



News From the View

Pleasant View Senior Center-The Center of it All

328 NORTH MAIN ST. EAST LONGMEADOW, MA 01028 | MON - FRI: 8 a.m. – 4 p.m. | 413.525.5436



JANUARY HIGHLIGHTS



Please note we will be closed on the following days
Monday, December 31st
Tuesday, January 1st
Monday, January 21st

BETTER BREATHER'S MONTHLY SUPPORT GROUP

Begins Monday, January 7th at 2:00

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease.

Meetings will be held at The Pleasant View Senior Center the first Monday of every month at 2:00, refreshments will be served.

Please RSVP by calling 413-224-3290.

Sponsored by CareOne at Redstone

NATIONAL SELF DEFENSE MONTH

Tuesday, January 29th at 12:30

Join us after lunch as Officer Dan teaches us how to be self-aware, as well as some self defense tactics.



DECEMBER IN REVIEW



800 Volunteer Hours



890 Meals Delivered



364 Lunches Served



72 Food Pantry Visits

RESOURCES REPORT

AARP TAX HELP

AARP volunteers will be preparing taxes at The Pleasant View Senior Center on Fridays beginning February 1st through April 12th. This free service is geared towards seniors of low to moderate income who are filling out a simple tax return. Please call 413-525-5436 or stop by our office to sign up for your time slot. Due to a new Process married couples must now come in and file together.

Items to Bring:

Social Security Card, Photo ID, Copy of last years tax return, Health Care Forms (1095, Mass Health, etc.), water and property tax bills



OPTIONS COUNSELING

What is it? Options counseling is a free service that assists people in making informed decisions about nursing home placement, living at home or living at other community settings with services. **Who Qualifies?** People age 60 or older, people of any age who have any type of disability and caregivers qualify.

An Elder Care Advisor will work with you to help develop a long term plan, explore financial resources, make recommendations and more. **To connect with an Elder Care Advisor contact Greater Springfield Senior Services (GSSI) at 413-781-8800.**

EXERCISE

BOSU CLASS with Lissa

Tue 8:30 A.M. ***Please check with Lissa before your first class*

Thur 8:30 A.M.

Card Needed



CHAIR EXERCISE

Mon/Wed 9:00 A.M.

Fri 8:45 A.M.

No Charge

EXERCISE CLASS with Lissa

M/W/F 8:30 A.M.

Mon/Thur 10:45 A.M.

Card Needed



CHAIR YOGA

with Marianne

Fri 2:00 P.M.

\$5 /Class

TAI CHI HEALTH with Lissa

Tue 9:30 A.M.

Tue 10:30 A.M.

Wed 10:00 A.M.

Thur 9:30 A.M.

Sponsored by CareOne at Redstone

TAI CHI

with Shay

First Congregational Church

Tue 9:00 A.M.

ZUMBA GOLD & TONING

with Kelly Phillips

Mon 4:15 P.M.

\$5/Class

FITNESS CENTER

The Fitness Center includes state-of-the-art cardio machines and weight stations. A medical clearance form is required and orientation is necessary before use. Please schedule an appointment with our nurse Lissa.

Fitness cards are 20 visits for \$10, \$15 for out-of-town residents. *Age 90+ no charge*

CLASS PAYMENTS

An Exercise Class card may be purchased for Lissa's Exercise and BOSU classes. There are two cards available: \$5 cards for 6 classes and \$15 cards for 18 classes. All payments will need to be made at the front office. Cards will be stamped after attending a class.

HEALTH AND WELLNESS (525-5436)

BLOOD PRESSURE

by appointment. with
Lissa Fontaine, R.N.

Ext. 1407

FACIALS

by appointment 525-5436

Diane Neil, Reg. Esthetician

Cost is \$30, January 2nd

Last chance to sign up, facials will be discontinued in February

MANICURES

by appointment 413-335-7422

Cathy Rasid, LM

January 10th and 24th

FOOTCARE/PEDICARE

by appointment 525-5436

Cost is \$29, Home Visit \$50

January 8th

MASSAGE THERAPY

by appointment

Christina Conti, LMT

413-348-8370

January 14th and January 28th

REIKI

by appointment 525-5436

Cost is \$30 for a

1 hour time slot

January 22nd



Alzheimer's/Dementia Caregiver Support Group

The support group meets monthly to provide emotional, educational and social support for caregivers who have a loved one living with dementia. The meeting is held at The Pleasant View Senior Center. For more information please call Lissa at 525-5436 ext. 1407. ***The January meeting will be held on the 16th.***

MOVIES AND DOCUMENTARIES (MON. and TUES. 12:45 P.M.)

**December 31st
and
January 1st
Center Closed
Happy New
Year**



**Nature's Weirdest
Events**
January 7th
50 Mins



Julie & Julia
January 8th
2 hrs 3 mins
2009 PG-13



**Nature's Weirdest
Events**
January 14th
50 Mins



Christopher Robin
January 15th
1 hr 43mins
2018 PG

**January 21st
Center
Closed
Martin Luther
King Jr. Day**



When in Rome
January 22nd
1 hr 31 mins
2010 PG-13



**Nature's Weirdest
Events**
January 28th
50 Mins



Knight and Day
January 29th
1 hr 50 mins
2010 PG-13

RECREATION



ART CLASS

Fridays 10:00 A.M. \$15

BEAN BAG BASEBALL

Fridays 9:30 A.M.

BILLIARDS

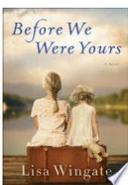
Mon–Fri 8:00 A.M. to 4:00 P.M.
Free Instruction Thursdays 10:00

BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.
Group Play (Spring—Fall)
Wednesdays 10:00

BOOK CLUB

January 29th



Before We Were Yours

By Lisa Wingate

BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.



CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.

CHESS INSTRUCTION

call the office to schedule

COMPASSION AND KINDNESS

January 11th 1:00 P.M.

COMPUTER CLASS

Wednesdays 1:00 P.M.

FRENCH CLUB

Wednesdays 11:00 A.M.

JEWELRY CLASS

January 7th 9:30 A.M.

\$3 + materials

KNITTING CLASS

Thursdays 1:00 P.M. \$5



LINE DANCING

Fridays 4:00 P.M. \$3

MORNING GLORY

WALKERS

Mon/Wed/Fri 8:00 A.M.

NEEDLEWORK

Fridays 1:00 P.M.

TRIVIA

Thursdays 10:00 A.M.

CARDS AND GAMES



Canasta Thur 12:00 P.M.

Cribbage Wed/Fri 10:00 A.M.

Dominoes Fri 1:00 P.M.

Mah-jongg Tue/Fri 12:30 P.M.

Pitch Mon 12:30 P.M.

FRIENDSHIP CLUB

January 3rd New Year's Party

January 10th Melody Band

January 17th \$5 Bingo

January 24th To be Announced
and Bingo

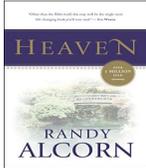
January 31st Bingo



JANUARY SPECIAL NOTES



Friday, January 4th at 10:30
Join us for National Trivia Day!
The winning team will be awarded a free lunch certificate.



"HEAVEN" VIDEO INTRODUCTION
Friday, January 11th at 11:00
Learn about Heaven and what the bible has to say about it. Based on the book "Heaven" by Randy Alcorn. Refreshments included.



HECM
Wednesday, January 16th at 11:15
What the heck is HECM? Come learn about reverse mortgages. Presented by Fairway Independent Mortgage Corporation.

EAST LONGMEADOW VETERAN MEMORIAL COMMITTEE

Will be holding a Fundraiser at *Mario's Cafe Ambiance 60 Shaker Road East Longmeadow, MA* on **Wednesday, January 16, 2019** from 5:00pm - 8:00pm

Your contributions will help with the construction of The Veterans Memorial to be built at 328 N. Main St. East Longmeadow

Come and see your "Celebrity Bartenders" (Veterans) in action. Bring ALL your FRIENDS, Fun will be had by all ~ Your participation & support is greatly appreciated



SIMPLE TECH SERVICES
Wednesday, January 9th at 11:15
Come learn the basics of using a cell phone! Making calls, sending texts, taking photos and how to transfer photos from your cell phone to your computer.

Hospice 101

Monday, January 14th at 2:00
Hospice can be a scary word to hear, but it shouldn't be. Come learn about its history, philosophy and the myths and facts.
Presented by The Holyoke VNA



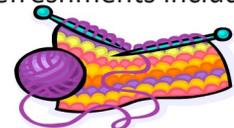
COMPASS INSURANCE PANEL
Wednesday, January 23rd at 11:15
There will be a panel of people from Compass Financial & Insurance Services Group to answer questions you have regarding insurance, Medicare annuity and more!



Thursday, January 10th at 9:00
Comfort Plus Caregivers will be here to take your blood pressure and provide you with information regarding blood pressure.



TUNE UP & TRIVIA
With Homewatch Caregivers of Enfield and Louis & Clark
Tuesday, January 15th at 2:45
Come have your cane, walker or wheelchair tuned up for FREE and join us for trivia! You do not need to have a tune up to play trivia. Refreshments included!



KNITTING
Thursday's at 1:00
Knitting Class is back! Thursdays at 1:00, \$5.00 per class. Please call ahead to sign up. Bring a piece you are working on or come to learn new patterns.



MONTHLY ONSITE HOUSING OFFICE HOURS

Each month Danell Tavella, Director of Community Services, will be holding office hours in the Community Room of the housing developments. She will be available to answer questions regarding assistance programs.
Please see the Community Board in your housing development for January's dates and times.

ESSENTIAL SERVICES (525-5436)

LEGAL CONSULATION	LICENSE RENEWALS	SHINE COUNSELOR	VETERANS AGENT
by appt. with Dave Carlson, Attorney January 15th	First-time online renewals only (ages 55-74) January 16th	Medicare Assistance by Appt. with Jackie January 14th and 28th	John Comerford 413-267-4140 Office hours Tue and Thur 10:00 a.m. to 12:00 p.m.

RESOURCE REPORT

Housing Rehabilitation Grant through Community Development Block Grant (CDBG)

The Town of East Longmeadow was recently awarded funds for the FY18 Community Assistance Program through the Community Block Development Block Grant (CDBG). This is a zero (0%) percent deferred payment loan, which becomes a grant after 15 years. At that time, the lien is released and no money is owed (forgiven). Income guidelines apply.

Interested homeowners should contact Shirley Stephens, at 413-781-6045. Or, visit the ELCOS for a Pre-Application Form.



HOME MODIFICATION LOAN (HMLP)

The HMLP was established by the Massachusetts legislature and is a lending program that finances housing adaptations or modifications to improve accessibility for seniors and individuals with disabilities. Some examples are ramps and lifts, grab bars, widening doors, and walk in tub/showers. Loans for property owners are available in the amounts between \$1,000 and \$50,000 for modifications. These loans allow individuals to remain in their homes and help them to function on a daily basis. For more information please call or e-mail Shirley Stephens at 413-781-6045 or sstephens@pvpc.org.



FUEL ASSISTANCE

The Valley Opportunity Council, Inc. 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, or electric. Paperwork required: proof of identity, income verification, heating, electric, phone, mortgage, real estate tax, water & sewer, and homeowners insurance bills. ***Call Danell Tavella @ 525-5436 X1402 for an appointment to complete the paperwork.***

THANK YOU

On December 7th UNICO hosted a delicious Italian dinner here at the Senior Center.

Thank you to all of the members of UNICO as well as all of the volunteers that helped make this such a wonderful evening!



SPONSORS

 <p>THE REAL ESTATE MARKET CENTER</p>	Never overpay to sell your home with my 3% and/or 4% Commission Plan! www.3or4plan.com
Michael Robie, Real Estate Broker 413-575-7236	

DAVID G. CARLSON ATTORNEY AT LAW <i>Estate Planning • Wills & Trusts • Probate of Estates Elder Issues</i> 200 NORTH MAIN STREET • SUITE 6 EAST LONGMEADOW, MA 01028 Tel. (413) 525-1313 Fax (413) 525-7272

 FARMINGTON BANK®
Visit our East Longmeadow branch at 61 North Main St.
Toll-Free 877-376-BANK farmingtonbankct.com Member FDIC. Equal Housing Lender

SKILLED NURSING AGENCY	
 ComfortPlus CAREGIVERS ...exceptional care right at home 413-224-2615	Providing in-home skilled nursing, personal care, and companion care
ComfortPlusCaregivers.com • Medicare & Private Pay Accepted	

Wealth Preservation Group, Inc. John G. Dee, <i>President</i>
 <p>Find out how to spend your children's inheritance and have them love you for it! <i>Call for a free, no-obligation consultation today!</i> 1-800-679-2771</p>



Notary Public services are now available at The Pleasant View Senior Center.

Please call Danell Tavella at 525-5436 ext. 1402 to make an appointment.



Meal Calendar January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</p> <p>\$3.00 Lunch Donation is Appreciated</p>	<p>1 CENTER CLOSED</p> 	<p>2 Ravioli Cheese Burger Casserole</p> <p>Carrots</p> <p>Broccoli and Cauliflower</p> <p>Mixed fruit</p>	<p>3 Chicken Legs Coq Au Vin with Mushrooms & Gravy</p> <p>Scalloped Potatoes</p> <p>Peas</p> <p>Peaches</p>	<p>4 Liver and Onions</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Green Beans</p> <p>Pears</p>
<p>7 Teriyaki Chicken Lo Mein</p> <p>Broccoli and Carrots</p> <p>Peppers and Mushrooms</p> <p>Pineapple</p>	<p>8 Beef Burgundy over Egg Noodles</p> <p>Kale</p> <p>Peppers</p> <p>Vanilla Pudding</p>	<p>9 Diced Pork and Cashews over Rice Pilaf</p> <p>Red and Green Peppers</p> <p>Celery</p> <p>Tangerine (fresh)</p>	<p>10 Shepherd's pie (with Mashed Potatoes and Corn)</p> <p>Peas</p> <p>Carrots</p> <p>Strawberry Fruit Cup</p>	<p>11 Barbequed Ribs</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Peppers</p> <p>Mixed Fruit Ambrosia</p>
<p>14 Three Cheese Blend Mac & Cheese</p> <p>Peas and Carrots</p> <p>Green Beans and Corn</p> <p>Strawberry Fruit Cup</p>	<p>15 Chicken Breast Marsala over Brown Rice</p> <p>Broccoli & Cauliflower</p> <p>Carrots</p> <p>Fruit bar</p>	<p>16 Pork and Quinoa</p> <p>Cabbage</p> <p>Sautéed Carrots</p> <p>Fruited Jell-O</p>	<p>17 Vegetable and cheese lasagna with meat sauce</p> <p>Cauliflower and Broccoli</p> <p>Green Beans and Carrots</p> <p>Cinnamon Pears</p>	<p>18 Un-breaded Baked Fish</p> <p>Sweet Potatoes</p> <p>Brussel Sprouts</p> <p>Apple Sauce</p>
<p>21 CENTER CLOSED</p> 	<p>22 Spaghetti and Meatballs</p> <p>Cauliflower and Broccoli</p> <p>Green Beans and Carrots</p> <p>Banana (fresh)</p>	<p>23 Grilled Chicken Breast Sandwich with BBQ Sauce</p> <p>Potato Wedges</p> <p>3 Bean Salad</p> <p>Peaches</p>	<p>24 Beef Stew</p> <p>Potatoes</p> <p>Carrots and Celery</p> <p>Corn Bread</p> <p>Chocolate Pudding</p>	<p>25 Baked Fish Francaise</p> <p>Spinach & Tomatoes</p> <p>Peppers</p> <p>Lemon Rice</p> <p>Pineapple</p>
<p>28 Grilled Chicken Breast</p> <p>Whole potatoes</p> <p>Peppers</p> <p>Carrots</p> <p>Pears</p>	<p>29 Eggplant Parmesan over penne</p> <p>Brussel Sprouts</p> <p>Mandarin Oranges</p> <p>Butterscotch Pudding</p>	<p>30 Beef Bolognese</p> <p>Broccoli</p> <p>Carrots</p> <p>Apple Crisp</p>	<p>31 Roasted Turkey</p> <p>Mashed Cauliflower and Potatoes</p> <p>Corn, Peas and Carrots</p> <p>Fruited Jell-O</p>	<p>Lunch Begins at Noon</p> <p>*Please reserve lunch 24 hours In advance by calling 525-5436</p> <p>**Menu Subject to Change**</p>



Activities Calendar January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
31 CENTER CLOSED 	1 CENTER CLOSED  Happy New Year	2 Facials* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball, Computer Class	3 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 New Years Party 1:00 Knitting	4 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 10:30 Trivia Day 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing
7 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 Jewelry Class 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 2:00 Better Breather's Support Group 4:15 Zumba Toning	8 Pedicare* 8:00 Breakfast Club, 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie	9 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:15 Tech Services Presentation 11:00 French 1:00 Chair Volleyball, Computer Class	10 Manicures* 8:30 Bosu Class 9:00 Blood Pressure Screening 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Melody Band 1:00 Knitting	11 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 11:00 Heaven Video 12:30 Mah-jongg 1:00 Compassion and Kindness , Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing
14 Massage Therapy*, SHINE* 8:00 MGW Meeting 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 2:00 Hospice 101 4:15 Zumba Toning	15 Legal Consultations* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie 2:45 Tune Up and Trivia	16 Hearing Screening*, License Renewals*, Support Group 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 HECM Presentation 1:00 Chair Volleyball, Computer Class	17 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Eric Lesser Rep. 12:00 Canasta 12:30 \$5 Bingo 1:00 Knitting	18 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
21 CENTER CLOSED 	22 Reiki* 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 Movie	23 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 11:15 Compass Insurance Panel 1:00 Chair Volleyball, Computer Class	24 Manicures* 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 11:00 Brian Ashe Rep. 12:00 Canasta 12:30 To be Announced and Bingo 1:00 Knitting	25 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class, Book Study, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 2:00 Chair Yoga 4:00 Line Dancing Class
28 Massage Therapy*, SHINE* 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 Documentary 4:15 Zumba Toning	29 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Book Club , Tai Chi 12:30 Mah-jongg, Self Defense with Officer Dan 12:45 Movie	30 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French 1:00 Chair Volleyball, Computer Class	31 8:30 Bosu Class 9:30 Tai Chi 10:00 Billiards Lesson, Trivia 10:45 Exercise Class 12:00 Canasta 12:30 Bingo 1:00 Knitting	* By Appointment To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436

DONATIONS

OPEN PANTRY

This month we are looking for:
**Canned Meat, Canned Ravioli,
 Snack Items, Toilet Paper,
 Tissue and Toothpaste.**

**Thank you everyone for your
 continued support and
 generous donations!**



INCLEMENT WEATHER POLICY

When East Longmeadow Public Schools are closed due to weather, there will be no congregate meals served or Meals on Wheels delivered. The Senior Center remains open for phone calls and emergencies unless the Town Hall closes. Weather updates can be viewed on WGGB Channel 40 and WWLP Channel 22. *When there is a two hour delay, please call the Senior Center to inquire about lunch and Meals on Wheels.*

MEMORIAL DONATIONS

A special thank you to Michael and Diane Mastronardi for their donation in memory of Mary Ann Middleton Tedeschi, to Gloria Pelow for her donation in memory of Millie Austin and to Marguerite Beusee for her donation in memory of Pat Pszczola.



TROLLEY



The Tri-Town Trolley is available Mon. thru Fri. 9:00 A.M. – 3:00 P.M. for East Longmeadow, Longmeadow, and Hampden Seniors. Cost is \$1 each way for in-town transportation and \$2 each way for out-of-town transportation.

Every Tuesday an additional van is run for shopping. Coverage is for grocery, banking, and other store shopping in East Longmeadow or to Allen & Cooley Street in Springfield.

**** All shuttle transportation is**

\$1 each way for in town transportation and \$2 each way for out-of-town transportation**

48-72 hour notification is required for booking any transportation. **For medical appointments we recommend calling as soon as you schedule your appointment.** Please call 525-5412.

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

Carolyn Brennan
Executive Director

Alicia Smith
*Program And Volunteer
 Coordinator*
 Ext. 1406

Terry Glusko
*Transportation
 Coordinator*
 Ext. 1410

Grace Busto
Chef

Lissa Fontaine, R.N.
Health Educator
 Ext. 1407

Sharon Giordano
*Accounting Administrative
 Assistant*
 Ext. 1405

Barbara Fenney
Dispatcher
 Ext. 1410

Margit Daley
*Kitchen Assistant,
 Dishwasher*

Danell Tavella
Community Services
 Ext. 1402

Meralee Kratovil *Administrative Assistant*
Office Manager
 Ext. 1404

Leah Weaver

Sandy Bell
*Meal Site
 Coordinator*



MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436 www.facebook.com/elseniors