASTA Thursdays 12:00 P.M.

CRIBBAGE Wednesdays and Fridays 10:00
No Cribbage on May 29th

DOMINOES Fridays 1:00

FIVE CROWNS Tuesdays and Fridays 12:45

MAH-JONGG Tuesdays 12:30

MAH-JONGG Lessons Tuesdays 10:00 Sign
up required by calling 525-5436

PITCH Mondays 12:30

Friendship Thursdays at 12:45

May 2nd Kentucky Derby

May 9th Don Quixote Play

May 16th \$5 Bingo

May 23rd \$2 Bingo

May 30th \$5 Bingo



Are you interested in being featured in our podcast show "Stories from the View Call us today! View our podcast here:
<https://www.youtube.com/ELCAT01028>



New Walking Group Thursdays at 10:00 Starting
on May 2nd Join us at the Rail Trail every Thursday at
10:00. Meet at The Depot at Graham Central Station to
get those steps in!



Four local artists will be displaying their work in the Media Room during the month of May. These four artists met at an abstract art class four years ago. They have continued to gather weekly to support and inspire one another. They are the Abstract Art Squad, each artist with a unique style, some very abstract others impressionistic. The show includes a diverse collection of colorful and intriguing paintings. Stop in a see what abstract and impressionist art can be. You can view more of their work at abstractartsquad.com.

Meal Calendar May 2024



Lunch is served Monday - Friday at 12:00 in the Auditorium
If you would like to order lunch please call 525-5436 at least a day in advance by 1:00 pm
 \$4.00 Lunch donation is appreciated **Please bring exact change*

Please let us know if you are not able to make it to lunch. Meals include specific items that have been approved by our grant agency. Unfortunately, we are not able to honor requests for larger portions or seconds. *Partial funding provided by the Federal Administration for Community Living/MA Executive Office of Elder Affairs & Greater Springfield Senior Services, Inc.*

Meals will also include a starch, a vegetable and a fruit. 1% milk and whole grain bread or rolls are served daily, unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
**Menu Subject to Change	\$4.00 Lunch Donation is Appreciated	1 Birthday Bash Stuffed Chicken Breast	2 Kielbasa	3 Cinco De Mayo Ticket Required \$5 Beef and Bean Burritos
6 Turkey Tetrazzini	7 Shepherds Pie	8 Meatball Grinder	9 BBQ Pulled Pork on a Roll	10 Tuna Salad Sandwich
13 Cheeseburger	14 Roast Pork	15 Chicken Parmesan	16 Salisbury Steak	17 Tuna Noodle Casserole
20 Macaroni & Cheese with Ham	21 Roast Turkey	22 Chicken Pot Pie	23 Swedish Meatballs	24 SUMMER PICNIC Ticket Required \$5 Hamburgers & Hot Dogs
27 CENTER CLOSED	28 Stuffed Peppers	29 Chicken Marsala	30 Lasagna with Meat Sauce	31 Baked Salmon



Thank you to everyone that completed the annual dining survey! We have studied the results and appreciate everyone answering the questions. The meals that are served at the Pleasant View Senior Center, delivered to Meals on Wheels recipients and to Supportive Housing residents must follow nutritional guidelines mandated by The Greater Springfield Senior Services, Inc. (GSSSI). The meals are funded by a grant from GSSSI which helps reduce the cost of each meal to our recipients. Our staff creates a menu that follows these guidelines as well as provides a variety of nutritious meals. If you are in need of receiving Meals on Wheels, please contact the Senior Center or if you would like to sign up for lunch, please call the Senior Center by 1:00 the prior day at 525-5436.

 **Cape Cod Canal Cruise Tuesday, June 25th** This man-made canal is the widest sea-level canal without locks in the world. Departing from Onset, MA, the Cape Cod Canal cruise will pass under the impressive railroad and highway bridges, the Bourne and Sagamore, and sail along a parade of pleasure boats and commercial vessels. A knowledgeable commentator leads you on a 2-hour cruise detailing the history and natural beauty of this fascinating waterway. Enjoy a Buffet Lunch at Mezza Luna Restaurant in Buzzards Bay prior to the cruise. Cost is \$144 pp. Make checks payable to "Friendship Tours". Checks due to Pleasant View Senior Center by May 10th, and will be deposited after this date. Departure: 8:00am Pleasant View Senior Center Estimated Return: 7:15pm. **To register for ALL trips or for more information please call our trip coordinator Karen Knight 413-747-5819.**



Thank You! We would like to thank Shiloh Angels Homecare for sponsoring our Stepping Up Your Nutrition Program this past March, as well as East Longmeadow Campus of Care, Chase Bank and Trinity Health of New England for sponsoring our St. Patrick's Day Luncheon. We would also like to thank Day Brook Village for sponsoring refreshments at our Strategic Planning Kick Off.

Activities Calendar May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
** Program requires sign up please call 525-5436	*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00	1 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Town Manager 12:00 BirthDay Bash* 1:00 Chair Volleyball 2:15 5 Element Tai Chi	2 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia, Walking Group 12:00 Canasta, Lunch* 12:45 Kentucky Derby 1:00 Handcrafting	3 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Cinco de Mayo* 12:45 Five Crowns 1:00 Dominoes 1:30 Heartsong Yoga** 2:00 Silver Sneakers
6 Footcare** 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 Find Purpose** , Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	7 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, Veterans Coffee Hour 10:30 Paint and Glow** 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	8 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 Lunch* 1:00 Chair Volleyball 2:15 5 Element Tai Chi	9 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia, Walking Group 10:30 Library on the Go 12:00 Canasta, Lunch* 12:45 Don Quixote Performance 1:00 Handcrafting	10 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 Orientation 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
13 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Cornhole, Journaling** 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	14 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	15 Hearing Screening** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:15 Italian 1** 11:00 Cooking Demo** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball, Tech Help** 2:15 5 Element Tai Chi	16 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia, Walking Group 11:00 Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	17 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:15 Lunch & Learn* 12:45 Five Crowns 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
20 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Blood Pressure , Cornhole 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	21 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, Veterans Coffee Hour 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Flowers**	22 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:15 Italian 1** 11:00 Mass EDP Table 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:15 5 Element Tai Chi	23 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia, Walking Group 11:00 Brian Ashe's Representative 11:30 Golden Cane 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	24 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Picnic* 12:45 Entertainment , Five Crowns 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
27 CENTER CLOSED 	28 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Mah-jongg Lesson**, Veterans Coffee Hour 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	29 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Health Fair Cribbage 12:00 Lunch* 1:00 Chair Volleyball 2:15 5 Element Tai Chi	30 Manicures** 8:30 Zumba 9:00 Italian 1** 9:20 Cardio Drumming 10:00 Trivia, Walking Group 10:15 Italian 2** 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	31 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers

FITNESS PROGRAMS

Fitness Room Open Monday - Friday from 8:00 - 4:00 The Fitness Center includes state of the art cardio machines and weight stations. An annual medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

Balance and Fall Prevention Training Tuesdays 9:00 This class uses the stretches and movements of Tai Chi along with other evidence-based fall prevention training programs to improve your balance and increase lower body strength. Class pass is required, 6 classes for \$10.

Cardio Drumming Mondays at 8:15 and Thursdays at 9:20 Use drumsticks and an exercise ball to get a full cardio workout! May participate seated or standing. \$5 per class, payable to the instructor, Kelly Phillips.

Chair Exercise DVD Monday, Wednesday and Friday from 9:15-10:15 in the Auditorium, free.

Advanced Exercise DVD Monday, Wednesday and Friday from 8:45-9:45 in the Media Room, free.
*Mondays class will be taught by Nurse Kris.

Line Dancing Tuesdays at 10:00 at the senior center, \$3 per class, payable to the instructor.

Pilates Mondays and Fridays at 1:00 starting on Monday, May 6th Pilates is a system of repetitive exercises performed to promote strength, stability, and flexibility. \$5 per class. Please bring a floor mat with you to class. Chairs will be available for those who prefer not to sit on the floor.

Silver Sneakers Monday and Friday from 2:00-3:00 at the Senior Center. Designed for seniors of all fitness levels, led by an instructor from HealthTrax. A class pass is required, 6 classes for \$10.

Five Element Tai Chi Wednesdays from 2:15-3:15 FREE All levels welcome! Chairs will be available. Wheelchair accessible. Taught by Grand Master Winchell Ping Chiu Woo. *No Class on May 29th.*

Tai Chi Tuesdays at 9:00 This FREE class is held at the First Congregational Church.

Yoga at Brownstone Mondays at 1:30 Class is FREE and will take place at Brownstone 1 in the Community Room, all are welcome. Sponsored by Visiting Angels.

Chair Yoga at Heartsong Fridays at 1:30 Held at Heartsong Yoga. No experience is needed. \$5 per class. Class is available through Zoom for those who are homebound. The link is available by contacting the Senior Center at 413-525-5436.

Walking Group Thursdays at 10:00 Beginning May 2nd at the Rail Trail—weather permitting.

Zumba Thursdays at 8:30 Join us for this fun, upbeat class! \$5 per class, payable to the instructor.

NURSES CORNER



Hello all and happy Spring! Beginning May 2nd, we are starting a walking group on Thursday mornings at 10:00 (weather permitting) at the rail trail. It's approximately a 3 mile walk down and back. Enjoy the sights and sounds of Spring as you walk at your own pace, with your fellow walkers. See you there! Nurse Kris

Kris Buffington, Town Health Nurse, is at the Senior Center on Mondays and Thursdays from 9:00 - 3:00 or by appointment by calling 525-5436 X1112.



Medical Equipment Loan Closet The Senior Center has a medical equipment loan closet full of walkers, wheelchairs, canes and more. If you are in need of medical equipment, please call 525-5436 to see what is available. **We also have incontinence supplies.** Please contact us if you or someone you know is in need of these necessary, costly items.

HEALTH AND WELLNESS

Blood Pressure Clinic Monday, May 20th at 10:00 Free with Nurse Kris

Footcare/Pedicare Monday, May 6th Nurse will trim and file toenails, as well as assess and identify problem areas. By appointment with Deborah 525-5436 Cost is \$35

Hearing Screening Wednesday, May 15th Free Screening by Baystate Hearing Center by appointment 525-5436

Manicures May 2nd, 16th and 30th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, May 21st by appointment with Attorney Dave Carlson 525-5436

Notary Public Services By appointment with Danell 525-5436

Shine Counselor Free Medicare Assistance By appointment 525-5436

RESOURCES



Summer Farmshare Signups Crow River Farm along with the Council on Aging is pleased to offer its Summer Farmshare program again this year from July 10 - September 11. Participants will receive a bag of fresh, naturally-grown veggies each week. Both 5 and 10 week shares are available. SNAP recipients can use the Healthy Incentives Program (HIP) benefit to purchase their share (Private pay is also an option). To learn more and to sign up, contact farmer Kerisa Fitzgerald at kerisaperazella@gmail.com or 413-285-5322 or Danell Tavella at 525-5436 x1402. Spots are limited!

Medicare SAVINGS PROGRAM

Medicare Savings Program (MSP) If you have limited income and assets and are eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your social security benefit. If you qualify for a Medicare Savings Program (MSP), you will also qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare. If your income and assets are below the amounts listed in the chart, you may qualify. Questions call Danell Tavella at 525-5436 or call Mass Health at 1-800-841-2900.

Monthly Income (Effective 1/1/2024)	
You Are	Income at or Below
Single	\$2,824/month
Married Couple	\$3,833/month



The East Longmeadow Housing Authority is accepting applications for McLaren House subsidized congregate housing located at 82 Quarry Hill in East Longmeadow. Congregate Housing is a shared living environment for individuals with physical limitations not requiring 24-hour supervision or medical care. It is ideal for people who no longer feel comfortable living alone but who still wish to be independent and have privacy. Greater Springfield Senior Services has staff on site who can help with coordination of services, public benefit applications, resource information, & more **For more information or to arrange a tour, contact the GSSSI Congregate Housing Coordinator, Adriana Al Kenani at 413-218-8864.**



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Do you need help purchasing food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. If eligible, SNAP provides a monthly benefit to buy nutritious foods. Benefits are provided on an EBT card, used like a bankcard, to buy food at grocery stores. **Pleasant View Senior Center is here to help!** Contact Danell Tavella at 525-5436 ext. 1402 to make an appointment. Please do not delay if you are experiencing food insecurity. We are available to help with your application, recertification and accessing information about your account.

Monthly Income (Effective 2/1/2024)	
Family Size	Income Limit
1	\$2,510
2	\$3,407
3	\$4,303
4	\$5,200

The East Longmeadow Council on Aging is a proud SNAP Outreach Partner with the Department of Transitional Assistance (DTA).



Stronger Every Day Group Mondays at 11:00 This group provides a safe space to explore your feelings of sadness, grief/loss and anxiety. Learn techniques and share with others knowing you are not alone. Sessions are billed through your insurance plan. Copays may apply. For questions or to schedule an intake for the group, call the Golden Years Admin Office at 413-224-2015. Together, healing is possible. Facilitated by Golden Years Behavioral Health Group.

PANTRY PROGRAM



We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00

Thank you to everyone in the community who supports our pantry. Your generosity makes a difference for so many families and individuals. **We are currently in need of:** breakfast cereal, coffee, pancake mix and bar soap.



Purchase your Pleasant View Senior Center recipe book today! This book contains recipes from members of our Senior Center and our staff. Books are \$10 each. Proceeds from the sales will benefit our Emergency Food Pantry. Stop in the office to purchase your book.

Pleasant View Pantry T-Shirts Help us "reach those in times of need" by purchasing a t-shirt for \$10 to support our Emergency Food Pantry. Various colors and sizes are available.



MOBILE FOOD PANTRY PROGRAM The Mobile Food Pantry is brought to you by the Community Development Fund Program in conjunction with the Pleasant View Senior Center. The Mobile Food Pantry is designed to aid residents facing barriers such as transportation, mobility and other needs. **We can make temporary deliveries if you are sick at home, recuperating from surgery or if you are disabled and unable to get to the store.** For further information please call our Food Pantry Coordinator Elizabeth Baron at 525-5436.

TRI-TOWN TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 9:00am – 3:00pm for East Longmeadow, Longmeadow, and Hampden Seniors



Out of town trips are \$4 each way/In town trips are \$2 each way

The Trolley offers rides to seniors from East Longmeadow, Hampden and Longmeadow for local medical appointments, grocery shopping and banking in the Springfield area. The trolley schedule is limited, we do our best to accommodate your date and time, however availability is not guaranteed. For medical appointments we recommend calling as soon as you schedule your appointment. When booking appointments please have the complete address and phone number of your destination.

Reminder - When shopping there is a 3 bag limit on the van. 72 hour notification is required for booking any transportation. To schedule a ride please call 413-525-5412 between 9:00am – 3:00pm

MEMORIAL DONATIONS



A special thank you to Theresa Wood for her donation in memory of Barbara Circosta.



Sign up for weekly emails to receive our monthly newsletter and the most up-to-date information about Senior Center events! Newsletters are available at the Senior Center, distributed with Meals on Wheels, on our website, and by email. Email coa@eastlongmeadowma.gov to be added to our distribution list!

VETERANS SERVICES



Jason Burgener is the Veteran Service Officer for the towns of East Longmeadow, Hampden and Wales. VSO Burgener is available by appointment by calling 413-640-0540 or vso@eastlongmeadowma.gov

SPONSORS

Would you like your business or company to reach over 5,000 households each month through The Reminder? For information please contact Meralee at 413-525-5436.

We hope you support our valued sponsors!

DAVID G. CARLSON
ATTORNEY AT LAW
*Estate Planning • Wills & Trusts • Probate of Estates
Elder Issues*
200 NORTH MAIN STREET • SUITE 6
EAST LONGMEADOW, MA 01028
Tel. (413) 525-1313 Fax (413) 525-7272

COA LIAISONS

Police Department

Daniel Atwater 413-525-5440



Fire Department/Fire and Life Safety

Chris Beecher 413-525-5430



PLEASANT VIEW STAFF AND CONTACTS

Erin Koebler
Director
Ext. 1401

Sharon Giordano
Admin. Accountant
Ext. 1405

Elizabeth Baron
Food Pantry
Coordinator
Ext. 1408

Allen Lefferts
Chef
Ext. 1411

Terry Glusko
Transportation
Coordinator
Ext. 1410

Danell Tavella
Community
Services
Ext. 1402

Meralee Kratovil
Office Manager
Ext. 1404

Debbie Garvin
Meal Site Coordinator
Ext. 1413

Margit Daley
Kitchen Assistant,
Dishwasher

Marilyn Ghedini
Dispatcher
Ext. 1410

Alicia Smith
Program & Volunteer Coordinator
Ext. 1406

Elizabeth Grigoriou
Admin. Assistant/
Social Media Coordinator
Ext. 1414

Kris Buffington
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