



February 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



**Why Homecare & Chocolate Tasting** Monday, February 2<sup>nd</sup> at 12:30 Learn what homecare options are available, the differences, and when and why you might want to consider them while you savor a chocolate tasting! Presented by Shiloh Angels Home Care.



**From Doormats to Dynasty: A Patriots Celebration** Tuesday, February 3<sup>rd</sup> 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. *Sponsored by Attorney Dave Carlson, Integra Home Health and Comfort Keepers.*



**River Cruising** Thursday, February 5<sup>th</sup> at 11:00 Join us for a "Fun, Facts, and Fitness" themed session that introduces this comfortable and engaging way to experience Europe. We'll explore how cruise lines differ and how to choose the one that best matches your travel style. The presentation will also highlight a variety of wellness and activity options available on several lines, including guided walks, stretching sessions, biking, and other ways to stay fit and active while discovering new places. Presented by FNS Travel Group.



**Housing Decisions in Retirement** Friday, February 6<sup>th</sup> at 10:30 Where you live in retirement can impact far more than your comfort—it can affect your finances, independence, and peace of mind. Join us as we explore options like aging in place, downsizing, and senior living to help provide clarity and confidence. Learn how to make smart housing decisions that support your lifestyle today and your security for years to come. Presented by Zenith Investment Management.



**Reiki II Class (Okuden)** Thursday, February 12<sup>th</sup> 9:00-12:00 This class is for those who have completed Level I (contact us if you have completed Level I elsewhere before pre-registering). Level II focuses on mental and emotional healing through the use of 3 Sacred Reiki symbols. You will learn how to draw, pronounce and invoke these 3 Sacred Reiki symbols, and how to practice Reiki with others using these symbols. Attendees will receive a certificate.



**Sock Hop** Friday, February 13<sup>th</sup> 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! *Partially sponsored by the Friends of the East Longmeadow COA and the East Longmeadow Campus of Care.*



**Vanderbilt Mansions of the Gilded Age Part 1** Monday, Feb. 23<sup>rd</sup> at 12:30 The Vanderbilt family were once the wealthiest family in the United States. Cornelius Vanderbilt amassed a fortune of \$100 million, his son doubled it to \$200 million. The vast wealth allowed the family to build impressive city mansions and country estates. Part 1 focuses on the New York City and Newport mansions of Cornelius Vanderbilt II and William Kissam Vanderbilt. This virtual program is presented by The Bow Tie Historian. Part II will take place on March 2<sup>nd</sup>.



**The Ben and Ed Show is Back!** Thur., Feb. 26<sup>th</sup> at 11:00 Ben and Ed brought us a fun and emotional performance last year, and we are happy that they are returning! We hope you will come and help us welcome them back for this free performance! *Sponsored by Daybrook Village.*

## 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)**

**Member Benefits**

**AARP**

**AARP Table Top** Tuesday, February 10<sup>th</sup> 10:00-12:00 Stop by to learn what resources and services are available to you through AARP. An AARP representative will be available to answer your questions.



**Tech Help** 2<sup>nd</sup> Friday of the Month, February 13<sup>th</sup> Sign up for your 45 minute, FREE appointment with COA Volunteer, Tonia. Bring in your cell phone or tablet, and have your questions answered!



ARTHRITIS



**Living with Hip and Knee Arthritis** Friday, February 20<sup>th</sup> at 10:30 Arthritis is a common, chronic condition that affects your mobility and quality of life. Join Dr. Ben Snyder of the Mercy Medical Center to hear about strategies to better live with arthritis, and keep arthritis from getting worse. He will review the background on arthritis, simple activities to do around your home, treatment recommendations, and answer any questions you may have.



**Pitch Mondays at 12:30** Do you play Pitch or would you like to learn? Join our Pitch players on Mondays at 12:30 for group play. Lessons are available at 11:00 on Monday's if you would like to learn how to play.



**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 February classes will be meeting on the 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>.

**Edward Jones**  
INVESTMENTS

**Monthly Office Hours with Edward Jones** Last Wednesday of the month, Wednesday, February 25<sup>th</sup> Discuss Retirement planning, Social Security, investments, financial goals and more. Call today to schedule a 30 minute appointment.



**PleasantBREW (memory) Café** On Tuesday, February 17<sup>th</sup> 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 February 16<sup>th</sup> by calling 525-5436. A \$4 lunch donation is appreciated. Sponsored by Fallon Health's PACE and Summit ElderCare®.**

## COMING IN MARCH



**Pros and Cons of Moving vs. Staying in One's Home** Thur., March 12<sup>th</sup> at 6:00 Join this conversation to review what's working well at home, and to explore whether other living options could make life safer and easier in the future. A light dinner will be included. Presented and sponsored by the ERC5 Care Alliance, members of The East Of the River Five Town Chamber of Commerce.



**An Important Piece of the Pleasant View Puzzle** Fri., March 13<sup>th</sup> at 1:00

Already volunteering at Pleasant View Senior Center, or thinking about getting involved? Join us for an upcoming volunteer meeting to learn how PVSC is strengthening its impact by becoming a nationally recognized Service Enterprise, where volunteers are essential partners in advancing our mission. We'll share the work we've been doing, the many ways volunteers support program growth and community connection, and how your skills and time can make a meaningful difference. Whether you're a current volunteer or just curious about getting involved, this is a great chance to connect, learn, and be inspired. Light refreshments ~ all attendees will be included in a giveaway. We hope to see you there!



**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 WGG Channel 40 and WWLP Channel 22 for updates.

# PLEASANT VIEW CINEMA



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



**February 3<sup>rd</sup> Undercover Grandpa** 2016, PG-13 1H 39MIN, Jake's date with his dream girl takes a turn when she disappears, and Jake's grandpa—a former intelligence officer—sets out to find her. Comedy, Action and Adventure

**February 10<sup>th</sup> Lilly** 2024, PG13 1H 33MIN, After learning she's paid significantly less than her peers, a brave factory worker takes her employer to court in a landmark battle for equal pay. Drama



**February 17<sup>th</sup> Vengeance** 2025, TV-14 1H 47MIN Ice-Road trucker Mike travels to scatter his brother's ashes on Mount Everest, but when mercenaries hijack his tour, he must lead the fight to survive. Action & Adventure

**February 24<sup>th</sup> Dog** 2022, TV-14, 1H 41MIN An Army Ranger seeking a second chance agrees to take an unruly Belgian Malinois named Lulu on a long road trip to her handler's funeral. Drama, Comedy



## ONGOING PROGRAMS

**ADULT COLORING** Wednesday, Feb. 11<sup>th</sup> and 25<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, February 4<sup>th</sup> 12:00 If it's your birthday month lunch is FREE!  
Dessert sponsored by Kemple Financial 

**BLOOD PRESSURE CLINIC** Mon., Feb, 2<sup>nd</sup> 10:00 - 11:00 Free

**BOCCE** Will resume in the Spring

**BREAKFAST CAFE** Wednesday, Feb. 25<sup>th</sup> 8:00-10:00

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COFFEE & CHAT WITH TOWN MGR.** Wednesday, February 4<sup>th</sup> 10:30

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Will resume in March. Taste a delicious recipe! Presented by East Village Pl.

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

**GRIEF SUPPORT GROUP** Tuesday, Feb. 10<sup>th</sup> 11:00 \*Drop ins welcome

**GROUP REIKI** Monday, February 9<sup>th</sup> 1:00  
\*Sign up required

**HANDCRAFTING** Thursdays 1:00

**LIBRARY ON THE GO** Thursday, Feb. 12<sup>th</sup> 10:30

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

**MORNING GLORY WALKERS** Will resume in April

**NEW MEMBER ORIENTATION** Friday, Feb. 13<sup>th</sup> 10:30

**PAINT WORKSHOP** Monday, February 9<sup>th</sup> 10:30  
\*Registration Required

**PLEASANTBREW (memory) CAFÉ** Tuesday, February 17<sup>th</sup> 11:00 \*Registration required

**STAMP CLUB** Tuesday, February 10<sup>th</sup> and 24<sup>th</sup> 1:00

**TECH HELP** Friday, February 13<sup>th</sup> By appointment

**TRIVIA** Thursdays 10:00

**VETERANS COFFEE HOUR** Tuesdays 10:00  
Light refreshments sponsored by Pioneer Valley Health

**WRITERS GROUP** Tuesday, Feb. 24<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

February 5<sup>th</sup> \$2 Bingo  
February 12<sup>th</sup> \$5 Bingo  
February 19<sup>th</sup> \$2 Bingo  
February 26<sup>th</sup> \$5 Bingo



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 February 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
2 Chicken Cacciatore	3 BBQ Pork Ribs	4 <b>Birthday Bash</b> Turkey ala King 	5 Cheese Burger with Fries	6 Salmon with Hollandaise Sauce <i>Dessert sponsored by CareOne at Redstone</i>
9 Tuna Noodle Casserole	10 BBQ Pork Ribs	11 Chicken Parmesan	12 Swedish Meatballs	13 Baked Ham
16 <b>CENTER CLOSED</b> 	17 Salisbury Steak	18 Seafood Jambalaya	19 Lasagna with Meat Sauce	20 Mediterranean Chicken
23 Chicken Enchilada	24 Stuffed Peppers	25 Sausage and Pepperoni Pizza	26 Chicken with Sundried Tomato Cream Sauce	27 Roast Pork



**Friends of East Longmeadow COA Annual Membership Meeting Friday, March 27<sup>th</sup> at 1:00** All members of The Friends are invited to join us for an engaging and productive afternoon as we discuss current projects, upcoming events, and how we can continue supporting our community's older adult residents. Your participation and ideas are always valued, and we encourage all of The Friends members to attend. Don't miss out on this opportunity to get involved and make a difference! We look forward to seeing you there!



**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!



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 1<sup>st</sup> - December 31<sup>st</sup> 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 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.

# Activities Calendar February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 <b>Blood Pressure Clinic</b> , Cornhole 12:00 Lunch* 12:30 <b>Why Homecare and Tasting**</b> , Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>3</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 <b>Patriots Celebration**</b> , Pilates 11:00 French Group 12:00 Lunch*** 12:30 Mah-jongg 12:45 5 Crowns, Movie	<b>4</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 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, 2:00 <b>Strength Circuit**</b>	<b>5</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 <b>River Cruising**</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Balance Class, Handcrafting	<b>6</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 <b>Housing**</b> 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
<b>9</b> <b>Haircuts**</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 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	<b>10</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 <b>AARP Table</b> , Line Dancing, Veterans Coffee 10:30 Pilates 11:00 French Group, <b>Grief Support Group</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b>	<b>11</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cribbage, Baystate Deaf Seniors, 10:15 <b>Italian 1**</b> 11:00 <b>Adult Coloring</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball 2:00 <b>Strength Circuit**</b>	<b>12</b> 8:30 Zumba 9:00 <b>Reiki II Class**</b> 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on the Go</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Balance Class, Handcrafting	<b>13</b> <b>Tech Help**</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 <b>New Member Orientation</b> 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes, <b>Sock Hop</b> 2:00 Silver Sneakers
<b>16</b> <b style="color: red;">CENTER CLOSED</b> 	<b>17</b> <b>Legal Consultations**</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 Pilates 11:00 French Group, <b>Memory Café**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie	<b>18</b> <b>Hearing**</b> 8:45 Advanced Chair 9:15 Chair Exercise 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 2:00 <b>Strength Circuit**</b>	<b>19</b> <b>Manicures**</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	<b>20</b> 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 10:30 <b>Arthritis**</b> 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 2:00 Silver Sneakers
<b>23</b> <b>Footcare**</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 <b>Mansions**</b> , Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	<b>24</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 Pilates, <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>25</b> <b>Edward Jones Consults**</b> 8:00 <b>Breakfast Café</b> 8:45 Advanced Chair 9:15 <b>Chair Exercise</b> 10:00 Cribbage, Baystate Deaf Seniors, 10:15 <b>Italian 1**</b> 11:00 <b>Adult Coloring</b> 11:30 <b>Italian 2**</b> 12:00 Lunch* 1:00 Chair Volleyball, 2:00 <b>Strength Circuit**</b>	<b>26</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 11:00 <b>Ben &amp; Ed Show</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Balance Class, Handcrafting	<b>27</b> 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
*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. \$4 per class, payable to the instructor.

**Pilates Tuesdays at 10:30** 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. No class on 2/3.*

**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](mailto:coa@eastlongmeadowma.gov) to be added to our distribution list!

## NURSES CORNER



**February is American Heart month.** Here are things you can do for a healthy heart: Start eating heart health foods ~ Start a regular exercise program ~ Increase water intake ~ Have annual doctor visits and check your blood pressure. **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, February 23<sup>rd</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, February 9<sup>th</sup>** By appointment 525-5436. Cost is \$20.

**Hearing Screening Wed., February 18<sup>th</sup>** Free Screening by Baystate Hearing Center by appt. 525-5436

**Manicures Thursday, February 5<sup>th</sup> and 19<sup>th</sup>** by appointment with Cathy Rasid, LM 413-335-7422

## ESSENTIAL SERVICES

**Free Legal Consultation Tuesday, February 17<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.**

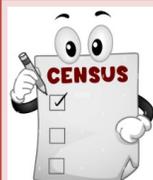
Yearly Income 2025 Season	
Family Size	Income Limit
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573



**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 2<sup>nd</sup> 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.



**To remain an active voter you must return a 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](mailto: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](mailto:clerks@eastlongmeadowma.gov).



**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



Thank you once again to everyone who donated items over the holidays to keep our food pantry stocked for the winter months. Please be mindful that we are unable to accept any EXPIRED, OPENED, or DENTED cans or containers. If you are able and considering a donation we are in need of small laundry detergent bottles, crackers, applesauce, dried fruits and nuts, and pancake mix. **We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00.**



**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 Bruce and Kathy Minor for their donation in memory of Horton and Marion Minor.



## 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)

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## 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

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Ext. 1401

**Sharon Giordano**  
*Admin. Accountant*  
Ext. 1405

**Elizabeth Baron**  
*Food Pantry  
Coordinator*  
Ext. 1408

**Paul Mercier**  
*Chef*  
Ext. 1411

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*Transportation  
Coordinator*  
Ext. 1410

**Community  
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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



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