



May 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

Due to Senior Center events, all afternoon programs will be cancelled on Friday, May 16th and 30th



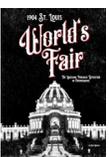
Kentucky Derby Thursday, May 1st at 12:45 Join us at the races (aka our Center) for a fun and humorous afternoon as our jockeys and horses compete for the grand title! Who do you think will win? Prizes given for correct guesses!



Cinco de Mayo Party Friday, May 2nd at 12:00 Join us for lunch, non-alcoholic margaritas, and music by the Mariachi Band Fiesta Del Norte! Event tickets are available at the Senior Center for \$5. Tickets must be picked up in person, and each individual may register two people. We hope you can help us celebrate Cinco de Mayo! *Dessert sponsored by Day Brook Village.*



Mother's Day Tea Friday, May 9th at 2:00 Join us for a Mother's Day tea & dessert event! Special performance by Vocalist Amanda. Three lucky attendees will be the recipients of special giveaways! **Registration required.** *Sponsored by East Village Place, Quarry Pond Farm and Stop and Shop Floral.*



The 1904 St. Louis World's Fair Monday, May 12th at 12:30 Join us for this virtual program by The Bow Tie Historian to learn more about this incredible Fair! Created to celebrate the 100 year anniversary of the Louisiana Purchase, this fair attracted millions of visitors. Featured in its grounds were magnificent buildings and exuberant beaux arts architecture. A mile long entertainment zone dubbed "The Pike" featured attractions that were so popular they were brought to Coney Island.



Middle Eastern Belly Dance Thursdays at 10:30 May 15th - September 25th \$5 per class. 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! Shifáh, the instructor, is a professional performer, choreographer, and instructor.



Memorial Day Picnic Friday, May 23rd at 12:00 Join us for our first picnic of the summer! \$5.00 per person. Tickets are available at the Senior Center starting on May 5th. Hamburgers, hot dogs and sides! Door prizes and music by guitarist and singer, Bob Devitte. *Sponsored by the East Longmeadow Campus of Care, East Village Place, and Forastiere Funeral Home.*



Artists & Authors Fair Saturday, May 17th at 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.*



Senior Health and Fitness Day Wednesday, May 28th at 9:30-11:30 Come take part in our fitness class demonstrations so you can experience our classes FREE of charge! Demos include: Everything Class with Kelly, Balance Training, Cardio Drumming, Mid-Week Strength Circuit, Pilates, and Chair Yoga. One lucky winner will receive a door prize! Light refreshments provided by Forastiere Funeral Home.



Trunk Sale Saturday, May 31st 9:00-2:00 Come shop in our lot! Local residents will be selling their lightly used household items all in one spot on May 31st! Right in our parking lot! We hope you will be able to stop by. Popcorn, lemonade and water will be available for purchase.

HIGHLIGHTS

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



Mental Health Presentation Monday, May 5th at 12:45 Learn the importance of mental health? Join us as the Massachusetts Behavioral Health Help Line explains where and how people can find the help they need. Presented by the Massachusetts Behavioral Health Helpline.



Exploring Care and Support Services Tuesday, May 6th at 10:30 Learn what types of care and support services are available for your loved one experiencing Alzheimer's and other forms of dementia. Presented by Community Educator and Support Group Facilitator, Mark Nutting.



Adult Coloring Group 2nd and 4th Wednesday of the month resuming in June. 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! Love to color, see our Crayon Art program below!



Movement Is Medicine For Body, Mind & Soul Tuesday, May 6th at 1:00 Has anyone ever told you that running is bad for you, or that deadlifting will hurt your back? What if those very exercises were actually able to help you move with less pain, increase your quality of life and add years to your life? Learn about the science that links movement to increased quality of life, improved confidence, and deeper connection with your own purpose. Presented by Certified Personal Trainer, Danielle Goldaper.



Italian Class Wednesdays starting on May 7th - June 25th **Beginner 1 class begins at 10:15 and Beginner 2 begins at 11:30.** If you have no prior knowledge of the language, or need to review lessons, 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. Sign up is required.



Is It Time to Get Help Managing Your Healthcare? Thursday, May 8th at 11:00 Discover when it might be time to seek assistance in coordinating your healthcare needs. Learn how to navigate appointments, medications, and insurance with confidence! Don't miss this opportunity to take charge of your well-being. Presented by Maura Lessard of Nurse Advocates, LLC, and Katie Krupka of Assisted Living Locators.



Paint & Glow Monday, May 12th at 10:30 Join this fun, guided painting experience where you will learn new techniques for painting flowers. No experience needed! **\$15 per person.** All materials provided. Sign up today!



Indoor Rowing Monday, May 12th at 10:30 If you enjoyed the movie *The Boys in the Boat* or *Lessons in Chemistry*, don't miss this exciting event! Join the Pioneer Valley Riverfront Club for an engaging presentation on the incredible health and fitness benefits of rowing. You'll learn essential rowing techniques, both on and off the water, and get the chance to try out a rowing machine. The club will also share details about their classes and events at their Springfield location.



Group Reiki Session with Shannon Bates 2nd Monday of the Month at 1:00 starting on May 12th Group Reiki sessions combine the healing energies of Reiki with the energies of each group member, creating a powerful opportunity for insight and personal transformation. Group begins with a guided meditation, followed by 45 minutes of Reiki and ending with a group affirmation. Participants will be seated in chairs and are invited to bring cushions for comfort. Free, registration is required.



Outsmart the Scammers Tuesday, May 13th at 10:30 Join us to learn about Elder Exploitation, what the current trends and scams are, what to do to protect yourself, and what to do if you become a victim. Presented by Liberty Bank.



Crayon Art of "Starry Night" with Marie Tucker Wednesday, May 14th at 10:30 Crayons are a medium adults rarely get to use. They remind us of our childhood. Follow Marie step by step to create your own beautiful work of art! All materials are supplied. No experience needed. We will be creating "Starry Night" by Van Gogh. Registration is required.



Looking for Work? Wednesday, May 14th at 1:30 The 50+ Job Seekers Group can help you gain information and skills in entering or reentering the working world. Come and learn about this Networking Group and find out what resources and materials are available to you as a mature job seeker. Can't make it to the session? See more at 50plusjobseekers.org

HIGHLIGHTS



Fun Games Thursday, May 15th at 11:00 Join us for fun, senior-led games that will make you laugh and smile! Prizes will be awarded.



Understanding Ambulance Billing Thursday, May 15th at 12:45 Confused about ambulance costs and insurance coverage? Join us for a free session to learn how ambulance billing works and how to protect yourself from unexpected charges. Get the facts, ask questions, and gain peace of mind! Presented by the Massachusetts Senior Medicare Patrol Program.



250th Birthday of the US Monday, May 19th at 10:30 Join in on this journey back through time as we revisit Philadelphia, exploring what's new and upcoming events for the 250th Anniversary. Presented by Pro Tour and Cruises.



World Meditation Day May 21st at 2:30 Billy Rosenbeck from The Mellow Elephant is returning to lead us in a meditation, but this time with a twist. Billy will be accompanied by K.Ebner Creative and Visual Sound Productions to create a documentary about meditation. Their goal as they document is to be as unobtrusive as possible so as not to disrupt your comfort while meditating. Their commitment is to be as respectful and sensitive as possible to everyone willing to give this a chance. If you would like to participate in this free, one time program, please register by calling our office.



MyActiveCenter Office Hours with Alicia Last Tuesday of the month starting on May 27th Learn how to register for our programs online by using your phone, computer or tablet! Call to sign up for a 30 minute time slot.

ONGOING PROGRAMS

ADULT COLORING Will resume in June

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, May 7th 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial 

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

BREAKFAST CAFE Wed., May 21st 8:00-10:00

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, May 7th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wed., May 21st 11:00 Taste a delicious recipe! Presented by East Village Pl.

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

GRIEF SUPPORT GROUP Will resume in June *Drop ins welcome

GROUP REIKI Monday, May 12th 1:00
*Registration Required

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thursday, May 8th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Mon., May 12th 9:00

NEW MEMBER ORIENTATION Fri, May 9th 10:30

PLEASANTBREW (memory) CAFÉ Tuesday, May 20th 11:00 *Registration required

STAMP CLUB Tuesday, May 13th and 27th 1:00

TECH HELP Wednesday, May 21st 1:00
*Registration required

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

WRITERS GROUP Tuesday, May 27th 10:30

CARDS AND GAMES

CANASTA Thursdays 12:00

CRIBBAGE Wednesdays and Fridays 10:00

DOMINOES Fridays 1:00 *Cancelled on 5/16 & 5/30*

FIVE CROWNS Tuesdays and Fridays 12:45

Cancelled on 5/16 & 5/30

MAH-JONGG Tuesdays 12:30

PITCH Mondays 12:30



Friendship Thursdays at 12:45

May 1st Kentucky Derby

May 8th \$2 Bingo

May 15th \$5 Bingo

May 22nd \$2 Bingo

May 29th \$5 Bingo



Meal Calendar May 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 Shepherds Pie	2 Cinco De Mayo Ticket Required \$5 Taco Bar
5 Kielbasa with Sauerkraut	6 Salisbury Steak	7 Birthday Bash Stuffed Chicken 	8 Lasagna with Meat Sauce	9 Salmon with Hollandaise Sauce <i>Dessert sponsored by CareOne at Redstone</i>
12 Baked Ham	13 Chicken Marsala	14 Beef Chili over Rice	15 National Pizza Party Day! Pizza	16 Fish and Chips
19 Chicken Parmesan	20 Swedish Meatballs	21 Chicken Enchilada Casserole	22 Roast Pork with Gravy	23 Memorial Day Picnic Ticket Required \$5 Hamburgers and Hotdogs
26 CENTER CLOSED Memorial Day Remember & Honor	27 BBQ Chicken Drumstick	28 Meatloaf	29 Roast Turkey	30 Cod Florentine



Golden Cane Ceremony Thursday, May 22nd at 11:30 While newspaper circulations across the country are on the decline, East Longmeadow maintains one of Boston's oldest newspaper traditions. In 1909, the now defunct Boston Post newspaper distributed painstakingly designed walking canes to 700 New England towns. The canes, made of ebony—imported from Africa and crowned with 14-karat gold—were then presented in varying measures of ceremonial pomp, to the oldest living male of those municipalities. Women were added to the list of cane recipients starting in 1930. Since then, for over a century, the canes have been presented to the next oldest survivor in those MA towns, in what has become a venerable Yankee tradition. Help the East Longmeadow COA and Historical Society keep the tradition alive locally, and learn more about our incredible recipient.

SAVE THE DATE



Sponsor Appreciation Fair Thursday, June 12th from 10:00-12:00 Giveaways and prizes! We hope you will stay for lunch at 12:00 as we thank all of our community partners for their support of our programs. Call 525-5436 to register for lunch by June 11th. Suggested lunch donation of \$4.



Antiques Appraisals Tuesday, June 17th 5:00-8:00 Ever wonder how much that item is that has been passed down in your family for generations? Bring it to our Antiques Appraisals night! Registration is required by calling 525-5436. In partnership with the East Longmeadow Historical Society.

Activities Calendar May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 Kentucky Derby 1:00 Balance Class, Handcrafting 2:30 Pilates**</p>	<p>2 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Cinco de Mayo* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p>5 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 12:45 Mental Health Presentation** 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>6 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Care & Support Services** 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Movement**</p>	<p>7 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 10:30 Town Manager 11:30 Italian 2** 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Strength Circuit</p>	<p>8 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the go 11:00 Healthcare Presentation** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates**</p>	<p>9 Cell Phone Help** 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 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Mothers Day Tea**, Silver Sneakers</p>
<p>12 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 **, Row** 12:00 Lunch* 12:30 Pitch, World's Fair** 1:00 Reiki** 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>13 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Scammers** 11:00 French Group, Grief Support 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>14 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 10:30 Crayon Art** 11:00 Coloring Group 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 1:30 Job Seekers** 2:00 Strength Circuit</p>	<p>15 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance** 11:00 Brian Ashe's Rep., Sen. Oliveira's Rep., Fun & Games** 12:00 Canasta, Lunch* 12:45 \$5 Bingo, Ambulance Billing** 1:00 Balance Class, Handcrafting 2:30 Pilates**</p>	<p>16 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>19 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 US Birthday** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>20 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p>21 Hearing** 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 11:00 Cooking Demo** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball, Tech Help** 2:00 Strength Circuit 2:30 Meditation**</p>	<p>22 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance** 11:30 Golden Cane Ceremony 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates**</p>	<p>23 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Memorial Day Picnic* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers</p>
<p>26 CENTER CLOSED</p> 	<p>27 MyActive Center** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Writers Group 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>28 Footcare** 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Health & Fitness 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 11:00 Coloring Group 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit</p>	<p>29 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance** 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates**</p>	<p>30 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>

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 on 5/28.*

Balance Training *NEW TIME* Thursdays 1:00 starting May 1st 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 on 5/15.*

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. Cancelled on 5/21 & 5/28.*

Everything Class; Stretch & Strength 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 on 5/16 & 5/30.*

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 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.



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.

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. **May is National Senior Health and Fitness Month. Get your sneakers on and come take a class, join the fitness room and get your blood pressure checked all in one place.** We look forward to seeing you!

Kris Buffington, Town Health Nurse, 525-5436 X1112

HEALTH AND WELLNESS

Footcare/Pedicare Wednesday, May 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., May 21st Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, May 1st, 15th and 29th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, May 20th 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

PLEASANT VIEW CINEMA

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



May 6th and 13th Wyatt EARP and the Cowboy War 2024, TV-14 Set aside the scuttlebutt and hear the simon-pure tale of how Wyatt Earp's clash with a band of outlaws known as the Cowboys changed the nation. Historical Documentary, Gritty.



May 20th Honeymoon Crasher 2025 1H 35M, TV-MA Heartbroken, an uptight young man ends up on honeymoon with his fun-loving mother in this charming comedy. Heartfelt and Goofy.



May 27th Runaway Jury 2003 2H 7M, PG-13 A gun manufacturer hires a jury consultant to score a favorable verdict in a landmark trial, but two scheming con artists have a different deal in mind. Drama, Thriller.



PleasantBREW (memory) Café On Tuesday, May 20th at 11:00 join us for entertainment by **Writer/Storyteller/Composer/Musician Nick Kachulis** and enjoy 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. **RSVP is required by calling 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®*



RESOURCES



Summer Farmshare Signups Crow River Farm along with the Council on Aging is pleased to offer its Summer Farmshare program again this year from July 9th - September 10th. Participants will receive a bag of fresh, naturally-grown veggies each week. Both 5 and 10 week shares are available. SNAP recipients can use the Healthy Incentives Program (HIP) benefit to purchase their share (Private pay is also an option). To learn more and to sign up, contact farmer Kerisa Fitzgerald at kerisaperazella@gmail.com or 413-285-5322. Spots are limited!



The East Longmeadow Police Department is hiring Crossing Guards. Applications for positions are available at Eastlongmeadowma.gov or you can inquire at the East Longmeadow Police Department.



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> (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).

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.

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

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, videos, puzzles, CD's, medical supplies 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 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



Nurse Advocates, LLC
navigating healthcare
Maura Lessard RN, BSN, CCM, CDP
 Nurse Advocate, Board Certified Case Manager, Aging Lifecare
 Advanced Profession & Certified Dementia Practitioner

cell/text: 413-237-5724
www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

We hope you support our valued sponsors!

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

COA LIAISONS

Police Department

Daniel Atwater 413-525-5440



Fire Department/Fire and Life Safety

Chris Beecher 413-525-5430



PLEASANT VIEW STAFF AND CONTACTS

Sharon Giordano
 Director
 Ext. 1401

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