



June 2025

News From the View



Pleasant View Senior Center

~ The Center of it All ~

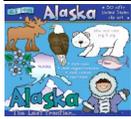
328 NORTH MAIN STREET

EAST LONGMEADOW, MA 01028

MON - FRI: 8:00 a.m. – 4:00 p.m.

413.525.5436

HIGHLIGHTS



Hidden Gems of Alaska Monday, June 2nd at 10:30 From lush rainforests to gold panning and breathtaking train journeys, discover the lesser known treasures of Alaska beyond fishing and glaciers. Presented by Pro Tour Cruises.



Paint & Glow Monday, June 9th at 10:30 FREE! Join this fun, summer themed, guided painting experience where no previous experience is needed! All materials provided. Registration required!



The Art of Color: Transform Your Home with Confidence Wednesday, June 11th at 12:45 Ready to refresh your living space but unsure where to start? Join us for an inspiring presentation on how to match colors! Whether you're planning a full makeover or a simple seasonal update, this session will guide you through practical tips for choosing the right palette and how to create a cohesive look that reflects your personal style. Presented by Interior Decorator, Elizabeth Samay.



Bone Health and Grip Strength Clinic Wednesday, June 11th 2:00-3:30 by appointment only. A Health Educator will perform a 30-second ultrasound scan of your finger to assess bone health and use a handheld device to measure grip strength for all hand sizes and abilities. The screening takes just 5-7 minutes and includes information on physical activity, nutrition, and injury prevention. Call to schedule an appointment.



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.



Elder Fraud and Scams Monday, June 16th at 11:00 Come hear an update on the current scams that are taking place, and steps you can take to protect your information. Presented by the Mayor's Office of Consumer Affairs



Antiques Appraisals Tuesday, June 17th 5:00-8:00 Ever wonder how much that item is that has been passed down in your family? Appraisers from Olde Tavern Antiques will be at Pleasant View to appraise your silver, gold, antiques and vintage items! \$5 for one item, or \$10 for two items. Appraisers may be willing to purchase your items. To register, call 525-5436. Co-hosted by the East Longmeadow Historical Commission, and sponsored in part by The Apple Place.



Register of Deeds Tuesday, June 24th at 10:30 Learn more about the Homestead Act, Consumer Notification System, and Title Fraud. All attendees are eligible to receive a free certified copy of their deed! You must be present in order to receive your deed.



Alzheimer's and Brain Awareness Wed., June 25th at 9:30 Join Nurse Kris to learn more about the signs of Alzheimer's and ways you can help keep your brain happy and healthy.



Fourth of July Picnic Friday, June 27th at 12:00 Join us for our second picnic of the summer! Lunch will start at noon, followed by a door prize giveaway and a performance by the Miss Sr. Massachusetts Cameo Dancers beginning at 12:45. \$5.00 per person. Tickets are available at the Senior Center beginning May 28th. Each person may purchase 2 tickets. Supported in part by the East Longmeadow Cultural Council, a part of the Massachusetts Cultural Council.

HIGHLIGHTS

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



Middle Eastern Belly Dance Thursdays at 10:30 \$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! Shifah, the instructor, is a professional performer, choreographer, and instructor. *No class on June 12th or 19th.*



50+ Job Seekers "Critical Thinking" Tuesday, June 3rd at 10:00 Critical Thinking is defined as the objective analysis and evaluation of an issue in order to form a judgment. Join Career Coach George Armstrong in this Master class as he reviews the power of gathering information, thinking open mindedly, and communicating effectively. Virtual presentation.



Italian Class Wednesdays through 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.



Eco-Psychology Monday, June 9th at 12:45 What's behind our thoughts that nature is beautiful, and makes us forget the world for a moment? With climate change possibly about to become irreversible, how do we cope? What about hope? Dori Dittmer is a life coach using many different orientations, including eco-psychology, to help people overcome their life challenges and become more resilient. She leads meditation groups in and about nature, and loves photographing subjects of nature.



Group Reiki Session with Shannon Bates 2nd Monday June 9th at 1:00 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.



Safe Online Account Navigation Tuesday, June 10th at 10:30 Learn how to safely navigate online activities from banking, healthcare and safe shopping. Presented by Andrew, Fluit Digital Navigator, from Revitalize CDC, and Dawn Creighton with Liberty Bank.



50+ Job Seekers "Closing and Negotiating" Tuesday, June 17th at 10:00 You got the job! Congratulations! Now what about salary, benefits and perks? It might not be just about the salary. Join Career Coach Melody Beach for this Master class in thinking critically about what's important, and what's not. Presented virtually.



Around the Town Wednesday, June 18th from 10:00-12:00 Tour and learn about local rehabs, dependent and independent living in town by joining us for a progressive meal! We will meet at Pleasant View Senior Center at 9:45, travel to East Village Place where you will be given an insulated bag and appetizers, then go across the street to CareOne at Redstone to receive lunch, make our way to Bluebird Estates where dessert will be awaiting, and end back at Pleasant View around 12:00 where you can enjoy the delicious food you received. This program **REQUIRES** registration by calling 525-5436 Press 0. Transportation will be available on a first come first serve basis for those who are unable to drive themselves. Carpooling is encouraged. Other sponsors include Amedisys and Assisted Living Locators.



Building Better Mental Health Monday, June 23rd at 10:30 Presented by Chris Rich. It's common to struggle with thoughts that we don't want to have. Join Life Coach, Chris Rich, when she comes back to Pleasant View to help us learn how we can help our mental health, which can have very positive effects on our physical health.

HIGHLIGHTS



MyActiveCenter Office Hours with Alicia Tuesday, June 24th 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.



Bingo for Prizes Wednesday, June 25th at 10:45 Join us for Bingo and win prizes! Led and sponsored by Louis & Clark Pharmacy.



Motivation Monday, June 30th at 10:30 Discover how finding motivation can give older adults purpose, meaning, and improve health and wellbeing. Set S.M.A.R.T. goals and build consistency to achieve results. Presented by Fallon Health.



PleasantBREW (memory) Café On Tuesday, June 17th at 11:00 join us for group exercise and enjoy 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 June 15th by calling 525-5436. A \$4 lunch donation is appreciated.**

This program is partially provided thanks to a Service Incentive Grant from MA EOEA, provided through MCOA. Sponsored by Fallon Health's PACE, Summit Eldercare. *Sponsored by Fallon Health's PACE, Summit ElderCare®*

ONGOING PROGRAMS

ADULT COLORING June 11th and 25th 11:00

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 will resume in the fall
Free Instruction Thursdays 10:00 - Sign up required

BIRTHDAY BASH Wednesday, June 4th 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., June 25th 8:00-10:00

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, June 4th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wed., June 11th 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., June 10th
11:00 **Drop ins welcome*

GROUP REIKI Monday, June 9th 1:00
**Registration Required*

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thur., June 12th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Mon., June 9th
9:00

NEW MEMBER ORIENTATION Fri, June 13th
10:30

PLEASANTBREW (memory) CAFÉ Tuesday,
June 17th 11:00 **Registration required*

STAMP CLUB Tuesday, June 10th and 24th 1:00

TECH HELP Will resume in the fall

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

WRITERS GROUP Tuesday, June 24th 10:30

CARDS AND GAMES

CANASTA Thursdays 12:00

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



Friendship Thursdays at 12:45

June 5th \$2 Bingo

June 12th \$5 Bingo

June 19th *Center Closed*

June 26th \$2 Bingo



Meal Calendar June 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
2 Chicken Chili with Black Beans	3 BBQ Pulled Pork	4 <i>Birthday Bash</i> Stuffed Chicken 	5 Salisbury Steak	6 Fish & Chips <i>Ice Cream Social</i> <i>sponsored by</i> <i>CareOne at Redstone</i>
9 Chicken Picatta	10 Jambalaya	11 Pork Chops with Apples	12 Lasagna with Meat Sauce	13 Burger Bar
16 Chicken Fajita Bowl	17 Meatloaf	18 Garlic Rosemary Chicken Thighs	19 CENTER CLOSED	20 Lemon Pollock
23 Mediterranean Chicken Bowl	24 Stuffed Peppers	25 Chicken Parmesan	26 Salmon	27 <i>Picnic</i> <i>Ticket Required \$5</i> Hamburgers and Hotdogs
30 Spaghetti & Meatballs				



Happy Father's Day! Join us for a Burger Bar on Friday, June 13th at 12:00. Sign up is required by 1:00pm on June 12th. \$4 lunch donation is appreciated.



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!



We invite all Pleasant View patrons to become members of The Friends of the East Longmeadow Council on Aging (TFoELCOA) 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 1st Wednesday 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.



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.

Activities Calendar June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Alaska** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	3 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Job Seekers** Line Dancing, Veterans Coffee Hour 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	4 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	5 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates**	6 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
9 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 12:45 Psychology** 1:00 Reiki** 1:30 Brownstone Yoga 2:00 Silver Sneakers	10 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Online Safety** 11:00 French Group, Grief Support 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	11 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 11:00 Coloring Group, Cooking Demo** 11:30 Italian 2** 12:00 Lunch* 12:45 Art of Color** 1:00 Chair Volleyball 2:00 Bone Health** Strength Circuit	12 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Sponsor Appreciation, Trivia 10:30 Belly Dance**, Library on the Go 11:00 Brian Ashe's Representative 12:00 Sen. Oliveira's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo, 1:00 Balance Class, Handcrafting 2:30 Pilates**	13 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 Orientation 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
16 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 Elder Fraud** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	17 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Job Seekers** Line Dancing, Veterans Coffee Hour 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 5:00 Appraisals**	18 Hearing** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:00 Around Town** 10:15 Italian 1** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit	19 <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CENTER CLOSED</div> 	20 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
23 Footcare** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Mental Health** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	24 MyActive Center** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Deeds**, Writers Group 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	25 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Alzheimer's** 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 10:45 Bingo** 11:00 Coloring Group 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit	26 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance** 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates**	27 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Picnic* 12:45 5 Crowns 1:00 Dominoes 1:30 Heartsong Yoga 2:00 Silver Sneakers
30 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Motivation** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers			<div style="text-align: center;"> ** Program requires sign up please call 525-5436 </div>	<div style="text-align: center;"> *To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 </div>

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.

Balance Training Thursdays 1:00 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 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.*

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.

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.

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.

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.

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.

Yoga (Chair) 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.



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. **June is Alzheimer's and brain awareness month. Join me in a talk about brain health and other types of dementia. We ask that you "Go Purple" in the fight against this disease. Kris Buffington, Town Health Nurse, 525-5436 X1112**

HEALTH AND WELLNESS

Footcare/Pedicare Monday, June 23rd 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., June 18th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, June 12th and 26th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, June 17 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



June 3rd *Rooster Cogburn* 1975, 1H 47M, PG A prim and proper minister's daughter is more than a match for cranky US Marshal Rooster Cogburn in this sequel to True Grit. Western, Drama.

June 10th *Hostage* 2025 1H 42M, TV-MA When a gunman enters an Apple store in the heart of Amsterdam, the police face a delicate challenge to resolve the standoff. Drama, Thriller.



June 17th *K9* 1989 1H 41M, PG-13 After a case goes awry, detectives Michael Dooley is reluctantly paired up with a highly intelligent police dog to bust an elusive drug kingpin. Action and Adventure.

June 24th *Honeymoon Crasher* 2025 1H 35M, TV-MA Heartbroken, an uptight young man ends up on a honeymoon with his fun loving mother in this comedy. Heartfelt, Goofy.



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!



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).



Low Vision Support Group

The Longmeadow Adult Center hosts a monthly Low Vision Support Group. Their next meeting will be held on Monday, June 9th at 1:00. Molly Burns from the Mass Commission of the Blind will be the guest speaker. All are welcome. For more information please call Frances Kelly-Cohen 567-9694.

PANTRY PROGRAM



We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00. We are currently in need of : Peanut butter, Spaghetti Sauce, Apple Sauce and Breakfast Cereal.

A big thank you to Norma Campbell and her Spirit Squad students at Mountain View Elementary for their successful food drive and generous monetary donation. Thank you also to everyone in town who generously donated to the USPS food drive! If you put items out for your mail carrier on May 10th please know that we are grateful for the assistance in keeping our pantry shelves stocked.



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

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 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



Brownstone Gardens offers carefree independent living for adults 62 and older, in spacious one and two bedroom apartments. This beautiful, well maintained community offers:
One-Bedroom Apartments AVAILABLE NOW

- Two-bedroom apartments (waitlist)
- Individual balcony or patio
- Convenient location to town center
- Walking paths, vegetable gardens
- Community room (billiards, computer lab, library)

75 Pleasant Street
 East Longmeadow, MA 01028
 Mon.-Fri. 9am-4pm
 (413) 525-4596
 TDD: (800) 545-1833 Ext 142
brownstone@carrproperty.com

Would you like your business or company to reach over 3,000 households each month? For information please contact Meralee at 413-525-5436.

Thank You
 To Our Wonderful 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

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