



September 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



**The Little e Friday, September 6<sup>th</sup> 12:00-3:00** Enjoy live music by the band, *Jim Blanch and Boot Hill*, starting at 12:00, along with concessions, door prizes, reptiles, local vendors, a visit from Springfield Thunderbirds mascot, Boomer, and a live Chainsaw Carving demonstration at 2:00 by Kodiak Carving! This event is sponsored by Health New England, the East Longmeadow Campus of Care, Integra Home Health, East Village Place and the Springfield Thunderbirds.



**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! 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 please contact Linda at 413-627-8509.



**Middle Eastern Belly Dance Workshop Thursday, Sept. 19<sup>th</sup> at 10:30** With a handful of isolations, movements and steps you will be belly dancing in no time, with the added benefits of flexing and toning! Low to medium impact. No previous experience necessary. Wear comfortable clothing, hip scarf if you have one, ballet slippers, dance sandals or bare feet, and fabulous earrings! Sign up required. Shifáh is a professional performer, choreographer, and instructor in Western MA.



**Rightsizing Friday, September 20<sup>th</sup> at 11:00** Gain insights on how to go from downsizing to rightsizing. Resources for selling, disposing of and donating items in Massachusetts and Connecticut will be available, and you will receive a list of 100 items to throw away now! Snacks and refreshments provided. Presented by Amston Home Transition Solutions.



**ABCD's of Medicare Friday, September 27<sup>th</sup> at 11:00** The Hampden County SHINE Program is offering a presentation to discuss the ABCD's of Medicare! Asst. SHINE & Outreach Coordinator, Kaspar Horsfield will give us information on enrollment periods, public benefits, and more!



**Fall Craft Monday, September 30<sup>th</sup> at 1:00** Join us for an afternoon of making decorative pumpkins to display in your home during Fall! Spots are limited. There is no cost for this class!



**African Drumming Friday's at 12:45 starting from Oct. 4<sup>th</sup> - Nov. 1<sup>st</sup>** The \$25 non-refundable payment for this 5-week session is due in full by Sept. 27<sup>th</sup>. Space is limited, registration required! 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 boosting the immune system. Drums may produce a loud, high volume sound during the class.

### September Food Drive - Let's fill our delivery van

Please consider supporting the Emergency Food Pantry during the month of September at our 4th Annual Drive Up Food Drive. Items will be collected in the Senior Center parking lot from 10am-12pm each Friday in September. Thank you for supporting our pantry and helping those in need!

Friday, September 6<sup>th</sup> **BREAKFAST** cereal, oatmeal, boxed milk, pancake mix, breakfast bars, tea & coffee

Friday, September 13<sup>th</sup> **LUNCH** crackers, tuna fish, canned salmon, chips, dried fruit, bread, boxed macaroni and cheese, peanut butter, jelly and jam

Friday, September 20<sup>th</sup> **DINNER** pasta, pasta sauce, chili, rice, stuffing mix, instant potatoes, soups and salad dressing

Friday, September 27<sup>th</sup> **BAKING** flour, sugar, spices, cake mixes, frosting, instant Jell-O and pudding, chocolate chips, and baking soda



*\*We can not accept expired or opened items*

## 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)**



**Solar with Scott Weiss at Tuesday, September 10<sup>th</sup> at 10:30** Are you interested in reducing your electricity bills and making a positive impact on the environment? Join us for an informative session on residential solar energy. Learn how the Solar Program works, the benefits, the difference between leasing vs. purchasing and why so many people are going solar. Whether you're new to solar or looking to expand your knowledge, this session will provide valuable insights and practical tips. Explore how you can harness the power of the sun to save money and go green!



**Grief Support Wednesdays 2:00-3:45 starting on September 11<sup>th</sup>** Are you experiencing grief or loss? Hospice of Western & Central Massachusetts will be at Pleasant View to lead our free, 6-week grief support group. Registration is required.



**Knitting with Mollie Tuesdays at 10:15 starting on September 10<sup>th</sup>** This FREE class is for experienced knitters who want to choose their own project and receive support along the way. Come with either a selected project and yarn, or with ideas to discuss with Mollie.



**Hampden Registry of Deeds Thursday, September 12<sup>th</sup> at 9:00** Learn about the office of the Registry of Deeds, who we are, what we do and some of the protections that are available to you. One of the ways home owners can protect themselves is the Homestead Act. A protection on a primary residence up to \$500,000 that when recorded with us for \$35.00, says that non-secure creditors cannot force the sale of your home to pay a debt. The Consumer Notification System is a free alert service that anyone can sign up for to receive an Instantaneous e-mail if anyone records any documents in your name. At this presentation you can sign up to receive a free certified copy of your deed mailed to you within two business days. The Homestead forms will be available at the Workshop. If you complete the Homestead on that day, we are happy to provide our notary services free of charge.



**Musically Married Thursday, September 12<sup>th</sup> at 12:45** Join us for a musical afternoon with husband and wife duo, Musically Married. Peter and Laura Hicks possess strong vocals, and will bring you heartfelt renditions of beloved standards.

NATIONAL SENIOR CENTER MONTH



**National Senior Center Month Friday, September 13<sup>th</sup> 10:00-12:00** Stop in for a tour of Pleasant View Senior Center. Learn what programs and services are available to you. Have the opportunity to share why senior centers are important to you on our podcast! Light refreshments and door prizes included!



**What To Know Before You Go Monday, September 23<sup>rd</sup> at 10:30** Presented by Sandy Ward from the Funeral Consumers Alliance of Western Massachusetts, an educational organization that has no ties to the funeral industry or any religious group. Ms. Ward will discuss how to plan ahead for a dignified yet affordable end-of-life service, how to deal with the funeral industry, what the consumer should know about the Federal Trade Commission's Funeral Rule and other funeral related laws. This is a great opportunity to learn and have your questions answered without bias.

VIABILITY  
THRIVE BEYOND LIMITS

**Viability Table Top Tuesday, September 24<sup>th</sup> from 10:00-12:00** Viability's network of services and programs connect individuals' choices, strengths, and goals with skill-building, employment options and community living. They are helping to build equity and inclusion for individuals with disabilities and other disadvantages. Learn what services are available through Viability.



**Meditation Series will run on Thursdays at 10:30 from September 26<sup>th</sup>- October 18<sup>th</sup>** Researchers are now finding that meditation and mindfulness have the potential to slow, reverse, or even possibly protect against age-related cognitive decline. To help gain access to these benefits and start your own meditation practice, join us for "Between the Ears," a 4-week "how-to" program from the Mellow Elephant Meditation, which will offer education, practices, and direct experience to help keep you mentally fit for the long term. Series is \$15 per person. Registration & payment is due by Sept. 23<sup>rd</sup>.

MENTAL HEALTH MATTERS

**Mental Health Talk Monday, September 30<sup>th</sup> at 10:30** Learn about the importance of aftercare for mental illness, and how to ensure there is consistent support for living a vibrant and healthy life. Presented by Viability.

## PLEASANT VIEW CINEMA

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



During the month of September we will be continuing the series **Designated Survivor** 2019, TV-MA This political thriller set in Washington, D.C. features Kiefer Sutherland, Kal Penn and Maggie Q. Political, Drama, Suspense, Exciting.

## ONGOING PROGRAMS

**ART CLASS** with Jeff Kerns Fridays 10:00 \$15  
\*Must bring your own supplies (No Class 9/6)

**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, Sept. 4<sup>th</sup> 12:00  
If it's your birthday month lunch is FREE!  
Dessert sponsored by Kemple Financial



**BLOOD PRESSURE CLINIC** Monday,  
September 30<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, Sept. 25<sup>th</sup>  
8:00-10:00 Join us for a delicious breakfast!

**CELL PHONE HELP** Fridays by appointment

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COFFEE & CHAT WITH TOWN MANAGER**  
Wednesday, September 4<sup>th</sup> 10:30

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday, Sept. 18<sup>th</sup> 11:00  
Taste a delicious recipe! Presented by East Village Pl.

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

*Friendship Thursdays at 12:45*

September 5<sup>th</sup> \$5 Bingo

September 12<sup>th</sup> Musically Married

September 19<sup>th</sup> \$5 Bingo

September 26<sup>th</sup> \$2 Bingo



**Memory Cafe** Tuesday, Sept. 3<sup>rd</sup> and 17<sup>th</sup> at 11:00 A comfortable gathering that allows people experiencing memory loss and a loved one to connect and build new support networks. Cafés are free to attend and welcome to all. Registration is required. *Sponsored by Fallon Summit ElderCare.*

**HANDCRAFTING** Thursdays 1:00

**LIBRARY ON THE GO** Thur., Sept. 12<sup>th</sup> 10:30

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

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

**MEMORY CAFÉ** Tuesday, Sept. 3<sup>rd</sup> and 17<sup>th</sup>  
11:00 Registration required

**NEW MEMBER ORIENTATION** will  
resume on Friday, October 11<sup>th</sup> at 10:30

**PAINT & GLOW** Postponed until further notice

**STAMP CLUB** Tuesday, Sept. 10<sup>th</sup> and 24<sup>th</sup> 1:00

**TECH HELP** Wednesday, Sept. 18<sup>th</sup> 1:00  
Registration required

**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  
(Cancelled 9/6)

**DOMINOES** Fridays 1:00 (Cancelled 9/6 & 9/13)

**FIVE CROWNS** Tuesdays and Fridays 12:45  
(Cancelled 9/6 & 9/13)

**MAH-JONGG** Tuesdays 12:30

**PITCH** Mondays 12:30

**Tri Town Walk to End Alzheimer's Team 2024 Events - Proceeds go to the Alzheimer's Association**  
Deadline to register for the walk to end Alzheimer's is Monday, September 9<sup>th</sup>

**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! Parking spots are \$25 per vendor, or two spaces next to each other for \$40 per vendor. You keep your earnings! Vendors contact Linda at 413-627-8509.

**Open Play Pickleball:** Saturday, September 21<sup>st</sup> 9:00 - 4:00 at the Longmeadow Adult Center. \$10.00 per person / 60-minute slot. All ages are welcome. Please call 413-565-4150.

**Walk Day:** Sunday, October 20<sup>th</sup> at Holyoke Community College at 10:00. Register Today!

# Meal Calendar September 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
2 CENTER CLOSED	3 Meatball Grinder	4 <b>Birthday Bash</b> Stuffed Chicken Breast	5 Spaghetti and Meatballs	6 Baked Salmon
9 BBQ Chicken Leg	10 Veal Parmesan	11 Broccoli and Mushroom Quiche	12 Roast Pork	13 Macaroni and Cheese
16 Chicken Marsala	17 American Chop Suey	18 Meatloaf	19 BBQ Pulled Pork	20 Baked Cod Florentine
23 Beef and Vegetable Stew	24 Stuffed Peppers	25 Roast Turkey	26 Lasagna with Meat Sauce	27 Chicken Dijon
30 Shepherds Pie				

We hope you can join us for one of our trips! To register for ALL trips or for more information please call our trip coordinator Karen Knight 413-747-5819. \*Payments are non-refundable unless a substitution is provided. Must register with Karen BEFORE bringing in your check. Trip flyers are available at Pleasant View. These trips are made possible through our partnership with Friendship Tours.



**The Ultimate Cher Experience: Thursday, October 10<sup>th</sup> at The Grand Oak Villa in Oakville, CT.** Get ready to go on a musical journey of Cher's spectacular career. Lisa Carter promises to bring in the elaborate costumes and wigs, banter and comedy to this magical show.

Alongside Lisa, special guest Freddie Marion will be showcasing country crooner Kenny Rogers' greatest hits. Don't miss this tribute show bringing in the Glitz, the Glam, the Music and the Mackie...all wrapped up in one rhinestoned and feathered extravaganza! Includes appetizers, a family style meal, and wine on every table. COST: \$124pp. Checks due to Pleasant View by August 30<sup>th</sup>, and will be deposited after this date. Departure: 9:30 Pleasant View, Estimated Return: 5:00.



**Shadows of the 60s: A Holiday Tribute to Motown at the Aqua Turf Tuesday, December 3<sup>rd</sup>**

What happens when you mix the most celebrated music in American history with the most popular Holiday time of year? You get "Shadows Of The 60s—A Holiday Tribute to Motown," bringing you the best of two worlds! Enjoy the unforgettable upbeat hits of Motown and your favorite Holiday songs, done with a Motown twist that will be sure to put you in the Mood to sing and dance along. Includes coffee and donuts upon arrival and a family style lunch menu. COST: \$124pp. Checks due to Pleasant View by October 18<sup>th</sup>. Departure: 9:45am Pleasant View Senior Center, Estimated Return: 5:00pm.



**Podcast** If you are interested in being featured in our podcast show "Stories from the View", a show documenting and sharing the stories of Pleasant View Seniors, or you are interested in learning what a podcast is and how you can get involved, call us at 525-5436.

# Activities Calendar September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <b>CENTER CLOSED</b></p> 	<p><b>3</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, <b>Memory Café**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p><b>4</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 <b>Town Manager</b> 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball, Pilates</p>	<p><b>5</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting</p>	<p><b>6</b> <b>All programs cancelled for The Little e</b> 12:00 Lunch* 12:00-3:00 <b>Little e Vendors, Food, Live Music, Door Prizes and more!!</b> 2:00 <b>Chain Saw Carving Demo</b></p>
<p><b>9</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 <b>MGW Meeting</b> 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>10</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:15 <b>Knitting Class</b> 10:30 <b>Solar**</b> 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b></p>	<p><b>11</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 12:00 Lunch* 1:00 Chair Volleyball, Pilates 2:00 <b>Grief Support**</b></p>	<p><b>12</b> 8:30 Zumba 9:00 <b>Hampden Registry of Deeds**</b> 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on Go</b> 12:00 Canasta, Lunch* 12:45 <b>Performance by Musically Married</b> 1:00 Handcrafting</p>	<p><b>13</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, <b>Senior Center Month</b> 10:30 <b>New Member Orientation</b> 12:00 Lunch* 12:45 <b>5 Crowns</b> 1:00 <b>Dominoes</b> 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p><b>16</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>17</b> <b>Legal Consultations**</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:15 <b>Knitting Class</b> 11:00 French Group, <b>Memory Café**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p><b>18</b> <b>Hearing Screening**</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 <b>Cooking Demo**</b> 12:00 Lunch* 1:00 Chair Volleyball, Pilates, <b>Tech Help**</b> 2:00 <b>Grief Support**</b></p>	<p><b>19</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Belly Dance**</b> 11:00 <b>Sen. Oliveira's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting</p>	<p><b>20</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 11:00 <b>Rightsizing**</b> 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p><b>23</b> <b>Footcare**</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 <b>Before You go**</b> 12:00 Lunch* 12:30 Pitch 1:00 Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>24</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour, <b>Viability Table Top</b> 10:15 <b>Knitting Class</b> 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b></p>	<p><b>25</b> <b>Breakfast Café</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 12:00 Lunch* 1:00 Chair Volleyball, Pilates 2:00 <b>Grief Support**</b></p>	<p><b>26</b> 8:30 Cardio Drumming 9:20 Zumba 9:30 <b>Core Class**</b> 10:00 Trivia 10:30 <b>Meditation**</b> 11:00 <b>Brian Ashe's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	<p><b>27</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 11:00 <b>Medicare**</b> 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p><b>30</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 <b>Blood Pressure, Cornhole</b> 10:30 <b>Mental Health**</b> 12:00 Lunch* 12:30 Pitch 1:00 <b>Craft**</b>, Pilates 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>			<p><b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</b></p>	<p><b>** Program requires sign up please call 525-5436</b></p>

## 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. *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.

**Core Strengthening Class** Monthly on the last Thursday at 9:30, free, registration required. 30 minute class that focuses on strengthening your core muscles. *Sponsored by Glenmeadow Retirement Community.*

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

**Pilates Mondays and Wednesdays at 1:00** 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. **No Class 9/6, & 9/13.**

**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.

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

**Active Agers** MCOA just rolled out their new Active Agers program that encourages people to participate in their Senior Center's fitness programs. by participating in our fitness classes or by using our fitness room you qualify for the chance to win a \$25 Visa Gift Card?! **What you need to do: swipe in at one of our touch screens each time you come in to check in to the class you are attending. That's it!** Gift Cards will be awarded in September for participation that occurred January - August, 2024, and in January for participation that occurred September - December 2024. **Have fun, stay active, and good luck in your chances to win!**

## NURSES CORNER



The month of September is “National Immunization Awareness month.” The goal is to increase vaccination awareness for all ages. Vaccinating helps prevent disease; COVID 19, pneumonia, flu etc. Remember to get your vaccination at your local pharmacy, doctors office or local COA.

*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, September 30<sup>th</sup> at 10:00** Free with Nurse Kris

**Footcare/Pedicare Monday, September 23<sup>rd</sup>** By appointment 525-5436. Footcare Nurse will trim and file toenails, as well as assess and identify problem areas. Cost is \$40

**Hearing Screening Wed., Sept. 18<sup>th</sup>** Free Screening by Baystate Hearing Center by appt. 525-5436

**Manicures Thursday, Sept. 5<sup>th</sup> and 19<sup>th</sup>** by appointment with Cathy Rasid, LM 413-335-7422

## ESSENTIAL SERVICES

**Free Legal Consultation Tuesday, September 17<sup>th</sup>** by appt. 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



**East Longmeadow Fire Department Lock Box Program** Sponsored by the EL Fire Department and the COA. In order to be eligible for a lock box you must be an East Longmeadow resident age 60+ who lives alone and has difficulty ambulating. If you are interested in having a lock box installed please contact the Senior Center at 525-5436 or Deputy Fire Chief Chris Beecher at 525-5430 ext. 2120. An assessment and home visit will be made to determine the need for a lock box.



**Open Enrollment:** If you are enrolled in a Medicare Prescription Drug Plan, Medigap Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2025. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!** During Medicare Open Enrollment, you can adjust or change your plan for next year. SHINE Counselors can help you understand your plan changes as well as determine other options you may have. **Open Enrollment is from October 15, 2024 - December 7, 2024.** Our SHINE Counselor is here weekly, please call 525-5436 for an appointment. If you have a general question you can call **1-800-AGE-INFO (1-800-243-4636), then press or say 3.**

**SWAP Applications** Senior Work-off Abatement Program will be offered again beginning in January of 2025. This program allows property owners of the age of 60 and over, who have lived in their East Longmeadow Property for 5 or more years, the opportunity to volunteer services to the town and have their wages applied towards their property tax. **Applications are available at the Senior Center and on the town's website and must be submitted by Sept. 30, 2024.** Please call the Senior Center with any questions.

**Real Estate Tax Senior Exemption Applications** Exemption applications for fiscal year 2025 will be accepted in the Assessor's Office starting November 1, 2024. The applications are available for you to pick up in the Assessor's Office at 382 North Main Street Suite 205 or can be mailed to you or by appointment with Danell Tavella at the Senior Center. Other Exemptions available are Surviving Spouse, Legally Blind and Disabled Veterans. Please contact the Assessor's Office for more information. If you need assistance or have any questions, please contact the Assessors at 525-5400 x1600 or Danell Tavella at 525-5400 ext. 1402.



**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).

## PANTRY PROGRAM

We accept donations of unexpired food year round **Monday - Friday from 9:00 - 4:00.** We have been receiving some donations lately that are expired or opened. Unfortunately, we can NOT use items that have expired, have been opened or the contents have been partially used. These items unfortunately have to be discarded, when cleaning out your kitchen or donating food for our pantry please keep this in mind. Thank you for the continued donations and support of our pantry!



**Pleasant View Recipe 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.

**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**

**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)

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## 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)