



November 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



**The Senior Center will be closed on the following days:** Friday November 7<sup>th</sup>, Tuesday November 11<sup>th</sup>, Thursday November 27<sup>th</sup> and Friday November 28<sup>th</sup>. We will not be delivering Meals on Wheels or providing transportation services on these days. *We wish everyone a Happy Thanksgiving!*



**Gold, Silver, and Valuables Selling Event** Monday, Nov. 3<sup>rd</sup> By appointment. Don't miss this opportunity to sell your valuables at the Senior Center! Call today for a 30 minute time slot! Sponsored by the Friends of the East Longmeadow Council on Aging.



**Revitalize CDC** Monday, November 10<sup>th</sup> 10:00-12:00 Continue learning more basic computer and internet skills. Limited Chromebooks will be available for use on a first come first serve basis. Presented by Revitalize Community Development Corporation (CDC). Registration is required.



**Veterans Dinner** Monday, November 10<sup>th</sup> at 5:00 We would like to invite our Veterans and their guests to our annual Veterans Dinner. Veterans are free to attend, and guests are \$10 each. Due to limited space only one guest is permitted per Veteran. To register please call 525-5436. Guest tickets must be purchased in person. Registration will close on November 5<sup>th</sup>.



**Thunderbirds Game** Wednesday, November 12<sup>th</sup> Sign up to join us at a Thunderbirds game! We will meet at the COA at 9:15, the game starts at 10:35. We should be back to the COA around 1:00. Tickets are \$18 each and DO NOT include food or beverages. Space is Limited.



**Safe Online Banking & Shopping** Wednesday, November 12<sup>th</sup> at 12:30 Understand how to use secure websites, recognize fake stores, and use safe payment methods. Learn how to spot a secure URL and avoid suspicious sites. Receive an online shopping and banking safety checklist. Presented by COA Volunteer, Tonia.



**Holiday Kick Off Concert** Friday, November 14<sup>th</sup> at 12:45 Come kick off the holidays with us by listening to a fabulous performance by the band "Ask Me Now", and enjoying a delicious cup of eggnog. *Partially sponsored by the Mass Cultural Council and East Village Place.*



**Music and Memory** Tuesday, November 18<sup>th</sup> at 11:00 Dr. Randi Lebar will present an inspirational talk about the wild ride she has taken with her mother, pianist Elaine Lebar (born in 1928) who went viral on TikTok in 2020 while living in a memory care unit in Buzzards Bay. Specifically focusing on the magic and power of music in dementia, the talk features many videos of Elaine, and also includes lessons Randi learned along the way about finding meaning and joy in their relationship, in spite of her mother's mental decline. The presentation is sure to entertain a wide audience, and it will be especially educational and hopeful for those dealing with a loved one in any stage of cognitive decline. *Sponsored in part by The East Longmeadow Library.*



**Thanksgiving Luncheon** Friday, November 21<sup>st</sup> at 12:00 Come celebrate Thanksgiving with us! Tickets are \$5 per person and include a turkey lunch, the Neil Diamond Tribute performed by Charlie Lask, and door prizes! Tickets must be purchased in person. Each individual may purchase 2 tickets. *Sponsored by the Friends of the East Longmeadow Council On Aging and Day Brook Village.*



**Christmas Craft** Monday, December 1<sup>st</sup> at 1:00 Join us to make Christmas decorations to decorate for the holiday! FREE! Space is limited and registration is required!

## 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)**



*In honor of Caregiver Appreciation Month, we have two presentations happening this month to help you through the process of caring for your loved one with dementia.*

*Presented by Armbrook Village.*

**Understanding Dementia in the Real World** Monday, November 3<sup>rd</sup> at 12:45 Gain a better understanding of dementia, how it affects our communities, and your role in helping to enhance the quality of life for those living with it. You will leave this presentation better able to employ positive and appropriate communication approaches with people with dementia, identify practical tools and techniques to support people with dementia and their families, express a clear understanding of dementia and its causes, and describe the stigma of the disease that affects our communities and the individuals living with dementia.

**Communicating Through Dementia** Monday, November 24<sup>th</sup> at 10:30 Hear an overview of how communication is affected and altered by dementia and similar cognitive impairments, what signs and symptoms you may observe, and challenges you may encounter when trying to communicate. Participants will walk away with practical, research-based strategies for overcoming these obstacles, along with greater confidence when interacting with individuals with dementia, whether in a professional or personal setting. At the completion of this session, the participant will be able to describe how dementia can impact someone's ability to communicate, predict the interpersonal challenges you may encounter when communicating with someone who has dementia and how to overcome them, and demonstrate ways to effectively connect and communicate with individuals with dementia and similar cognitive impairments.



**Vaccine Clinic** Tuesday, November 4<sup>th</sup> from 10:00-12:00 Covid and Flu vaccines will both be available. Registration is not required, however you must bring your insurance card.



**Realty Series Part 3 Staging & Market Readiness - Creating a Buyer-Ready Home** Tuesday, November 4<sup>th</sup> at 10:30 Want to make your home stand out the moment buyers walk through the door? In Part 3 of our series, we'll explore the power of home staging and how to prepare your property for the market. From furniture placement and décor choices to lighting, curb appeal, and photography, learn how to highlight your home's best features and create a welcoming environment that appeals to today's buyers. Whether you plan to sell soon or years down the road, these strategies will help you maximize value and present your home in its best light. Presented by Kempf-Vanderburgh Realty Consultants.



**Interviewing** Wednesday, November 5<sup>th</sup> at 1:00 Learn helpful tips for how to answer questions during a job interview, and what questions you should ask your potential employer. In person presentation sponsored by 50 Plus Job Seekers.



**Holiday Grief Support Workshop** Tuesday, November 18<sup>th</sup> 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.



**Italian Class** Classes are held on Wednesdays. **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. In November class will be meeting on 11/5, 11/12 and 11/19.



**PleasantBREW (memory) Café** On Tuesday, Nov. 18<sup>th</sup> at 11:00 join us for Music and Memory: The Accidental Creation of a 92 year-old Social Media Sensation followed by 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 November 17th by calling 525-5436. A \$4 lunch donation is appreciated. Sponsored by Fallon Health's PACE, Summit ElderCare® and partially sponsored by the EL Library.**

# PLEASANT VIEW CINEMA



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

**November 4<sup>th</sup> The Thursday Murder Club** 2025 PG-13 2 Hr. Helen Mirren, Pierce Brosnan, Ben Kingsley and Celia Imrie star as a group of senior sleuths investigating a murder in an English retirement community. Comedy Movie, Witty, Heartfelt Suspenseful



**November 18<sup>th</sup> and 25<sup>th</sup> Night Agent Season 2** 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** Nov. 12<sup>th</sup> & 26<sup>th</sup> 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, Nov. 5<sup>th</sup> 12:00  
If it's your birthday month lunch is FREE!  
Dessert sponsored by Kemple Financial 

**BLOOD PRESSURE CLINIC** Thur., Nov. 13<sup>th</sup>  
10:00-11:00 Free

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

**BREAKFAST CAFE** Will resume in January

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COFFEE & CHAT WITH TOWN MGR.**  
Wednesday, Nov. 5<sup>th</sup> 10:30

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wed., Nov. 19<sup>th</sup> 11:00 Taste a delicious recipe! Presented by East Village Pl.

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

**GRIEF SUPPORT GROUP** Will resume in December \*Drop ins welcome

**GROUP REIKI** Mon., Nov. 10<sup>th</sup> 1:00 Sign up required

**GROUP TECH HELP** Wed., Nov. 19<sup>th</sup> 1:00  
\*Registration Required

**HANDCRAFTING** Thursdays 1:00

**LIBRARY ON THE GO** Thur., Nov. 13<sup>th</sup> 10:30

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

**MORNING GLORY WALKERS** Mon., Nov. 10<sup>th</sup>  
9:00

**NEW MEMBER ORIENTATION** Fri., Nov. 14<sup>th</sup>  
10:30

**PAINT WORKSHOP** Mon., Nov. 10<sup>th</sup> at 10:30  
\*Registration Required

**PLEASANTBREW (memory) CAFÉ** Tuesday,  
Nov. 18<sup>th</sup> 11:00 \*Registration required

**STAMP CLUB** Tuesday, Nov. 25<sup>th</sup> 1:00

**TECH HELP** Fridays by appointment

**TRIVIA** Thursdays 10:00

**VETERANS COFFEE HOUR** Tuesdays 10:00

**WRITERS GROUP** Tuesday, Nov. 25<sup>th</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

November 6<sup>th</sup> \$2 Bingo

November 13<sup>th</sup> \$5 Bingo

November 20<sup>th</sup> \$2 Bingo



Each year, we deliver a bag of essential and fun items to our Meals on Wheels recipients. If you would like to help us spread joy, we are looking for donations of items such as oatmeal packets, canned soup, granola bars, small containers of fruit, tissue packets, warm socks, new crossword puzzles, etc. for about 60 households. Items must be donated to the Senior Center by December 1<sup>st</sup>.

Thank you for your generosity!



If you are interested in being featured in our podcast show "Stories from the View", a show documenting and sharing the stories of Pleasant View Seniors, call us at 525-5436. View our podcast here :

<https://www.youtube.com/ELCAT01028>

# Meal Calendar November 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
3 Meatball Grinder	4 Chicken Stew	5 <b>Birthday Bash</b> Lemon Pollock	6 Veggie Omelet	7 <b>CENTER CLOSED</b>
10 Salisbury Steak	11 <b>CENTER CLOSED</b> 	12 Stuffed Shells	13 Seafood Jambalaya	14 <b>Holiday Concert</b> Baked Ham
17 BBQ Pork on a Bun	18 Swedish Meatballs	19 Chicken Marsala	20 Haddock Florentine	21 <b>Thanksgiving Luncheon</b> <b>\$5 Ticket Required</b> Turkey
24 BBQ Chicken Drumstick	25 Roast Pork with Gravy	26 Spaghetti with Meatballs	27 <b>CENTER CLOSED</b>	28 <b>CENTER CLOSED</b>



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.

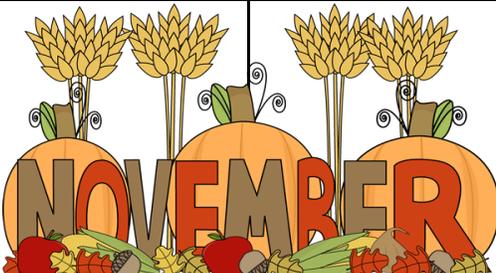


**Log Cabin Holiday Luncheon & Concert Tuesday, December 9<sup>th</sup>** Enjoy a spectacular show by Dave Colucci and Donna-Lee DePrille along with a delicious lunch at the Log Cabin as we celebrate the Christmas season! Menu: hors d'oeuvres, rolls, salad, Cape Codder Chicken, Roast Pork of Loin, mashed 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. 7<sup>th</sup>. Please see the flyer for cancellation fees and additional trip details. Flyers are available in the Senior Center office.



**INCLEMENT WEATHER POLICY** When the East Longmeadow Public Schools are closed due to weather, there will be no in house lunch, meals on wheels, or programming. When the EL Public Schools are delayed due to weather, there will be no programs that were scheduled during the delay. Staff will be in the building to answer questions and for emergencies. If Town Hall is closed, we are closed. Please watch WGGB Channel 40 and WWLP Channel 22 for updates.

# Activities Calendar November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Selling Event**</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 12:45 <b>Dementia**</b> 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>4</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, <b>Vaccine Clinic,</b> Veterans Coffee Hour 10:30 <b>Realty Series**</b> 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	<b>5</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, <b>Interviewing**</b> 2:00 <b>Strength Circuit**</b>	<b>6</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Balance Class, Handcrafting 2:30 Pilates	<b>7</b> <b style="color: red;">CENTER CLOSED</b> 
<b>10</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, <b>Basic Computer**</b> 10:30 <b>Paint**</b> 12:00 Lunch* 12:30 Pitch 1:00 <b>Group Reiki**</b> 1:30 Brownstone Yoga 2:00 Silver Sneakers 5:00 <b>Veteran Dinner*</b>	<b>11</b> <b style="color: red;">CENTER CLOSED</b> 	<b>12</b> <b>Thunderbirds Game**</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 12:30 <b>Online Safety**</b> 1:00 Chair Volleyball	<b>13</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 <b>Blood Pressure Clinic,</b> Trivia 10:30 <b>Library on the Go</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Balance Class, Handcrafting 2:30 Pilates	<b>14</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, <b>10:30 New Member Orientation</b> 12:00 Lunch* 12:45 <b>Concert</b> 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
<b>17</b> <b>Haircuts**</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>18</b> <b>Legal Consultations**</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 11:00 French Group, <b>Memory Café** ,</b> <b>Music and Memory**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:30 <b>Holiday Grief Support**</b>	<b>19</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, <b>Group Tech Help**</b> 2:00 <b>Strength Circuit**</b>	<b>20</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 <b>Ashe &amp; Oliveira's Reps</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Balance Class, Handcrafting 2:30 Pilates	<b>21</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, <b>12:00 Thanksgiving Luncheon and Music*</b> 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
<b>24</b> <b>Footcare**</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 10:30 <b>Dementia**</b> 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>25</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 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>26</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	<b>27</b> <b style="color: black;">CENTER CLOSED</b> 	<b>28</b> <b style="color: black;">CENTER CLOSED</b>
			<b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</b>	<b>** Program requires sign up please call 525-5436</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, **New Price \$4 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 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](mailto:coa@eastlongmeadowma.gov) to be added to our distribution list!

## NURSES CORNER



**November is COPD awareness month.** It's a lung disease that affect millions causing difficulty breathing. This can be well managed with a treatment plan by your PCP. Take care of your self and get vaccinated against respiratory illness this fall. **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, Nov. 24<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

**Haircuts Monday, Nov. 17<sup>th</sup>** By appointment 525-5436. Cost varies between \$18-\$20.

**Hearing Screening Wed., Nov. 19<sup>th</sup>** Free Screening by Baystate Hearing Center by appt. 525-5436

**Manicures Thursday, November 13<sup>th</sup>** by appointment with Cathy Rasid, LM 413-335-7422

## ESSENTIAL SERVICES

**Free Legal Consultation Tuesday, November 18<sup>th</sup>** 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



**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 appointments are full.** 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. **If you need assistance filling out the application we have appointments available at the Senior Center. Please call 525-5436 and press 0 for an appointment.** 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).



**Sand for Seniors** We have partnered with the Hampden County TRIAD Program and the East Longmeadow Fire Department to bring **Sand for Seniors** to East Longmeadow. This program is designed to increase safety during the winter. We have a limited amount of buckets to provide to eligible seniors and disabled persons who are physically or financially unable to acquire their own bucket of ice melt product. Buckets are delivered and can be refilled when empty. If you are interested in a bucket of sand, please call the senior center at 525-5436.

## PANTRY PROGRAM



Thank you to everyone who donated during our September food drive to keep our pantry shelves stocked! Also a big thank you to the Polish National Credit Union for continuing to partner with us and for collecting a large donation of perishable items during their community paper shredding event. **We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00.** We are currently in need of : Pasta, Canned Chicken, Peanut Butter and Jelly and Soups.



**MOBILE FOOD PANTRY PROGRAM** The Mobile Food Pantry is brought to you by the Community Development Fund Program in conjunction with the Pleasant View Senior Center. The Mobile Food Pantry is designed to aid residents facing barriers such as transportation, mobility and other needs. **We can make temporary deliveries if you are sick at home, recuperating from surgery or if you are disabled and unable to get to the store.** For further information please call our Food Pantry Coordinator Elizabeth Baron at 525-5436.

## TRI-TOWN TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 9:00am – 3:00pm  
for East Longmeadow, Longmeadow, and Hampden Seniors



**Out of town trips are \$4 each way/In town trips are \$2 each way**

The Trolley offers rides to seniors from East Longmeadow, Hampden and Longmeadow for local medical appointments, grocery shopping and banking in the Springfield area. The trolley schedule is limited. We do our best to accommodate your date and time, however availability is not guaranteed. For medical appointments, we recommend calling as soon as you schedule your appointment. When booking appointments please have the complete address and phone number of your destination.

**\*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**  
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## PLEASANT VIEW STAFF AND CONTACTS

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Director  
Ext. 1401

**Admin. Accountant**  
Ext. 1405

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Food Pantry  
Coordinator  
Ext. 1408

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Chef  
Ext. 1411

**Terry Glusko**  
Transportation  
Coordinator  
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**Meralee Kratovil**  
Community  
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Ext. 1402

**Office Coordinator**  
Ext. 1404

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

**Margrit Daley**  
Kitchen Assistant,  
Dishwasher

**Marilyn Ghedini**  
Dispatcher  
Ext. 1410

**Alicia Mattsson-Boze** Admin. Assistant/  
Program & Social Media Coordinator  
Volunteer Coordinator  
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**Elizabeth Grigoriou**  
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