



OCTOBER 2019

# 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



### OCTOBER HIGHLIGHTS

#### VETERANS PICNIC IN THE PARK

**Saturday, October 5th 11:00 - 3:00**

A day of fun and information for your Family, Veteran and or Service Member. Brought to you by your local Veteran agents and community partners. This is sure to be a time of fun with food, music and much more. This is a free event. Food will be available for purchase. If you would like to volunteer for this event please call Alicia at 413-525-5436 ext. 1406.



**VETERANS  
PICNIC**

#### TRIP TO THE APPLE PLACE

**Tuesday, October 22nd at 9:45**

Come along with Alicia to The Apple Place where you can take in the beautiful fall foliage and pumpkin spice smells. You will be able to enjoy delicious baked goods or ice cream at your expense. Arrive at Pleasant View at 9:45. We will be returning to the center at approximately 11:00am. Sign up today as space is limited, \$2 per person for travel fare.



#### MONTHLY BIRTHDAY BASH

**Wednesday, October 9th 12:00**

The second Wednesday of every month we will have a Birthday Bash to celebrate participants with a birthday in the current month. ***If it is your birthday month come enjoy a free lunch!*** Please sign up by calling 525-5436. Cupcakes are sponsored by Glenmeadow.



### MONTH IN REVIEW



**600 Volunteer Hours**



**788 Meals Delivered**



**415 Lunches Served**



**140 People Served**

### RESOURCE REPORT

#### COMPETITIVE ELECTRIC SUPPLY

**Friday, October 18th at 11:00**

Come hear an overview of the competitive electric market, tips to make sure you are getting a fair deal on electricity and how to spot, avoid and address deceptive business practices when dealing with competitive electric companies. Brought to you by the Office of Attorney General Maura Healey.

#### REAL ESTATE TAX SENIOR EXEMPTION APPLICATIONS

Exemption applications for fiscal year 2020 will be accepted in the Assessor's office **starting** November 1, 2019. The applications will be available for you to pick up in the Assessor's office at the Town Hall or by appointment with Danell Tavella at the Senior Center. If you need assistance or have any questions, please feel free to contact the Assessors at 525-5400 ext. 1600 or Danell Tavella at 525-5400 ext. 1402.

## EXERCISE

### BOSU CLASS with Lissa

Tue/Thur 8:30 A.M.

*\*Please check with Lissa before your first class*

Class 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.

Class Card Needed



### CHAIR YOGA

*\*New Day and Time\** with Marianne  
Wed 2:30 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.

**\*\* Must sign up in advance \*\***

**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

### LINE DANCING CLASS

with Debbie Tracy

Fri 4:00 P.M.

\$3/Class

#### 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.** Class Cards may be purchased at the office. Cards will be stamped after attending a 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**

## HEALTH AND WELLNESS (525-5436)

#### BLOOD PRESSURE

by appointment. with  
Lissa Fontaine, R.N.  
Ext. 1407

#### BLOOD PRESSURE CLINIC

Free Screening by  
Comfort Plus Caregivers  
October 10th at 9:00

#### FOOTCARE/PEDICARE

by appointment 525-5436  
Cost is \$29, Home Visit \$50  
October 8th

#### HEARING SCREENING

Free Screening by  
Baystate Hearing Center  
by appointment 525-5436  
October 16th

#### MANICURES

by appointment 413-335-7422  
Cathy Rasid, LM  
October 3rd, 17th and 31st

#### MASSAGE THERAPY

by appointment  
Christina Conti, LMT  
413-348-8370  
October 28th

#### 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 October meeting will be held on the 16th.***

# PLEASANT VIEW CINEMA TUESDAYS at 12:45 P.M.



## October 1st *Falling Inn Love*

1 hr 38 mins 2019 TV-PG

When a San Francisco executive wins a New Zealand inn, she ditches city life to remodel and flip the rustic property with help from a handsome contractor.



## October 8th

### *Jackie: A Tale of Two Sisters*

44 mins 2017 TV-PG

This documentary give a glimpse into the lives of former First Lady Jacqueline Kennedy Onassis and her younger sister, Lee Radziwill.

## October 15th *27 Dresses*

1 hrs 51 mins 2008 PG-13

After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's aide as her sibling marries the man she's secretly in love with. Starring Katherine Heigl and James Marsden.



## October 22nd

### *ReMastered: Tricky Dick and the Man in Black*

58 mins 2018 R TV-MA

This documentary chronicles Johnny Cash's 1970 visit to the White House, where Cash's emerging ideals clashed with Richard Nixon's policies.

## October 29th

### *The Phantom of the Opera*

2 hrs 21 mins 2004 PG-13

This musical based in 1870, portrays the story of a disfigured recluse who roams beneath a Parisian opera house and takes under his wing a young soprano, with whom a love triangle develops. Starring Gerard Butler, Emmy Rossum and Patrick Wilson.



*\*All movies include a 15 minute break with refreshments unless otherwise noted.*

*\*Movies are subject to change based on availability.*

# RECREATION



## ART CLASS

Fridays 10:00 A.M. \$15

## ASK A LIBRARIAN

October 10th 10:30 A.M.

## BEAN BAG BASEBALL

Fridays 9:30 A.M.

## BILLIARDS

Mon–Fri 8:00 A.M. to 4:00 P.M.

## BOCCE

Mon–Fri 8:00 A.M. to 4:00 P.M.

Group Play Wednesdays 10:00

## BOOK CLUB

October 29th at 10:30

### *The Summer Palace*

### *S. Forrest Nomakeo*

## BREAKFAST CLUB

Tuesdays 8:00 A.M.—10:00 A.M.



## COMPASSION AND KINDNESS

October 11th at 1:00 P.M.

## COMPUTER CLASS

Wednesdays at 1:00 P.M.

## FRENCH CONVERSATION

## GROUP

Wednesdays 11:00 A.M.

## HEAVEN BOOK STUDY

Fridays 10:45 A.M.

## JEWELRY CLASS

October 7th 9:30 A.M.

\$3 + Materials

## KNITTING CLASS

Thursdays 1:00 P.M. \$5

## 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

October 3rd *Blue Ribbon Singers*

October 10th *\$5 Bingo*

October 17th *Bingo*

October 24th *Vocalist Entertainer*

*Dave Colucci* 🎵🎵

October 31st *Let's Make A Deal,*

*\*Come dressed up in a costume and ready to play the popular TV show game, Let's Make A Deal.*

Apple Cider and Donuts

sponsored by VCare Medical.



## ESSENTIAL SERVICES (525-5436)

### LEGAL CONSULTATION

by appt. with  
Dave Carlson, Attorney  
525-5436  
October 15th

### SHINE COUNSELOR

Medicare Assistance  
by Appt. with Karen  
525-5436



### VETERANS AGENT

John Comerford  
413-267-4140  
Office hours : Tue and Thur  
10:00 a.m. to 12:00 p.m.

## RESOURCE REPORT

### 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.



**Inward Commons:** October 1st from 2:00 - 3:00  
**Village Green:** October 7th from 12:00 - 1:00  
**Quarry Hill:** No office hours due to Columbus Day. Please call Danell Tavella at 525-5436 ext. 1402 if you need assistance.

### OPEN ENROLLMENT



If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2020. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!** During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your plan changes as well as other*

*options you may have. **Open Enrollment is from October 15, 2019 - December 7, 2019***

Our SHINE Counselor is here weekly; please call 525-5436 for an appointment. If you have a general question you can call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

### 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 ext. 1402 for an appointment to complete the paperwork.***

## New wheeled trash carts are coming!

The Town of East Longmeadow is providing a FREE 35-gallon wheeled trash cart delivered to all residential households.

Want more info or ideas on what to do with your old barrel, contact Recycling Coordinator, Liz Bone, at [Elizabeth.bone@eastlongmeadowma.gov](mailto:Elizabeth.bone@eastlongmeadowma.gov) or (413) 525-5400 x 1103.



## VETERANS MEMORIAL FUNDRAISER

The East Longmeadow Veterans Memorial Committee Presents  
**A ZITI DINNER FUNDRAISER**

To Benefit Construction of **The East Longmeadow Veterans Memorial**

**Friday, October 11, 2019 5:00pm-7:30pm** at The Pleasant View Senior Center

**\$12 Per Person (Non-Refundable) Tickets can be purchased at the Senior Center**



*Pasta Dinner*



# Meal Calendar October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Begins at Noon</b></p> <p><i>*Please reserve lunch 24 hours in advance by calling 525-5436</i></p> <p><b>**Menu Subject to Change**</b></p>	<p><b>1</b> Sweet &amp; Sour Chicken</p> <p>Vegetable Fried Rice with Peas and Carrots</p> <p>Pineapple</p>	<p><b>2</b> Thai Pork Tenderloin with Gravy</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Cinnamon Apple</p>	<p><b>3</b> BBQ Chicken Leg</p> <p>Loaded Baked Potato</p> <p>Green Beans and Carrots</p> <p>Peaches</p>	<p><b>4</b> <b>Fall Fridays Served from 11:30 - 1:00</b></p> <p>Patty Meat Sandwich w/Fries</p> <p>Soup of the Day</p> <p>3 Bean Salad</p> <p>Mixed Fruit</p>
<p><b>7</b> Cheesy Ham and Broccoli Casserole</p> <p>Green Beans and Carrots</p> <p>Apple Sauce</p>	<p><b>8</b> Turkey Pot Pie with Peas, Carrots, Celery and Potatoes</p> <p>Chocolate Pudding</p>	<p><b>9</b> <b>Birthday Lunch</b></p> <p>Chicken Breast Cordon Blue</p> <p>Green Beans and Peppers</p> <p>Cupcakes </p>	<p><b>10</b> Baked Herb, Garlic and Lemon Un-Breaded Fish</p> <p>Rice</p> <p>Mixed Vegetables</p> <p>Apple Crisp</p>	<p><b>11</b> <b>Fall Fridays Served from 11:30 - 1:00</b></p> <p>Chicken Salad Sandwich with Chips</p> <p>Soup of the Day</p> <p>Salad and Tomatoes</p> <p>Fresh Oranges</p>
<p><b>14</b> <b>CENTER CLOSED</b></p> <p></p>	<p><b>15</b> Low Sodium Hotdogs</p> <p>Beans</p> <p>Sauerkraut</p> <p>Pears</p>	<p><b>16</b> Chicken Leg Menudo</p> <p>Potatoes and Celery</p> <p>Peas and Carrots</p> <p>Mixed Fruit</p>	<p><b>17</b> Chicken Breast Parmesan over Spaghetti</p> <p>Broccoli and Cauliflower</p> <p>Chocolate Pudding</p>	<p><b>18</b> <b>Fall Fridays Served from 11:30 - 1:00</b></p> <p>Tuna Melt Sandwich with Coleslaw and Fries</p> <p>Soup of the Day</p> <p>Mandarin Oranges</p>
<p><b>21</b> Beef Tips with Gorgonzola Sherry Cream Sauce</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Vanilla Pudding</p>	<p><b>22</b> Ravioli with Meat Sauce</p> <p>California Blend Vegetables</p> <p>Sliced Apples</p>	<p><b>23</b> Thai Chicken Breast with Basil Stir Fry</p> <p>Rice Pilaf</p> <p>Green Beans and Peppers</p> <p>Mandarin Oranges</p>	<p><b>24</b> French Meat Pie</p> <p>Mixed Vegetables</p> <p>Apple Sauce</p>	<p><b>25</b> <b>Fall Fridays Served from 11:30 - 1:00</b></p> <p>BBQ Chicken Pizza with Caesar Salad</p> <p>Soup of the Day</p> <p>Pears</p>
<p><b>28</b> Spiral Macaroni and Cheese</p> <p>Stewed Tomatoes</p> <p>Winter Squash</p> <p>Mixed Fruit</p>	<p><b>29</b> Chicken Breast Caprese with Mozzarella, Tomato, Basil</p> <p>Balsamic Sauce with Egg Noodles</p> <p>Fruited Jell-O</p>	<p><b>30</b> Paella with Mussels, Chicken and Sausage Gumbo</p> <p>Garlic Roasted Brussel Sprouts</p> <p>Pineapple</p>	<p><b>31</b> <b>Fall Festival</b> </p> <p>Country Chicken Leg</p> <p>Mashed Potatoes and Gravy</p> <p>Roasted Corn</p> <p>Peaches</p>	<p><b>**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**</b></p> <p><b>\$3.00 Lunch Donation is Appreciated</b></p>



# Activities Calendar October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>2</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, Deaf Seniors, Tai Chi 11:00 French Group, 1:00 Chair Volleyball, Computer Class 2:30 Chair Yoga	<b>3</b> <b>Manicures*</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 12:00 Canasta 12:30 <b>Blue Ribbon Singers</b> 1:00 Knitting Class	<b>4</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class
<b>7</b> <b>Massage Therapy*, SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 9:30 <b>Jewelry Class</b> 10:45 Exercise Class 12:30 Pitch, Pool League 12:45 <b>Monthly Video Series</b> 2:00 <b>Better Breather's Support Group</b> 4:15 Zumba Toning	<b>8</b> <b>Pedicare*</b> 8:00 Breakfast Club 8:30 Bosu Class, <b>Fire Prevention Day</b> 9:30 Tai Chi 10:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>9</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise, 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group, 12:00 <b>Birthday Bash</b> 1:00 Chair Volleyball, Computer Class 2:30 Chair Yoga	<b>10</b> 8:30 Bosu Class 9:00 <b>Blood Pressure Clinic</b> 9:30 Tai Chi 10:00 Trivia 10:30 <b>Ask A Librarian</b> 10:45 Exercise Class 12:00 Canasta 12:30 <b>\$5 Bingo</b> 1:00 Knitting Class	<b>11</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:45 "Heaven" Study 12:30 Mah-jongg 1:00 <b>Compassion and Kindness</b> , Dominoes, Needlework 4:00 Line Dancing Class 5:00 <b>Veterans Ziti Dinner Fundraiser</b>
<b>14</b> <b>CENTER CLOSED</b> 	<b>15</b> <b>Legal Consultation*</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:00 <b>(FUN)Struction</b> 10:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>16</b> <b>Hearing Screening*, SHINE*, Support Group</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 12:00 <b>Dispatch Health</b> 1:00 Chair Volleyball, Computer Class 2:30 Chair Yoga	<b>17</b> <b>Manicures*,</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 <b>Eric Lesser Rep.</b> 12:00 Canasta 12:30 <b>Bingo</b> 1:00 Knitting Class	<b>18</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:45 "Heaven" Study 11:00 <b>Electric Supply Presentation</b> 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class
<b>21</b> <b>SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 <b>MGW Meeting</b> 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning	<b>22</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 9:45 <b>Trip to The Apple Place*</b> 10:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>23</b> <b>SHINE*</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 11:15 <b>Day with the Pharmacist</b> 1:00 Chair Volleyball, Computer Class 2:30 Chair Yoga	<b>24</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 <b>Brian Ashe Rep.</b> 12:00 Canasta 12:30 <b>Entertainer Dave Colucci</b> 1:00 Knitting Class	<b>25</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 10:45 "Heaven" Study 11:00 <b>Dementia Prevention</b> 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class 5:30 <b>Movie Night</b>
<b>28</b> <b>Massage Therapy*, SHINE*</b> 8:00 Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:45 Exercise Class 12:30 Pitch, Pool League 4:15 Zumba Toning	<b>29</b> 8:00 Breakfast Club 8:30 Bosu Class 9:30 Tai Chi 10:30 <b>Book Club</b> , Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b>	<b>30</b> <b>SHINE*</b> 8:00 Rail Trail, Walkers 8:30 Exercise Class 9:00 Chair Exercise 10:00 Bocce, Cribbage, Deaf Seniors, Tai Chi 11:00 French Group 1:00 Chair Volleyball, Computer Class 2:30 Chair Yoga	<b>31</b> <b>Manicures*</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 11:00 <b>VCare Medical</b> 10:45 Exercise Class 12:00 Canasta 12:30 <b>Let's Make A Deal</b> 1:00 Knitting Class	<b>* By Appointment</b> <b>To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</b>

## EMERGENCY FOOD PANTRY



**Donations to the Food Pantry are always accepted.** This month we are in need of:  
Toilet Paper, Laundry Detergent, Toothpaste, Shampoo, Soap, Cereal, Crackers,  
Canned Whole Meals, School Snacks and Juice

Please check the expiration date's, we can only accept donations of food that have not expired.  
We appreciate all of the support from OUR community. With your help, we are able to assist numerous individuals and families each month. Thank You!!

## MEMORIAL DONATIONS



A special thank you to Walter LaBroad for his donation in memory of Richard Chaisson.



## TROLLEY

The Tri-Town Trolley is available Monday thru Friday from 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.

**48-72 hour notification is required for booking any transportation.** When booking  
Appointments, please have the complete address and phone number of your destination.

**\*\*For medical appointments, we recommend calling as soon as you  
schedule your appointment\*\***



To schedule a ride please call **525-5412**



## COA LIAISONS

### Police Department

### Fire Department/Fire and Life Safety



Daniel Atwater  
413-525-5440

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**  
Office Manager  
Ext. 1404

**Leah Weaver**  
Administrative Assistant/  
Social Media Coordinator  
Ext. 1404

**Sandy Bell**  
Meal Site  
Coordinator



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

## SPONSORS

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  
Estate Planning • Wills & Trusts • Probate of Estates  
Elder Issues  
200 NORTH MAIN STREET • SUITE 6  
EAST LONGMEADOW, MA 01028  
Tel. (413) 525-1313 Fax (413) 525-7272