



October 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



Senior Portrait Day Thursday, Oct. 2nd 8:00-2:00 Come have a FREE, professional photograph taken of yourself, you and your loved one, or you and a friend to take home and cherish! By appointment only. Call or sign up in the office. Thank you to BLAMM! Media for their partnership!



Fall Goal Setting Clinic Friday, Oct. 3rd 10:00-12:00 Before we wrap up 2025, schedule your one-on-one wellness goal-setting session with Certified Personal Trainer, Danielle Goldaper. In your 20-minute session, you will discuss one or two of your primary wellness goals for this fall/winter. Danielle will help you plot out some steps to help you move from where you are now, to where you want to be with safe, measurable objectives. Your session will also include a conversation about the lifestyle habits that can help you be successful or sabotage your work.



Laughter is the Best Medicine with Comic Mime, Robert Rivest Friday, Oct. 3rd at 12:30 Enjoy a fun afternoon with 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.



CT Witch Trials Monday, Oct. 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.



Vaccine Drive Thru Friday, Oct. 10th 9:00-1:00 Drive through our parking lot to get your flu shot. You don't even have to leave your car! **No sign required, however you must bring your insurance card.**



Spot the Scam: Email & Social Media Safety Wednesday, Oct. 15th at 10:00 Learn how to spot phishing emails, fake Facebook profiles and chain posts. See for yourself what a real vs. fake email looks like, and take home a "Facebook and Email Privacy Settings Guide". Presented by Tonia.



Maintaining Eye Health and Adapting to Vision Changes Thursday, Oct. 16th 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 Goedeken, MSOT, MA, Occupational Therapist, Owner of Rise Up Occupational Therapy, specializing in Neurological Rehabilitation and Low Vision.



Resumes and Cover Letters Wednesday, Oct. 29th at 10:30 Join this live presentation about what you should and should not include on your resume and cover letter when looking for work. We hope you can join us as 50 Plus Job Seekers presents this workshop in person!



Harvest Party Friday, Oct. 31st 10:00-11:30 Join us for a fun, fall, and festive morning! Wear your best Halloween costume, enjoy delicious treats, receive a FREE ticket for a fall basket door prize, paint a pumpkin, and sign up to participate in a corn-husking challenge to win a \$25 Big Y Gift Card! Supplies available while they last on a first come first serve basis on the day of the event. Thank you to our sponsors at CareOne at Redstone; Amedisys, Inc; Hampden Post Acute; and East Village Place.

HIGHLIGHTS

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



Preparing Your Home for Sale, Now or in the Future Preparing to Downsize and Declutter - Emphasizing Your Home's Best Assets and Curb Appeal Tuesday, Oct. 7th at 10:30

In Part 2 of our series, we'll explore practical tips for downsizing and decluttering, with a focus on highlighting your home's best features, inside and out. Learn how to create inviting spaces and enhance curb appeal. Presented by Kempf-Vanderburgh Realty Consultants.



Beginner Origami Tuesday, Oct. 7th at 1:00 Ready to turn a simple piece of paper into something amazing? Join us to learn the art of folding paper into beautiful shapes and designs. No experience required. Come relax, laugh, and leave with your very own paper masterpiece!



Planning to Continue Your Legacy Thursday, Oct. 9th at 10:30

Thinking ahead can be a true gift to yourself and your loved ones. It isn't just practical, it's an act of love, making sure your legacy continues and bringing comfort to your family. By planning early, you can rest easy knowing your wishes are known, your loved ones have less to worry about, and the financial details are already handled. Presented by Forastiere Funeral Home and Cremation.



RSVP Table Top Tuesday, Oct. 14th 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!



Five College Learning in Retirement Friday, Oct. 17th at 10:30

Come together to share knowledge, ideas, opinions, humor, and concerns while examining a particular subject. Using a variety of seminar styles and other ways of coming together, members of the Five College Learning in Retirement (FCLIR) program learn from each other. Join us as we welcome members of FCLIR to explain how their seminars could benefit your day-to-day, and know that being retired is not required.



Planning for the Expected and Preparing for the Unexpected Monday, Oct. 20th at 10:30

Discover how long-term care needs can disrupt a perfect retirement plan. Learn how the industry has changed, types of coverages that have evolved in the industry and strategies you can implement prior to an event. Presented by Pat Sherman of Edward Jones Financial.



On-Demand Medical Care at Home, From instED Table Top Tuesday, Oct. 21st 10:00-12:00

Learn how you can get urgent medical treatment in the comfort of your own home and enter to win a \$10 Dunkin Donuts gift card. instED provides in-home medical care, offering an alternative to the ER when you don't feel well. instED diagnoses and treats many issues such as respiratory issues, dehydration, minor infections, UTIs and chronic condition flare-ups. Stop by to pick up information about this valuable service! *instED is not a rapid response service. Call 911 or go to the nearest emergency department if you believe you may be experiencing a medical or psychiatric emergency.



Grief Support Workshop Tuesday, Oct. 21st at 1:30

Whether the loss of your loved one was sudden or expected, you are left with deep emotions. Working through grief is a step-by-step process. There is no right or wrong way to grieve, and no timeline that can dictate when healing will begin. Healing is a personal journey, and it is helpful to have the support of others who are also grieving. Join us to participate or just come to listen. Snacks provided. Presented by Forastiere Funeral Home and Cremation.



Your Path - Your Plan Tuesday, Oct. 21st at 11:00

Learn housing options available for you, hear an explanation of Independent Senior Living, and know what you need to do in order to prepare for life transitions. Gain confidence to navigate the real estate process! Presented by Bluebird Estates.



Italian Class Classes are held on Wednesdays beginning Oct. 22nd **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.



Beginner Ballroom Dance Lessons Tuesdays through Oct. 21st 6:00-7:00

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).

PLEASANT VIEW CINEMA



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

October 7th Dragnet 1987 1H 45M A no-nonsense LAPD detective and his polar opposite new partner investigate a strange series of thefts in this comedy. Comedy, Action and Adventure



October 14th, 21st and 28th 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.

ONGOING PROGRAMS

ADULT COLORING Oct. 8th and 22nd 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, Oct. 1st 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial 

BLOOD PRESSURE CLINIC Mon. Oct. 20th
10:00-11:00 Free

BOCCE Mon-Fri 8:00-4:00 (weather pending)
Open Play Wednesdays 9:30 (weather pending)

BREAKFAST CAFE Wed., Oct. 29th 8:00-10:00

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, Oct. 1st 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wed., Oct. 15th 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., Oct. 14th
11:00 *Drop ins welcome

GROUP REIKI will resume in November

GROUP TECH HELP Wed., Oct. 15th 1:00
**Registration Required*

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thur., Oct. 9th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Mon., Oct. 20th
9:00

NEW MEMBER ORIENTATION Fri., Oct. 10th
10:30

PAINT WORKSHOP Mon., Oct. 6th at 11:00 FREE
Halloween Spooky Theme *Registration Required

PLEASANTBREW (memory) CAFÉ Tuesday,
Oct. 21st 11:00 *Registration required

STAMP CLUB Tuesday, Oct. 14th and 28th 1:00

TECH HELP Fridays by appointment

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

WRITERS GROUP Tuesday, Oct. 28th 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

October 2nd \$5 Bingo

October 9th \$2 Bingo

October 16th \$5 Bingo

October 23rd \$2 Bingo

October 30th \$5 Bingo



Gold, Silver, and Valuables Selling Event Monday, Nov. 3rd By appointment. Don't miss this opportunity to sell your valuables! Call today for a 15 minute time slot!



PleasantBREW (memory) Café On Tuesday, October 21st at 11:00 join us for a cooking demo with East Village Place's Chef 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 October 20th**

by calling 525-5436. A \$4 lunch donation is appreciated. *Sponsored by Fallon Health's PACE, Summit ElderCare®*

Meal Calendar October 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 Birthday Bash Turkey Ala King	2 Fish and Chips	3 Ilda's Eggplant Parmesan <i>Meals on Wheels Only: Chicken Salad</i>
6 Chicken Cordon Bleu	7 Sweet and Sour Meatballs	8 Seafood Jambalaya	9 BBQ Chicken	10 Lasagna with Meat Sauce
13 CENTER CLOSED 	14 Chicken Pot Pie	15 Salisbury Steak	16 Mediterranean Chicken Bowl	17 Spaghetti with Meatballs
20 Baked Ham	21 Chicken Marsala	22 Salmon	23 Meatloaf	24 Beanie Weenies
27 Roast Pork with Gravy	28 Swedish Meatballs	29 Chicken Parmesan	30 Haddock Florentine	31 Stuffed Peppers



The Friends of East Longmeadow COA is hosting a raffle to benefit programs at the Senior Center! Raffle forms are \$10 each and will be submitted for daily drawings during the month of November. Winners will be announced daily! All proceeds will go towards the Friends Group. Purchase one today in the office!



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



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.



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.

Activities Calendar October 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 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Bocce, Cribbage, Baystate Deaf Seniors 10:30 Town Manager* 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Strength Circuit**</p>	<p>2 Manicures**, Portrait Day** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates</p>	<p>3 Tech Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, Goal Setting** 12:00 Lunch* 12:30 Laughter 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>6 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 Paint ** 12:00 Lunch* 12:30 Pitch, CT Witch Trial** 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>7 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Downsize** 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Origami** 6:00 Ballroom Dance</p>	<p>8 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, 2:00 Strength Circuit**</p>	<p>9 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Legacy**, Library on the Go 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates</p>	<p>10 Tech Help** 8:45 Advanced Chair 9:00 Vaccine Clinic 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 2:00 Silver Sneakers</p>
<p>13 CENTER CLOSED</p> 	<p>14 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, RSVP, Veterans Coffee 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>15 Hearing** 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors, Scams** 11:00 Cooking Demo** 12:00 Lunch* 1:00 Chair Volleyball, 2:00 Strength Circuit**</p>	<p>16 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Eye Health** 11:00 Ashe & Oliveira's Reps 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates</p>	<p>17 Tech Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 Five Colleges** 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>20 Haircuts** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:00 MGW Meeting 9:15 Chair Exercise 10:00 Cornhole 10:30 Planning** 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p>21 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 instED, Line Dancing, Veterans Coffee 11:00 French Group, Housing**, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:30 Grief Workshop* 6:00 Ballroom Dance</p>	<p>22 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>23 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch*, 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates</p>	<p>24 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>27 Footcare** 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</p>	<p>28 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee Hour 10:30 Writers Group 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>29 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 9:30 Bocce 10:00 Cribbage, Baystate Deaf Seniors 10:15 Italian 1** 10:30 Resumes** 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit**</p>	<p>30 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch*, 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates</p>	<p>31 Tech Help** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, Harvest Party 12:00 Lunch** 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. *No class 10/2.*

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 10/31.*

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

 **Don't forget to get your vaccines this month!** We will be having clinic's throughout town. Fire Dept. drive thru Oct. 9th from 1-5pm; Senior Center drive thru Oct. 10th from 9-1pm; East Longmeadow Library Oct. 15th from 3-5pm and Senior Center Nov. 4th from 10-12pm.

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, October 27th By appointment 525-5436. Footcare Nurse will trim and file toenails, as well as assess and identify problem areas. Cost is \$40

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

Hearing Screening Wed., October 15th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, October 2nd, 16th & 30th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, October 21st by appt. with Attorney Dave Carlson 525-5436

Shine Counselor Free Medicare Assistance by appointment 525-5436.

RESOURCES



FUEL ASSISTANCE *Low Income Home Energy Assistance Program is an energy assistance program that can help you pay for heating your house or apartment during the heating season, between NOV. 1 and APR. 30 of each year.* This program can help you pay for

any fuel that you use, including but not limited to: oil, propane, natural gas, wood, or electric. **Please call the Senior Center for further information.**

Yearly Income 2025 Season	
Family Size	Income Limit
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573



Grief Support Tuesday, October 14th 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.**



Real Estate Tax Senior Exemption Applications - Exemption applications for fiscal year 2026 will be accepted in the Assessor's Office starting November 3, 2025. The applications are available for you to pick up in the Assessor's Office at 382 North Main Street Suite 205 or can be mailed to you. If you need assistance or have any questions, please feel free to contact the Assessors at 525-5400 ext. 1600. Other Exemptions available are Surviving Spouse, Legally Blind and Disabled Veterans. Please contact the Assessor's Office for more information.



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 The Morning Glory Walkers for their donations in memory of Tina Buoniconti and Phyllis Serra.

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
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 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.

DAVID G. CARLSON
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 200 NORTH MAIN STREET • SUITE 6
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Thank You
To Our Wonderful Sponsors!

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

<i>Director</i> Ext. 1401	Sharon Giordano <i>Admin. Accountant</i> Ext. 1405	Elizabeth Baron <i>Food Pantry Coordinator</i> Ext. 1408	Paul Mercier <i>Chef</i> Ext. 1411	Terry Glusko <i>Transportation Coordinator</i> Ext. 1410
Danell Tavella <i>Community Services</i> Ext. 1402	Meralee Kratovil <i>Office Coordinator</i> Ext. 1404	Debbie Garvin <i>Meal Site Coordinator</i> Ext. 1413	Margrit Daley <i>Kitchen Assistant, Dishwasher</i>	Marilyn Ghedini <i>Dispatcher</i> Ext. 1410
Alicia Mattsson-Boze <i>Admin. Assistant/ Program & Social Media Coordinator</i> Volunteer Coordinator Ext. 1406	Elizabeth Grigoriou <i>Admin. Assistant/ Program & Social Media Coordinator</i> Ext. 1414	Kris Buffington <i>Health Nurse</i> Ext. 1112	 MON - FRI: 8-4 PM 413-525-5436 www.facebook.com/elseniors	

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