



MARCH 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



MARCH HIGHLIGHTS



Supermarket Sweep Thursday, March 10th at 12:30 Want to win groceries? Buy a raffle ticket for the chance to be one of six participants in our Supermarket Sweep! Tickets are \$1 each, or 6 for \$5. All proceeds will benefit our Food Pantry. This game will require walking. Contestants will be grouped into pairs and teams will work together to answer trivia questions and build minutes onto their clocks to shop our grocery store. All contestants will be allowed to keep their grocery store winnings and are eligible to win additional bonus prizes. We hope you will join us to have fun watching this exciting game!



St. Patrick's Day Lunch and Entertainment Thursday, March 17th Join us for a delicious corned beef and cabbage lunch with Irish Step dancers joining us at 12:45. Tickets are \$3 and will be available in the office starting March 1st.



Job Fair Thursday, March 24th from 11 - 2 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!



Welcome to Amsterdam! Tuesday, March 15th at 10:30 Join us in person at our Center for a live virtual tour straight from the streets of Amsterdam! Our tour guide will show us highlights of the city and its beautiful canals while you enjoy some goodies. Due to limited space, FREE registration is required by March 14th by calling 525-5436. This program is in partnership with Beeyondr.



Get Ready! The Walk MA Challenge 2022 starts in April! The Walk MA Challenge this year will be bigger and better than ever. For the first time, MCOA is making it an intergenerational program, open to everyone ages 5 and up. They will give out 85 prizes to walkers, and prizes of up to \$1000 for COAs. The more walking you do, the more chances you have of winning a prize; and the more walkers we get, the more chances we have of winning funding for our programs! This is an easy way to earn money for your COA, and help yourself stay healthy. Registration opens on April 1st, the Challenge runs from May 1st through October 31st. For questions and to register, please call 525-5436.



New Trip ABBA Tribute Band at the Aqua Turf Club May 18th This tribute act will take you back to the days when ABBA ruled the music world! Come experience the glitter and glamour of the 70s! Coffee and donuts upon arrival. Lunch will be a family style meal consisting of chicken francaise and salmon with dill sauce. The cost is \$106 per person based on 35-45 participants, or \$86 per person if you drive yourself. **Registration and payment are both required by March 14th.** Checks must be dropped off to the Senior Center. Call Karen at 413-747-5819 to register and for questions.

MARCH HIGHLIGHTS



Birthday Bash Wednesday, March 2nd at 12:00 If your birthday is in the month March, join us for a **FREE** lunch! Dessert sponsored by Glenmeadow. Please register by calling 525-5436.



Trip Sign Up Tuesday, March 8th Come see what trips we are offering this year! Our trip coordinator will be available from 9:30-12:00 to answer your questions and help you get signed up! If you are unable to make it during this time, please call Karen at 413-747-5819.



Online Social Awareness and Identity Theft Workshop Thursday, March 10th at 10:30. Join Milagros Johnson and Camille Christian who have over 26+ combined years working for the (Springfield) Mayor's Office of Consumer Information to hear the facts of online scams and identity theft and how they target you. Please register by calling 525-5436.



Crafts with Rose Tuesday, March 15th at 1:00 This month we will be creating beautiful no-sew 14" stenciled accent pillows for your home. There will be a variety of material colors, stencil designs and 30 fabric paint colors to choose from! \$7 per person. Registration is required by calling 525-5436.



Fix-It Clinic Friday, March 18th from 1:00-3:00 The East Longmeadow Health Department and Pleasant View Senior Center will be offering a free Fix-It Clinic to give guided assistance from volunteers with repair skills to disassemble, troubleshoot, and (hopefully) fix small household appliances, clothing, electronics, mobile devices and more. Call 525-5436 to schedule an appointment. If you are skilled in soldering, electronics repair, electrical repair, sewing, and/or general tinkering and would like to volunteer to help please call 525.5436.



Intergenerational Circle Friday, March 18th 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. For more information and to register, please call 525-5436.



Lunch and Learn Age Safe Home Assessments Monday, March 21st at 12:00 Join Dan Atwater and Chris Beecher, of the East Longmeadow Police and Fire Departments along with Elizabeth DePaula, of TRIAD, for a presentation on how to age safely at home, reduce your risk of falling, the EL FD's smoke detector program and how to stay safe from recent scams targeting seniors. Elizabeth is certified to do in-home inspections. Come learn about this great FREE service. To register please call 525-5436.



Judicial Outreach Month Tuesday, March 22nd at 10:30 We are happy to have Hon. Michael E Mulcahy, First Justice of the Palmer District Court join us for National Judicial Outreach Month in Massachusetts, the Trial Court's annual community outreach effort when our judges engage with communities across the Commonwealth about the importance of an impartial and independent judiciary governed by the Rule of Law. Please call 525-5436 to register.



Bottoms Up Card Game Wednesday, March 23rd at 12:15 Learn a fun and simple card game and have the opportunity to win prizes! Sponsored by Home Helpers .



Senior Medicare Patrol Tuesday, March 29th at 10:30 Healthcare errors cost consumers and Medicare billions of dollars annually! Join us for this free workshop where a representative from 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



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 March 9th.** Facilitated by Carol Sachs, PhD and Lissa Fontaine, RN. For more information please call 525-5436. Pre-registration is necessary.

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



March 1st My Best Friend Anne Frank 2021, TV-14, 1h 43m: Based on the real-life relationship between Anne Frank and Hannah Goslar, from Nazi-occupied Amsterdam to their harrowing reunion in a concentration camp



March 8th This Little Love of Mine 2021, G, 1h 31m : A workaholic lawyer returns to her island home to convince an old friend to take over his family's business.



March 15th Patsy & Loretta 2019, TV-14, 1h 28m: The untold true story of the friendship between two of country music's greatest icons, Patsy Cline and Loretta Lynn.



March 22nd Munich - The Edge of War 2021, PG-13, 2h 3m: At the tense 1938 Munich Conference, former friends who now work for opposing governments become reluctant spies racing to expose a Nazi secret.



March 29th Home Team 2022, PG, 1h 35m : Two years after NFL head coach Sean Payton is suspended, he goes back to his hometown and finds himself reconnecting with his 12-year-old son by coaching his Pop Warner football team.

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, March 29th at 10:30

When the Moon is Low by Nadia Hashimi

CHAIR VOLLEYBALL Wednesdays 1:00 P.M.

COMPUTER CLASS Wednesday, February 16th
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.



**Join us for Bean Bag Baseball on
March 25th with Special Guests
Dan Atwater and Chris Beecher, of
the East Longmeadow Police and
Fire Departments
Police vs Fire**

MORNING GLORY WALKERS Monthly
Meeting Monday, March 14th 9:00 A.M.

ORIGAMI Thursday, March 10th 12:30 **Sign up
is required by calling 525-5436*

TRIVIA In House Thursdays 10:00 A.M.

TRIVIA Online Tuesdays 11:00 A.M.

No Online Trivia on March 8th or March 15th

TECH HELP Wednesday, March 9th & 23rd
**By appointment only, call 525-5436*

CARDS AND GAMES

CANASTA Thursdays 12:00 P.M.

CRIBBAGE Wednesdays and Fridays 10:00 A.M.

DOMINOES Fridays 1:00 P.M.

MAH-JONGG Tuesdays 12:30 P.M.

PITCH Mondays 12:30 P.M.



Join us on Thursdays at 12:30 for Friendship Thursdays

March 3rd \$2 Bingo, 2 Cards for \$2

March 10th Supermarket Sweep

March 17th St. Patrick's Day Luncheon

March 24th Job Fair

March 31st Pie Tasting and Fun Place

*Sponsored by East
Village Place*

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 Assessments On Thursday, March 31st Springfield College will be holding **Senior Fitness Assessments here at Pleasant View.** Participants will have the opportunity to complete a variety of age appropriate physical assessments for strength, mobility, and balance to learn more information about their personal physical fitness. All you need to bring is yourself and a pair of sneakers. Registration is required by calling 525-5436.

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 9:00-10:00 in the Media Room, free.

Line Dancing Tuesdays at 10:00 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.

PANTRY PROGRAM

Thank you to the community for your generous donations!

We accept donations year round Monday-Friday from 9-4. The pantry is currently in need of: Oatmeal, Sugar Free Items, Saltine and Ritz Crackers, and Toilet Paper



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
March 8th

HEARING SCREENING

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

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
March 10th and 24th

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 Elder Issues</i></p>
<p>200 NORTH MAIN STREET • SUITE 6 EAST LONGMEADOW, MA 01028 Tel. (413) 525-1313 Fax (413) 525-7272</p>

RESOURCE REPORT



FARMSHARE PROGRAM Once again Crow River Farm, The East Longmeadow Council on Aging and The Department of Transitional Assistance (DTA) will team up to offer a summer "Farm Share Program". This program will run for 10 weeks from July 6th to September 7th with pick-ups on Wednesday afternoons at Pleasant View Senior Center. A 5-week option is also available. SNAP recipients can use their HIP benefit for their share! To sign up, please contact Kerisa Fitzgerald from Crow River Farm at kerisaperazella@gmail.com or 413-285-5322.

Sign ups will be accepted until spots are full

Options Counseling Program Many older adults wish to remain in their home and age in place. The safest way to remain living on your own, is to have the proper supports in place. It is important to know when to seek out additional help in the home to provide the assistance needed to remain independent. If you believe you or a family member may benefit from having assistance in the home you can contact Greater Springfield Senior Services at 413-781-8800 and request a free Options Counseling session to learn what assistance options are available to meet your needs.

Glenmeadow in Longmeadow has opened their onsite weekly PCR testing to our members. Each Wednesday, starting March 16th, Ridgewood labs will be onsite at Glenmeadow testing **asymptomatic** people. This is a convenient solution for gathering safely or for travel. Please call the Senior Center at 525-5436 for more information and for access to the online portal.



50+ Job Seekers in MA supported by MCOA has an exciting line-up of FREE workshops! There are Interactive Workshops and Special Events in English, and our Bilingual program in English and Spanish, all to help 50+ job seekers have successful job search campaigns. New this year is the Savvy Seeker Series! The Savvy Seeker Series provides information on programs, resources, and additional topics for the 50+ community. For more information, please check out the website: <https://50plusjobseekers.org/>



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. **Pleasant View Senior Center is here to help!** Contact Danell Tavella at 525-5436 ext. 1402 to make an appointment. 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.

The East Longmeadow Council on Aging is a proud SNAP Outreach Partner with the Department of Transitional Assistance (DTA).

<i>Monthly Income (10/1/21—9/30/22)</i>	
Family Size Income Limit	
1	\$2,265
2	\$3,052
3	\$3,838
4	\$4,625



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. **Please call Danell Tavella @ 525-5436 ext. 1402 for further information.**

<i>Yearly Income</i>	
Family Size Income Limit	
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751

ESSENTIAL SERVICES

LEGAL CONSULATION

By appt. March 15th
Dave Carlson, Attorney
525-5436

NOTARY PUBLIC SERVICES

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

SHINE COUNSELOR

Free Medicare Assistance
Telephone Appointments
By appointment 525-5436

Meal Calendar March 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
 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
\$3.00 Lunch Donation is Appreciated **Menu Subject to Change**	1 Salisbury Steak	2 Meatloaf 	3 BBQ Pulled Pork on a Bun	4 Salmon
	7 Veal Parmesan	8 Broccoli and Cheese Stuffed Chicken	9 Penne Ala Vodka with Meatballs	10 Roast Pork
14 Chili Con Carne	15 Pot Roast	16 Baked Chicken Breast	17 Corned Beef and Cabbage 	18 Tuna Noodle Casserole
21 Spaghetti and Meatballs	22 Turkey Dinner	23 Cheese Ravioli in Marinara Sauce	24 Hot Dog and Beans	25 Lemon Butter Cod
28 Broccoli and Mushroom Quiche	29 Shepherd's Pie	30 Chicken Parmesan	31 BBQ Chicken Leg	

Due to the limited availability of food and supplies we will only be listing the main course on the menu. Meals will also include a starch, a vegetable and a desert. 1% Milk and whole grain bread or rolls are served daily, unless otherwise noted.

VOLUNTEER SPOTLIGHT

This month's volunteer spotlight goes to Katie Kosiba! Katie has been volunteering at Pleasant View since September of 2021, and has played an integral role by helping in our office and kitchen. She appreciates being part of the Senior Center because it's a place that brings people together and allows her to help out the community. "Everyone has been so warm and welcoming making my volunteer experience both fulfilling and rewarding". Thank you, Katie, for your continued dedication to our Center and those we serve! We couldn't do what we do without you!



If you are interested in volunteering please reach out to Alicia at 525-5436 ext. 1406, or email Alicia at alicia.smith@eastlongmeadowma.gov.

Volunteer Fair Save the Date: Thursday, April 28th

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 WGGB Channel 40 and WWLP Channel 22 for updates.

Activities Calendar March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Program requires sign up please call 525-5436</p>	<p>1 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 11:00 Curbside Meal Pickup*, French Group, Trivia Online 12:00 In-House Lunch* 12:30 Mah-jongg, Movie Showing</p>	<p>2 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class 11:00 Curbside Meal Pickup* 12:00 Birthday Bash,* In-House Lunch* 1:00 Chair Volleyball</p>	<p>3 9:00 Veterans Coffee Hour 10:00 Trivia 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 12:00 Canasta 12:30 \$2 Bingo 1:00 Handcrafting 4:00 Tougher Than A Tank Showing</p>	<p>4 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>7 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup*** 12:00 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers</p>	<p>8 Pedicare**, Trip Sign Up 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 11:00 Curbside Meal Pickup*, French Group* 12:00 In-House Lunch* 12:30 Mah-jongg, Movie Showing</p>	<p>9 Alzheimer's Support Group**, Tech Help** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Chair Volleyball</p>	<p>10 Manicures** 10:00 Trivia 10:30 Identity Theft Workshop 1:00 Curbside Meal Pickup* 12:00 In-House Lunch* 12:00 Canasta 12:30 Supermarket Sweep, Origami** 1:00 Handcrafting</p>	<p>11 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>14 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 12:30 Pitch 2:00 Silver Sneakers</p>	<p>15 Legal Consultation** 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 10:30 Welcome to Amsterdam 11:00 Curbside Meal Pickup*, French Group* 12:00 In-House Lunch* 12:30 Mah-jongg, Movie Showin 1:00 Crafts with Rose**</p>	<p>16 Hearing Screening**, Eric Lesser's Representative 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Computer Class 1:00 Chair Volleyball</p>	<p>17 10:00 Trivia 11:00 Curbside Meal Pickup*, Eric Lesser's Representative 12:00 St. Patrick's Day Lunch and Entertainment* 12:00 Canasta 1:00 Handcrafting</p> <div style="text-align: center;">  </div>	<p>18 Fix It Clinic** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Dominoes 2:00 Silver Sneakers 2:30 Intergenerational Circle</p>
<p>21 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* Age Safe Home Assessments 12:30 Pitch 2:00 Silver Sneakers</p>	<p>22 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 10:30 Judicial Presentation 11:00 Curbside Meal Pickup*, French Group, Trivia Online 12:00 In-House Lunch* 12:30 Mah-jongg, Movie Showing</p>	<p>23 Tech Help** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 12:15 Bottoms Up 1:00 Chair Volleyball</p>	<p>24 Manicures** 10:00 Trivia 11:00 Curbside Meal Pickup*, Brian Ashe's Representative, Job Fair 12:00 In-House Lunch* 12:00 Canasta 1:00 Handcrafting</p>	<p>25 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>28 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Pool League 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 12:30 Pitch 2:00 Silver Sneaker</p>	<p>29 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 10:30 Book Club, Medicare Patrol 11:00 Curbside Meal Pickup*, French Group, Trivia Online 12:00 In-House Lunch* 12:30 Mah-jongg, Movie Showing</p>	<p>30 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Cribbage 11:00 Curbside Meal Pickup* 12:00 In-House Lunch* 1:00 Chair Volleyball</p>	<p>31 Fitness Assessments** 10:00 Trivia 11:00 Curbside Meal Pickup 12:00 In-House Lunch* 12:00 Canasta 12:30 Pie Tasting and Fun 1:00 Handcrafting</p>	<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm</p>

TRI-TOWN TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 9:00am – 3:00pm 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, in January the Tri-Town Trolley implemented schedule and rate changes. 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 the Tri-Town works to meet the needs of all riders.

- The cost of out of town trips is \$3 each way. In town trips are \$1 each way.
- Transportation for grocery shopping is scheduled on Wednesday and Thursday of each week only. Mondays, Tuesdays and Fridays are 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

Trolley Inclement Weather Policy When the East Longmeadow Public schools are **closed** due to weather, the Tri-Town Trolley will not run. When the East Longmeadow Public Schools are **delayed** due to weather, riders will be notified of any cancellations that day.



VETERANS SERVICES

Join Michelle for COFFEE TIME on March 3rd for all Veterans and family from 9:00-10:00



Special Movie Presentation TOUGHER THAN A TANK March 3rd at 4:00
Tougher Than a Tank is a documentary featuring Noah Cass and his 3-day 145 - mile run from Somers, CT to Lake George, NY. **Noah Cass will be here for the showing!** Free for all Veterans, suggested \$5 donation for non-military guests. All proceeds will go to The Ordinary Marathoner Foundation and Veteran Services. Please call 1-413-525-5400 x 1416 to register.

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

Elizabeth Baron

Food Pantry
Coordinator
Ext. 1408

Allen Lefferts

Chef
Ext. 1411

Terry Glusko

Transportation
Coordinator
Ext. 1410

Danell Tavella

Community
Services
Ext. 1402

Meralee Kratovil

Office Manager
Ext. 1404

Debbie Garvin

Meal Site Coordinator
Ext. 1413

Margit Daley

Kitchen Assistant,
Dishwasher

Barbara Fenney

Dispatcher
Ext. 1410

Alicia Smith

Program &
Volunteer Coordinator
Ext. 1406

Leah Weaver

Admin. Asst. &
Social Media
Coordinator
Ext. 1414



To receive our E-Newsletter please call 525-5436



www.facebook.com/elseniors

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

