



JANUARY 2022

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 sign into My Senior Center while you are here! We use your sign-ins to communicate cancellations and changes. We also use your sign-ins to trace contacts and notify seniors who may have been in contact with someone who has tested positive for COVID-19. Signing in will arm you with the information you need to make educated choices related to your health and assure that you are not missing important information. Thank you! *We wish everyone a happy and healthy New Year!*



Crafts with Rose Tuesday, January 4th at 1:00 Join us for our NEW monthly craft class on the first Tuesday of the month. This month we are making a Winter Snowflake lit 14" wreath. All materials will be supplied. \$16 per person. Space is limited. Please register by calling 525-5436.



Job Fair Thursday, January 13th from 11-3 Are you looking for paid work? Stop by to check out which local businesses are hiring! Refreshments will be available, and one lucky winner will receive a door prize!



Cooking Demo Thursday, January 20th at 10:00 Join us for a cooking demo presented by East Village Place. You will get to taste the meal and walk away with the recipe. Please register by calling 525-5436.



Supermarket Sweep Thursday, January 20th at 12:30 Want to win groceries? **Buy a raffle ticket for the chance to be a participant in our Supermarket Sweep!** Tickets are \$1 each, or 6 for \$5. All proceeds will benefit our Food Pantry. *This game will require walking.* Tickets will be available beginning January 3rd. We hope you will join us to have fun watching this exciting game!



Intergenerational Music Circle Friday, January 21 at 2:30 Do you enjoy sharing your life stories and learning from others? Join us for this intergenerational circle where we will share and learn from others of all ages. We will also have a special musical guest with us. For more information and to register, please call 525-5436.



Dementia: Erasing the Stigma Thursday, January 27th at 10:30 With the numbers of people living with dementia growing drastically, we need to understand it. We need to accept it and embrace those affected. Come learn ways to interact, not react, in an attempt to erase the stigma of this disease. Join Laura Lavoie, PACTM (Positive Approach to Care®) Certified Independent Trainer, Engagement Leader and Consultant, as she delves into the stigma associated with Dementia and how we can break down barriers. Please register by calling 525-5436.

JANUARY HIGHLIGHTS



Birthday Bash Wednesday, January 5th at 12:00 If your birthday is in the month of January, join us for a **FREE** lunch! All others will be charged \$3. Dessert sponsored by Glenmeadow. Please register by calling 525-5436.



Lunch & Learn On Friday, January 7th at 12:00 The American Foundation for Suicide Prevention's MA Chapter presents its "Talk Saves Lives" presentation for seniors and their loved ones. Participants will learn common risk factors and warning signs in elderly populations and how to best connect those who are struggling with help. Topics covered include: the scope of the problem and the latest data on suicide; health and environmental factors that put individuals at risk; prevention strategies; tips for managing mental health; guidance on warning signs and behaviors to look for; and how to get help for someone in a suicidal crisis. Please register by calling 525-5436.



Financial Wellness and Security Berkshire Bank will be here on **Monday, January 10th at 10:30** to review financial security and answer any questions you may have about your financial wellness. Please register by calling 525-5436.



Origami Thursday, January 13th at 12:30 The practice of origami can be beneficial to your health: boost your brain health and reduce your level of anxiety. Origami transforms a piece of paper into a creation. Please register by calling 525-5436.



Senior Medicare Patrol Tuesday, January 18th at 10:30 Healthcare errors cost consumers and Medicare billions of dollars annually! Join us for this free workshop when a representative of the Massachusetts Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics. Please register by calling 525-5436.



Online Social Awareness and Identity Theft Workshop January 19th at 10:30. Most Older Americans are not aware of how online predators seek their trust, and go after their personal and/or financial information. Join us on January 19th at 10:30 to hear the facts of online scams and identity theft and how they target you. This presentation will leave you feeling empowered, and knowing when and how to step into immediate action! Milagros Johnson and Camille Christian have over 26+ combined years working for the (Springfield) Mayor's Office of Consumer Information, a Local Consumer Program funded by and working in cooperation with the Massachusetts Attorney General's Office serving Hampden County and parts of Worcester County. Please register by calling 525-5436.



Lunch and Learn Age Safe Home Assessments January 24 at 11:30 Join Elizabeth Depaula, of TRIAD, for a presentation on how to age safely at home and reduce your risk of falling. Elizabeth is certified to do in-home inspections. Come learn about this great FREE service.



A Heck of a Way to Stay Warm January 26th at 12:00 John Porcino will share stories and songs that celebrate the sparkling season of winter. This program is supported in part by a grant from the East Longmeadow Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Please register by calling 525-5436.



Are you more comfortable meeting friends from home? Join the *Golden Zoomers*, a weekly, Senior-led, virtual meeting to provide a chance to meet kindred spirits and help keep spirits high over the winter months. **This group will meet virtually every Friday at 1PM.** To register for this program, please email Alicia at alicia.smith@eastlongmeadowma.gov



Italian Class is Back! Wednesdays at 10:00, beginning February 2nd. This 8 week session will be \$5 per class. Beginner and intermediate levels. Please register by calling 525-5436.

PLEASANT VIEW CINEMA

Join us **Tuesday's at 12:30** to enjoy a movie or a documentary

Movies and Documentaries are liable to change based on availability



January 4th Official Secrets 2019, R, 1h 51min : The true story of British intelligence whistleblower, Katherine Gun, who leaked a top-secret NSA memo exposing a joint US-UK illegal spying operation.



January 11th Radium Girls 2018, TV-14, 1h 42min: When the women at a radium factory begin to fall gravely and inexplicably ill, they set out to expose a corporate cover-up.



January 18th Te Ata 2017, PG, 1h 45min : A Chickasaw Nation woman navigates cultural barriers to pursue a stage career that culminates in a performance at the White House. Based on a true story.



January 25th Victoria & Abdul 2017, PG-13, 1h 51min : A cheerfully naive clerk from India visits England to bestow a gift to Queen Victoria, then strikes up an unlikely friendship with the lonely monarch. Starring Judi Dench.

RECREATION

ART CLASS with Jeff Kerns Fridays 10:00 A.M. \$15
**Must bring your own supplies*

BEAN BAG BASEBALL Fridays 10:00 A.M.

BREAKFAST CAFÉ Tuesdays 8:00 - 10:00

BILLIARDS Mon - Fri 8:00 A.M. to 4:00 P.M.

League Play Mondays 10:00 A.M. - 12:00 P.M.

Free Instruction Thursdays 10:00 A.M.

BOCCE Will resume in the Spring

BOOK CLUB Tuesday, January 25th at 10:30

Book of Lost Friends by Lisa Wingate

CHAIR VOLLEYBALL Wednesdays 1:00 P.M.

COMPUTER CLASS Wednesday, January 19th
1:00 P.M. - 3:00 P.M.

FRENCH GROUP Tuesdays 11:00 A.M.

**All conversation is in French*

HANDCRAFTING Thursdays 1:00 P.M.



MORNING GLORY WALKERS

Monthly Meeting Monday, January 10th 9:00

TRIVIA In House Thursdays 10:00 A.M.

TRIVIA Online Tuesdays 11:00 A.M.

TECH HELP January 12th & 26th.
By appointment please call 525-5436.

CARDS AND GAMES

CANASTA Thursdays 12:00 P.M.

CRIBBAGE Wednesdays 10:00 A.M.

DOMINOES Fridays 1:00 P.M.

MAH-JONGG Tuesdays 12:30 P.M.

PITCH Mondays 12:30 P.M.



NEW Friendship Thursdays!

Join us on Thursdays at 12:30 for Friendship Thursdays

January 6th \$2 Bingo, 4 Cards for \$2

January 13th No event due to Job Fair

January 20th Supermarket Sweep

1/27 \$5 Bingo, 4 cards for \$5



INCLEMENT WEATHER POLICY When the EL Public Schools are closed due to weather, there will be no in house lunch, meals on wheels, or programming. When the EL Public Schools are delayed due to weather, there will be no programs that were scheduled during the delay. Staff will be in the building to answer questions and for emergencies unless Town Hall is closed. Please watch WGGG Channel 40 and WWLP Channel 22 for updates.

We now have another registration option called **myactivecenter**. You can continue to register by phone (413-525-5436) or in person, or you can try myactivecenter!

Go to www.myactivecenter.com and click "New User" in the upper right corner.

1. Click "Yes, I have a key tag" if you do! If you do not have a key tag, visit our office.
2. Find us by typing in "Town of East Longmeadow" and Activate Account.
3. You should then see the program options and be able to sign up, and see further details.

myactivecenter

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. An annual medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

Chair Exercise DVD Monday, Wednesday and Friday from 9:15-10:15 in the Auditorium, free.

Advanced Exercise DVD Monday, Wednesday and Friday from 9:15-10:15 in the Media Room, free.

Line Dancing Tuesdays at 10:00am at the senior center, \$3 per class.

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

Silver Sneakers Monday and Fridays 2:00-3:00 at the senior center. Designed for seniors of all fitness levels and led by an instructor from HealthTrax. A class pass is required and can be purchased at the senior center 6 classes for \$10.

Yoga Class Join us at the senior center on Tuesday, January 4th; Thursday, January 6th and Tuesday, January 11th at 9:00 for yoga. Class is \$6 per person. You may sign up by calling 525-5436.



PANTRY PROGRAM



Happy Holidays and thank you to everyone who has been dropping off food items, gift cards and cash donations to keep our community fed and taken care of, especially during the winter months. Three of our elementary schools concluded their holiday food drives before Thanksgiving and donated over 3,000 food items to our pantry!!! Special thank you to Mountain View (1,351 items), Mapleshade and Meadow Brook schools for helping out our community. We look forward to picking up items at Birchland Park middle school in December. **We accept donations year round Monday-Friday from 9-3. Over the winter we will be in need of toilet paper, chapsticks, laundry detergent, tissues and dried fruits and nuts.**



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. The mobile pantry van has its snow tires on and is ready to continue making food deliveries during the winter. Please call the pantry or main office if you are in need of food and hygiene items. 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.

HEALTH AND WELLNESS

FOOTCARE/PEDICARE

by appointment 525-5436
Cost is \$30, Home Visit \$55
January 11th

HEARING SCREENING

Free Screening by Baystate Hearing Center
by appointment 525-5436
January 19th

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
January 13th and 27th

SPONSORS

Would you like your business or company to reach over 5,000 households each month through The Reminder? For information please contact Meralee at 413-525-5436.

We hope you support our valued sponsors!

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



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

MEMORIAL DONATIONS

A special thank you to Walter LaBroad for his donation in memory of Maxine Babbie.

RESOURCE REPORT



Sand for Seniors We are partnering with the Hampden County TRIAD Program and the East Longmeadow Fire Department to bring **Sand for Seniors** to East Longmeadow. Designed to increase safety during the winter. We have a limited amount of buckets to provide to eligible seniors and disabled persons who are physically or financially unable to acquire their own bucket of ice melt product. Buckets are delivered and can be refilled when empty. If you are interested in a bucket of sand, please call the senior center at 413-525-5436.



AARP TAXES AARP is hoping to offer tax preparation here in February. Please understand that due to COVID and other unforeseen circumstances, we may not be able to offer this service this year. We will do our best to keep everyone updated if appointments become available. You may call us for more information at 525-5436.



To schedule an in-home vaccination call the In-Home Vaccination Central Intake Line at (833) 983-0485. You will be able to speak with a representative who will handle the scheduling and administration of in-home vaccinations. In-home vaccinations will be: Performed by medical professionals following all public health guidelines; tailored to meet the needs of the individual, as discussed on the scheduling call; and scheduled based on geography of residents, not on a first-come first-served basis.



Dementia Friendly Kickoff Stay tuned to hear more as East Longmeadow works to become a Dementia Friendly Community. A Dementia Friendly Community is a city, town or village where people with dementia are understood, respected and supported. In a dementia-friendly community, people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose. Over the course of 2022, we will be holding a variety of community events and educational opportunities for the community to become involved in the initiative.



Alzheimer's Caregiver Support Group for people caring for a loved one living with Alzheimer's disease or a related dementia. **The group will meet monthly on the 2nd Wednesday of the month. This month we will meet on January 12th.** Facilitated by Carol Sachs, PhD and Lissa Fontaine, RN. For more information please call 525-5436. Pre-registration is necessary.



The Neighbor to Neighbor (N2N) Program is coming to East Longmeadow! The *N2N's mission is to reduce social isolation, enhance quality of life and preserve the dignity of older adults in the greater Springfield area by matching trained volunteers with isolated seniors.* N2N volunteers visit seniors monthly and are invited to monthly volunteer meetings. Older adults are at increased risk for social isolation because they are more likely to live alone and endure the loss of family and friends. To volunteer for N2N or to recommend anyone who could benefit from this program please contact n2n@glenmeadow.org or call Erin Koebler at 413-525-5436. Neighbor to Neighbor is a collaborative program funded by Greater Springfield Senior Services Re-Engage grant.

ESSENTIAL SERVICES

LEGAL CONSULTATION

By appt. January 18th
Dave Carlson, Attorney
525-5436

NOTARY PUBLIC SERVICES

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

SHINE COUNSELOR

Medicare Assistance
By appointment 525-5436

Meal Calendar January 2022



We are now offering In-House Dining and Curbside Pick-Up Monday - Friday
Curbside Meals can be picked up in the Senior Center parking lot at **11:00**
In-House Meals are served in the Auditorium at **12:00 *NEW TIME***
If you would like to order lunch please call 525-5436 at least a day in advance by 1:00pm.
 \$3.00 Lunch donation is appreciated **Please bring exact change*

Monday	Tuesday	Wednesday	Thursday	Friday
3 Teriyaki Chicken Breast Broccoli, Carrots, Peppers and Mushrooms Pineapple	4 Beef Burgundy Egg Noodles Kale and Peppers Vanilla Pudding	5 Stuffed Chicken Breast with Broccoli and Cheese with Penne Green Beans with Carrots and Peppers	6 Glazed Drumstick Spinach Butternut Squash Mandarin Oranges	7 Lasagna with Meat Sauce California Blend Vegetables Cinnamon Pears
10 Baked 3 Cheese Macaroni and Cheese Mixed Vegetables Strawberry Fruit Cup	11 Chicken Breast Marsala with Brown Rice California Blend Vegetables Fresh Fruit	12 Diced Pork over Pineapple Yellow Rice with Red and Green Peppers Tangerines	13 Shepard's Pie with Mashed Potatoes and Corn Peas and Carrots Pears	14 Beef Stew with Potatoes, Carrots and Celery Corn Bread Chocolate Pudding
17 CENTER CLOSED 	18 Spaghetti and Meatballs Cauliflower, Carrots and Broccoli Pineapple	19 Grilled Chicken Sandwich with BBQ Sauce Potato Wedges 3 Bean Salad Peaches	20 Barbequed Ribs Mashed Potatoes Green Beans with Red and Green Peppers Mixed Fruit	21 Herb Baked Fish Sweet Potatoes Brussel Sprouts Apple Sauce
24 Garlic Grilled Chicken Breast Scalloped Potatoes Green Beans and Peppers Banana	25 Eggplant Parmesan Roll Ups over Penne Cauliflower and Carrots Mandarin Oranges	26 Beef Bolognese Broccoli and Carrots Applesauce	27 Roasted Turkey Mashed Potatoes and Cauliflower Mixed Vegetables Fruited Jell-O	28 Baked Creole Fish Spinach, Tomatoes and Peppers Rice Pilaf Pineapple
31 Breaded Chicken Drumstick with Gravy Scalloped Potatoes Mixed Vegetables Sliced Apples		Beginning January 3rd In-House lunch will be served at 12:00	\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**	**1% Milk and whole grain bread or rolls served daily, unless otherwise noted**



If you are interested in volunteering in our kitchen to help prepare and serve lunch, deliver Meals On Wheels to homebound seniors, or assist our office staff by answering phones and performing other office tasks, please reach out to Alicia at 525-5436 ext. 1406, or email at alicia.smith@eastlongmeadowma.gov.

Activities Calendar January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup*** 12:00 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	4 8:00 Breakfast Café 9:00 Tai Chi, Yoga 10:00 Line Dancing 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 12:00 In-House Lunch* 1:00 Monthly Craft 12:30 Mah-jongg, Movie Showing	5 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 11:00 Curbside Meal Pickup* 12:00 Birthday Bash,* In-House Lunch* 1:00 Chair Volleyball	6 9:00 Yoga, Veterans Coffee Hour 10:00 Trivia 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 12:30 \$2 Bingo 12:00 Canasta 1:00 Handcrafting	7 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* Lunch and Learn 1:00 Dominoes, Golden Zoomers 2:00 Silver Sneakers
10 9:00 MGW Meeting 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Pool League 10:30 Financial Wellness Presentation 11:00 Curbside Meal Pickup*** 12:00 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers	11 Pedicare** 8:00 Breakfast Café 9:00 Tai Chi, Yoga 10:00 Line Dancing 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 12:00 In-House Lunch* 12:30 Mah-jongg, Movie Showing	12 Alzheimer's Support Group**, Tech Help** 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Chair Volleyball	13 Job Fair, Manicures** 10:00 Trivia 11:00 Curbside Meal Pickup**, Brian Ashe's Representative 12:00 In-House Lunch* 12:00 Canasta 12:30 Origami 1:00 Handcrafting	14 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Art Class, Bean Bag Baseball 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Dominoes, Golden Zoomers 2:00 Silver Sneakers
17 CENTER CLOSED 	18 Legal Consultation** 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 10:30 Medicare Patrol 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 12:00 In-House Lunch* 12:30 Mah-jongg, Movie Showing	19 Hearing Screening**, 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 10:30 Identity Theft Presentation 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Computer Class 1:00 Chair Volleyball	20 10:00 Cooking Demo, Trivia 11:00 Curbside Meal Pickup*, Eric Lesser's Representative 12:00 In-House Lunch* 12:00 Canasta 12:30 Supermarket Sweep 1:00 Handcrafting	21 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Art Class, Bean Bag Baseball, 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Dominoes, Golden Zoomers 2:00 Silver Sneakers 2:30 Music Circle
24 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup* 11:30 Lunch and Learn* 12:00 In-House Lunch, 12:30 Pitch 2:00 Silver Sneakers	25 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 10:30 Book Club 11:00 Curbside Meal Pickup*, French Group, Trivia Online** 12:00 In-House Lunch* 12:30 Mah-jongg, Movie Showing	26 Tech Help** 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Cribbage 11:00 Curbside Meal Pickup* 12:00 In-House Lunch*, A Heck of a Way to Stay Warm 1:00 Chair Volleyball	27 Manicures** 10:00 Trivia 10:30 Dementia Presentation 11:00 Curbside Meal Pickup 12:00 In-House Lunch* 12:00 Canasta 12:30 \$5 Bingo, Origami 1:00 Handcrafting	28 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Art Class, Bean Bag Baseball, 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Dominoes, Golden Zoomers 2:00 Silver Sneakers
31 9:15 Advanced Chair Exercise, Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 12:30 Pitch 2:00 Silver Sneaker		Beginning January 3rd In-House lunch will be served at 12:00	** Program requires sign up please call 525-5436	*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm

TRI-TOWN TROLLEY

Town Trolley is available Monday thru Friday from 9:00am – 3:00 P.M.
for East Longmeadow, Longmeadow, and Hampden Seniors

Due to a large increase in passenger transportation to medical appointments, increased costs, and because PVTA has eliminated some of their routes, the Tri-Town Trolley will be implementing schedule and rate changes in January 2022. The mission of the Tri-Town Trolley is to meet the needs of all passengers, which sometimes requires a change in logistics. We understand that change is often difficult, and thank you for your understanding while Tri-Town works to meet the needs of all riders.

- Beginning Monday, January 3, 2022, the cost of out of town trips will be \$3 each way. In town trips will remain \$1 each way.
- Beginning Wednesday, January 5, 2022, transportation for grocery shopping will be scheduled on Wednesday and Thursday of each week only. Mondays, Tuesdays and Fridays will be reserved for other types of transportation.

IMPORTANT: EVERY PASSENGER WHO DESIRES TO GO GROCERY SHOPPING ON THEIR DESIGNATED DAY MUST CALL AT LEAST 72 HOURS IN ADVANCE. SCHEDULING WILL BE ON A "FIRST COME-FIRST SERVED BASIS". GROCERY BAGS WILL BE LIMITED TO THREE (3) BAGS ON THE VAN.

72 hour notification is required for booking any transportation. For medical appointments, we recommend calling as soon as you schedule your appointment. The trolley schedule is limited, we do our best to accommodate your date and time, however availability is not guaranteed. When booking appointments, please have the complete address and phone number of your destination.



To schedule a ride please call 413-525-5412



VETERANS SERVICES

NEW MONTHLY COFFEE TIME for all Veterans and family



The first Thursday of the month from 9:00-10:00 join Michelle Barrett Director of Veteran Service of Eastern Hampden County District and talk about Veteran and family benefits over coffee and pastries.



Director of Veteran Service
Michelle Barrett

Pleasant View Senior Center Office Hours:

Monday, Wednesday, Thursday & Friday 9:00-2:00

Office Phone: 525-5400 ext. 1416 **Cell Phone:** 573-355-6076



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

Erin Koebler
Director
Ext. 1401

Sharon Giordano
Admin. Accountant
Ext. 1405

Meralee Kratovil
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Ext. 1404

Elizabeth Baron
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Alicia Smith
*Program &
Volunteer Coordinator*
Ext. 1406

Leah Weaver
*Admin. Asst. &
Social Media
Coordinator*
Ext. 1414

Terry Glusko
*Transportation
Coordinator*
Ext. 1410

Margit Daley
*Kitchen Assistant,
Dishwasher*

Allen Lefferts
Chef
Ext. 1411

Debbie Garvin
Meal Site Coordinator
Ext. 1413



MON - FRI: 8-4 PM
413-525-5436



To receive our E-Newsletter
please call 525-5436.