



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



I am so happy to announce that our patience in selecting our new Outreach/Social Services Coordinator has finally paid off. We are thrilled to welcome Jessica Dion, an experienced Community Health Worker, to our team here at the COA! Jessica made an excellent first impression during interviews, where her dedication and empathetic nature shined through. I know she will be an excellent addition to our team here at the Pleasant View Senior Center, and I couldn't be happier to have the opportunity to watch her excel in her role. Please join us in welcoming Jessica this month! *Emily*



Vanderbilt Mansions of the Gilded Age Part 2 Monday, March 2nd at 12:30 The Vanderbilt family were once the wealthiest family in the States. Cornelius Vanderbilt amassed a fortune of \$100 million, his son doubled it. The vast wealth allowed the family to build impressive city mansions and country estates, many of which are preserved. Part 2 focuses on the mansions of Frederick Vanderbilt and William Kissam, Vanderbilt's lesser-known Long Island estate, Idle Hour.



Anti-Inflammatory Foods Workshop Tuesday, March 3rd at 10:30 Understand how foods can influence inflammation, joint pain, and mobility. The focus is practical, and accessible foods, emphasizing flavorful cooking without complicated steps. Walk away with simple, budget friendly recipes to incorporate daily. Build confidence in using spices and herbs to reduce reliance on salt by creating your own spice blend. Presented by Ashley Tresoline of Bella Foodie, LLC.



St. Patrick's Day Luncheon Wednesday, March 11th at 12:00 Come celebrate with us! Tickets are \$5 per person and include lunch and entertainment by the Dave Duo. Tickets are available at the Senior Center. Each individual may purchase 2 tickets. We hope you can join us! *Partially sponsored by the Friends of the EL COA, JGS Lifecare, and Nurse Advocates, LLC.*



Pros and Cons of Moving vs. Staying in One's Home Thursday, March 12th at 6:00 Review what's working well at home, and explore whether other living options could make life safer and easier in the future. A light dinner will be included. Sign up required. *Presented and sponsored by the ERC5 Care Alliance, members of The East Of the River Five Town Chamber of Commerce.*



St. Patrick's Day Stained Glass Craft Monday, March 16th at 1:00 Have fun creating St. Patrick's Day themed stained glass! Space is limited. Cost is \$15 per person.



Cooking with Ilda Friday, March 20th at 2:00 Join this fun cooking demonstration with Ilda Fazio! \$30 per person payable at the time of registration includes 2 servings of pasta, 1 quart of homemade marinara sauce and the recipe! Additional quarts will be available for purchase for \$10 each. Payments are non-refundable, and all proceeds will go towards the Friends of East Longmeadow Council on Aging, and will benefit COA programs. Registration and pre-payment are required.



Friends of East Longmeadow COA Annual Membership Meeting Friday, March 27th 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!

HIGHLIGHTS

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



Blue Cross Blue Shield Tabletop Tuesday, March 10th 10:00-11:00 Stop by to speak to a representative. They will be available to answer questions related to Medicare.



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



Italian Class Wednesdays, March 4th, 11th, 18th and 25th **Beginners 1** starts at 10:15 If you are new to class and have no prior knowledge of the language. **Beginners 2** starts at 11:30 If you have been taking classes and wish to continue increasing your proficiency.



The Integrated Plan Thursday, March 12th at 10:00 Join the discussion about how wealth management and estate planning work together, and what can happen when the two areas are not aligned. Presented by Bulkley, Richardson and Gelinas, LLP and Bartlett Wealth Management.



An Important Piece of the Pleasant View Puzzle Friday, March 13th at 1:00

Already volunteering at Pleasant View, or thinking about getting involved? Join us for a 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, this is a great chance to be inspired. Light refreshments ~ attendees will be included in a giveaway.



The Four Pillars of the New Retirement Monday, March 16th at 10:00 This 30 minute presentation explores how retirement is changing and the four pillars that can impact your quality of life during retirement: Health, Family, Purpose, and Finances. Explore each of these pillars, why they matter and ways you can tend to each of them. Q&A to follow. Presented by Edward Jones.



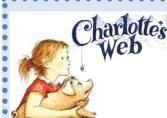
Harp Lessons: 5 Week Series Thursdays at 10:00 March 19th - April 16th After receiving positive feedback from the Harp Workshop we held in December, we are excited to offer this series of Harp Lessons! The instructor is affiliated with the Community Music School of Springfield. Group classes are \$15 per person per class, pay as you go. Registration is highly encouraged.



Spirit Squad Intergenerational Craft Friday, March 20th at 11:00 Join us for a special intergenerational craft with the Mountain View Elementary Spirit Squad! Each adult will be paired with a student to design and decorate a blank puzzle using markers and colored pencils. After creating your puzzle, you'll put it together, pose for a photo, and have your artwork displayed at the Senior Center. Later this year, the puzzles will become part of East Longmeadow history when they are placed in the town's new vault, to be opened 50 years from now by the EL Historical Commission! Stay for lunch - our Spirit Squad will join us so we can enjoy a meal and time together. The Mountain View Spirit Squad is made up of student leaders in grades 3-5, and they can't wait to meet you. Registration Required!



Beginner Ballroom Dance Lessons Tuesdays from March 24th - April 28th 6:00 -7:00 Whether you're flying solo or coming with friends, everyone is welcome to this 6 session series! No partner or experience needed. These fun, one-hour community sessions are open to adults of all ages and designed for absolute beginners. No registration required. \$5 per class. All proceeds will benefit COA programming on behalf of the Friends of the East Longmeadow Council on Aging.

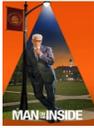


Pleasant View Players present Charlotte's Web Adapted by Joseph Robinette, based on the book by E.B. White, and directed by Fred Sokol. This is the story of a precious young pig who wants to avoid the butcher. He is surrounded by good friends who include a sweet young girl named Fern, a hungry, charming rat named Templeton, and, especially the generous and humane spider, Charlotte. People of all ages from 3 to 103 are invited to come enjoy this gently comedic, warm, and heartfelt performance. **When: Friday, March 20th at 7:00pm; Saturday, March 21st at 3:00; Sunday, March 22nd at 3:00** **Where: First Congregational Church, 7 Somers Rd, East Longmeadow, MA** **Cost: \$5 per person.** Tickets may be purchased at Pleasant View Senior Center and at the door, if available. Tickets sell fast so pick yours up today!

PLEASANT VIEW CINEMA



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



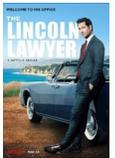
March 3rd A Man on the Inside 2024, TV A retired man gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a secret investigation in a nursing home.

March 10th Soul on Fire 2025, PG 1H 52MIN Facing unimaginable odds, a boy who survives severe burns goes on to transform his past into a message of hope and resilience in this heartfelt biopic. Inspiring and Heartfelt.



March 17th Mango 2025, TV-MA 1H 36MIN Her love life? Non-existent. Her daughter? Distant. Work always comes first for Laerke-until meeting a mango farmer in Spain plants the Seeds of Change. Romantic

March 24th and 31st The Lincoln Lawyer Season 4 2026, TV-14, 1H 41MIN Season starts following the cliffhanger where a dead body is found in Mickey's trunk, forcing him to be both the defensive and defense attorney and defendant.



ONGOING PROGRAMS

ADULT COLORING Wednesday, March 11th and 25th 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 Mondays
Free Instruction Thursdays 10:00 - Sign up required

BIRTHDAY BASH Wednesday, March 4th 12:00
If it's your birthday month lunch is FREE!
Dessert sponsored by Kemple Financial



BLOOD PRESSURE CLINIC Mon., March 2nd 10:00 - 11:00 Free

BOCCE Will resume in the Spring

BREAKFAST CAFE Wed, March 25th 8:00-10:00

CHAIR VOLLEYBALL Wednesdays 1:00

COFFEE & CHAT WITH TOWN MGR.

Wednesday, March 4th 10:30

CORNHOLE Mondays 10:00

COOKING DEMO Wednesday March 18th Taste a delicious recipe! Presented by East Village Pl.

FRENCH GROUP Tuesdays 11:00

*All conversation is in French

GRIEF SUPPORT GROUP Tuesday, March 10th 11:00 *Drop ins welcome

GROUP REIKI Monday, March 9th 1:00 *Sign up required

HANDCRAFTING Thursdays 1:00

LIBRARY ON THE GO Thur., March 12th 10:30

MEN'S COFFEE CHAT Tuesdays 8:30

MORNING GLORY WALKERS Will resume in April

NEW MEMBER ORIENTATION Friday, March 13th 10:30

PAINT WORKSHOP Monday, March 9th 10:30
*Registration Required

PLEASANTBREW (memory) CAFÉ Tuesday, March 17th 11:00 *Registration required

STAMP CLUB Tuesday, March 10th and 24th 1:00

TECH HELP Friday, March 13th By appointment

TRIVIA Thursdays 10:00

VETERANS COFFEE HOUR Tuesdays 10:00
Refreshments by Pioneer Valley Health and Friends at The Fields

WRITERS GROUP Tuesday, March 24th 10:30

CARDS AND GAMES

CANASTA Thursdays 12:00 (cancelled 3/5)

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

March 5th \$2 Bingo

March 12th \$5 Bingo

March 19th \$2 Bingo

March 26th \$5 Bingo



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.



Volunteer Fair Thursday, April 16th 10:00 -12:00

Artists & Authors Fair Thursday, April 23rd 10:00 -12:00

Meal Calendar March 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 Hot Dog	3 Lazy Golumpki	4 Birthday Bash Chicken Marsala 	5 Salmon with Hollandaise Sauce	6 Stuffed Shells with Meat Sauce <i>Dessert sponsored by CareOne at Redstone</i>
9 Salisbury Steak with Mushroom Gravy	10 Broccoli and Cheese Quiche	11 St. Patrick's Day Luncheon Corned Beef \$5 Ticket Required	12 Spaghetti with Meatballs	13 Chicken with Pesto Cream Sauce
16 Sweet and Sour Meatballs	17 Pork Tenderloin with Cider Glaze	18 Beef Stew	19 Chicken Cacciatore	20 Baked Ham
23 Meatball Grinder	24 Seafood Jambalaya	25 Stuffed Peppers	26 Roast Pork	27 Mediterranean Chicken
30 BBQ Pork on Bun	31 Tuna Noodle Casserole			



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.



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 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 March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Blood Pressure , Cornhole 12:00 Lunch* 12:30 Mansions** , Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers	3 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 Pilates, Foods Workshop** 11:00 French Group 12:00 Lunch*** 12:30 Mah-jongg 12:45 5 Crowns, Movie	4 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**	5 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta , Lunch* 12:45 \$2 Bingo 1:00 Balance Class , Handcrafting	6 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
9 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	10 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Blue Cross Table , Line Dancing, 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	11 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 Canasta , St. Patrick's Lunch and Entertainment* 1:00 Chair Volleyball 2:00 Strength Circuit**	12 8:30 Zumba 9:20 Cardio Drumming 10:00 Integrated Plan** , Trivia 10:30 Library on Go 12:00 Canasta , Lunch* 12:45 \$5 Bingo 1:00 Balance Class , Handcrafting 6:00 Moving/Staying Workshop**	13 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 5 Crowns 1:00 Dominoes, Volunteer Presentation 2:00 Silver Sneakers
16 Haircuts** 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole, Retirement** 12:00 Lunch* 12:30 Pitch 1:00 Craft** 1:30 Brownstone Yoga 2:00 Silver Sneakers	17 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	18 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**	19 Manicures** 8:30 Zumba 9:20 Cardio Drumming 10:00 Harp Lesson** , Trivia 11:00 Ashe & Oliveira's Reps 12:00 Canasta , Lunch* 12:45 \$2 Bingo 1:00 Balance Class , Handcrafting	20 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Art, Bean Bag Baseball, Cribbage, 11:00 Spirit Squad** 12:00 Lunch* 12:45 5 Crowns 1:00 Dominoes 2:00 Cooking with Ilda** , Silver Sneakers 7:00 Play Offsite
23 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	24 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 6:00 Ballroom Dance	25 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**	26 8:30 Zumba 9:20 Cardio Drumming 10:00 Harp Lesson** , Trivia 12:00 Canasta , Lunch* 12:45 \$5 Bingo 1:00 Balance Class , Handcrafting	27 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, Friends Annual Membership Mtg. 2:00 Silver Sneakers
30 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	31 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 Pilates 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 6:00 Ballroom Dance		*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. **No class 3/5.**

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 3/3 or 3/10.*

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



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, March 23rd By appointment 525-5436. Footcare Nurse will trim and file toenails, as well as assess and identify problem areas. Cost is \$40.

Haircuts Monday, March 16th By appointment 525-5436. Cost is \$20.

Hearing Screening Wed., March 18th Free Screening by Baystate Hearing Center by appt. 525-5436

Manicures Thursday, March 5th and 19th by appointment with Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

Edward Jones Wednesday, March 25th by appt. 525-5436. Discuss Retirement planning, Social Security, investments, financial goals and more.

Free Legal Consultation Tuesday, March 17th by appt. with Attorney Dave Carlson 525-5436

Shine Counselor Free Medicare Assistance by appointment 525-5436.

TOWN NEWS

Nomination papers will be available January 30, 2026 for the East Longmeadow local town election to be held on Tuesday, June 2, 2025, for the following elected positions:

Town Council Member for 3 Years , Town Council Member for 3 Years , School Committee for 3 Years, School Committee for 3 Years, School Committee for 1 Year.

Nomination papers can be obtained in the Town Clerk's Office, Monday through Friday, from 8:00 a.m. to 4:00 p.m. The last day to obtain nomination papers is March 9, 2026. All nomination papers need to be returned to the Clerk's office with the required 50 signatures of registered voters by Tuesday, March 10 at 5:00 p.m. A preliminary election, if necessary, will be held on April 28, 2026. To contact the Clerk's Office, please call 525-5400 ext. 1000, or email clerks@eastlongmeadowma.gov.

RESOURCES



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



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



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



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 2/1/2026)

Family Size	Income Limit
1	\$2,660
2	\$3,607
3	\$4,553
4	\$5,500

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.

TRI-TOWN TROLLEY



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



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

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

***Please bring exact change**

Reminder - When shopping there is a 3 bag limit on the van. 72 hour notification is required for booking any transportation. To schedule a ride please call 413-525-5412 between 9:00am – 3:00pm

VETERANS SERVICES

Jason Burgener is the Veteran Service Officer for the towns of East Longmeadow, Hampden, Brimfield and Wales. VSO Burgener is available by appointment 413-640-0540 or jason.burgener@eastlongmeadowma.gov

SPONSORS

Nurse Advocates, LLC
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Would you like your business or company to reach over 3,000 households each month? For information please contact Meralee at 413-525-5436.

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Thank You
To Our Wonderful Sponsors!

COA LIAISONS

Police Department
 Daniel Atwater 413-525-5440



Fire Department/Fire and Life Safety
 Chris Beecher 413-525-5430



PLEASANT VIEW STAFF AND CONTACTS

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