



December 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 closing at 12:00 on Wednesday, December 24th and 31st. The Center will be closed on Thursday, December 25th and Thursday, January 1st. We will not be delivering Meals on Wheels or providing transportation on these days. **We wish everyone a happy and healthy holiday season.**



The Parkinson's Foundation Table Top Tuesday, December 2nd 10:00-12:00

This foundation makes life better for people with Parkinson's disease (PD) by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience, and passion of our global Parkinson's community. Stefany Scliopou, Community Education & Outreach Manager for the Parkinson's Foundation, will be hosting a table in the cafeteria on December 2nd from 10am-12pm with relevant Parkinson's resources. There will be information on upcoming local events, virtual programs and how to get involved with the Foundation. Please stop by!



Fix It Clinic Friday, December 5th 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!**



Holiday Dance Performance Saturday, December 6th at 1:00 Come to the Center to enjoy short, festive pieces featuring ballet, jazz, and lyrical works. Performed by dancers of the Artistic Dance Conservatory of East Longmeadow.



Injury Screening Wednesday, December 10th from 1:00-3:30 Staying active and healthy becomes more challenging as we age. This screening is designed to help identify potential risks early, offering personalized recommendations to improve your balance, reduce discomfort, and boost your confidence in moving. If appropriate, the Physical Therapists may teach you some exercises that you can do on your own. *Sponsored by MVPT Physical Therapy.* **Sign up today for your 30 minute appointment!**



Personal Trainer

Ask the Trainer Friday, December 12th at 12:15 Don't miss this great opportunity to ask Certified Personal Trainer, Danielle Goldaper, any general questions about ways to include additional movement into your daily life, and what the benefits are of various forms of exercise.



Harp Workshop Thursday, December 18th at 10:00 Ever wanted to try playing the harp? Join us for this harp demo and workshop led by harpist Mae Cooke, New England based pedal harpist and teacher. In this workshop, they will take you through the basics of the harp, such as how it works, a bit of history, and general fun tips and facts. Then, they will give an easy step by step demo to get you started playing! No experience needed. Registration is required for this FREE program. *Sponsored by the Community Music School of Springfield.*



Holiday Luncheon Friday, December 19th at 12:00 Come celebrate the holidays with us! Tickets are \$5 per person and include lunch and entertainment by the Fanfare Brass Band. Tickets must be purchased in person. Each individual may purchase 2 tickets. *Sponsored by Day Brook Village.*

HIGHLIGHTS

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



Scent of Calm Workshop Tuesday, December 2nd at 10:30 Step into a space of serenity. Participants will explore calming essential oils, learn how scent can support emotional balance, and craft their own custom aromatherapy roller and room spray. Limited space is available, so sign up today! \$10 per person is payable to the instructor on the day of the program.



Bingo for Prizes Thursday, December 4th at 10:30 Play Bingo for your chance to win a prize! Sponsored by Louis & Clark Pharmacy.



Staying Safe on the Go: Public Wi-Fi and Travel Tips Tuesday, December 9th at 10:30 Become aware of the risks of using public Wi-Fi and travel-related scams. Learn how to secure your device while traveling. Hear our volunteer, Tonia, share her own travel stories and lessons learned. Leave with a Travel Tech Safety Card.



MedMinder Table Top Tuesday, December 9th from 10:00-12:00 Stop by to learn about this device that can help you keep track of your daily medications.



Protecting Yourself from Deed Scams and Illegal Debt Collection Tuesday, December 9th at 12:00 We will be showing this live, 30 minute virtual presentation in the Media Room. Sponsored by AARP.



Is this Ageism? What Now? Wednesday, December 10th at 10:30 Are you experiencing ageism in the workplace? Learn if it is ageism, and what you can do to protect yourself as you look for work. You will also discover where you can view age-friendly places of work. Presented in person by 50 Plus Job Seekers.



The Importance of Community Thursday, December 11th at 10:30 We're not meant to do life alone, and there's a reason for that. This session dives into why people are wired for connection and how sharing experiences brings meaning, growth, and a sense of belonging. We'll look at what makes community so powerful, why it matters now more than ever, and how we can be more intentional about creating it in our everyday lives. Whether you're leading a group, building relationships, or just craving deeper connection, this conversation is for you. Presented by Danielle Goldaper, Certified Personal Trainer.



Holiday Grief Workshop Tuesday, December 16th 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 December class will be meeting on the 3rd, 10th and 17th.



PleasantBREW (memory) Café On Tuesday, December 16th at 11:00 join us for caroling with the East Longmeadow Elementary Choirs 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 December 15th** 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



December 2nd, 9th and 16th 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.

December 23rd Sister Act 1 1992 PG 2H 40M A singer witnesses a mob hit and hides out in a convent, where she introduces the sisters to doo-wop and turns the choir into fundraising stars. Comedy Movie and feel-good movie.



December 30th Sister Act 2 Back in the Habit 1993 PG 1H 47M Now that singer Deloris Van Cartier is out of the witness protection program, Mother Superior wants her help saving an ailing parochial school. Comedy and Feel Good movie.

ONGOING PROGRAMS

ADULT COLORING Dec. 10th 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, Dec. 3rd 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial 

BLOOD PRESSURE CLINIC Will resume soon

BOCCE Will resume in the Spring

BREAKFAST CAFE Will resume in January

CHAIR VOLLEYBALL Wednesdays 1:00

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

CORNHOLE Mondays 10:00

COOKING DEMO Wed., Dec. 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 Tuesday, Dec. 9th 11:00 *Drop ins welcome

GROUP REIKI Mon., Dec. 8th 1:00 Sign up required

GROUP TECH HELP Wed., Dec. 17th 1:00
*Sign up required

HANDCRAFTING Thursdays 1:00

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

MEN'S COFFEE CHAT Tuesdays 8:30

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

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

PAINT WORKSHOP Mon., December 8th at 10:30
*Registration Required

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

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

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

WRITERS GROUP Tuesday, Dec. 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

December 4th \$5 Bingo

December 11th \$2 Bingo

December 18th \$5 Bingo



Winter Concert Series Every Friday in January at 12:45 Keep a lookout in the January Newsletter for what entertainers will be coming to Pleasant View! Light refreshments will be provided. Sponsored by the Friends of the East Longmeadow Council on Aging.

Meal Calendar December 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 Chicken Kiev	2 Meatball Grinder	3 Birthday Bash Chicken with Creamy Sundried Tomato Sauce	4 Turkey Gumbo	5 Salmon with Hollandaise Sauce <i>Dessert sponsored by CareOne at Redstone</i>
8 Hot Dog with Sauerkraut	9 Chicken Cacciatore	10 Seafood Jambalaya	11 Meatloaf	12 Lemon Pollock
15 Salisbury Steak with Mushroom Gravy	16 Sausage with Peppers	17 Chicken Marsala	18 Haddock Florentine	19 Holiday Luncheon <i>\$5 Ticket Required</i> Roast Pork Loin
22 Sweet and Sour Meatballs	23 BBQ Pulled Pork on a Bun	24 Center Closing at 12:00	25 Center Closed 	26 Turkey Ala King
29 Swedish Meatballs	30 Mediterranean Chicken	31 Center Closing at 12:00		



National Cupcake Day Monday, December 15th 10:00-11:00 Stop by to pick up a FREE cupcake! Supplies available while they last. Sponsored by the Friends of the East Longmeadow Council on Aging.



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. (If paying an annual \$5 fee, the membership runs January 1st - December 31st regardless of when the fee is paid). 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 1st 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.



Thank you all for your enthusiastic support of the Friends Group November Calendar Raffle! We appreciate everyone's generosity. Please check the newsletter for other Friends Group sponsored fundraisers and events.



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 WGG Channel 40 and WWLP Channel 22 for updates.

Activities Calendar December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 1:00 Craft** 1:30 Brownstone Yoga 2:00 Silver Sneakers	2 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Parkinson's Tabletop , Veterans Coffee Hour 10:30 Scent of Calm** 11:00 French Group, 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	3 8:45 Advanced Chair 9:15 Chair Exercise 10:00 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**	4 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Bingo for Prizes 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates	5 Fix it Clinic** 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
8 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** 12:00 Lunch* 12:30 Pitch 1:00 Group Reiki** 1:30 Brownstone Yoga 2:00 Silver Sneakers	9 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:00 MedMinder 10:30 Safe on The Go** 11:00 French Group, Grief Support Group 12:00 Lunch*, Scams** 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	10 Injury Screening** 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cribbage, Baystate Deaf Seniors, 10:15 Italian 1** 10:30 Ageism** 11:00 Coloring Group 11:30 Italian 2** 12:00 Lunch 1:00 Chair Volleyball	11 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Community** , Library on the Go 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates	12 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 New Member Orientation 12:00 Lunch* 12:15 Ask The Trainer** 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
15 Haircuts** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole, Free Cupcakes! 12:00 Lunch*  12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	16 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:30 Holiday Grief Workshop**	17 Hearing** 8:45 Advanced Chair 9:15 Chair Exercise 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, Group Tech Help** 2:00 Strength Circuit**	18 8:30 Zumba 9:20 Cardio Drumming 10:00 Harp Workshop** , Trivia 11:00 Ashe & Oliveira's Reps 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting 2:30 Pilates	19 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Holiday Luncheon* 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
22 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	23 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 Writers Group 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club	24 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cribbage, Baystate Deaf Seniors Center Closing at 12:00 	25 	26 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
29 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	30 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	31 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cribbage, Baystate Deaf Seniors Center Closing at 12:00  	*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00	** Program requires sign up please call 525-5436

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 Class will resume in January 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 1st and 3rd 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 takes place at Brownstone I in the Community Room, all are welcome. Led by Sheila Magalhaes of Heartsong Yoga, 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



Hello all, during the month of December please remember the importance of hand washing. As you shake hands and embrace one another during this festive period, be mindful to wash your hands and help reduce the spread of infectious diseases. Happy Holidays to All!

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

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

Manicures Thursday, Dec. 11th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, December 16th 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



Low Vision Support Group The Longmeadow Adult Center hosts a monthly Low Vision Support Group. All are welcome. The group has ongoing meetings to provide individuals who have low vision or are blind with valuable information aimed at improving their quality of life. The next meeting will be held on Monday, December 8th at 1:00 at the Longmeadow Adult Center, 211 Maple Rd., Longmeadow. The featured speaker will be Dr. Charlene Chateaufneuf, O.D. from Solinsky Eye Care in Enfield, CT. She specializes in treating patients with Low Vision. Meetings are the second Monday of every month. For more information please call Kris Tower at 413-426-1229 or ktower1@gmail.com



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 stepped up and donated food during this time of decreased benefits. We appreciate your generosity and support!

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

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

Sharon Giordano
Director
Ext. 1401

Admin. Accountant
Ext. 1405

Elizabeth Baron
*Food Pantry
Coordinator*
Ext. 1408

Paul Mercier
Chef
Ext. 1411

Terry Glusko
*Transportation
Coordinator*
Ext. 1410

Meralee Kratovil
*Community
Services*
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
Ext. 1406

Elizabeth Grigoriou

Kris Buffington
Health Nurse
Ext. 1112



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

www.facebook.com/elseniors



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