



August 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, August 4th at 10:30 Rescheduled from June! 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.



Pottery Painting Tuesday, August 5th from 1:00 - 3:00 Join us as we paint floral ceramic bowls. A Ceramic Studio will be coming to our center with the bowls as well as all the supplies needed. There is a charge of \$15 per person for supplies. Registration is required as space is limited.



Talent Show Thursday, August 7th 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. All participants will be allotted one, 5 minute time slot.



Entertainment Friday, August 8th at 12:00 Come listen to traditional Andean music performed by Etienne. *Door Prize sponsored by Shiloh Angels Homecare.*



Bingo for Prizes Wednesday, August 13th at 10:30 Join us for Bingo and win prizes! *Led and sponsored by CareOne at Redstone.*



Western Cowboy Poet Friday, August 15th at 12:45 2024 Cowboy Poet of the Year, Mark Munzert shares poetic parlance & rhymical recitin' to make you smile, laugh, & ponder. Mark tells the stories & lessons of cowboy life, horse & cow-losophy, wide open spaces, ornery characters, blue skies & starry nights. *Sponsored by the Friends of the East Longmeadow Council on Aging.*



Makeup for Mature Women Monday, August 18th 10:00-12:30 Back by popular demand! Presented by Celebrity Makeup Artist, Joby Rogers. This forum is the perfect place for mature women & women of all ages & experience to learn how to create a MakeUp style that compliments their personal features & skin tone. Explore products, tools & 'must haves' for your personal makeup collection. Participate in 'hands-on' makeup demonstrations & leave knowing that with a little practice you can perfect your personal appearance for all occasions. **Free, registration required!** We encourage you to come make-up free. You may bring your own makeup. Both are encouraged, but neither are required. *Those who attended this past March will be put on a waitlist in order for new participants to attend.*



Fix It Clinic Friday, August 22nd by appointment Free, guided assistance from volunteers with repair skills to troubleshoot, and (hopefully) fix small household appliances, clothing, electronics, mobile devices and more. If you have an item you need fixed please call us for an appointment!



Functional Foods for Healthy Aging Tuesday, August 26th at 10:30 As we age, maintaining vitality and well-being becomes even more important, and the foods we choose play a key role in staying strong and energized. This workshop will dive into the power of functional foods, nutrient-dense options that do more than just fuel the body. Learn how certain foods support specific health needs, like boosting cognitive function, strengthening bones, and maintaining heart health. With tips and easy-to-implement ideas, you'll leave with a deeper understanding of how to build meals that nourish both your body and mind for the years ahead. Discover how simple changes to your diet can have lasting benefits.



PICNIC Summer Picnic Friday, August 29th at 12:00 Join us for a picnic lunch at noon, along with entertainment by Steel Drum, and a door prize giveaway. \$5.00 per person. Tickets are available at the Senior Center beginning August 1st. Each person may purchase 2 tickets. Reservations must be made in person. *Sponsored by the East Longmeadow Campus of Care, East Village Place, and the Friends of the East Longmeadow Council on Aging.*

HIGHLIGHTS

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



Need Help with Your Medical Portal? Monday, August 4th Get personalized, one-on-one assistance to help you navigate your online medical portal with ease. Sign up for a free, 30 minute appointment. *Sponsored by Maura Lessard of Nurse Advocates, LLC and Katie Krupka of Best of Care.*



Job Seekers Series: Where Are You Growing? Tuesday, August 5th 10:00-11:30 Looking for work? These series, presented by 50 Plus Job Seekers, are available to you for free to discuss current trends and hot topics when it comes to being prepared to re-enter the job force.



Wealth Management Basics Monday, August 11th at 12:45 Join us for an informative presentation on managing your money with confidence. Learn strategies for budgeting, investing, and protecting your financial future. Perfect for anyone looking to better understand their finances in retirement. Presented by Andy Bauer, Certified Financial Planner with Bartlett Wealth Management.



Blood Pressure Clinic Monday, August 11th at 11:00 Check your blood pressure and speak with a nurse practitioner about any questions you have related to hypertension or medication.



From Transition to Transformation Tuesday, August 12th at 11:00 Are you looking to downsize or move to a new home? Come hear the positive aspects of moving and the enhanced quality of life that can come in a new living environment, and receive resources to help mitigate Relocation Stress Syndrome (RSS). Presented by Amston Home Transition Solutions.



Social Security Tuesday, August 19th at 10:30 Learn about creating a social security online account and how to meet the new ID verification requirements. Presented by Pleasant View volunteer, Donna. Donna also holds one-on-one phone help on Fridays by appointment.



Hampden Post Acute Table Top Tuesday, August 19th 10:00-12:00 Stop by to learn how they are rehabilitating people to their optimum health after surgery or a hospital stay.



Do's and Don'ts When Picking a Financial Advisor Friday, August 22nd at 11:00 Picking the right financial professional can be tough. Learn the value that a financial professional can add and red flags to look out for when it comes time to pick the right person to support your family and goals. Presented by David Fernandes, Wealth Advisor of Zenith Investment Management.



Maintaining Eye Health and Adapting to Vision Changes Monday, August 25th at 10:30 Learn about lifestyle habits that impact vision, as well as changes to your home environment and adaptive equipment that can make tasks easier if you have vision loss. We'll survey types of magnifiers, phone settings and apps, and other equipment that enable people with vision loss to remain active. Presented by Susan Goedecken, MSOT, MA, Occupational Therapist, Owner of Rise Up Occupational Therapy, specializing in Neurological Rehabilitation and Low Vision.



Cyber Security Friday, August 29th at 10:30 Presented by Pleasant View Volunteer, Tonia Benney. Tonia has years of experience working with AI and pioneering technology, and is excited to come back to Pleasant View to share her knowledge with us. Handouts will be given to participants to take notes, and there will be time for Q&A following the presentation.



Italian Class Classes are held on Wednesdays through September 3rd. **Beginners 1 class begins at 10:15 and Beginners 2 begins at 11:30.** If you are new to class and have no prior knowledge of the language Beginners 1 would be best. If you have been taking classes and wish to continue increasing your proficiency, please choose Beginners 2. \$5 per class.



Middle Eastern Belly Dance Classes Thursdays at 10:30 through 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! Shifâh, the instructor, is a professional performer, choreographer, and instructor.

PLEASANT VIEW CINEMA

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



August 5, 12, 19, 26 Night Agent While working the night action desk, FBI agent Peter receives a distress call and is soon put in charge of protecting cybersecurity eradicating cybersecurity expert Rose. Exciting and Suspenseful.

ONGOING PROGRAMS

ADULT COLORING August 13th and 27th 11:00

ART CLASS with Jeff Kern 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, August 6th 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 Wednesday, August 27th
8:00-10:00

CELL PHONE HELP Fridays by appointment

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, August 6th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wed., August 20th 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., August 12th
11:00 *Drop ins welcome

GROUP REIKI Monday, August 11th 1:00
*Registration Required

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thur., August 14th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Monday, August
11th 9:00

NEW MEMBER ORIENTATION Fri., August 8th
10:30

Paint & Glow Monday, August 11th at 10:30 FREE
*Registration Required

PLEASANTBREW (memory) CAFÉ Tuesday,
August 19th 11:00 *Registration required

STAMP CLUB Tuesday, August 12th and 26th 1:00

TECH HELP Will resume in the fall

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

WRITERS GROUP Tuesday, August 26th 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

August 7th Talent Show

August 14th \$2 Bingo

August 21st \$5 Bingo

August 28th \$2 Bingo



Film Production Project Interested in being in the big pictures? We will be scheduling a meet and greet with film producer, Christopher Bowen of Silver Screen Productions and Blamm Media. If you are interested, please let us know. This will be a three step process: 1) meet and greet/story planning, 2) production day, 3) screening. Christopher is a professor with 20+ years at BU Framingham State.



The Little e Friday, September 5th 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. \$5 lunch tickets will be available in the senior center office beginning on August 1st.



Beginner Ballroom Dance Lessons Tuesdays from Sept. 9 - Oct. 28 6:00-7:00 Whether you're flying solo or coming with friends, everyone is welcome to this 8 session series! No partner or prior experience needed. These fun, one-hour community sessions are open to adults of all ages and designed for absolute beginners. No registration required. \$5 per class. *All proceeds will benefit COA programming on behalf of the Friends of the East Longmeadow Council on Aging.*



Haircuts NEW! 3rd Monday of the month starting on August 18th Call us to schedule an appointment. Cuts vary between \$18 and \$20.

Meal Calendar August 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 Oriental Pepper Steak <i>Dessert sponsored by CareOne at Redstone</i>
4 Salisbury Steak	5 Baked Ham	6 <i>Birthday Bash</i> Stuffed Chicken	7 Sweet and Sour Pork	8 <i>Peruvian Day</i> Chicken with Rice
11 Chicken Marsala	12 Beef Stir Fry	13 Meatloaf with Mushroom Gravy	14 Chicken Cacciatore	15 <i>Western Day</i> Chuck Wagon Stew <i>Dessert sponsored by CareOne at Redstone</i>
18 Garlic Rosemary Chicken Thighs	19 Meatball Grinder	20 Mediterranean Chicken Bowl	21 Turkey ala King Sundae Bar	22 Lemon Pollock
25 Italian Sausage with Peppers and Onions	26 Chicken Parmesan	27 Stuffed Peppers	28 Haddock Florentine	29 <i>Picnic</i> <i>Ticket Required \$5</i> BBQ Chicken Thighs Hot Dogs



National Chocolate Chip Day Monday, August 4th 10:30-11:30 Stop by to grab a goodie in honor of Chocolate Chip Day and say hello to Sherry Mayer from East Village Place.



National Senior Citizen Day Sundae Bar Thursday, August 21st at 12:30 In honor of National Senior Citizen Day, please join us for a delicious Sundae Bar. Sponsored by Providence Place.

The COA Advisory Board is Looking for a New Board Member The COA Board meets on the first Tuesday of the month at 9:00 from September through June. The responsibilities of the board are to help guide programs, services, and initiatives that support our older adults by providing input on senior programs and policies, advocating for the needs of East Longmeadow's aging community, and collaborating with local leaders and organizations to enhance resources for seniors. For more information or to apply, contact the COA office at 413-525-5436.



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 26th**. Location: Holyoke Community College. Walk starts at 10:00. 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.



MyActiveCenter Office Hours with Alicia Wednesday, August 13th 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.** Did you know 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.

Activities Calendar August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Program requires sign up please call 525-5436</p>	<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</p>			<p>1 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 2:00 Silver Sneakers</p>
<p>4 Medical Portal Help** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Alaska**, Free Treat Pick Up 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga</p>	<p>5 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 1:00 Pottery**</p>	<p>6 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>7 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance 12:00 Canasta, Lunch* 1:00 Balance Class, Handcrafting, Talent Show 2:30 Pilates</p>	<p>8 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*, Entertainment 12:45 5 Crowns 1:00 Dominoes</p>
<p>11 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** 11:00 Blood Pressure 12:00 Lunch* 12:30 Pitch 12:45 Wealth** 1:00 Reiki** 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>12 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group, Grief Support, Moving 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>13 My Active Center Office hours** 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 10:30 Bingo & Prizes** 11:00 Coloring Group 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit**</p>	<p>14 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance**, Library on the Go 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates</p>	<p>15 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch** 12:45 Cowboy Poet, 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>18 Haircuts** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole, Makeup Forum** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>19 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour, Hampden Post Acute Table Top 10:30 Social Security 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p>20 Hearing** 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 11:00 Cooking Demo** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit**</p>	<p>21 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance** 11:00 Brian Ashe's Rep., Sen. Oliveira's Rep. 12:00 Canasta, Lunch*, 12:30 Sundae Bar 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates</p>	<p>22 Cell Phone Help**, Fix it Clinic** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 11:00 Financial Advisor** 12:00 Lunch** 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>25 Footcare** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Eye Health** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>26 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Healthy Aging** Writers Group 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>27 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 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>28 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</p>	<p>29 Cell Phone Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 Cyber Security** 12:00 Picnic** 12:45 5 Crowns 1:00 Dominoes 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.

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. *Registration recommended.*

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. **Registration is required at least 1 week in advance.** Class will be cancelled if less than 3 people register.

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.



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!

NURSES CORNER



August is National Immunization month. Make sure you are up to date on your vaccines (it's not just for kids). Vaccines help prevent serious diseases every year, especially around the cold and flu season. Look for our free clinics coming in October.

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, August 25th By appointment 525-5436. Footcare Nurse will trim and file toenails, as well as assess and identify problem areas. Cost is \$40

Haircuts Monday, August 18th By appointment 525-5436. Cost varies between \$18-\$20.

Hearing Screening Wed., August 20th Free Screening by Baystate Hearing Center by appt. 525-5436

ESSENTIAL SERVICES

Free Legal Consultation Will resume in the fall.

Shine Counselor Free Medicare Assistance by appointment 525-5436

RESOURCES



PleasantBREW (memory) Café On Tuesday, August 19th at 11:00 join us for a fun fitness class and lunch. The Memory Café is for individuals experiencing memory loss and their caregivers. It 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 August 18th 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®*



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.



Grief Support Tuesday, August 12th 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.



SWAP Applications are Available 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 are available at the Senior Center and on the town's

website and must be submitted by September 30, 2025. Please feel free to call the Senior Center with any questions 525-5436.



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 : Crackers, Tuna Fish, Jelly and Boxed Milk.



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 Maryanna LaFlamme Santaniello, Roesmary, Teresa, Paul and Caroline for their donations in memory of Tina Buoniconti.

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

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

Director
 Ext. 1401

Danell Tavella
 Community Services
 Ext. 1402

Alicia Mattsson-Boze Admin. Assistant/
 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

Margrit Daley
 Kitchen Assistant,
 Dishwasher



www.facebook.com/elseniors

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

Terry Glusko
 Transportation Coordinator
 Ext. 1410

Marilyn Ghedini
 Dispatcher
 Ext. 1410



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