



October 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



We are thrilled to announce the formation of The Friends of the East Longmeadow Council on Aging (TFoELCOA)! We invite all Pleasant View patrons to become members of The Friends of the East Longmeadow Council on Aging for an annual fee of just \$5. Your membership fee directly supports our efforts to create meaningful experiences for older adults and ensures the sustainability of Pleasant View Senior Center programs. Members are welcome to attend monthly Board of Directors meetings, held the 1<sup>st</sup> Tuesday of each month. Members will also be invited to the annual membership meeting. To join TFoELCOA and start making a difference in our community, simply complete the membership form available at the Pleasant View Senior Center.



**Hang Up the Phone Friday, October 4<sup>th</sup> at 11:00** Scammers are getting more creative and more convincing. Learn what scams are currently happening, and the best way you can protect yourself from fraud. Presented by Key Bank.

#### Charades



**Let's Play Charades! Wednesday, October 9<sup>th</sup> at 10:45** Movie? Book? Play? Charades is a guessing game where one person uses gestures only, no words, to act out the title of a movie, book or play. The others try to guess what it is. Learn a few simple rules and techniques, or maybe relearn if you have played before. It's fun and challenging. Give it a try!



**Medicare 101 Tuesday, October 15<sup>th</sup> at 11:00** Learn what plans are best for you and your needs. Presented by Andrea Moreno, Independent Medicare Agent and owner of A+ Accounting & Insurance LLC. Light refreshments will be available.



**Flight Attendants in Early 20<sup>th</sup> Century Friday, October 18<sup>th</sup> at 10:30** Learn the history of flight attendants throughout the 20th century. Presented by the New England Air Museum.



**Thinking Beyond the Money Monday, October 21<sup>st</sup> at 11:00** This program offers a framework that connects non-financial decisions with the life planning process. Through an interactive seminar attendees will begin to think ahead about retirement in a creative and comprehensive way. The seminar presents a new definition of "retirement" and a practical model for planning one's future. Join in with others from your community to make your retirement all it can be.



**Active Agers Day Wednesday, Oct. 30<sup>th</sup> at 11:00** We are excited to welcome back Tara Hammes, nutritionist with the MA Council on Aging, for another healthy living conversation, and to celebrate our Active Agers! Senior Centers thrive with people like you who are determined to live healthy lives. We hope you will celebrate with us! Refreshments and a door prize giveaway!



**Murder Mystery Luncheon Thursday, October 31<sup>st</sup> at 12:00** It's 1900, and Paris is the center of attention when Billy Bonka, the foremost chocolate manufacturer in America, is found dead in his room, having apparently been killed by an explosive Easter Egg! Help us solve the mystery of who killed Billy! Tickets can be purchased in the office for \$5.



**Drive Thru Flu Clinic: East Longmeadow Fire Station Tuesday, October 15<sup>th</sup> 1:00-6:00**  
**Drive Thru Flu Clinic: Pleasant View Senior Center Monday, October 21<sup>st</sup> 8:00-1:00**  
Available to anyone ages 5 and up. Please bring your insurance card and I.D.  
Registration is encouraged by visiting: <https://forms.gle/PLCVL1djkXdTqNta8>

## 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)**

KEEP  
CALM  
AND  
DO  
PILATES

**Pilates is Back! Mondays and Wednesdays at 1:00** Pilates is a type of exercise that focuses on strength, flexibility, balance, and posture. ~~Start off with a FREE class on October 2<sup>nd</sup>. All other classes are \$5 per class. This program has been cancelled.~~



**Pet Donation Drive** From October 1<sup>st</sup> - October 11<sup>th</sup> we will be collecting donations for the Dakin Humane Society. Please drop off your donations of dry dog or cat food, fleece blankets or bath size towels at the Senior Center. They do not accept open or expired food. Thank You!



**What is Green Burial? Monday, October 7<sup>th</sup> at 10:30** Green burial, also known as eco-friendly burial, is a burial that's designed to have a minimal environmental impact. What does green burial look like? Why would someone want a green burial? What is NOT green burial? Learn the answers to these questions and more during this discussion presented by the Valley Conservation Cemetery Project.



**RSVP Table Top Tuesday, October 8<sup>th</sup> 10:00-12:00** Welcome back RSVP, the Retired Senior Volunteer Program! Stop by their table to learn what volunteer opportunities are available for you in the Pioneer Valley. And guess what?! If you are a Pleasant View Senior Center volunteer, you can also register with RSVP and receive additional benefits!



**Grief Support Tuesday, October 15<sup>th</sup> at 2:00** With the holidays approaching, it is normal for us to think about the loved ones we miss. Forastiere will be here to offer support.



**Memory Cafe Tuesday, October 15<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 support networks. Cafés are free to attend and welcome to all. If you would like to stay for lunch, or are in need of our trolley service, please let us know when you register and we would be happy to cover the cost. Meets on the 3<sup>rd</sup> Tuesday of every month. Registration required. Sponsored by Fallon Summit ElderCare.



**Meet the new East Longmeadow Director of Planning and Learn more about the Affordable Homes Act Thursday, October 17<sup>th</sup> at 9:00** Grab some coffee and meet Rob Watchilla, AICP, East Longmeadow's new Director of Planning. You may have heard that Governor Healy recently signed into law the "Affordable Homes Act". This law details a historic amount of housing reform matters including allowing Accessory Dwelling Units (ADU's). Rob's knowledge of housing policies and state zoning laws, along with his experience as former Planning Director in Ware and as a Planner in Amherst, makes him the perfect person to tell us more about how the Affordable Homes Act will affect East Longmeadow residents.



**Jewelry Class Monday, Oct. 21<sup>st</sup> 1:00-3:00** Make your own handmade jewelry for a fraction of the cost of buying it. Create a one of a kind piece from a huge selection of beads. All tools will be provided. The cost of class is \$3.00 plus supplies. Beads and findings are purchased separately.



**Crafting with Sherry Tuesday, October 22<sup>nd</sup> at 10:00** During this fun and easy class, we will be drawing a Tree of Life on canvas and then design the branches with recycled puzzle pieces. Every tree will be unique, like you! \$10 per person, due prior to class. Sign up required.



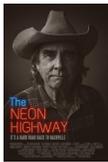
**Italian Class** Classes will be held on Wednesdays starting October 30<sup>th</sup>. **Beginners 1 class begins at 10:15 and Beginners 2 begins at 11:30.** If you are new to the class and have no prior knowledge of the language, or feel that you need to review lessons taught, Beginners 1 would be best. If you have been taking these classes and wish to continue increasing your proficiency, please choose Beginners 2. \$5 per class.



**Rock Your Vote Tuesday, October 29<sup>th</sup> at 10:30** Are you registered to vote? Jeanne Quaglietti, EL's Town Clerk, will bring voter registration cards and offer to check East Longmeadow residents' voter registration status. Learn about early, in person voting and about the annual census forms and the importance of returning them to retain your active voter status, as well as the Vote by Mail process, and the purpose of the November 5th election, including ballot questions.

# PLEASANT VIEW CINEMA

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



**October 1<sup>st</sup> *The Neon Highway*** 2024, 1H 53M Some language A family man with long-simmering musical ambitions joins forces with a washed-up Country great for a final shot at honky-tonk glory in Nashville. Drama, Music, Heartfelt

**October 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>** 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.



**October 29<sup>th</sup> *The Union*** 2024, 1H 49M A globe-trotting secret agent (Halle Berry) plunges her construction worker ex (Mark Wahlberg) into the world of espionage when she recruits him as a spy. Comedy, Adventure.

## 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, Oct. 2<sup>nd</sup> 12:00  
 If it's your birthday month lunch is FREE!  
 Dessert sponsored by Kemple Financial 

**BLOOD PRESSURE CLINIC** Monday,  
 October 28<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** Postponed until further notice

**CELL PHONE HELP** Fridays by appointment

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COFFEE & CHAT WITH TOWN MGR.**  
 Wednesday, October 2<sup>nd</sup> 10:30

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday, Oct. 16<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*

October 3<sup>rd</sup> \$5 Bingo

October 10<sup>th</sup> \$2 Bingo

October 17<sup>th</sup> \$5 Bingo

October 24<sup>th</sup> \$2 Bingo

October 31<sup>st</sup> 12:00 Murder Mystery



**Coffee with the Town Manager** Wednesday,  
 October 2<sup>nd</sup> at 10:30 Have coffee and chat with East  
 Longmeadow's Town Manager, Tom Christensen.



**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, call us at  
 525-5436. View our podcast here:  
<https://www.youtube.com/ELCAT01028>

**HANDCRAFTING** Thursdays 1:00

**LIBRARY ON THE GO** Thur., Oct. 17<sup>th</sup> 10:30

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

**MORNING GLORY WALKERS** Monthly  
 Meeting Monday, October 21<sup>st</sup> 9:00

**MEMORY CAFÉ** Tuesday, October 15<sup>th</sup> 11:00  
 Registration required

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

**STAMP CLUB** Tuesday, October 8<sup>th</sup> and 22<sup>nd</sup> 1:00

**TECH HELP** Wednesday, October 16<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

**DOMINOES** Fridays 1:00

**FIVE CROWNS** Tuesdays and Fridays 12:45

**MAH-JONGG** Tuesdays 12:30

**PITCH** Mondays 12:30



# Meal Calendar October 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
	1 Pot Roast	2 <b>Birthday Bash</b> Stuffed Chicken Breast	3 Salisbury Steak	4 Ilda's Eggplant Parm
7 Chicken Parmesan	8 Jambalaya	9 Meatball Grinder	10 Roast Pork	11 Salmon
14 CENTER CLOSED	15 Beef Stew	16 Penne with Meatballs	17 Roast Turkey	18 Tuna Noodle Casserole
21 Shepherds Pie	22 BBQ Pulled Pork	23 Stuffed Peppers	24 Veggie Omelet	25 Baked Cod
28 Chicken Dijon	29 Hotdog and Beans	30 Chicken Marsala	31 Murder Mystery Luncheon \$5 American Chop Suey	

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.



### 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 Oct. 18<sup>th</sup>. Make check payable to "Friendship Tours". Departure: 9:45am Pleasant View Senior Center, Estimated Return: 5:00pm.



### Oktoberfest at Brown Farm Saturday, October 19<sup>th</sup> 12:00-4:00

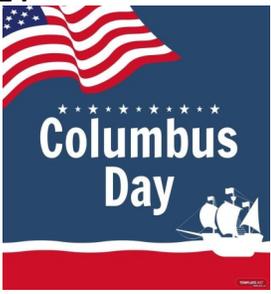
The East Longmeadow Recreation Commission and Recreation Department are holding the 3rd Annual Brown Farm Oktoberfest at Brown Farm. The picturesque Brown Farm, located at 64 Hampden Road in East Longmeadow promises a spectacular afternoon of festivities. The event promises a delightful day of family fun, delicious food, live music, and locally brewed beer from ONE

WAY BREWING! The event supports the development of Brown Farm, transforming it into a hub for recreational activities that the community can enjoy for years to come, and celebrates community spirit and the joy of coming together for a common goal.



**Veterans Dinner Friday, November 8<sup>th</sup> at 5:00** We would like to invite our Veterans and their guests to our annual Veterans Dinner happening on Friday, November 8<sup>th</sup> at 5:00. Veterans are free to attend, and guests are \$10 each. Due to limited space only one guest is permitted per Veteran. To register please call 525-5436. Registration will close on November 1st.

# Activities Calendar October 2024

Monday	Tuesday	October	Thursday	Friday
<b>** Program requires sign up please call 525-5436</b>	<b>1</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 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	<b>2</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,	<b>3</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	<b>4</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 11:00 <b>Scams</b> 12:00 Lunch* 12:45 <b>African Drum**</b> , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
<b>7</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 <b>Green Burial</b> 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>8</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, <b>RSVP</b> , Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b>	<b>9</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:45 <b>Charades</b> 12:00 Lunch* 1:00 Chair Volleyball	<b>10</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting	<b>11</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 New Member Orientation 12:00 Lunch* 12:45 <b>African Drum**</b> , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
<b>14</b> 	<b>15</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 11:00 French Group, <b>Medicare 101, Memory Café**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 2:00 <b>Grief Support**</b>	<b>16</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, <b>Tech Help**</b>	<b>17</b> <b>Manicures**</b> 8:30 Zumba 9:00 <b>Affordable Homes Act</b> 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on Go</b> 11:00 <b>Sen. Oliveira's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Handcrafting	<b>18</b> <b>Cell Phone Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 <b>Flight Attendant</b> 12:00 Lunch* 12:45 <b>African Drum**</b> , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
<b>21</b> 8:00 <b>Flu Clinic</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:00 <b>MGW Meeting</b> 9:15 Chair Exercise 10:00 Cornhole 11:00 <b>Retirement</b> 12:00 Lunch* 12:30 Pitch 1:00 <b>Jewelry **</b> 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>22</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 <b>Crafting**</b> , Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b>	<b>23</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	<b>24</b> 8:30 Cardio Drumming 9:20 Zumba 9:30 <b>Core Class**</b> 10:00 Trivia 11:00 <b>Brian Ashe's Representative</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Handcrafting	<b>25</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 <b>African Drum**</b> , 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
<b>28</b> <b>Footcare**</b> 8:15 Cardio Drumming 8:45 Advanced Chair 9:15 Chair Exercise 10:00 <b>Blood Pressure</b> , Cornhole 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>29</b> 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour, 10:30 <b>Rock Your Vote</b> 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	<b>30</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:15 <b>Italian 1**</b> 11:00 <b>Active Agers</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball	<b>31</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, <b>Murder Mystery Luncheon*</b> 1:00 Handcrafting	<b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</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. A 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 Thursday, October 24th 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. **This program has been cancelled.**~~

**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.

**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

**October is "National Healthy Aging month."** 20 to 30 minutes a day of physical activity will: improve your mood, lower blood pressure and reduce heart disease, improve balance, improve sleep, reduce anxiety and depression and strengthen bone and muscle mass. Join us at the COA every day and start a healthy habit today! *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, October 28<sup>th</sup> at 10:00** Free with Nurse Kris

**Footcare/Pedicare Monday, October 28<sup>th</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., October 16<sup>th</sup>** Free Screening by Baystate Hearing Center by appt. 525-5436

**Manicures Thursday, October 3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup>** by appointment with Cathy Rasid, LM 413-335-7422

## ESSENTIAL SERVICES

**Free Legal Consultation Tuesday, October 15<sup>th</sup>** by appt. with Attorney Dave Carlson 525-5436

**Shine Counselor** Free Medicare Assistance by appointment 525-5436

**November 5, 2024 State Election 7:00 am - 8:00 pm Birchland Park Middle School, 50 Hanward Hill for all precincts.** Early in person voting will take place at the East Longmeadow Library on: Saturday, Oct. 19<sup>th</sup> and 26<sup>th</sup> 9:00-3:00 ~ Monday, Oct. 21<sup>st</sup> - Friday, Oct. 25<sup>th</sup> from 8:00-4:00 ~ Monday, Oct. 28<sup>th</sup> - Friday, Nov. 1<sup>st</sup> 8:00-4:00. The last day to register for this election, if not already registered, is Saturday, Oct. 26<sup>th</sup>. If you have any questions please contact the Town Clerk's Office at 525-5400 x1000.

## RESOURCES

**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. This information 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.**

**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 they can be mailed to you. Other Exemptions available are Surviving Spouse, Legally Blind and Disabled Veterans. For more information or if you need assistance or please contact the Assessor's Office 525-5400 x1600.

**FUEL ASSISTANCE** *Low Income Home Energy Assistance Program is an energy assistance program that can help you pay for heating your house or apartment during the heating season, between NOV. 1 and APR. 30 of each year.* This program can help you pay for any fuel that you use, including but not limited to: oil, propane, natural gas, wood, or electric. *Please call the Senior Center for further information.*

<i>Yearly Income 2024 Season</i>	
Family Size	Income Limit
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608



### **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. 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.

<i>Monthly Income</i>	
<i>(Effective 2/1/2024)</i>	
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

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**Terry Glusko**  
Transportation  
Coordinator  
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Community  
Services  
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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)