



April 2025

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



Pleasant View Senior Center will be **CLOSED** to the public on Friday, April 25th for a private Volunteer Appreciation event. We will also be closed on Friday, April 18th in observance of Good Friday and Monday, April 21st in observance of Patriots' Day.



Mid Week Strength Circuit Wednesdays at 2:00 starting on April 2nd Come get a mid-week endorphin pump with Certified Personal Trainer, Danielle Goldaper. Each week she will lead you through a group warm up, followed by a circuit workout with stations that will challenge multiple muscle groups and have you moving in multiple planes of motion. Exercises will combine strength work, cardio, agility, and stability work. Each session will end with a guided cool down and stretch. All fitness levels are welcome. \$5 per class, payable to the instructor.



Fun Games Thursday, April 3rd at 11:00 Join us for fun, senior-led games that will make you laugh and smile! Prizes will be awarded.



The Sweet Buzz of Beekeeping Monday, April 7th at 10:30 Uncover the fascinating world of honey bees and their role in our community and planet. Enjoy a delicious local honey tasting!



Adult Coloring Group 2nd and 4th Wednesdays at 11:00 starting on April 9th Join in a relaxing hour of coloring and getting to know other members at our new Adult Coloring Group. All materials provided! Come color, chat and relax!



Seed Starting Workshop Wednesday, April 9th at 1:00 Join A. W. Brown for a seed starting workshop. Plant a variety of seeds that will grow over time. Registration required.



Pilates Thursdays at 2:30 starting on April 10th. Join this new, FREE Pilates class led by Nurse Kris. **Sign up required.** Bring your own mat. Must be able to get on and off the floor on your own.



Goal Setting Clinic Friday, April 11th 9:00 - 11:00 Schedule your one-on-one wellness goal-setting session with Certified Personal Trainer, Danielle Goldaper. In your 20-minute goal setting session, you will discuss one or two of your primary wellness goals for this spring/summer. Danielle will help you plot out some steps to help you move from where you are now, to where you want to be with safe, measurable objectives. Your session will also include a conversation about the lifestyle habits that can help you be successful or sabotage your work. Sessions are free. Call today schedule your appointment!



The Pleasant View Players presents "Back Story", a play written in 19 scenes by 18 playwrights that illuminates various episodes in the young lives of Ainsley and Ethan Belcher. Performance directed by Fred Sokol. **Show dates and times: Friday, April 25th at 7:00 PM (Doors Open at 6:15 with a short screening at 6:30); Saturday, April 26th at 3:00 (Doors Open at 2:15 with a short screening at 2:30).** Performances will take place at the First Congregational Church, 7 Somers Road, East Longmeadow, located at the rotary. Tickets can be purchased at Pleasant View Senior Center for \$5 per person starting on April 1st (cash or check). Light refreshments will be included. Parking is located behind the church. You must have your ticket with you in order to enter the show. *This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council and partially sponsored by The Friends of East Longmeadow Council on Aging.*



Patriotic Wreath Making Tuesday, April 29th at 1:00 Join us to make a Patriotic Wreath! There is no cost for this class and all materials will be provided. Registration is required.

HIGHLIGHTS

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

 **RSVP Table Top** Tuesday, April 8th 10:00-12:00 Are you looking for ways to volunteer? RSVP (Retired Senior Volunteer Program) helps those 55 years of age and older connect with local organizations where they can volunteer their time and services. Stop by to learn more!

 **Elder Fraud Prevention** Tuesday, April 8th at 10:30 Learn what Elder Financial Exploitation is, and how you can help prevent yourself from being a victim. Presented by Liberty Bank.

 **Money Management Program** Wednesday, April 9th at 10:30 Learn how you can receive help with budgeting, paying routine bills, and keeping track of financial matters through the Money Management Program through Greater Springfield Senior Services, Inc.

 **What's the Bladder with You?** Thursday, April 10th at 11:00 Bladder problems can occur at any age and worsen as we age. Allison Gendron, Occupational Therapist and Program Manager for Healthpro Heritage Outpatient Therapy will be providing an interactive lecture on how to prevent incontinence, manage symptoms and reduce the risk of further complications.

 **Paint & Glow** Monday, April 14th at 10:30 Join this fun, Spring theme guided painting experience, no experience is needed! Cost is \$15 per person. All materials provided. Sign up today!

 **Bluebird Estates Table Top** Tuesday, April 15th 10:00-12:00 Stop by their table to learn what services they offer!

 **The American Revolution: Bloody Struggle For Freedom** Tuesdays 10:30-11:30 on April 15th, 22nd, and 29th In Honor of Patriot's Day, we hope you can join us for this three-part video series.

 **Fight Like a Girl! Why Women Have to Fight to Keep & Build Bone & Muscle Mass** Tuesday, April 15th at 1:00 As women enter different stages of life, hormonal changes can impact both muscle strength and bone health. This presentation will highlight the crucial role strength training plays in combating age-related muscle loss, preventing osteoporosis, and supporting overall physical function. Learn practical strategies, expert insights, and actionable tips to help you stay strong, healthy, and vibrant throughout the years! Presented by Danielle Goldaper.

 **Volunteer Fair** Wednesday, April 23rd 10:00-12:00 Stop in to see what volunteer opportunities await you in East Longmeadow and the surrounding communities! Enjoy light refreshments, enter to win a door prize, and leave with a list of nonprofits looking for volunteers. Co-hosted with RSVP, the Retired Senior Volunteer Program.

 **Bingo at the Reserve** Sunday, April 27th at 2:30 Play bingo for prizes at The Reserve in East Longmeadow located at 741 Parker Street. Sign ups are required. Refreshments will be served at 2:00.

 **National Grid Customer Help** Wednesday, April 23rd 10:00-2:00 by appointment. A Customer Advocate will be here to discuss options to manage your energy bill and help you find assistance with discount rates, payment plans, and more. If you receive SNAP, MassHealth, SSI or WIC, bring your benefit card or program acceptance letter to enroll in their Discount Rate Program.

 **Dental Hygiene** Wednesday, April 30th 1:00 Oral health isn't just for kids, it can and should last a lifetime! Join the dental hygiene students from Springfield Technical Community College (STCC) and learn about the importance of oral health through all stages of life, nutrition and oral health, the effect medications can have on the mouth, how to properly care for dentures and partials, how to find local affordable dental care and more!

 **Bingo for Prizes** Wednesday, April 30th at 10:30 Play a fun game of bingo for the opportunity to win prizes! *Sponsored and led by CareOne at Redstone.*

PLEASANT VIEW CINEMA

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



April 1st, 8th, 15th and 22nd we will start series 3 **Lincoln Lawyer** Idealistic lawyer Mickey Haller runs his practice out of the back of his Lincoln Town Car, taking on cases big and small across Los Angeles. Suspenseful and Witty

April 29th La Dolce Villa 2025, 1H 39M When his daughter decides to buy a crumbling Tuscan villa, Eric rushes to Italy to talk her out of it and instead finds beauty, romance and new purpose. Charming, feel-good, Heartfelt



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 - Sign up required

BIRTHDAY BASH Wednesday, April 2nd 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial



BREAKFAST CAFE Wed., April 30th 8:00-10:00

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, April 2nd 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wed., April 16th 11:00
Taste a delicious recipe! Presented by East Village Pl.

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

GRIEF SUPPORT GROUP Tue., April 8th
11:00 *Registration Required

Friendship Thursdays at 12:45

April 3rd \$2 Bingo April 10th \$5 Bingo

April 17th \$2 Bingo April 24th \$5 Bingo

Trunk Sale Saturday, May 31st 9:00-2:00 If you are interested in selling your household items applications are available at Pleasant View and must be returned, along with your payment, by May 23rd. For questions, contact our volunteer, Linda Smith at 413-627-8509.

Artists & Authors Fair May 17th 9:00-12:00
Stop by to meet local artists and authors, enjoy a glass blowing demo., enter to win a door prize, and more! Vendor applications are available at the Center. *This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thur., April 10th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monday,
April 14th 9:00

NEW MEMBER ORIENTATION Friday,
April 11th at 10:30

PLEASANTBREW (memory) CAFÉ
Tuesday, April 15th 11:00 *Registration required

STAMP CLUB Tuesday, April 8th and 22nd 1:00

TECH HELP Wednesday, April 16th 1:00
Registration required

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

WRITERS GROUP Tuesday, April 29th 10:30

CARDS AND GAMES

CANASTA Thursdays 12:00 P.M.

CRIBBAGE Wednesdays and Fridays 10:00
Cancelled on April 23rd

DOMINOES Fridays 1:00

FIVE CROWNS Tuesdays and Fridays 12:45

MAH-JONGG Tuesdays 12:30

PITCH Mondays 12:30



PleasantBREW (memory) Café On Tuesday, April 15th at 11:00 join us for Classic Country Hits by Jim Moore and a complimentary lunch for individuals experiencing memory loss and their caregivers. The café is an opportunity to share in a fun and safe activity and meet others that share similar experiences. It's free and open to other neighboring communities. Transportation is available at no cost to attend. **RSVP is required by April 8th to 525-5436.** Lunch and entertainment provided thanks to a Service Incentive Grant from MA EOE, provided through MCOA. Sponsored by Fallon Health's PACE, Summit Eldercare. *Sponsored by Fallon Health's PACE, Summit ElderCare®*

Meal Calendar April 2025



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 Macaroni and Cheese with Ham | 2 Birthday Bash Stuffed Chicken | 3 Swedish Meatballs | 4 Salmon with Lemon <i>Dessert sponsored by CareOne at Redstone</i> |
| 7 Chicken Broccoli Penne Alfredo | 8 Meatball Grinder | 9 Jambalaya | 10 Roast Pork | 11 Lemon Cod with Cracker Topping |
| 14 Baked Ham | 15 BBQ Chicken Leg | 16 American Chop Suey | 17 Chicken Gruyere | 18 CENTER CLOSED <i>Good Friday</i> |
| 21 CENTER CLOSED | 22 Chicken Marsala | 23 Roast Turkey | 24 Spaghetti & Meatballs | 25 Center Closed for Volunteer Event <i>No lunch/Meals on Wheels will be Delivered Thursday</i> |
| 28 Kielbasa | 29 Cheese Burger | 30 Chicken Parmesan | | |



Welcome Paul! We are excited to welcome Paul Mercier as our new chef. We hope you can join us for lunch to try one of Paul's specialties. Paul has been cooking since he was 16 and spent many years as a professional chef. Please feel free to introduce yourself and let him know how much you're enjoying his cooking!

Harvard Glass Museum & The Mapparium, Thursday, May 8, 2025 Picture a giant, hollow ball made of glass, completely indoors, surrounded by lights, and skewered through its middle by a footbridge. Now, stain the inside of the glass ball as if it were a political map of the Earth turned inside-out. You are inside the Mapparium at the Mary Baker Eddy Library. This huge globe shows the world's boundaries frozen in time circa 1935. Enjoy a three-course family-style Italian lunch at Maggiano's Little Italy. Next, be amazed by the realistic flowers made of blown glass at The Glass Flowers exhibit in the Harvard Museum of Natural History. COST: \$142/pp based on 35-45 passengers. Departure: 7:45am Estimated Return: 7:30pm **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. Checks Payable to: "Friendship Tours". Must register with Karen BEFORE bringing in your check. Payment Due by: March 28th. Trip flyers are available at Pleasant View. *These trips are made possible through our partnership with Friendship Tours.*



Earth Day Fair The Town of East Longmeadow will be holding their annual Earth Day festivities on Friday, April 11th and Saturday, April 12th! The events will kick off with an Earth Day Festival on April 11th, at the Pleasant View from 1:00 to 4:30. There will be eco-friendly demonstrations, a plant sale, a seed library, crafts, and supply pickup for Earth Day Cleanup volunteers. On April 12th, the Earth Day Cleanup will be held from 9:00 to 11:00, with supply pickup at the Senior Center from 8:30 to 9:00. For more information or to sign up for the Cleanup event, please call 413-525-5400 x-1108 or visit <https://forms.gle/Yo4zYkgG72spinGW6>.

Activities Calendar April 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
|  | <p>1 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</p> | <p>2 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Town Manager 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Strength Circuit</p> | <p>3 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Games** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p> | <p>4 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p> |
| <p>7 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Bee Keeping** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p> | <p>8 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, RSVP, Veterans Coffee Hour 10:30 Elder Fraud** 11:00 French Group, Grief Support** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p> | <p>9 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Money Mgmt.** 11:00 Coloring Group 12:00 Lunch* 1:00 Chair Volleyball, Seed Workshop** 2:00 Strength Circuit</p> | <p>10 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the go 11:00 Bladder** 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting 2:30 Pilates**</p> | <p>11 Cell Phone Help** 8:45 Advanced Chair 9:00 Goal Setting** 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage 10:30 New Member Orientation 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes, Earth Day Festival 1:30 Heartsong Yoga 2:00 Silver Sneakers</p> |
| <p>14 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Cornhole 10:30 Paint & Glow** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p> | <p>15 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Bluebird, Line Dancing, Veterans Coffee Hour 10:30 Video Series 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 1:00 Bone & Muscle** 2:45 5 Crowns, Movie</p> | <p>16 Hearing Screening** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 11:00 Cooking Demo** 12:00 Lunch* 1:00 Chair Volleyball, Tech Help** 2:00 Strength Circuit</p> | <p>17 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Brian Ashe's Rep., Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting 2:30 Pilates**</p> | <p>18 CENTER CLOSED</p>  |
| <p>21 CENTER CLOSED</p>  | <p>22 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Video Series 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p> | <p>23 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:00 National Grid**, Volunteer Fair 11:00 Coloring Group 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit</p> | <p>24 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting 2:30 Pilates**</p> | <p>25 Center Closed for Volunteer Appreciation Event</p>  |
| <p>28 Footcare** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p> | <p>29 8:30 Men's Coffee Chat 9:00 Balance Class, Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Video Series, Writers Group 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p> | <p>30 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Bingo** 12:00 Lunch* 1:00 Chair Volleyball, Dental Hygiene** 2:00 Strength Circuit</p> | <p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</p> | <p>** Program requires sign up please call 525-5436</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. A medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

Advanced Exercise DVD Mon., Wed. and Fri. from 8:45-9:45 free. *Cancelled April 23rd and 25th.*

Balance 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. *Cancelled April 22nd*

Cardio Drumming 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 the last Wednesday of the month. Canceled April 23rd and 25th.*

Everything Class with Kelly Mondays at 8:15 Stretch, Strength, Core, Balance, and a little cardio too! Seated or standing, bring your own light weights, if you choose. All levels welcome, class is for EVERYONE! All functional exercise for better mobility for life. \$5 per class, payable to the instructor.

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

Silver Sneakers Monday and Friday 2:00 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. *Cancelled April 25th.*

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.

Pilates Thursdays at 2:30 starting on April 10th FREE class led by Nurse Kris. Bring your own mats. Must be able to get on and off the floor on your own. Sign up required.

Strength Circuit Wednesdays at 2:00 Certified Personal Trainer, Challenge multiple muscle groups during this circuit workout with stations. \$5 per class, payable to the instructor.

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

NURSES CORNER



Nurse Office Hours Monday and Thursday from 10:00-3:00. Ask Nurse Kris any medical or medication related questions, learn how to use your inhaler, or have your blood pressure checked. Walk-ins only. *Kris Buffington, Town Health Nurse, 525-5436 X1112*

HEALTH AND WELLNESS

Footcare/Pedicare Monday, April 28th 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., April 16th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, April 3rd and 17th by appointment with Cathy Rasid, LM 413-335-7422

PANTRY PROGRAM



We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00. We are currently in need of shelf stable milk, cranberry juice, applesauce, dried fruit, nuts, and popcorn.



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.



Thank you to all of our volunteers who make Pleasant View the great Senior Center that it is! We currently have 114 volunteers, who have collectively given more than 4,400 hours so far this fiscal year. Thank you for being a part of our team!



Springfield Mission Clothing Drive From April 1st - 18th we will be collecting gently used items to benefit the Springfield Rescue Mission. Spring clean your closets and drop off gently used clothing, shoes, coats/jackets, bedding, sheets as well as deodorant, razors/shaving cream and individual toothbrushes. Bins will be located in our Center for drop offs.

RESOURCES



In-home vaccinations are available for people (including children) who have difficulty getting to a community vaccination location, particularly those facing mobility or transportation challenges. There is no cost to the patient (note that if you have insurance, they will be billed for the cost of the vaccine). **Call the In-Home Vaccination Central Intake Line at (833) 983-0485.** CDR Health, which operates the call center, can schedule appointments and deliver in-home vaccinations Monday - Friday.

Real Estate Tax Senior Exemption Applications Exemption applications for fiscal year 2025 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.*

| Yearly Income 2024 Season | |
|---------------------------|--------------|
| 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.

| Monthly Income (Effective 2/1/2025) | |
|--|--------------|
| Family Size | Income Limit |
| 1 | \$2,608 |
| 2 | \$3,525 |
| 3 | \$4,442 |
| 4 | \$5,358 |

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

MEMORIAL DONATIONS



A special thank you to Jay and Tami Seyler for their donation in memory of Patricia Morace and to Paul and Dorothy Joyce for their donation in memory of Felice Di Michele.



ESSENTIAL SERVICES

Free Legal Consultation Tuesday, April 15th by appt. with Attorney Dave Carlson 525-5436

Notary Public Services By appointment with Danell 525-5436 ext. 1402

Shine Counselor Free Medicare Assistance by appointment 525-5436



An exciting new way to stay connected! We're thrilled to introduce a new feature that makes it even easier for you to stay in touch with the Senior Center-our texting program! You can now text us directly @ 413-525-5436 with questions or to get updates about upcoming events. Whether you need information on a program, want to sign up for a class, or just want to say hello, we're here for you. Simply text 413-525-5436 and we will be ready to assist you! We're excited to offer this quick and convenient way for you to stay connected and engaged with everything happening here at the center.

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

The Trolley will not be running on Friday, April 18th or Monday, April 21st

Congratulations to Jeff B. and Mary B. on being our gift card recipients from taking the Yearly Programs Satisfaction Survey that went out this past January!



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

VETERANS SERVICES



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

SPONSORS



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cell/text: 413-237-5724

www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

We hope you support our valued sponsors!

DAVID G. CARLSON
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*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

Paul Mercier
 Chef
 Ext. 1411

Terry Glusko
 Transportation
 Coordinator
 Ext. 1410

Danell Tavella
 Community
 Services
 Ext. 1402

Meralee Kratovil
 Office Coordinator
 Ext. 1404

Debbie Garvin
 Meal Site Coordinator
 Ext. 1413

Margit Daley
 Kitchen Assistant,
 Dishwasher

Marilyn Ghedini
 Dispatcher
 Ext. 1410

Alicia Mattsson-Boze Admin. Assistant/
 Program & Social Media Coordinator
 Volunteer Coordinator
 Ext. 1406

Elizabeth Grigoriou

Ext. 1414

Kris Buffington
 Health Nurse
 Ext. 1112



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

www.facebook.com/elseniors



To receive Email Updates please call 525-5436 or email coa@eastlongmeadowma.gov