



April 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



Pleasant View Senior Center will be **CLOSED** to the public on Friday, April 17<sup>th</sup> for a private Volunteer Appreciation event. We will also be closed on Friday, April 3<sup>rd</sup> in observance of Good Friday and Monday, April 20<sup>th</sup> in observance of Patriots' Day.



**Beginner Ballroom Dance Lessons** Tuesdays from March 24<sup>th</sup> - April 28<sup>th</sup> 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.



**Reiki II Class (Okuden)** Monday, April 6<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.



**Davis Bates** Thursday, April 9<sup>th</sup> at 11:00 As we celebrate America's 250th Anniversary, come enjoy vibrant story-telling from Award-winning Singer & Storyteller, Davis Bates as he presents *This Land is Your Land: Songs and Stories that Celebrate the Diverse Cultural Heritage of the United States*. Funded, in part, by a grant from the East Longmeadow Cultural Council, a local agency supported by the MA Cultural Council.



**Volunteer Fair** Thursday, April 16<sup>th</sup> from 10:00-12:00 Stop in to see what volunteer opportunities await you in East Longmeadow and the surrounding communities! Enjoy light refreshments, enter to win a door prize, and leave with a list of nonprofits looking for volunteers.



**Derby Hat Craft** Tuesday, April 21<sup>st</sup> at 1:00 Make your very own Derby Hat! Just in time for our Kentucky Derby event happening on April 30th! Sign ups are required. Sponsored by Interim Healthcare.



**Artists & Authors Fair** Thursday, April 23<sup>rd</sup> from 10:00-12:00 Stop by to meet local artists and authors, enter to win a door prize, enjoy a musical performance by Roger Tincknell from 10:00-11:00, and more! This program is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council, and the East Longmeadow Public Library.



**Independent Living: A Lifestyle of Freedom, Convenience and Community** Wednesday, April 29<sup>th</sup> at 10:30 Looking ahead and starting to think through your future home options? Join us for an informative and welcoming conversation about Independent Living. What it is, how it works, and what it can truly offer you. Presented by Quail Run, Homecare Hands and Caretenders.



**Kentucky Derby** Thursday, April 30<sup>th</sup> at 12:45 Join us at the races (aka our Center) for a fun and humorous afternoon as our jockeys and horses compete for the grand title! Who do you think will win? Prizes given for correct guesses!

## 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)**



**Harp Lessons: 5 Week Series** Thursdays at 10:00 March 19<sup>th</sup> - April 16<sup>th</sup> 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.



**Use of Computers and Phones for People with Vision Impairments: Accessibility Functions, Apps, and Tips** Tuesday, April 7<sup>th</sup> at 10:30 Learn simple ways to make your phone and computer easier to use. You'll learn how to enlarge text and images, increase contrast, and enable text-to-speech and voice-to-text features as well as other functions. There will be a demonstration on how to use your phone as a magnifier. Presented by Rise Up Occupational Therapy.



**Italian Class** Wednesdays, April 1<sup>st</sup> and April 8<sup>th</sup> **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.



**NEW Senior Boot Camp** Beginning April 1<sup>st</sup> Wednesdays at 8:45 Work on balance, strength, and motion. \$5 per class, payable to the instructor. Taught by Fitness Instructor, Diane Wojcik.



**Tech Help** 2<sup>nd</sup> Friday of the Month, April 10<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!



**Housing Decisions in Retirement** Friday, April 24<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.



**Western Mass Wheelers – Introductory Session** Monday, April 27<sup>th</sup> at 11:00 Join us for a special visit from Western Mass Wheelers, a local nonprofit organization dedicated to providing free outdoor bike rides to older adults and individuals who cannot, or choose not, to pedal themselves. Beginning in May, Western Mass Wheelers will be visiting weekly to offer rides right here from Pleasant View Senior Center. Learn about the non-profit, their founder, and the service they provide. If the weather is nice, attendees will also have the opportunity to enjoy a short bike ride around the senior center to experience the joy of the program firsthand.



**PleasantBREW (memory) Café** On Tuesday, April 21<sup>st</sup> at 11:00 join us for a fun activity followed by lunch. In April Cloverbrook Farm will be joining us with baby goats. **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 April 20<sup>th</sup> by calling 525-5436.** A \$4 lunch donation is appreciated. *Sponsored by Fallon Health's PACE and Summit ElderCare®.*



**Scent of Calm Workshop** Monday, May 4<sup>th</sup> at 1:00 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.

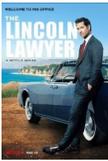


Sign up for weekly emails to receive our monthly newsletter and the most up-to-date information about Senior Center events! Newsletters are available at the Senior Center, distributed with Meals on Wheels, on our website, and by email. Email [coa@eastlongmeadowma.gov](mailto:coa@eastlongmeadowma.gov) to be added to our distribution list!

# PLEASANT VIEW CINEMA



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



April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> **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, April 8<sup>th</sup> and 22<sup>nd</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 Mondays

Free Instruction Thursdays 10:00 - Sign up required

**BIRTHDAY BASH** Wednesday, April 1<sup>st</sup> 12:00  
If it's your birthday month lunch is FREE!  
*Dessert sponsored by Kemple Financial* 

**BREAKFAST CAFE** Wed, April 29<sup>th</sup> 8:00-10:00

**CHAIR VOLLEYBALL** Wednesdays 1:00

**COFFEE & CHAT WITH TOWN MGR.**  
Wednesday, April 1<sup>st</sup> 10:30

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday April 15<sup>th</sup> 11:00  
Taste a delicious recipe! Presented by East Village Pl.

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

**GRIEF SUPPORT GROUP** Tuesday, April 14<sup>th</sup>  
11:00 \*Drop ins welcome

**GROUP REIKI** Monday, April 13<sup>th</sup> 1:00 \*Sign up required

**HANDCRAFTING** Thursdays 1:00

**LIBRARY ON THE GO** Thur., April 9<sup>th</sup> 10:30

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

**MORNING GLORY WALKERS** Mon, April 13<sup>th</sup>  
9:00

**NEW MEMBER ORIENTATION** Friday, April 10<sup>th</sup> 10:30

**PAINT WORKSHOP** Monday, April 13<sup>th</sup> 10:30  
*\*Registration Required*

**PLEASANTBREW (memory) CAFÉ** Tuesday,  
April 21<sup>st</sup> 11:00 \*Registration required

**STAMP CLUB** Tuesday, April 14<sup>th</sup> and 28<sup>th</sup> 1:00

**TECH HELP** Friday, April 10<sup>th</sup> By appointment

**TRIVIA** Thursdays 10:00 *Cancelled April 23<sup>rd</sup>*

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

**WRITERS GROUP** Tuesday, April 28<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

April 2<sup>nd</sup> \$2 Bingo

April 9<sup>th</sup> \$5 Bingo

April 16<sup>th</sup> \$2 Bingo

April 23<sup>rd</sup> \$5 Bingo

April 30<sup>th</sup> Kentucky Derby



*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!*



**Fix It Clinic** Friday, May 1<sup>st</sup> 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!**



**Save the Date! Tag Sale** Saturday, May 30<sup>th</sup> 9:00-2:00; Rain Date: Sunday, May 31<sup>st</sup>, Same Time. If you are interested in selling your household items, applications are available at Pleasant View and must be returned, along with your payment, by May 22<sup>nd</sup>. For questions, contact our volunteer, Linda Smith at klacv05@charter.net.

# Meal Calendar April 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 <b>Birthday Bash</b> Chicken Pot Pie 	2 Pizza with Sausage and pepperoni	3 <b>CENTER CLOSED</b> 
6 Roast Pork	7 Ham and Cheese Omelet	8 Lasagna with Meat Sauce	9 Chicken with Sundried Tomatoes Pesto	10 Salmon with Hollandaise Sauce <i>Dessert sponsored by CareOne at Redstone</i>
13 Lazy Golumpki	14 BBQ Pork Rib	15 Chicken Parmesan	16 Cheeseburger <i>(Meals on Wheels will also receive a Chicken Salad Sandwich in place of Fridays meal)</i>	17 <b>Center Closed for Volunteer Appreciation Event</b> <i>(Meals on Wheels will be delivered on Thursday)</i>
20 <b>CENTER CLOSED</b>	21 Meatball Grinder	22 Baked Ham	23 Stuffed Peppers	24 Mediterranean Chicken
27 Pulled Pork	28 Chicken with Kale Pesto Cream	29 Seafood Jambalaya	30 Spaghetti with meatballs	



**Thank you to all of our volunteers who make Pleasant View the great Senior Center that it is! We currently have 136 volunteers, who have collectively given more than 6,033 hours so far this fiscal year. Thank you for being a part of our team!**



**Mass Center for the Book** 12 Books 12 Months. Choose a book that fits the monthly theme.

After you read, fill out a form online at <https://www.mareadingchallenge.org/> or in the Senior Center Office to track your progress. Readers will be invited to a year-end celebration. Mass Center for the Book will be drawing two names on the last day of each month to win a free book! 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 April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</b></p>	<p><b>** Program requires sign up please call 525-5436</b></p>	<p><b>1</b> 8:45 Senior Boot Camp 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></p>	<p><b>2</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Balance Class, Handcrafting</p>	<p><b>3</b> <b>CENTER CLOSED</b></p> 
<p><b>6</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:00 <b>Reiki II**</b> 9:15 Chair Exercise 10:00 Cornhole 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>7</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 <b>Vision Impairments**</b> 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 6:00 <b>Ballroom Dance</b></p>	<p><b>8</b> 8:45 Senior Boot Camp 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</p>	<p><b>9</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 10:30 <b>Library on Go</b> 11:00 <b>Davis Bates**</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Balance Class, Handcrafting</p>	<p><b>10</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, 2:00 Silver Sneakers</p>
<p><b>13</b> <b>Haircuts**</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:00 <b>Morning Glory</b> 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</p>	<p><b>14</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 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> 6:00 <b>Ballroom Dance</b></p>	<p><b>15</b> <b>Hearing**</b> 8:45 Senior Boot Camp 9:15 Chair Exercise 10:00 Cribbage, Baystate Deaf Seniors, 11:00 <b>Cooking Demo**</b> 12:00 Lunch* 1:00 Chair Volleyball 2:00 <b>Strength Circuit**</b></p>	<p><b>16</b> <b>Manicures**</b> 8:30 Zumba 9:20 <del>Cardio Drumming</del> 10:00 <b>Harp Lesson**</b>, Trivia, <b>Volunteer Fair</b> 11:00 <b>Ashe &amp; Oliveira's Reps</b> 12:00 Canasta, Lunch* 12:45 <b>\$2 Bingo</b> 1:00 Balance Class, Handcrafting</p>	<p><b>17</b> <b>Center Closed for Volunteer Appreciation Event</b></p> 
<p><b>20</b> <b>CENTER CLOSED</b></p> 	<p><b>21</b> <b>Legal Consultations**</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 11:00 French Group, <b>Memory Café**</b> 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Craft**</b> 6:00 <b>Ballroom Dance</b></p>	<p><b>22</b> 8:45 Senior Boot Camp 9:15 Chair Exercise 10:00 Cribbage, Baystate Deaf Seniors, 11:00 <b>Adult Coloring</b> 12:00 Lunch* 1:00 Chair Volleyball</p>	<p><b>23</b> 8:30 Zumba 9:20 <del>Cardio Drumming</del> 10:00 <b>Artist &amp; Authors Fair, Trivia</b> 12:00 Canasta, Lunch* 12:45 <b>\$5 Bingo</b> 1:00 Balance Class, Handcrafting</p>	<p><b>24</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</p>
<p><b>27</b> <b>Footcare**</b> 8:15 Everything Fitness Class w/Kelly 8:45 Advanced Chair 9:15 Chair Exercise 10:00 Cornhole 11:00 <b>Mass Wheelers</b> 12:00 Lunch* 12:30 Pitch 1:30 Brownstone Yoga 2:00 Silver Sneakers</p>	<p><b>28</b> 8:30 Men's Coffee Chat 9:00 Tai Chi (offsite) 10:00 Line Dancing, Veterans Coffee 10:30 <b>Writers Group</b> 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 5 Crowns, Movie 1:00 <b>Stamp Club</b> 6:00 <b>Ballroom Dance</b></p>	<p><b>29</b> <b>Edward Jones Consults**</b> 8:00 <b>Breakfast Café</b> 8:45 Senior Boot Camp 9:15 <del>Chair Exercise</del> 10:00 Cribbage, Baystate Deaf Seniors, 10:30 <b>Indep. Living**</b> 12:00 Lunch* 1:00 Chair Volleyball</p>	<p><b>30</b> <b>Manicures**</b> 8:30 Zumba 9:20 Cardio Drumming 10:00 Trivia 12:00 Canasta, Lunch* 12:45 <b>Kentucky Derby</b> 1:00 Balance Class, Handcrafting</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 Monday and Friday 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. **No Class April 16<sup>th</sup> and April 23<sup>rd</sup>.**

**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.

**NEW Senior Boot Camp Beginning April 1<sup>st</sup> Wednesdays at 8:45** Work on balance, strength, and motion. \$5 per class, payable to the instructor. Taught by Fitness Instructor, Diane Wojcik.

**Silver Sneakers Monday and Friday 2:00** at the Senior Center. Designed for seniors of all fitness levels, led by an instructor from HealthTrax. A class pass is required, 6 classes for \$10.

**Strength Circuit 1<sup>st</sup> and 3<sup>rd</sup> Wednesday at 2:00** Certified Personal Trainer, Challenge multiple muscle groups during this circuit workout with stations. \$5 per class, payable to the instructor. **Registration is required at least 1 week in advance.** Class will be cancelled if less than 3 people register.

**Tai Chi Tuesdays at 9:00** This FREE class is held at the First Congregational Church.

**Yoga at Brownstone Mondays at 1:30** Class is free and 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. **No Class April 16<sup>th</sup> and April 23<sup>rd</sup>.**

## NURSES CORNER



April is Parkinson's Awareness month. This disease is believed to be a combination of environmental and genetic factors. People who experience "PD" suffer from tremors, slow movement, poor balance and stooped posture. Exercise and PT can slow the progression. **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, April 27<sup>th</sup>** By appointment 525-5436. Footcare Nurse will trim and file toenails, as well as assess and identify problem areas. Cost is \$40.

**Haircuts Monday, April 13<sup>th</sup>** By appointment 525-5436. Cost is \$20.

**Hearing Screening Wed., April 15<sup>th</sup>** Free Screening by Baystate Hearing Center by appt. 525-5436

**Manicures Thursday, April 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup>** by appointment with Cathy Rased, LM 413-335-7422

## ESSENTIAL SERVICES

**Edward Jones Wednesday, April 29<sup>th</sup>** by appt. 525-5436. Discuss Retirement planning, Social Security, investments, financial goals and more.

**Free Legal Consultation Tuesday, April 21<sup>st</sup>** by appt. with Attorney Dave Carlson 525-5436

**Shine Counselor** Free Medicare Assistance by appointment 525-5436.

## RESOURCES



**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



**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).



**R U O.K.?** Is a **FREE** service that could save your life. The Hampden County Sheriff's Office, East Longmeadow Police Department, ambulance services and the EL Council on Aging have collaborated to offer this **free service** to seniors and disabled residents. The Hampden County Sheriff's Dept. will call those enrolled at a chosen time and day(s) to "check in" on their well-being. If there is no answer after two attempts, first responders will be notified immediately to check on their status. **This program is designed to provide peace of mind to**

**the individual and their loved ones.** If interested please contact: Corporal Liz Rodrigues, TRIAD Officer with the Hampden County Sheriff's Department at 413-858-0060.

**Consider becoming a volunteer ombudsman** Ombudsman provide an essential voice for residents of nursing homes and assisted living facilities, help residents understand their rights and resolve issues, offer support and encouragement, receive ongoing training and create their own schedules. Contact Greater Springfield Senior Services for more information at 413-781-8800 x374 or info@gsssi.org

## MEMORIAL DONATIONS



A special thank you to Paul and Dorothy Joyce for their donation in memory of Felice Dimichelle, to Carol Peters for her donation in memory of Bob Peters, to Beatrice Bombardier, Ruth Arnold and Debra Fox for their donations in memory of Margaret Miller and to the Friends of Hilda Gonzalez for their donation in her memory.



## PANTRY PROGRAM



Thank you once again to everyone who has donated items 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 crackers, applesauce, spaghetti sauce 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](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

<p><b>Emily Constantino</b> <i>Director</i> Ext. 1401</p> <p><b>Jessica Dion</b> <i>Community Services</i> Ext. 1402</p> <p><b>Alicia Mattsson-Boze</b> <i>Admin. Assistant/ Program &amp; Social Media Coordinator</i> Volunteer Coordinator Ext. 1406</p>	<p><b>Sharon Giordano</b> <i>Admin. Accountant</i> Ext. 1405</p> <p><b>Meralee Kratovil</b> <i>Office Coordinator</i> Ext. 1404</p> <p><b>Elizabeth Grigoriou</b> <i>Admin. Assistant/ Program &amp; Social Media Coordinator</i> Ext. 1414</p>	<p><b>Elizabeth Baron</b> <i>Food Pantry Coordinator</i> Ext. 1408</p> <p><b>Debbie Garvin</b> <i>Meal Site Coordinator</i> Ext. 1413</p> <p><b>Kris Buffington</b> <i>Health Nurse</i> Ext. 1112</p>	<p><b>Paul Mercier</b> <i>Chef</i> Ext. 1411</p> <p><b>Margrit Daley</b> <i>Kitchen Assistant, Dishwasher</i></p>	<p><b>Terry Glusko</b> <i>Transportation Coordinator</i> Ext. 1410</p> <p><b>Marilyn Ghedini</b> <i>Dispatcher</i> Ext. 1410</p>
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