



January 2026

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.**



Winter Concert Series ~ Fridays in January at 12:45

Warm up your Fridays this January with our Winter Concert Series! Each week, enjoy live performances paired with sweet treats.



This concert series is sponsored by The Friends of East Longmeadow Council on Aging.

January 2nd Baird Souls Kicks off our concert series with their Soulful Rockin' acoustic performance!

January 9th Cover Daddy's A multi-instrumentalist/vocal duo providing tasteful cover songs.

January 16th The 60's Experience Get ready to dance to these familiar and lively tunes!

January 23rd Dave Brinnel An entertainer in the classic style. From Sinatra to Billy Joel, The Beatles to Bruno Mars, Dave delivers the music crowds love.

January 30th Freddie Marion Coming back to wrap up our concert series! With more than 40 years in the music industry, he will make sure our series ends on a high note!

WELCOME EMILY



Hi everyone! My name is Emily Constantino, I'm happy to introduce myself as the new East Longmeadow Council on Aging Director! I have met a few of you already, and I am so excited to continue to meet the rest of our amazing patrons of the Pleasant View Senior Center. I am new to the East Longmeadow community; I was born and raised in Connecticut where I was educated in Social Work and Human Services. My experience as a Social Worker comes from working as the

State of Connecticut's first fully embedded Police Social Worker for the city of Willimantic, and as a Hospice Social Worker for AccentCare Hospice.

I am thrilled to be starting my journey as the Director of the COA during a time of year that is associated with new beginnings and planning for the future! I feel so fortunate to have already met many key members of our community here at the COA, and I feel confident that I have landed in the right place, as each of you have been so welcoming and kind. Thank you to our wonderful staff who have offered me immense amounts of guidance and support as I embark on this new and exciting journey. Similarly, I will take this time to thank our amazing volunteers who have met me with the same warmth and support. It is clear that our team here is full of dedicated and compassionate people!

As the new year arrives, I hope to become more acquainted with the inner workings of the Senior Center, while also serving as a source of support for both our staff and our patrons. Any patience and guidance that you are able to offer during this time would be much appreciated! I could not be more excited to be a part of such an amazing team. I aim to continue to emphasize the importance of health and wellness, as well as recreation, safety, and a sense of community and belonging within the town of East Longmeadow. Thank you all for welcoming me into this role! *Emily*



INCLEMENT WEATHER POLICY When the East Longmeadow Public Schools are closed due to weather, **the Senior Center is closed.** When the EL Public Schools are delayed **the Senior Center will open at 10:00.** Staff will be in the building to answer questions and for emergencies. If Town Hall is closed, **we are closed and no staff will be available.** Please watch WGGB Channel 40 and WWLP Channel 22 for updates.

HIGHLIGHTS

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



Tech Help 2nd Friday of the Month starting on January 9th Sign up for your 45 minute, FREE appointment with COA Volunteer, Tonia. Bring in your cell phone or tablet, and have your questions answered!



Monthly Office Hours with Edward Jones Last Wednesday of the month starting Wednesday, January 28th Discuss Retirement planning, Social Security, investments, financial goals and more. Call today to schedule a 30 minute appointment.



RSVP Table Top Tuesday, January 13th 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!



Mass Center for the Book 12 Books 12 Months. How the challenge works: 1. Choose a book that fits the monthly theme. 2. After you read, fill out a form online at <https://www.mareadingchallenge.org/> or in the Senior Center Office to track your progress. 3. Dedicated readers will be invited to a year-end celebration in Western Mass hosted by Mass Center for the Book. Location TBD. 4. Mass Center for the Book will be drawing two names on the last day of each month to win a free book! Make sure you get those entries in before the end of the month. 5. If you read a book in each of the 12 months, you will be entered in a drawing to win 1 of 2 totes filled with books. To get book recommendations for each theme, visit the Mass Center for the Book table at the EL Library. Pick up a postcard from the Senior Center Office to learn what the 2026 monthly themes are!



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 January classes will be meeting on the 7th, 14th, 21st and 28th.



PleasantBREW (memory) Café On Tuesday, January 20th at 11:00 join us for a fun activity 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 January 19th by calling 525-5436. A \$4 lunch donation is appreciated. Sponsored by Fallon Health's PACE and Summit ElderCare®.**

COMING SOON



Why Homecare & Chocolate Tasting Monday, February 2nd at 12:30 Learn what homecare options are available, the differences, and when and why you might want to consider them. Attendees will also have the opportunity to savor a chocolate tasting! Presented by Shiloh Angels Home Care.



From Doormats to Dynasty: A Patriots Celebration Tuesday, February 3rd at 10:30 From the struggles of the Boston Patriots to the decades of Super Bowl crowns, this lively and illuminating program will take you on a roller coaster ride through the history of the franchise that has captured more crowns than any other. Author and veteran sports writer Marty Gitlin, who covered the NFL in the newspaper field and for CBS Sports, will discuss and show videos of the greatest and most interesting players, teams, events and moments of the team since its birth in the American Football League in 1960. Marty will host fun trivia questions, as well as a Q&A following the program. **Those who wear their favorite football team's jersey will be entered into a FREE raffle.** Light refreshments included.



Sock Hop Friday, February 13th from 1:00-2:00 Dance the afternoon away with the Hot Cat Jazz Band as they bring the music of the 50's and 60's to us! There will be special treats and giveaways! Those who dress the part will have double the chances of winning a door prize!

PLEASANT VIEW CINEMA



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



January 6th, 13th, 20th, 27th Man on the Inside 2025, TV-14 He's a retired widower in need of a change. She's a private detective in need of a spy. Ted Danson stars in this comedy series inspired by a true story. This show is, Witty, Quirky, and Heartfelt.

ONGOING PROGRAMS

ADULT COLORING Wednesday, Jan. 14th and 28th 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, January 7th 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 February

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.
Wednesday, January 7th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday, Jan. 21st 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, Jan. 13th
11:00 *Drop ins welcome

GROUP REIKI Monday, January 12th 1:00
**Sign up required*

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thursday, Jan. 8th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Will resume in April

NEW MEMBER ORIENTATION Friday, Jan. 9th
10:30

PAINT WORKSHOP Monday, January 12th 10:30
**Registration Required*

PLEASANTBREW (memory) CAFÉ Tuesday,
January 20th 11:00 *Registration required

STAMP CLUB Tuesday, January 13th and 27th 1:00

TECH HELP Friday, January 9th By appointment

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00

WRITERS GROUP Tuesday, Jan. 27th 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

January 8th \$2 Bingo

January 15th \$5 Bingo

January 22nd \$2 Bingo

January 29th \$5 Bingo



Have you recently moved? Do you have a new phone number? We don't want to miss you. Please let us know so we can update your contact information!



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>



We would like to thank the Knights of Columbus #4306 for their generous donation of 80, \$25 Big Y Gift Cards! Eighty East Longmeadow residents 60 years of age and older who attended the East Longmeadow Senior Center in 2025 were randomly selected and notified of their award.

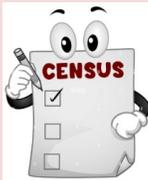
Meal Calendar January 2026



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 Chicken Pot Pie <i>Dessert sponsored by CareOne at Redstone</i>
5 Salmon with Hollandaise Sauce	6 Stuffed Peppers	7 Birthday Bash Chicken Breast with Pesto Cream 	8 Hot Dog with Baked Beans	9 Stuffed Shells with Meat Sauce
12 Roast Pork	13 Mediterranean Chicken	14 Meatloaf with Gravy	15 Pepperoni and Sausage Pizza	16 Baked Ham
19 CENTER CLOSED 	20 Chicken Marsala	21 Ham and Cheese Omelet	22 Seafood Jambalaya	23 Salisbury Steak with Mushroom Gravy
26 Shepherds Pie	27 Roast Turkey with Gravy	28 Sausage with Peppers and Onions	29 Quiche Lorraine	30 Chicken and Broccoli Alfredo

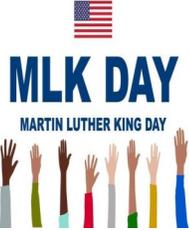


You will be receiving your 2026 Census Form soon! To remain an active voter you must return the completed Census form to the Town Clerk's Office. 2026 Census forms should be completed, signed and returned to the Town Clerk's Office in the provided envelope, even if no changes are necessary. You can also return the census by placing in the Clerk's drop box outside the Town Hall entrance, or scanning and emailing your signed form to clerks@eastlongmeadowma.gov. Please note that failure to return your census in two consecutive years shall result in the voter becoming inactive, and may result in removal from the voter registration rolls (Massachusetts General Law Chapter 51, §4c). Please contact the Town Clerk's Office if you have any questions: (413) 525-5400 x1000, or clerks@eastlongmeadowma.gov.



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.

Activities Calendar January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</p>	<p>** Program requires sign up please call 525-5436</p>		<p>1 CENTER CLOSED</p> 	<p>2 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 Winter Concert, 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>5 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>6 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</p>	<p>7 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**</p>	<p>8 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting</p>	<p>9 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 Winter Concert, 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>12 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 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</p>	<p>13 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, RSVP Tabletop, Veterans Coffee 10:30 Pilates 11:00 French Group, Grief Support Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>14 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cribbage, Baystate Deaf Seniors, 10:15 Italian 1** 11:00 Adult Coloring 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit**</p>	<p>15 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 Ashe & Oliveira's Reps 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting</p>	<p>16 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 Winter Concert, 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>19 CENTER CLOSED</p> 	<p>20 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 Pilates 11:00 French Group, Memory Café** 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie</p>	<p>21 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, 2:00 Strength Circuit**</p>	<p>22 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Balance Class, Handcrafting</p>	<p>23 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 Winter Concert, 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>26 Footcare**, Haircuts** 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>27 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 Pilates, Writers Group 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 Stamp Club</p>	<p>28 Edward Jones Consults** 8:00 Breakfast Café 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cribbage, Baystate Deaf Seniors, 10:15 Italian 1** 11:00 Adult Coloring 11:30 Italian 2** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Strength Circuit**</p>	<p>29 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Balance Class, Handcrafting</p>	<p>30 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 12:00 Lunch* 12:45 Winter Concert, 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>

FITNESS PROGRAMS

Fitness Room Open Monday - Friday from 8:00 - 4:00 The Fitness Center includes state of the art cardio machines and weight stations. A medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

Advanced Exercise DVD Mon., Wed. and Fri. from 8:45-9:45 free.

Balance Training Thursdays 1:00 This class uses the stretches and movements of Tai Chi along with other evidence-based fall prevention training programs to improve your balance and increase lower body strength. Class pass is required, 6 classes for \$10.

Cardio Drumming Thursdays at 9:20 Use drumsticks and an exercise ball to get a full cardio workout! May participate seated or standing. \$5 per class, payable to the instructor, Kelly Phillips.

Chair Exercise DVD Monday, Wednesday and Friday from 9:15-10:15 in the Auditorium, free. *No class the last Wednesday of the month.*

Everything Class; Stretch & Strength Mondays at 8:15 Stretch, Strength, Core, Balance, and a little cardio too! Seated or standing, bring your own light weights, if you choose. All levels welcome, class is for EVERYONE! All functional exercise for better mobility for life. \$5 per class, payable to the instructor.

Line Dancing Tuesdays at 10:00 at the senior center, **New Price \$4 per class**, payable to the instructor.

Pilates Tuesdays at 10:30 starting on January 13th FREE class led by Nurse Kris. Bring your own mat. 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 takes place at Brownstone 1 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



Happy New Year! It's that time of year when we start new year's resolutions; such as; quitting smoking, eating healthy, going to bed early, drinking plenty of water and exercise. The sooner you start these healthy habits, you will feel and look better. Start today!

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, January 26th By appointment 525-5436. Footcare Nurse will trim and file toenails, as well as assess and identify problem areas. Cost is \$40.

Haircuts Monday, January 26th By appointment 525-5436. Cost is \$20.

Hearing Screening Wed., January 21st Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, January 8th and 22nd by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Free Legal Consultation Tuesday, January 20th 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. Meetings are monthly on the 2nd Monday. For more information call Kris Tower at 426-1229 or ktower1@gmail.com



Real Estate Tax Senior Exemption Applications - Exemption applications for fiscal year 2026 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 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.



Salt for Seniors We have partnered with the Hampden County TRIAD Program and the East Longmeadow Fire Department to bring **Salt 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 salt, please call the senior center at 525-5436.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) Do you need help purchasing food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. If eligible, SNAP provides a monthly benefit to buy nutritious foods. Benefits are provided on an EBT card, used like a bankcard, to buy food at grocery stores. Please do not delay if you are experiencing food insecurity. We are available to help with your application, recertification and accessing information about your account.

Monthly Income (Effective 2/1/2025)	
Family Size	Income Limit
1	\$2,608
2	\$3,525
3	\$4,442
4	\$5,358

The East Longmeadow Council on Aging is a proud SNAP Outreach Partner with the Department of Transitional Assistance (DTA).



Thank you to everyone that donated to The Giving Tree. The foster and adoptive families appreciated the generous gifts that were donated for the children! Thank you also to everyone that donated items to fill our Jingle Bags! The recipients were all very grateful and thankful for the items they received in their bags. We appreciated everyone's generosity.

PANTRY PROGRAM



Thank you to everyone who donated food during the holidays. 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

Emily Constantino
Director
Ext. 1401

Sharon Giordano
Admin. Accountant
Ext. 1405

Elizabeth Baron
*Food Pantry
Coordinator*
Ext. 1408

Paul Mercier
Chef
Ext. 1411

Terry Glusko
*Transportation
Coordinator*
Ext. 1410

**Community
Services**
Ext. 1402

Meralee Kratovil
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

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