



July 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



**Curious about your blood pressure?** Come in on Monday, July 7<sup>th</sup> at 11:00 for a blood pressure check and speak with a nurse practitioner about any questions you may have related to hypertension or questions about your medication.



**RSVP Table Top Tuesday, July 8<sup>th</sup> 10:00-12:00** Are you looking for ways to volunteer in your community? RSVP (Retired Senior Volunteer Program) helps those 60 years of age and older connect with local organizations where they can volunteer their time and services. Stop by to learn more!



**Is this Ageism? What Now? Tuesday, July 8<sup>th</sup> 10:00-11:30** Join us in person as we watch this virtual workshop on the reality of Ageism and what strategies you can use to combat it through your job search. Join 50+ Job Seekers Career Coach George Armstrong as he delves into the best practices in managing age related bias.



**Paint & Glow Monday, July 14<sup>th</sup> at 10:30 FREE!** Join this fun, summer themed, guided painting experience on Mason Jars. No previous experience is needed! All materials provided. Registration required!



**Branding and Your Plan Tuesday, July 22<sup>nd</sup> 10:00-11:30** How can you best present yourself both on paper and in interviews? Join 50+ Job Seekers Career Coach George Armstrong for this master class in presenting a unified message about you -- your endgame and the steps you can take toward meaningful reemployment.



**Middle Eastern Belly Dance Thursdays at 10:30 \$5 per class. Curious about Belly Dancing?** Shifáh will be performing a 15 minute demo of her Belly Dance class right after lunch and before Bingo on Thursday, July 3<sup>rd</sup> at 12:15. 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.

### PICNIC



**Summer Picnic Friday, July 25<sup>th</sup> at 12:00** Join us for a picnic lunch at noon. Door prizes and Music Bingo with prizes starting at 12:45.

This event is \$5.00 per person. Tickets are available at the Senior Center beginning July 1<sup>st</sup>. Each person may purchase 2 tickets. Reservations must be made in person. Sponsored by the East Longmeadow Campus of Care, JGS Lifecare, and Forastiere Funeral Home. Music Bingo presented by Pryme Tyme. Get ready for a lot of fun!



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!

## 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)**



**Grief Support** Tuesday, July 8<sup>th</sup> at 11:00 The Grief Support Group led by Hospice of Western Mass will be coming in once a month on the second Tuesday of the month at 11:00. Walk-ins are welcome.



**Group Reiki Session with Shannon Bates Monday, July 14<sup>th</sup> 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. Meets monthly on the 2<sup>nd</sup> Monday of the month. Participants will be seated in chairs and are invited to bring cushions for comfort. Free, registration is required.



**MyActiveCenter Office Hours with Alicia Tuesday, July 29<sup>th</sup>** 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.



**Mid Week Strength Circuit Wednesdays at 2:00** 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.



**Pilates Thursdays at 2:30** Join this FREE Pilates class led by Nurse Kris. Bring your own mat. Must be able to get on and off the floor on your own.



**Italian Class** Classes are held on Wednesdays (except July 28) through September 3<sup>rd</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. **This session classes will be held on July 2, 9, 16, 23 and 28 (Monday) ~ August 6, 13, 20 and 27 ~ September 3.**

## SAVE THE DATE



**Talent Show Thursday, August 7<sup>th</sup> at 1:00** We will be hosting our 4th talent show this year! Come watch or share your talents with us! From singing to dancing to comedy! If you have a talent you would like to share, call 525-5436 x1406. Please note that due to the large response of this event, all participants will be allotted one, 5 minute time slot.



**The Little e Friday, September 5<sup>th</sup> 10:00-1:00** Join us for another exciting year of The Little e!! There will be live music, refreshments, vendors, door prizes, animals, and more! No registration required. Save the date!



**Walk to End Alzheimer's** Join the Tri Town Walk to End Alzheimer's Team as we Walk to End Alzheimer's on **Sunday, October 26<sup>th</sup>**. Location: Holyoke Community College. Walk starts at 10:00 AM. Ride sharing will be available. Registration forms are available in the office.

**Saturday, August 23rd Dinner Dance at Hampden COA** Proceeds benefit the Tri Town Walk to End Alzheimer's Team. Call the Hampden COA for more information and to register: 413-566-5588.

# PLEASANT VIEW CINEMA

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



July 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> **The Good Cop** 2018, PG-14 Who framed the good cop? A man is found murdered in the park, and only two people in the world could have done it; TJ or his father. Drama, Comedy, Crime, Witty.



**PleasantBREW (memory) Café** On Tuesday, July 15<sup>th</sup> at 11:00 join us for a Christmas in July celebration! We will play yard games 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 1:00 on July 14<sup>th</sup> by calling 525-5436. A \$4 lunch donation is appreciated.** This program is partially 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®*

## ONGOING PROGRAMS

**ADULT COLORING** July 9<sup>th</sup> and 23<sup>rd</sup> 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, July 2<sup>nd</sup> 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 9:30 (weather pending)

**BREAKFAST CAFE** Wed., July 30<sup>th</sup> 8:00-10:00

**CELL PHONE HELP** Fridays by appointment

**CHAIR VOLLEYBALL** Wednesdays 1:00

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

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Will resume in August. Taste a delicious recipe! Presented by East Village Pl.

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

**GRIEF SUPPORT GROUP** Tue., July 8<sup>th</sup> 11:00  
*\*Drop ins welcome*

**GROUP REIKI** Monday, July 14<sup>th</sup> 1:00  
*\*Registration Required*

**HANDCRAFTING** Thursdays 1:00

**LIBRARY ON THE GO** Thursday, July 10<sup>th</sup> 10:30

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

**MORNING GLORY WALKERS** Mon., July 14<sup>th</sup> 9:00

**NEW MEMBER ORIENTATION** Fri., July 11<sup>th</sup> 10:30

**PLEASANTBREW (memory) CAFÉ** Tuesday, July 15<sup>th</sup> 11:00 *\*Registration required*

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

**TECH HELP** Will resume in the fall

**TRIVIA** Thursdays 10:00

**VETERANS COFFEE HOUR** Tuesdays 10:00

**WRITERS GROUP** Tuesday, July 22<sup>nd</sup> 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

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

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

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

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

July 31<sup>st</sup> \$5 Bingo



**Cell Phone Help** Fridays by appointment Do you have questions about how to use certain functions on your cell phone? Is your cell phone acting funny or not working correctly? Would you like to learn how to use the Big Y or Stop & Shop app? Sign up for a FREE 45 minute one-on-one tech help session with one of East Longmeadow's SWAP volunteers.

# Meal Calendar July 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 Kielbasa with Sauerkraut	2 <b>Birthday Bash</b> Stuffed Chicken 	3 Chili with Rice	4 <b>CENTER CLOSED</b> 
7 Baked Ham	8 Chicken Thigh Cacciatore	9 Meatloaf with Mushroom Gravy	10 Chicken Salad Wrap	11 Fish & Chips Strawberry Shortcake <i>sponsored by CareOne at Redstone</i>
14 Swedish Meatballs	15 Chicken Marsala	16 Cod Florentine	17 Chicken Fajita Bowl	18 Pizza with Sausage and Pepperoni
21 Chicken Parmesan with Spaghetti	22 Salisbury Steak	23 Shrimp Jambalaya	24 Salmon with Hollandaise Sauce	25 <b>Picnic</b> <b>Ticket Required \$5</b> Hamburgers and Hotdogs
28 BBQ Pork on a Bun	29 Garlic Rosemary Chicken Thighs	30 Lasagna with Meatsauce	31 Lemon Pollock	



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 or \$100 for a lifetime membership. 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> 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.

 **SWAP Applications Available July 1st!** Senior Work-off Abatement Program (SWAP) will be offered again beginning in January of 2026. This program allows property owners of the age of 60 and over, who have lived in their East Longmeadow Property for 5 or more years, the opportunity to volunteer services to the town and have their wages applied towards their property tax. Applications will be available at the Senior Center and on the town's website beginning July 1, 2025, and must be submitted by September 30, 2025. Please feel free to call the Senior Center with any questions 525-5436.

# Activities Calendar July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>** Program requires sign up please call 525-5436</b>	<b>1</b> 8:30 Men's Coffee Chat 9:00 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 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:15 <b>Italian 1**</b> 10:30 <b>Town Manager*</b> 11:30 <b>Italian 2**</b> 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball 2:00 Strength Circuit	<b>3</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Belly Dance**</b> 12:00 Canasta, Lunch* 12:15 <b>Belly Dance Demonstration</b> 12:45 <b>\$5 Bingo</b> 1:00 Balance Class, Handcrafting 2:30 <b>Pilates</b>	<b>4</b> <b>CENTER CLOSED</b> 
<b>7</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 <b>Blood Pressure Clinic</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 Tai Chi (offsite) 10:00 <b>Ageism</b> , Line Dancing, <b>RSVP</b> , Veterans Coffee Hour 11:00 French Group, <b>Grief Support</b> 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 Cribbage, Baystate Deaf Seniors 10:15 <b>Italian 1**</b> 11:00 <b>Coloring Group</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit	<b>10</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Belly Dance**</b> , <b>Library on the Go</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Balance Class, Handcrafting 2:30 <b>Pilates</b>	<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 <b>Orientation</b> 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
<b>14</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:00 <b>MGW Meeting</b> 9:15 Chair Exercise 10:00 Cornhole 10:30 <b>Paint &amp; Glow**</b> 12:00 Lunch* 12:30 Pitch 1:00 <b>Reiki**</b> 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>15</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, <b>Memory Café**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	<b>16</b> <b>Hearing**</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors 10:15 <b>Italian 1**</b> 11:00 <b>Cooking Demo**</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit	<b>17</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Belly Dance**</b> 11:00 <b>Brian Ashe's Rep., Sen. Oliveira's Rep.</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Balance Class, Handcrafting 2:30 <b>Pilates</b>	<b>18</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 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
<b>21</b> 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	<b>22</b> <b>MyActive Center**</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 <b>Job Seekers</b> , Line Dancing, Veterans Coffee Hour 10:30 <b>Writers Group</b> 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 Cribbage, Baystate Deaf Seniors 10:15 <b>Italian 1**</b> 11:00 <b>Coloring Group</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit	<b>24</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Belly Dance**</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Balance Class, Handcrafting 2:30 <b>Pilates</b>	<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 <b>Picnic**</b> 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
<b>28</b> <b>Footcare**</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:15 <b>Italian 1**</b> 11:30 <b>Italian 2**</b> 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 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>30</b> <b>Breakfast Café</b> 8:00 <b>Breakfast Café</b> 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit	<b>31</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Belly Dance**</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Balance Class, Handcrafting 2:30 <b>Pilates</b>	<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.*

**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.

**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.

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



**Low Vision Support Group** The Longmeadow Adult Center hosts a monthly Low Vision Support Group. All are welcome. For more information please call Frances Kelly-Cohen 567-9694.

## 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. *Kris Buffington, Town Health Nurse, 525-5436 X1112*

## HEALTH AND WELLNESS

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

**Manicures** Postponed until further notice.

## ESSENTIAL SERVICES

**Free Legal Consultation** Will resume in the fall.

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

## RESOURCES



**What can SHINE do for you?** SHINE is an acronym: Serving the Health Insurance Needs of Everyone - on or eligible for Medicare. SHINE counselors are highly trained volunteers (and some who counsel as part of their jobs) who will assist you with learning about Medicare and Medicare Savings Programs. **Medicare Savings Programs (MSPs)**, formerly known as the MassHealth Senior Buy-In and Buy-In Programs, can help with your Medicare costs. MSPs are managed by MassHealth and there are three different types of MSPs, with different levels of coverage assistance. **A SHINE counselor will help you determine eligibility, based on income and/or assets for ALL potential cost saving programs.** The recent elimination of asset guidelines for MSPs may mean that you are eligible now, when you may not have been eligible before. This can make a big difference in your monthly healthcare premiums. If your income is below the amounts listed in the chart, you may qualify. If you qualify for a MSP, you will also qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare. If you are not eligible, a SHINE counselor can review your Medicare coverage to help determine if you are in the most cost-effective. Call the Senior Center at 525-5436 to schedule an appointment with a certified SHINE Counselor.



**It's almost Farmers' Market Coupon time!** The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs. To be eligible to receive Senior Farmers' Market Coupons, you must be 60 years of age or older and your gross household income must be lower than the income limits: 1 Person Household: Monthly \$2,413/Yearly \$28,953 2 Person Household: Monthly \$3,261/Yearly \$39,128.

We will be notifying former recipients once the booklets are available for distribution. If you did not receive coupons last year, but feel you are eligible this year, please call Danell at 525-5436 to determine eligibility. We will call past recipients with a date the booklets will be available on a first come first serve basis. **If you received booklets in the past you do not need to call the Senior Center.**



### 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).

## 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, Jelly, Cereal, and Fruit or Pudding Cups.



**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.

## MEMORIAL DONATIONS



A special thank you to Robert Tierney, Mary Delnegro and the family of Romano Daniele for their donations in memory of Tina Buoniconti. A special thank you to Estherae Davis for her donation in memory of Alice Widmer.

## 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.

**\*Please bring exact change**

**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](mailto: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](http://www.NurseAdvocatesLLC.com) • [Maura@NurseAdvocatesLLC.com](mailto: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](http://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

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Community Services  
Ext. 1402

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Program & Social Media Coordinator  
Volunteer Coordinator  
Ext. 1406

**Sharon Giordano**  
Admin. Accountant  
Ext. 1405

**Meralee Kratovil**  
Office Coordinator  
Ext. 1404

**Elizabeth Grigoriou**

**Elizabeth Baron**  
Food Pantry Coordinator  
Ext. 1408

**Debbie Garvin**  
Meal Site Coordinator  
Ext. 1413

**Kris Buffington**  
Health Nurse  
Ext. 1112

**Paul Mercier**  
Chef  
Ext. 1411

**Margit Daley**  
Kitchen Assistant,  
Dishwasher



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To receive Email Updates please call 525-5436 or email [coa@eastlongmeadowma.gov](mailto:coa@eastlongmeadowma.gov)