



# 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:**  
January 1st and January 20th

*The Pleasant View Senior Center has a new reservation policy for lunch. All lunch reservations are required to be made no later than 1:00 pm the day before.*



#### AARP TAX HELP

AARP volunteers will be preparing taxes at The Pleasant View Senior Center on THURSDAYS beginning February 6th and ending on April 9th. 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. Sign ups begin on January 2nd. Please note that if for any reason you need to cancel or reschedule your appointment there is no guarantee you will receive a new time slot due to the high demand of this service.



**When coming to your appointment you must bring:** 1 Form of ID, a copy of last years taxes, any health care forms such as Mass Health, 1095 etc. and your social security card. **If filing jointly both spouses MUST come in together.**

### MONTH IN REVIEW



250 Volunteer Hours



720 Meals Delivered



165 Lunches Served



136 People Served

### RESOURCE REPORT

#### **NEW MOBILE FOOD PANTRY PROGRAM**

We are excited to announce this new program 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.



**For further information please call Tracey Walz at 525-5436 ext. 1408.**

#### **Donations needed for the Food Pantry:**

Canned Tuna, Ham and Chicken, Spam, Low Sodium Soup, Macaroni and Cheese, Cereal, Crackers, Jelly, Toothpaste and Shampoo.

**We appreciate all of the support from OUR community!**

## 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

with Marianne

Wed 2:30 P.M. **\$5 /Class**

### TAI CHI HEALTH with Lissa

Tue 9:30 A.M.

Wed 10:00 A.M.

Thur 9:30 A.M.

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

### 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**

*Tai Chi is sponsored by CareOne at Redstone*

#### 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

#### BLOOD PRESSURE

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

#### FOOTCARE/PEDICARE

by appointment 525-5436  
Cost is \$29, Home Visit \$50  
January 14th

#### MANICURES

by appointment 413-335-7422  
Cathy Rasid, LM  
January 9th and 23rd

#### BLOOD PRESSURE CLINIC

Free Screening by  
Comfort Plus Caregivers  
January 9th at 9:00

#### HEARING SCREENING

Free Screening by  
Baystate Hearing Center  
by appointment 525-5436  
January 15th

#### MASSAGE THERAPY

by appointment  
Christina Conti, LMT  
413-348-8370  
January 13th and 27th

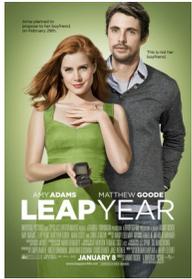
#### Alzheimer's/Dementia Caregiver Support Group

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 15th.***

***On February 14th we will be holding a Valentine's Day Afternoon Tea for Caregivers and their loved ones living with dementia. Please call Lissa for more information.***

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



## January 7th *Leap Year*

1 hrs 40 mins 2010 PG

Anna chooses February 29th to propose marriage to her boyfriend, but after meeting a charming innkeeper she must evaluate her original plans. Starring Amy Adams, Matthew Goode and Adam Scott.



## January 14th

### *Echo in the Canyon*

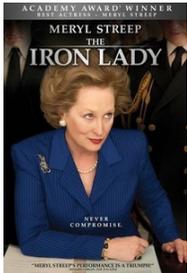
1 hr 22 mins 2019 PG-13

This documentary looks at the roots of the historic music scene in L.A.'s Laurel Canyon featuring the music of iconic groups such as The Byrds, The Beach Boys, Buffalo Springfield and The Mamas and the Papas. Starring The Beach Boys Fiona Apple and More.

## January 21st *The Iron Lady*

1 hr 44 mins 2011 PG-13

Based on the true story of Margaret Thatcher, the first female prime minister of Britain, as she navigates a career destined to change the rules of leadership and politics. Starring Meryl Streep, Jim Broadbent and Richard Grant.



## January 28th

### *Steal a Pencil For Me*

1 hr 34 mins 2006 TV-14

This compelling documentary chronicles the unshakable romance between a couple who met and fell in love while imprisoned in a Nazi concentration camp.



*\*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

### BEAN BAG BASEBALL

Fridays 9:30 A.M.

### BILLIARDS

Mon–Fri 8:00 A.M. to 4:00 P.M.

### BOCCE

Will resume in the spring

### BOOK CLUB

January 28th 10:30

### *The Song of Jade Lily*

By Kirsty Manning



### BROWNSTONE CAFÉ

Tuesdays 8:00 A.M.—10:00 A.M.

### CHAIR VOLLEYBALL

Wednesdays 1:00 P.M.



### COMPASSION AND KINDNESS

January 10th 1:00 P.M.

### COMPUTER CLASS

January 15th 1:00 P.M.

### FRENCH CONVERSATION

### GROUP

Wednesdays 11:00 A.M.

### HEAVEN BOOK READING

Will resume in February

### JEWELRY CLASS

January 6th 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

January 2nd *Bingo*

January 9th *Bingo*

January 16th *To be Announced*

January 23rd *\$5 Bingo*

January 30th *To be Announced*



# JANUARY SPECIAL NOTES



## MONTHLY BIRTHDAY BASH

**Wednesday, January 8th at 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 sponsored by Glenmeadow***



## NUTRITIONIST

**Wednesday, January 22nd by appointment**

Have you ever wanted to ask a nutritionist what foods you should be eating for your specific needs? Call today to sign up for your time slot to speak with Dr. Marissa Ostroff, Pharm md, BCPS, a clinical pharmacy specialist and a professor at Western New England University. ***This service is being sponsored by Golden Years.***

## INCLEMENT WEATHER POLICY

When East Longmeadow Public Schools are closed due to weather, all programs will be cancelled and 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 WGGG 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.***



We would like to say a huge thank you to all of our community partners who sponsored our event, *Santa Claus is Coming to Town*: ***Premier Source Credit Union, TD Bank, Oasis Senior Advisors, Louis & Clark Pharmacy, Attorney Dave Carlson, Home Helpers Homecare of Enfield and East Village Place.*** We had approximately 150 people of all ages come have their picture taken with Santa Claus and join in on the Christmas fun.



## RIGHT AT HOME INFORMATION TABLE

**Thursday, January 9th 10:30—12:00**

Looking for a home care agency? Someone to help with different tasks? Come see if Right at Home's services are right for you! Those who visit this information table will be entered in to win a raffle prize sponsored by Right at Home.



## RSVP OF THE PIONEER VALLEY

### INFORMATION TABLE

**Thursday, January 30th 11:00—12:00**

Looking for ways to volunteer? RSVP links volunteers with opportunities to serve right in your community. Come meet with a representative of RSVP to learn what opportunities are waiting for you.



## BROWNSTONE CAFÉ

Our Tuesday breakfast is getting a name makeover. Beginning in January it will be called "***Brownstone Café***". We invite you to stop in on Tuesdays between the hours of 8:00 am and 10:00 am to enjoy a tasty hot homemade breakfast here at Pleasant View. Each item only costs fifty cents.

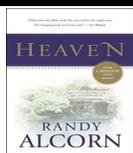
***We hope to see you there!***

## COOKBOOK

If you would like your favorite family recipe to be featured in our ***Pleasant View Cookbook*** please drop off your recipe(s) at the office.



## COMING SOON



### HEAVEN BOOK READING

Ever wondered what Heaven is like? A book group here at the center will be reading *Heaven* by Randy Alcorn and invite you to stop by on Friday, February 7th at 10:30 am to watch an introduction video about the book.

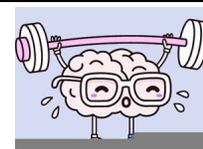


OH MY  
ACHES  
AND  
PAINS

### INJURY SCREENING

**Wednesday, February 5th**

Do you experience aches or pains in your back, your neck or maybe your shoulders or knees? If so, you will want to meet Sarah Saffee, PT, DPT, from Bay State Physical Therapy. Call the office to sign up for your injury screening where Sarah will go through a brief assessment to look at your flexibility.



### NEW MEMORY

### TRAINING COURSE

**Coming soon** an Innovative 4 week educational program for improving memory. This program will be held at the Pleasant View Senior Center in March. Please see the February Newsletter for more information.

## THANK YOU



*On November 21st over 150 seniors enjoyed a delicious turkey dinner followed by entertainment. Thank you to CareOne at Redstone for sponsoring this fun event!*



## 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.



**Village Green:** January 6th from 12:00 - 1:00

**Inward Commons:** January 7th 2:00 - 3:00

**Quarry Hill:** January 13th 1:30 - 2:30

### 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 525-5436 ext. 1402.



### 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.**

## ESSENTIAL SERVICES

### **LEGAL CONSULATION**

by appt. with  
Dave Carlson, Attorney  
525-5436  
January 21st

### **NOTARY PUBLIC SERVICES**

by appt. with  
Danell Tavella  
525-5436 ext. 1402

### **SHINE COUNSELOR**

Medicare Assistance  
by appt. with Karen  
525-5436

### **VETERANS AGENT**

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

## Meal Calendar January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Begins at Noon</b></p> <p><i>*Please reserve lunch in advance by calling 525-5436. Reservations must be made No later than 1pm the day before</i></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> <p><b>**Menu Subject to Change**</b></p>	<p><b>1</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>2</b></p> <p>Ravioli with Meat Sauce</p> <p>Mixed vegetables</p> <p>Fresh Oranges</p>	<p><b>3</b></p> <p><b>Café Fridays Served from 11:30 - 1:00</b></p> <p>Chicken Breast Fajitas</p> <p>Rice</p> <p>Soup of the Day</p> <p>Pudding</p>
<p><b>6</b></p> <p>Pot Roast with Gravy</p> <p>Mixed Vegetables</p> <p>Roasted Sweet Potatoes</p> <p>Mandarin Oranges</p>	<p><b>7</b></p> <p>Crispy Fish Filet</p> <p>Carrots</p> <p>Corn</p> <p>Mixed Fruit</p>	<p><b>8</b></p> <p><b>Birthday Lunch</b></p> <p>Turkey Pot Pie</p> <p>Squash </p> <p>Apple Sauce</p> <p><b>Dessert Sponsored by Glenmeadow</b></p>	<p><b>9</b></p> <p>Balsamic Chicken Breast</p> <p>Stewed Tomatoes</p> <p>Rice</p> <p>Pudding</p>	<p><b>10</b></p> <p><b>Café Fridays Served from 11:30 - 1:00</b></p> <p>BBQ Chicken Sliders</p> <p>Sweet Potatoes</p> <p>Soup of the Day</p> <p>Pears</p>
<p><b>13</b></p> <p>Swedish Meatballs</p> <p>Steamed Spinach</p> <p>Egg Noodles</p> <p>Fresh Oranges</p>	<p><b>14</b></p> <p>Sweet and Sour Pork</p> <p>Oriental Vegetables</p> <p>Rice</p> <p>Mandarin Oranges</p>	<p><b>15</b></p> <p>Chicken Cordon Bleu</p> <p>Green Beans and Carrots</p> <p>Potatoes</p> <p>Pears</p>	<p><b>16</b></p> <p>Fish Tacos</p> <p>Coleslaw</p> <p>Rice</p> <p>Pineapple</p>	<p><b>17</b></p> <p><b>Café Fridays Served from 11:30 - 1:00</b></p> <p>Butternut Squash Mac and Cheese</p> <p>Brussel Sprouts</p> <p>Soup of the Day</p> <p>Peaches</p>
<p><b>20</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>21</b></p> <p>BBQ Chicken Drumsticks</p> <p>Cauliflower</p> <p>Peas</p> <p>Rice</p> <p>Mandarin Oranges</p>	<p><b>22</b></p> <p>Beef Stew with Carrots, Celery and Tomatoes</p> <p>Mashed Potatoes</p> <p>Pudding</p>	<p><b>23</b></p> <p>Chicken Breast Alfredo</p> <p>Ziti</p> <p>Broccoli</p> <p>Salad</p> <p>Peaches</p>	<p><b>24</b></p> <p><b>Café Fridays Served from 11:30 - 1:00</b></p> <p>Hot Dog with Baked Beans</p> <p>Onions and Peppers</p> <p>Pineapple</p>
<p><b>27</b></p> <p>Un-Breaded Pollack</p> <p>Mixed Vegetables</p> <p>Rice</p> <p>Mixed Fruit</p>	<p><b>28</b></p> <p>Southwest Chicken Breast Bake</p> <p>Onion and Peppers</p> <p>Rice</p> <p>Fresh Oranges</p>	<p><b>29</b></p> <p>American Chop Suey</p> <p>Cauliflower and Broccoli</p> <p>Peaches</p>	<p><b>30</b></p> <p>Tuna Noodle Casserole</p> <p>Stewed Tomatoes</p> <p>Peas and Carrots</p> <p>Apple Slices</p>	<p><b>31</b></p> <p><b>Café Fridays Served from 11:30 - 1:00</b></p> <p>Turkey Breast Club Sandwich</p> <p>Salad</p> <p>Soup of the Day</p> <p>Mandarin Oranges</p>

# Activities Calendar January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>To make an appointment or to sign up for a program at The Pleasant View Senior Center please call 413-525-5436</b></p>		<p><b>1</b> <b>CENTER CLOSED</b></p> 	<p><b>2</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 12:00 Canasta 12:30 <b>Bingo</b> 1:00 Knitting Class</p>	<p><b>3</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p>
<p><b>6</b> <b>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 4:15 Zumba Toning</p>	<p><b>7</b> 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b></p>	<p><b>8</b> 8:00 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 2:30 Chair Yoga</p> 	<p><b>9</b> <b>Manicures*</b> 8:30 Bosu Class 9:00 <b>Blood Pressure Clinic</b> 9:30 Tai Chi 10:00 Trivia 10:30 <b>Right at Home Information Table</b> 10:45 Exercise Class 12:00 Canasta 12:30 <b>Bingo</b> 1:00 Knitting Class</p>	<p><b>10</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 <b>Compassion and Kindness</b>, Dominoes, Needlework 4:00 Line Dancing Class</p>
<p><b>13</b> <b>Massage Therapy*, 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</p>	<p><b>14</b> <b>Pedicare*</b> 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b></p>	<p><b>15</b> <b>Hearing Screening*, Support Group</b> 8:00 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, <b>Computer Class</b> 2:30 Chair Yoga</p>	<p><b>16</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>To Be Announced</b> 1:00 Knitting Class</p>	<p><b>17</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p>
<p><b>20</b> <b>CENTER CLOSED</b></p> 	<p><b>21</b> <b>Legal Consultation*</b> 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b></p>	<p><b>22</b> <b>Nutritionist, SHINE*</b> 8:00 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 2:30 Chair Yoga</p>	<p><b>23</b> <b>Manicures*</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>\$5 Bingo</b> 1:00 Knitting Class</p>	<p><b>24</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p>
<p><b>27</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</p>	<p><b>28</b> 8:00 Brownstone Café 8:30 Bosu Class 9:30 Tai Chi 10:30 <b>Book Club</b> 12:30 Mah-jongg 12:45 <b>Pleasant View Cinema</b></p>	<p><b>29</b> 8:00 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 2:30 Chair Yoga</p>	<p><b>30</b> 8:30 Bosu Class 9:30 Tai Chi 10:00 Trivia 10:45 Exercise Class 11:00 <b>Volunteer Information Table</b> 12:00 Canasta 12:30 <b>To Be Announced</b> 1:00 Knitting Class</p>	<p><b>31</b> 8:00 Walkers 8:30 Exercise Class 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art, Cribbage 12:30 Mah-jongg 1:00 Dominoes, Needlework 4:00 Line Dancing Class</p>

## 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**



Due to the holidays the Tri-Town Trolley will be not running on the following days:  
January 1st or January 20th



## 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*

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

**Danell Tavella**  
*Community Services*  
Ext. 1402

**Alicia Smith**  
*Program And  
Volunteer Coordinator*  
Ext. 1406

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

**Meralee Kratovil**  
*Office Manager*  
Ext. 1404

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

**Tracey Walz**  
*Food Pantry  
Coordinator*  
Ext. 1408

**Sandy Bell**  
*Meal Site  
Coordinator*

**Margit Daley**  
*Kitchen Assistant,  
Dishwasher*

**Terry Glusko**  
*Transportation  
Coordinator*  
Ext. 1410

**Barbara Fenney**  
*Dispatcher*  
Ext. 1410

[www.facebook.com/elseniors](http://www.facebook.com/elseniors)



MON - FRI: 8:00 a.m. – 4:00 p.m. | 413-525-5436

## SPONSORS

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

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