



June 2024

# 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



**Paint & Sip Tuesday, June 4<sup>th</sup> at 10:30** Join this fun painting experience, summer theme. No experience needed. All materials provided. Sign up today! Meeting on the 1<sup>st</sup> Tuesday of every month.



**Create Your Own Terrarium Monday, June 10<sup>th</sup> at 1:00** Join us to create your own terrarium of small plants. *Sponsored by A.W. Brown's.* Space is limited. Call us today to register!



**Book Club with Deputy Town Manager, Rebecca Lisi 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month starting on June 11<sup>th</sup> at 11:00** Join East Longmeadow Deputy Town Manager, Rebecca Lisi, as she leads a book club to gain your insights and suggestions for a walkable town. We will be starting with the book *Walkable City* by Jeff Speck. Please purchase the book before joining.



**Sponsor Appreciation Fair and Lunch Thursday, June 13<sup>th</sup> from 10:00-12:00** Wondering what resources are available for you and your loved ones in the community? Come meet some of our partners and learn what services are available to you! Giveaways and door prizes! We hope you will stay for lunch as we thank our partners for their generous sponsorships throughout the year. To register for lunch, call 525-5436 by 1:00 on June 12<sup>th</sup>. Lunch is a suggested donation of \$4.



**Textile Repair Clinic Friday, June 21<sup>st</sup> by appointment 1:00-3:00** Come have your broken items fixed at the fix-it clinic, or upcycle your old t-shirts into a rug. To sign up for an appointment call 525-5436. *Sponsored by the East Longmeadow Health Department.*



**Antiques Appraisals Wednesday, June 26<sup>th</sup> from 5:00-8:00** Ever wonder how much that item is that has been passed down in your family? Appraisers from Olde Tavern Antiques will be at Pleasant View to appraise your silver, gold, antiques and vintage items! \$5 for one item, or \$10 for two items. Appraisers may be willing to purchase your items. To register, call 525-5436.

*Co-hosted by the East Longmeadow Historical Commission, and sponsored in part by The Apple Place.*



**Core Strengthening Class Thursday, June 27<sup>th</sup> at 9:30** Join Kinga and Kelsey for a fun 30-minute class that focuses on strengthening your core muscles. Kelsey McDonald, Director of Wellness, and Kinga Guberow, Assistant Director of Wellness, both come from Glenmeadow and share a background in Occupational Therapy. During the class, you will be seated on a yoga ball, which will help you activate your core and engage your muscles. Whether you're looking to improve your posture, increase your flexibility, or boost your overall body strength, this class is perfect for you! Meets monthly on the last Thursday. *Sponsored by Glenmeadow Retirement Community.*



**4<sup>th</sup> of July Picnic Friday, June 28<sup>th</sup> at 12:00** Join us for a picnic lunch at noon. Door prizes and comedy play presented by Steve Henderson will begin at 12:45. \$5.00 per person. Tickets are available at the Senior Center. *Sponsored by the East Longmeadow Cultural Council.*



**African Drumming is Coming Back! 6-week session on Fridays at 12:45 from July 12<sup>th</sup> -August 23<sup>rd</sup> (no class 7/26).** The non-refundable payment for this 6-week session is due in full by July 5<sup>th</sup>. The total cost is \$30. Space is limited. Call today to register! The rhythmic sessions provide great therapeutic value and social group connection. Scientific studies show that the effects of regular group drumming can be as or more powerful than medications in alleviating anxiety and depression, as well as relieving pain and boosting the immune system. Please be aware that the drums may produce a loud, high volume sound during the class.

## HIGHLIGHTS

**Registration is required for all programs by calling 525-5436, in person at the Senior Center office or at [www.myactivecenter.com](http://www.myactivecenter.com)**



**Understanding Medicare Monday, June 3<sup>rd</sup> at 10:00** Learn practical information about Medicare explained in an easy-to-understand manner, and gain help to navigate the ins and outs of signing up and choosing plans best suited to fit your needs. Presented by Cathy Hurwitz Millen of American Senior Benefits.



**Discover Your Encore Tuesday, June 4<sup>th</sup> at 12:30** “Discover Your Encore” defines the “encore” stage of life and presents healthy aging through purposeful work, whether paid or unpaid, with social impact. This interactive seminar offers opportunities to change one’s thinking about what’s possible, midlife and beyond. Join in with others from your community to find your Encore “second act for the greater good.” Presented by David Guydan.



**Glass Blowing Demo Thursday, June 6<sup>th</sup> at 11:00** Watch and learn how glass figurines are created. Presented by Hugh Naggar. Items will be for sale. *This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



**2024 Elder Law Program Monday, June 10<sup>th</sup> at 11:00** Understand more about MA Estate Tax, Pooled Trust accounts for Medicaid Applicants, ownership of your home, Estate Planning, and Elder Law. Do you have questions about Medicare/Medicaid, health care proxies, real estate, or probate issues? Find answers in the new Guidebook, and more during this live in-person presentation by Attorney John L. Roberts. The Program is produced by the Mass Bar Association and the National Academy of Elder Law Attorneys. The first 20 people who register will receive the 2024 Elder Law Education Guide. *For those first 20 registrants, you must be present during the presentation in order to receive a copy.*



**Italian Class** June Classes will be held on Wednesday June 5<sup>th</sup> and 26<sup>th</sup> Beginners 1 class begins at 10:15 and Beginners 2 begins at 11:30 and Thursday, June 20<sup>th</sup> 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.



**Thriving in Retirement Tuesday, June 11<sup>th</sup> at 10:30** What keeps you up at night? Meet Gary Szewczyk, Retirement Income Specialist of Life Planning Retirement Group and have a conversation about tips to protect your finances and assets when in retirement or approaching your retirement. Concerns on retirement income, long-term care and your potential legacy are all things to be considered. *Forastiere Family Funeral & Cremation is honored to sponsor this program.*



**STOP THE PRESSES! Wednesday, June 12<sup>th</sup> at 11:00** Get to know your local news leaders from The Reminder. Reporters and editors from The Reminder will be coming to Pleasant View to discuss the history of the business, current Reminder products and their recent growth, and a discussion about what their day-to-day looks like. A Q&A will be available for attendees to ask their burning questions ranging from recent news stories the newspaper has featured, questions about the behind-the-scenes of reporting and more. Coffee and donuts will be provided, along with free Reminder swag for all. *Sponsored by the Reminder Press Club.*



**Now's the Time. Make Your Own Care Plan Monday, June 17<sup>th</sup> at 11:00** Join us for a virtual consumer webinar to learn how to make your own care plan to write down your health care decisions and get good care today and over your lifetime. We will review a simple step by step process to learn how to make your own plan and complete a MA Health Care Proxy and Personal Directive (Living Will). You'll receive a free Honoring Choices Getting Started Tool Kit, with free MA documents. OPTIONAL: You can complete your Health Care Proxy after the presentation if you want. You need to know the name and contact information of the person you choose to be your HealthCare Agent. We'll provide the witnesses and a free document. To join on Zoom, call us at 525-5436.



**Memory Cafe Tuesday, June 18<sup>th</sup> 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.*

## PLEASANT VIEW CINEMA



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

**June 4th *Megan Leavey*** PG-13 2017, 1h 56m Feeling trapped in her old life, Megan enlists in the Marine Corps, where she forms an unlikely partnership with a combat dog, Based on a true story.



**June 11th *No Pressure*** 2023, TV-14, 1h 52m She dropped everything to help her grandmother. Now, she must learn how to manage farm animals and make cheese and may find love in the process.

**June 18th *The Beautiful Game*** PG-13, 2h 5m Inspired by real events, an English football team makes a life changing trip to the Homeless World Cup street-soccer tournament in Rome.



**June 25th *The Miracle Club*** PG-13, 1h 30m In 1967, three generations of spirited friends from Dublin chase miracles on a pilgrimage to Lourdes and navigate unexpected revelations along the way.

## 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, June 5<sup>th</sup> 12:00  
If it's your birthday month lunch is FREE!  
Dessert sponsored by Kemple Financial



**BLOOD PRESSURE CLINIC** Monday,  
June 24<sup>th</sup> at 10:00 Free

**BOCCE** Mon-Fri 8:00-4:00 (weather pending)  
Open Play Wednesdays 9:30 (weather pending)

**BREAKFAST CAFE** Wednesday, June 26<sup>th</sup>  
8:00-10:00 Join us for a delicious breakfast!

**CELL PHONE HELP** Fridays by appointment

**CHAIR VOLLEYBALL** Wednesdays 1:00  
June 12<sup>th</sup> \$5 per person to benefit Tri Town Walk

**COFFEE & CHAT WITH TOWN MANAGER**  
Wednesday, June 5<sup>th</sup> 10:30

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday, July 17<sup>th</sup> 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, June 10<sup>th</sup> 10:00

**LIBRARY ON THE GO** Thursday, June 6<sup>th</sup>  
10:30 - 12:00

**MEN'S COFFEE CHAT** Tuesdays 8:30

**MORNING GLORY WALKERS** Monthly  
Meeting Monday, June 10<sup>th</sup> 9:00

**NEW MEMBER ORIENTATION** Friday,  
June 14<sup>th</sup> at 10:30

**STAMP CLUB** Tuesday, June 11<sup>th</sup> and 25<sup>th</sup> 1:00

**STRONGER EVERYDAY SUPPORT GROUP** Mondays at 11:00 Registration required by calling 413-224-2015

**TECH HELP** Will resume in the fall

**TRIVIA** Thursdays 10:00 (cancelled June 13th)

**VETERANS COFFEE HOUR** Tuesdays 10:00

### CARDS AND GAMES



**CANASTA** Thursdays 12:00 P.M.

**CRIBBAGE** Wednesdays and Fridays 10:00

**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

June 6<sup>th</sup> \$2 Bingo

June 13<sup>th</sup> \$5 Bingo

June 20<sup>th</sup> \$2 Bingo

June 27<sup>th</sup> \$5 Bingo



**Talent Show Thursday, August 22<sup>nd</sup> at 1:00** We will be hosting our 3rd talent show this year! Come watch or share your talents with us! From singing to dancing to comedy! If you have a talent you would like to share, call 525-5436. Please note that due to the large response last year, all participants will be allotted one, 5 minute time slot.

# Meal Calendar June 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. *This service has been made possible in part by funding from the Older Americans Act as granted by 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. \*\*Menu Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Leg	4 Veal Parmesan	5 <b>Birthday Bash</b> Stuffed Chicken Breast	6 Penne with Meatballs	7 American Chop Suey
10 Meatloaf	11 Ziti, Broccoli and Chicken	12 Jambalaya	13 Chicken Dijon	14 Beef Stroganoff
17 Stuffed Peppers	18 Lasagna	19 <b>CENTER CLOSED</b>	20 Salisbury Steak	21 Tuna Noodle Casserole
24 Chicken Gruyere	25 Macaroni and Cheese with Ham	26 Broccoli & Mushroom Quiche	27 Roast Turkey	28 <b>SUMMER PICNIC</b> <i>Ticket Required \$5</i> Hamburgers & Hot Dogs

**Tri Town Walk to End Alzheimer's Team 2024 Events - Proceeds go to the Alzheimer's Association**  
**Chair Volleyball Game: Wednesday, June 12<sup>th</sup> at 1:00** \$5 per person at Pleasant View Senior Center.

**Longest Day Grab & Go: Thursday, June 20<sup>th</sup> 4:00-5:00** Pick-Up a ready-made meal of pasta, meatballs, salad, rolls, and dessert all for \$10 per meal. Pick will be at up at the Hampden Senior Center. Say hello to local supporters such as Rep. Brian Ashe, Hampden Police Chief Trombley, and more! Register by June 14<sup>th</sup> by calling 566-5588. *Sponsored by Hampden Police Association, Brodeur Campbell Fence Co. Homewatch Caregivers, Fazio's, Hampden and Pleasant View Senior Centers and the Longmeadow Adult Center.*

**Alzheimer's Fundraiser Dinner Dance: Saturday July 20<sup>th</sup> at 5:30** Join Hampden Senior Center for a night of great food, music & dancing! \$30.00 per person includes entertainment by Off The Record, Appetizers, Chicken Dinner, Complimentary Cocktail and Dessert. Cash Bar & Raffle Prizes! Reserve/purchase your tickets starting on June 1<sup>st</sup> by calling 566-5588. Checks payable to: Friends of Hampden Senior Citizens.

**Trunk Sale: Saturday September 14<sup>th</sup> 9:00 - 2:00** at Pleasant View Rain Date: Sunday, Sept. 15<sup>th</sup>. Come shop or set up a trunk with your household items for sale! For those who would like to sell items, parking spots are \$25 per Vendor, or two spaces next to each other for \$40 per vendor. You keep your earnings! If interested in being a vendor, contact Linda at 413-627-8509.

**Pickleball Tournament: Saturday Sept. 21<sup>st</sup>** at the Longmeadow Adult Center. Call 565-4150 to register.

**Raffles: July 20<sup>th</sup>-August 2<sup>nd</sup>** at Hampden Senior Center; August 5<sup>th</sup>-August 16<sup>th</sup> at Pleasant View. \$1 per ticket, or 6 for \$5. Winners announced on August 16<sup>th</sup> at 11:30 at Pleasant View.



We hope you can join us for our trip to **Salem & Marblehead: Beautiful New England Coast on Thursday, September 19<sup>th</sup>** Upon arrival in Salem, enjoy a Buffet Lunch at the Historic Hawthorne Hotel right on the Salem Common. After lunch, meet our Guide for a riding tour of Salem and Marblehead with opportunities to step off. Our guide will point out many of the Salem highlights while sharing stories. We will continue onto Marblehead to see the Old Town, Beautiful Homes, and Castle Rock for spectacular views of the Atlantic. Free time for shopping in Salem on Pickering Wharf. COST: \$134.pp based on 35-50. Departure: 8:00 Pleasant View. Estimated Return: 6:15. **To register for ALL trips or for more information please call our trip coordinator Karen Knight at 747-5819.** \*Payments are non-refundable unless a substitution is provided. Please make checks payable to: "Friendship Tours". Must register with Karen BEFORE bringing in your check. Trip flyers are available at Pleasant View.

# Activities Calendar June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Footcare**</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole, <b>Medicare**</b> 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>4</b> 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 <b>Paint &amp; Sip**</b> 11:00 French Group, 12:00 Lunch* 12:30 <b>Discover Your            Encore**</b> , Mah-jongg 12:45 5 Crowns, Movie	<b>5</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian 1**</b> 10:30 <b>Town Manager</b> 11:30 <b>Italian 2**</b> 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball	<b>6</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia, Walking Group 10:30 <b>Library on            the Go</b> 11:00 <b>Glass Blowing</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting	<b>7</b> <b>Cell Phone Help**</b> 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
<b>10</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 <b>MGW Meeting</b> 9:15 Chair Exercise 10:00 Cornhole, <b>Journaling**</b> 11:00 <b>Elder Law,</b> Support Group** 12:00 Lunch* 12:30 Pitch 1:00 <b>Terrarium            Making**</b> , Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>11</b> 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 <b>Retirement</b> 11:00 <b>Book Club,</b> French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b>	<b>12</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 <b>Stop the Presses</b> 12:00 Lunch* 1:00 <b>Chair Volleyball            Tri Town Fundraiser \$5</b>	<b>13</b> 8:30 Zumba 9:20 <b>Cardio Drumming</b> 10:00 <b>Sponsor            Appreciation, Trivia,</b> Walking Group 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting  	<b>14</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 <b>Orientation</b> 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>17</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 <b>Care Plan**</b> , Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>18</b> <b>Legal Consultations**</b> 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, <b>Memory Café**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	<b>19</b> <b>CENTER CLOSED</b>  	<b>20</b> 8:30 Zumba 9:00 <b>Italian 1**</b> 9:20 Cardio Drumming 10:00 Trivia, Walking Group 10:15 <b>Italian 2**</b> 11:00 <b>Sen. Oliveira's            Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting 4:00 <b>Hampden Grab            and Go**</b>	<b>21</b> <b>Cell Phone Help**</b> 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 <b>Textile Repair**</b> 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>24</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 <b>Blood Pressure,</b> Cornhole 11:00 Support Group** 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>25</b> 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 <b>Book Club,</b> French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b>	<b>26</b> <b>8:00 Breakfast Café</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian 1**</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball 5:00 <b>Antique            Appraisals**</b>	<b>27</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 9:30 <b>Core Class**</b> 10:00 Trivia, Walking Group 11:00 <b>Brian Ashe's            Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting	<b>28</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 12:00 <b>Picnic*</b> 12:45 <b>Comedy Play,</b> Five Crowns 1:00 Dominoes, Pilates 1:30 Heartsong Yoga** 2:00 Silver Sneakers
<b>*To sign up for a            Meal please call            525-5436 at least            one day in advance            by 1:00</b>	<b>** Program            requires sign up            please call 525-5436</b>			

## 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. *No class on June 3<sup>rd</sup> or 13<sup>th</sup>*

**Chair Exercise DVD Monday, Wednesday and Friday from 9:15-10:15** in the Auditorium, free. *No class on the last Wednesday of the month.*

**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 6<sup>th</sup>** 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.

**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. For Zoom link call 525-5436.

**Walking Group Thursdays at 10:00** 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. *No class on June 13<sup>th</sup>*



This year's Volunteer of the Year award went to **Ilda Fazio!** Ilda uses her experience as a former restaurant owner to help in our kitchen. She uses her skill and creativity to help plan and prepare meals with excellence. We are grateful for her hard work and commitment to helping those we serve! Thank you, Ilda! This award is given to the volunteer who demonstrates commitment, dedication, leadership, and exceptional volunteer service. It is awarded in loving memory of Ralph Cardaropoli, a volunteer and friend who was loved by many.

## NURSES CORNER

Join our 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! **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.**

## HEALTH AND WELLNESS

**Blood Pressure Clinic Monday, June 24<sup>th</sup> at 10:00** Free with Nurse Kris

**Footcare/Pedicare Monday, June 3<sup>rd</sup>** 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, July 17<sup>th</sup>** Free Screening by Baystate Hearing Center by appointment 525-5436

**Manicures Thursday, June 27<sup>th</sup>** by appointment with Cathy Rasid, LM 413-335-7422

## ESSENTIAL SERVICES

**Free Legal Consultation Tuesday, June 18<sup>th</sup>** 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



**It's almost Farmers' Market Coupon time!** The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs. **To be eligible to receive Senior Farmers' Market Coupons, you must be 60 years of age or older and your gross household income must be lower than the income limits: 1 Person Household: \$27,861 2 Person Household: \$37,814. We will be notifying former recipients once the booklets are available for distribution. If you did not receive coupons last year, but feel you are eligible this year, please call Danell at 525-5436 to determine eligibility. Booklets are available on a first come first serve basis.**

### 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 is 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.

<b>Monthly Income</b> (Effective 1/1/2024)	
<b>You Are</b>	<b>Income at or Below</b>
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.

<b>Monthly Income</b> (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).

## 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:** Shampoo, Soap, Deodorant, Dish Detergent and Cleaning Supplies.



**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  
**\*\*Due to the Juneteenth holiday the Trolley will not be running on Wednesday, June 19<sup>th</sup>\*\***

**Donations:** We happily accept donations of unexpired non-perishable food items. We have a used book bin located in the back parking lot if you have old, damaged books. **The Senior Center is NOT able to accept donations of clothing, books, videos, puzzles, CD's or household items.**



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](mailto: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](mailto:vso@eastlongmeadowma.gov)

## SPONSORS

Would you like your business or company to reach over 3,000 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**  
 Health Nurse  
 Ext. 1112



**MON - FRI: 8-4 PM 413-525-5436**

[www.facebook.com/elseniors](http://www.facebook.com/elseniors)



To receive Email Updates please call 525-5436 or email [coa@eastlongmeadowma.gov](mailto:coa@eastlongmeadowma.gov)