



September 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 the Little e all programs will be cancelled on Friday, September 5th



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, baby goats, and more! No registration required. \$5 lunch tickets are available in the senior center office.



Computer Basics Class Wednesday, September 10th 1:00-3:00 Receive hands-on experience learning basic computer skills. Limited chromebooks will be available for use on a first come first serve basis. Presented by Revitalize Community Development Corporation (CDC).



Confidently Navigating and Riding the Winds of Change Thursday, September 11th at 2:30 Join us for this enlightening, humorous and timely presentation on how to deal with and understand changes and challenges as we go through our daily lives. Understanding the importance of resilience will be welcomed by all. Presented by Dr. Steve Sobel, Longmeadow based and nationally adored motivational speaker and author.



Cooking with Ilda Friday, September 12th at 1:30 Join this fun cooking demonstration with Ilda Fazio! \$25 per person payable at the time of registration includes 2 quarts of homemade marinara sauce and the recipe! Additional quarts are available for purchase at the time of registration for \$10 each. Payments are non-refundable, and all proceeds will go towards the Friends of East Longmeadow Council on Aging, and will benefit COA programs.



History of Portraiture Monday, September 15th at 10:30 Join us for a fascinating journey through time as we explore The History of Portraiture. Discover how portraits have captured power, personality, and progress across centuries. Sign up to have your portrait taken on Thursday, October 2nd. By appointment only.



FREE Lunch and The Ben & Ed Show Thursday, Sept. 18th At 11:00 enjoy a performance by the Ben and Ed Show followed by lunch at 12:00. This FREE lunch will include pasta, salad, dinner rolls, and chocolate chip cookies. Tickets will be available beginning Sept. 2nd, tickets MUST be picked up in person (2 per person). Sponsored by Loomis Lakeside.



Reiki I Class Wednesday, September 24th 12:45-3:45 Explore the basics of Reiki, an energy healing practice. Learn how to channel energy to promote relaxation, reduce stress, and support healing, whether for yourself or others. Presented by Shannon Bates.



Fall Craft Monday, September 29th at 1:00 Join us to create a pumpkin wreath, perfect to decorate your door for Autumn! FREE! Space is limited and registration is required!

September Food Drive - Let's fill our delivery van



Please consider supporting the Emergency Food Pantry during our 5th Annual Drive Up Food Drive. Items will be collected in the Senior Center parking lot from 10am-12pm on these Fridays in September. Thank you for supporting our pantry and helping those in need!



Friday, Sept. 12th BREAKFAST cereal, oatmeal, boxed milk, pancake mix, breakfast bars, tea & coffee
Friday, Sept. 19th LUNCH crackers, tuna fish, canned chicken, chips, dried fruit, bread, boxed macaroni and cheese, peanut butter, jelly and jam

We can not accept expired or opened items.

HIGHLIGHTS

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



Identity Theft, Fraud and Scams Monday, September 8th at 11:00 What is the difference? Learn how to identify them, tips to avoid them, and how to get back on your feet if they occur in your life. We'll discuss what to do right away, additional steps you can take, and answer your questions that may arise through the process. Presented by Berkshire Bank.



Job Seekers Series Looking for work? This virtual series, presented by 50 Plus Job Seekers, is available to you for free to discuss current trends and hot topics when it comes to being prepared to re-enter the job force. *Resumes & Cover Letters* Tuesday, September 2nd at 10:00 and *How to Network on Tuesday, September 16th* at 10:00.



Blood Pressure Clinic Monday, September 8th at 10:00 Check your blood pressure and speak with a nurse practitioner about any questions you have related to hypertension or medication.



Preparing Your Home for Sale, Now or in the Future Home Renovations and Repairs – Determine What Makes the Most Sense for You Tuesday, September 9th at 10:30

This series is perfect for homeowners who want to plan ahead and make confident decisions about their property. Dive into smart renovation and repair strategies that can boost your home's value. Learn how to prioritize updates, avoid over-improving, and make choices that align with your timeline and budget. Presented by Kempf-Vanderburgh Realty Consultants.



PVTA Table Top Tuesday, September 9th 10:00-12:00 Stop by to learn what services PVTA has available for you.



Beginner Ballroom Dance Lessons Tuesdays from Sept. 9th - Oct. 21st 6:00 -7:00 Whether you're flying solo or coming with friends, everyone is welcome to this 6 session series! No partner or 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.* (No class on 9/30).



Urgent Care of Longmeadow Table Top Tuesday, Sept. 16th 10:00-12:00 Urgent Care in Longmeadow is now open! Stop by to meet some of the staff, and learn how they are "bringing ER expertise to life's little emergencies".



Smartphone Safety Wednesday, Sept. 17th at 10:00 Join our volunteer, Tonia, as she explains how to block scam calls, identify suspicious texts, and how to manage app permissions. Participants will receive a "Phone Safety Checklist".



Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me? Friday, Sept. 19th at 11:00 Circumstances change, and so can your health plan. Gain a clear understanding of which type of Medicare plan best fits your needs. We'll discuss Original Medicare, the differences between Medicare Supplement and Medicare Advantage plans, prescription drug coverage options, and real-life case studies and resources to help you make decisions.



Make Your Own Care Plan Monday, Sept. 22nd at 11:00 We will review a simple 3-step process. Participants receive a FREE downloadable Getting Started Tool Kit, with a Health Care Proxy, Personal Directive (Living Will), and "I Have a Health Care Proxy" Wallet Card. To complete your own Health Care Proxy, bring the name and phone number(s) of the person you want to be your Health Care Agent. We will have 2 witnesses present after the webinar to help complete your document.



You've Been Discharged Now What? Tuesday, Sept. 23rd at 10:00 Gain a better understanding of what comes after a hospital stay, and what payments may be expected from the hospital and insurance. Presented by Jane Barker of Shiloh Angels.



Common Scams Wednesday, Sept. 24th at 10:30 Learn about common scams, Presented by the Bank of America.

PLEASANT VIEW CINEMA



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

September 2nd A Star is Born 2018 2H 15M R A talented but brash musician with a fading career finds solace in the promise of an undiscovered singer he meets at a bar. Emotional & Romantic.



September 9th, 16th and 23rd Night Agent Brought together by a midnight phone call, an FBI agent and a cybersecurity expert must unravel an ever-growing web of political conspiracies. Exciting and Suspenseful.

September 30th The Penguin Lessons 2024 1H 50M PG-13 Amid the political turmoil of 1970's Argentina, a downcast English teacher finds a new lease on life when he rescues a stranded penguin. Witty, Feel Good Movie.



ONGOING PROGRAMS

ADULT COLORING Sept. 10th and 24th 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, Sept. 3rd 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., Sept. 24th 8:00-10:00

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, Sept. 3rd 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wed., Sept. 17th 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., Sept. 9th 11:00 *Drop ins welcome

GROUP REIKI Monday, Sept. 8th 1:00
*Registration Required

GROUP TECH HELP Wed., Sept. 17th 1:00
*Registration Required

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thur., Sept. 11th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Mon., Sept. 8th 9:00

NEW MEMBER ORIENTATION Fri., Sept. 12th 10:30

Paint & Glow Monday, Sept. 8th at 10:30 FREE
*Registration Required

PLEASANTBREW (memory) CAFÉ Tuesday, Sept. 16th 11:00 *Registration required

STAMP CLUB Tuesday, Sept. 9th and 23rd 1:00

TECH HELP Monday and Friday by appointment

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

WRITERS GROUP Tuesday, Sept. 23rd 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

September 4th \$5 Bingo

September 11th \$2 Bingo

September 18th \$5 Bingo

September 25th \$2 Bingo



Coming in October

CT Witch Trials Monday, October 6th at 12:30 Join us for this virtual presentation to learn more about the CT Witch Trials. Connecticut led the way in the prosecution and execution of witches which occurred from 1647 to 1663, almost 50 years before the Salem Witch Trials began. They were the first large-scale witch trials in the American colonies.

Laughter is the Best Medicine with Comic Mime, Robert Rivest Friday, October 3rd at 12:30 Enjoy a fun afternoon with internationally admired performer, Robert Rivest. Since 1990 Robert has given over 8,000 presentations in Europe, Asia, Africa, and the US. His mission is to use laughter and the performing arts to bring greater health, happiness, and joy to individuals around the world.

Meal Calendar September 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 CENTER CLOSED	2 Seafood Jambalaya	3 Birthday Bash Baked Ham	4 Swedish Meatballs	5 Little e Picnic Ticket Required \$5 Hamburger & Hotdog
8 Pepper Steak	9 Chicken Stew	10 Spaghetti and Meatballs	11 Roast Pork	12 Lemon Pollock
15 Pepperoni & Sausage Pizza	16 Salmon with Hollandaise Sauce	17 Meatloaf	18 Ticket Required - Free Pasta Lunch (Meals on Wheels Chicken Salad)	19 Chicken Marsala
22 Salisbury Steak	23 Hot Dog	24 Chicken Cacciatore	25 Stuffed Peppers	26 Haddock Florentine
29 Lasagna with Meat Sauce	30 Beef Stew			



Spirit Week! Help us celebrate National Senior Center Month by participating in our daily, fun activities! **Sept. 2** - wear your favorite hat or headband. **Sept. 3** - bring in a photo of yourself from high school or college. **Sept. 4** - wear your favorite sports team apparel. You must check in to "Spirit Week" on the touchscreen for each day that you participate in order to be entered into the raffle. We will end the week celebrating at The Little e on Sept. 5th where the winners will be announced!



Keep your eyes out for the Friends Lottery Calendar sale in October! Calendars will be \$20 each and all proceeds will go towards the Friends Group. More details to come in the October Newsletter!



Log Cabin Holiday Luncheon & Concert Tuesday, December 9th Enjoy a spectacular show by Dave Colucci and Donna-Lee DePrille along with a delicious lunch at the Log Cabin as we celebrate the Christmas season! Menu: hors d'oeuvres, rolls, salad, Cape Codder Chicken, Roast Pork of Loin, mashed potatoes, vegetables, tuxedo mousse cake, coffee and tea. Cost: \$154 includes motor coach, lunch, show, Tour Director, Driver, Driver and Director gratuities, and a surprise treat! Depart: 10:50am Return: 4:30pm. Reservations: call Karen, 413-747-5819. Make checks payable to "Pro Tour & Cruises", and add "Log Cabin PVSC" to the memo line. Checks must be mailed out at the time of reservation. Last day to register is Nov. 7th. Please see the flyer for cancellation fees and additional trip details. Flyers are available in the Senior Center office.



MyActiveCenter Office Hours with Alicia Wednesday, September 10th 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 September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CENTER CLOSED</p> 	<p>2 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</p>	<p>3 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>4 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>5 All programs cancelled for The Little e 10:00-1:00 Little e Live Music, Door Prizes and more!! 12:00 Lunch*</p>
<p>8 Tech Help** 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, Fraud & Scams** 12:00 Lunch* 12:30 Pitch 1:00 Reiki** 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>9 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, PVTA, Veterans Coffee Hour 11:00 French Group, Grief Support 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club 6:00 Ballroom Dance</p>	<p>10 My Active Center Office hours** 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors, 11:00 Coloring Group 12:00 Lunch* 1:00 Chair Volleyball, Computer Basics** 2:00 Strength Circuit**</p>	<p>11 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 Change**, Pilates</p>	<p>12 FOOD DRIVE Tech 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 Cooking w/Ilda** 2:00 Silver Sneakers</p>
<p>15 Tech Help**, Haircuts** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 Portraiture** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>16 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Job Seekers**, Line Dancing, Urgent Care, Veterans Coffee 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 6:00 Ballroom Dance</p>	<p>17 Hearing** 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors, Smartphone Safety** 11:00 Cooking Demo** 12:00 Lunch* 1:00 Chair Volleyball, Group Tech Help** 2:00 Strength Circuit**</p>	<p>18 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Belly Dance** 11:00 Ashe & Oliveira's Reps 11:0 Ben and Ed 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates</p>	<p>19 FOOD DRIVE Tech Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 11:00 Medicare** 12:00 Lunch** 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>22 Tech Help**, Footcare** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 Care Plan** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>23 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Discharge**, 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 6:00 Ballroom Dance</p>	<p>24 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors 10:30 Scams** 11:00 Coloring Group 12:00 Lunch* 12:45 Reiki 1 Class** 1:00 Chair Volleyball, 2:00 Strength Circuit**</p>	<p>25 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>26 Tech 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>29 Tech Help** 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 1:00 Fall Craft** 2:00 Silver Sneakers</p>	<p>30 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</p>		<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>

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. No class 9/5.

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.* No class 9/5.

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. No class 9/5.

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

 September is "Healthy Aging Month." Begin by dedicating one's good health by increasing your physical, social, financial and mental health. Here, at Pleasant View we have all the tools to help you achieve your goals. Start by getting monthly blood pressure checks and pick activities that peak your interest. **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, Sept. 22nd By appointment 525-5436. Footcare Nurse will trim and file toenails, as well as assess and identify problem areas. Cost is \$40

Haircuts Monday, September 15th By appointment 525-5436. Cost varies between \$18-\$20.

Hearing Screening Wed., Sept. 17th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, September 18th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, Sept. 16th by appt. with Attorney Dave Carlson 525-5436

Shine Counselor Free Medicare Assistance by appointment 525-5436.

RESOURCES



PleasantBREW (memory) Café On Tuesday, September 16th at 11:00 join us for a fun activity 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 September 15th 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®*



Grief Support Tuesday, September 9th 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.



Open Enrollment: If you are enrolled in a Medicare Prescription Drug Plan, Medigap Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2026. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!** During Medicare Open Enrollment, you can adjust or change your plan for next year. **SHINE Counselors can help you understand your plan changes as well as determine other options you may have. Open Enrollment is from October 15, 2025 - December 7, 2025.** Our SHINE Counselor is here weekly, please call 525-5436 for an appointment. If you have a general question you can call **1-800-AGE-INFO (1-800-243-4636), then press or say 3.**



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.

<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 : 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.



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.

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