



APRIL 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



### APRIL HIGHLIGHTS



**Welcome Back Lunch! Friday, April 1st at 12:00** Join us for an exciting afternoon as we celebrate eating lunch together inside our Center once again! You will meet our new Chef, enjoy a delicious dessert, play April Fool's fun and games and have the opportunity to win some door prizes! Registration is required by March 30th. Dessert and door prizes sponsored by Bluebird Estates.



**Cherry Blossom Hanami Experience Wednesday, April 6th at 10:30** Join us for this virtual presentation of the Cherry Blossom Hanami Experience. A great way to learn all about this important and gorgeous season celebrated the JAPANESE way! Our presenter will share Sakura (Cherry Blossom time) in Japan from a local's perspective. You will get to hear about the history and culture as well as stories, fun facts, and trivia. Limited space. Reserve your spot by calling 525-5436.



**Wellness, Mindfulness and Problem Solving Techniques Thursday, April 21st at 10:00** Join Laura Fontaine for coffee and danish while learning wellness, mindfulness and problem solving techniques. Laura has a clinical social work background and has been teaching wellness for over 20 years. Register by calling 525-5436.



**Volunteer Fair Thursday, April 28th from 11:00-2:00** Are you looking for ways to volunteer in our community? Stop by our Volunteer Fair to learn what opportunities are available to you! Door prizes and refreshments!



**Cooking Demo Wednesday, April 20th at 11:00** Join us for a cooking demo presented by East Village Place on the 3rd Wednesday of every month at 11:00. You will get to taste the meal and walk away with the recipe. Please register by calling 525-5436.



**Pen Pal Program** Do you enjoy the art of writing? Do you love the feeling of receiving a note in the mail? Then you will want to join our Pen Pal Program! You will be paired with others who enjoy the same, and send and receive notes throughout the year. Contact our Center at 525-5436 to sign up or for more information. *All participants are required to complete a volunteer application.*

## APRIL HIGHLIGHTS



**Birthday Bash Wednesday, April 6th at 12:00** If your birthday is in the month April, join us for a **FREE** lunch! Dessert sponsored by Glenmeadow. Please register by calling 525-5436.



**Asian Painting Tuesday, April 5th and 19th from 10:00-12:00** Join Hyeonsu Kim on the 1st and 3rd Tuesday of the month to learn the beautiful art of Asian painting. Hyeonsu has been teaching art for over 20 years. Cost is \$10 per class. Registration is required by calling 525-5436.



**NEW Balance and Fall Prevention Training Wednesdays from 2:00-3:00**

**beginning April 6th** This class is especially for those individuals who feel that their lifestyles have been challenged by poor balance and/or perceived lack of strength in the lower extremities. Falling among the elderly is increasing as the average lifespan increases. About 36 million falls are reported each year, resulting in 3 million emergency room visits and 300,000 hip fractures... 95% of hip fractures are caused by falling, usually sideways. Exercises that improve balance and make your legs stronger, lower your chance of falling and help you feel more confident in your daily activities. This class will use the stretches and movements of Tai Chi along with other evidence-based fall prevention training programs to improve your balance and increase lower body strength. Class card can be purchased in the office, 6 classes for \$10.00.



**Library Card Renewal and Information Thursday, April 14th** Don't have a library card? Need to update your information? Stop by the Senior Center between **10:30-12:00** to get your library card ready to use and talk with a librarian from the East Longmeadow Library.



**Crafts with Rose Tuesday, April 19th at 1:00** Come create seasonal Spring wreaths using a variety of colors, flowers, birds, and butterflies! Only \$8 per person, includes all materials. Space is limited please register by calling 525-5436.



**Springfield College Strength and Flexibility Class Wednesday, April 27th at 2:45**

Join Springfield College's Applied Exercise Science students for a strength and flexibility based group exercise class. During this class, you will learn and participate in fundamental exercises that will help you improve your overall strength and balance, while toning your muscles, increasing your flexibility, and having fun! Join us for a low impact class that is open to all ages and abilities.



**Financial Security Friday, April 29th at 11:00** Berkshire Bank will be here to review financial security and answer any questions you may have about your financial wellness. Berkshire Bank strives in customer security and wants you to feel safe with your banking needs. Register by calling 525-5436.



**Coming in May Ms. Massachusetts USA, Singer Ruth Harcovitz** will be performing her program, **SONGS OF WORLD WAR II**, in observance of V-E Day and the seventy-seventh anniversary of the end of the Second World War on **Thursday, May 12th at 12:45**. This program is supported by a grant from the East Longmeadow Cultural Council, a local agency, the Massachusetts Cultural Council, a state agency, and Pleasant View Senior Center.



**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. Our COA will also have the option this year for you to be paired with an EL high school student as a walking accountability partner! Registration opens on April 1st, the Challenge runs from May 1st through October 31st. Register by calling 525-5436. **Save the date: Kick-Off event happening on Sunday, May 1st.**

## PLEASANT VIEW CINEMA

Join us **Tuesday's at 12:45** to enjoy a movie or a documentary

*Movies and Documentaries are liable to change based on availability*



**April 5th *The God Committee*** 2021, TV-MA, 1h 38m: A transplant committee has one hour to determine which of three candidates should receive a lifesaving heart. Years later, their decision haunts them. Starring Kelsey Grammer and Julia Stiles.



**April 12th *Bright Star*** 2009, PG, 1h 59m: This drama details the passionate romance between Romantic poet John Keats and his great love and muse.



**April 19th *Brazen*** 2022, TV-14, 1h 36m: Mystery writer Grace Miller has killer instincts when it comes to motive, and she'll need every bit of expertise to help solve her sister's murder.



**April 26th *Just Like Heaven*** 2005, PG-13, 1h 34m: When a heartbroken architect moves into a new apartment, he is surprised to meet the previous tenant's spirit, and to their surprise they fall in love. Romantic comedy starring Reese Witherspoon and Mark Ruffalo.

## 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 A.M.

**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** Mon-Fri 8:00 A.M. - 4:00 P.M.

Group Play Wednesdays 10:00 A.M.

**BOOK CLUB** Tuesday, April 26th 10:30 A.M.

*The Engineer's Wife* by Tracey Everson Wood

**CHAIR VOLLEYBALL** Wednesdays 1:00 P.M.

**COMPUTER HELP** Wednesday, April 20th 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.

**JEWELRY CLASS** Monday, April 4th 9:30 A.M.

Sign up is required, \$3 + Materials

**MORNING GLORY WALKERS** Monthly

Meeting Monday, April 11th at 9:00 A.M.

**ORIGAMI** Thursday, April 14th 12:30 *\*Sign up is required by calling 525-5436*

**TECH TIME** Wednesday, April 13th *\*By appointment only, please call 525-5436*

**TRIVIA In House** Thursdays 10:00 A.M.

**TRIVIA Online** Tuesdays 11:00 A.M.

### 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*

**April 7th** \$2 Bingo, 1 Card \$2

**April 14th** Entertainment ~ The Gemtones

**April 21st** \$5 Bingo, 2 Cards \$5

**April 28th** Volunteer Fair, 11:00-2:00



**Senior Health & Fitness Day**  
Wednesday, May 25th

Save the Date

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](http://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.*

 **Balance and Fall Prevention Training Wednesdays 2:00 - 3:00 beginning April 6th** This class will use the stretches and movements of Tai Chi along with other evidence-based fall prevention training programs to improve your balance and increase lower body strength. A class pass is required and can be purchased at the senior center 6 classes for \$10.

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

**Advanced Exercise DVD Monday, Wednesday and Friday 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 Friday 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.

**Adult Beginner Pickleball Lessons** The East Longmeadow Recreation Department is now offering pickleball classes. In this class, participants will learn the rules of the game, court dimensions and how to hit different types of pickleball shots. We will also go over scoring and how to play both singles and doubles matches. Participants are encouraged to bring their own paddles. If you don't have a paddle... no worries... they have loaners. For more information please call the Recreation Department at 525-5437 or visit [https://eastlongmeadowma.myrec.com/info/activities/program\\_details.aspx?ProgramID=29904](https://eastlongmeadowma.myrec.com/info/activities/program_details.aspx?ProgramID=29904)

## PANTRY PROGRAM

*Thank you to the community for your generous donations!* A special thank you to the staff and students at Meadow Brook Elementary School for their generous donation of nine boxes of soup collected during their *Kids Helping Kids SOUP-er Bowl* event.

**We accept donations year round Monday-Friday from 9-4. The pantry is currently in need of:** Old Fashioned Oats, Raisin Bran, Cooking Oil, Fruit and Pudding Cups.



**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  
April 12th

### HEARING SCREENING

Free Screening by Baystate Hearing Center  
by appointment 525-5436  
April 20th

### MANICURES

by appointment  
Cathy Rasid, LM 413-335-7422  
April 7th and 21st

## MEMORIAL DONATIONS

 A special thank you to Paul and Dorothy Joyce for their donation in memory of Nick Mushenko, to The Pitch Players for their donation in memory of Tony Amato and Charlie Fontaine and to Mary and Brian Donohue, Dorothy Lofgren, Sandra and Ronald Burns, Kelley Conrad, Robert and Peggy Wolcott and Mary Summers for their donations in memory of Edward Lally. 

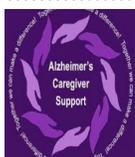
## RESOURCE REPORT



**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](mailto: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.



**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 April 13th.** Facilitated by Carol Sachs, PhD and Lissa Fontaine, RN. For more information please call 525-5436. Pre-registration is necessary.



**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. April 19th  
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 April 2022



Lunch is served Monday - Friday at 12:00 in the Auditorium  
 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 <b>Welcome Back Buffet</b> Hamburgers, Hotdogs, Wings & Tuna Casserole
4 Beef Burgundy	5 Eggplant Parmesan	6 Turkey and Stuffing 	7 Macaroni and Cheese with Bacon and Broccoli	8 Herb Baked Cod
11 Chicken Marsala	12 Jambalaya with Chicken, Sausage and Shrimp over Rice	13 Shepherds Pie	14 Lasagna with Meat Sauce	15 <b>CENTER CLOSED Good Friday</b>
18 <b>CENTER CLOSED Patriot's Day</b>	19 Chicken Gruyere	20 Pot Roast	21 Broccoli & Mushroom Quiche	22 Cheese Ravioli in Marinara Sauce
25 Meatball Grinder	26 Meatloaf	27 BBQ Ribs	28 Broccoli & Cheese Stuffed Chicken	29 American Chop Suey

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.



**Happy National Volunteer Month!** Many of the services and programs we offer here at Pleasant View would not be possible without our committed volunteers. Volunteers are special people, looking to better the world, big or small, in any way they can. There are not enough ways for us to express how grateful we are for each of our Pleasant View volunteers. From the bottom of our hearts, we thank you all for all that you do!

## VOLUNTEER SPOTLIGHT

This month's volunteer spotlight goes to **Ilda Fazio!** Ilda started volunteering at Pleasant View in 2021, and has played an integral role by helping in our kitchen. She enjoys volunteering at the Senior Center because of the people that she works with and the seniors that she gets to interact with. "I want to give back to the seniors!". Thank you, Ilda, 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](mailto:alicia.smith@eastlongmeadowma.gov).

## Activities Calendar April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>** Program requires sign up please call 525-5436</b></p> 	<p><b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm</b></p>			<p><b>1</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 <b>Buffet Lunch*</b> 1:00 Dominoes 2:00 Silver Sneakers</p>
<p><b>4</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Pool League 12:00 Lunch* 12:30 Pitch 2:00 Silver Sneakers</p>	<p><b>5</b> 8:00 <b>Breakfast Café</b> 9:00 Tai Chi 10:00 <b>Asian Painting</b>, Line Dancing 11:00 French Group*, Trivia Online 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p><b>6</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 <b>Cherry Blossom Hanami Experience**</b> 12:00 <b>Birthday Bash*</b> 1:00 Chair Volleyball 2:00 <b>Balance and Fall</b></p>	<p><b>7</b> <b>Manicures**</b> 9:00 <b>Veterans Coffee Hour</b> 10:00 Trivia 12:00 Canasta, Lunch* 12:30 <b>\$2 Bingo</b> 1:00 Handcrafting</p>	<p><b>8</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 1:00 Dominoes 2:00 Silver Sneakers</p>
<p><b>11</b> 9:00 Advanced Chair Exercise, <b>MGW Meeting</b> 9:15 Chair Exercise 10:00 Pool League 12:00 Lunch* 12:30 Pitch 2:00 Silver Sneakers</p>	<p><b>12</b> <b>Pedicare</b> 8:00 <b>Breakfast Café</b> 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group*, Trivia Online 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p><b>13</b> <b>Alzheimer's Support Group**, Tech Time**</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 Lunch* 1:00 Chair Volleyball 2:00 <b>Balance and Fall Prevention Training</b></p>	<p><b>14</b> 10:00 Trivia 10:30 <b>Library Card Renewal</b> 12:00 Canasta, Lunch* 12:30 <b>Entertainment The Gemtones, Origami**</b> 1:00 Handcrafting</p>	<p><b>15</b> <b>CENTER CLOSED</b></p> <p style="text-align: center;"><i>GOOD Friday</i></p>
<p><b>18</b> <b>CENTER CLOSED</b></p> 	<p><b>19</b> <b>Legal Consultation**</b> 8:00 <b>Breakfast Café</b> 9:00 Tai Chi 10:00 <b>Asian Painting**</b>, Line Dancing 11:00 French Group, Trivia Online 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 <b>Crafts with Rose**</b></p>	<p><b>20</b> <b>Hearing Screening**</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 11:00 <b>Cooking Demo**</b> 12:00 Lunch* 1:00 Chair Volleyball, <b>Computer Help</b> 2:00 <b>Balance and Fall Prevention Training</b></p>	<p><b>21</b> <b>Manicures**</b> 10:00 Wellness and <b>Problem Solving Techniques</b>, Trivia 11:00 <b>Eric Lesser's Representative</b> 12:00 Canasta, Lunch* 12:30 <b>\$5 Bingo</b> 1:00 Handcrafting</p>	<p><b>22</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 1:00 Dominoes 2:00 Silver Sneakers</p>
<p><b>25</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Pool League 12:00 Lunch* 12:30 Pitch 2:00 Silver Sneaker</p>	<p><b>26</b> 8:00 <b>Breakfast Café</b> 9:00 Tai Chi 10:00 Line Dancing 10:30 <b>Book Club</b> 11:00 French Group, Trivia Online 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p><b>27</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 12:00 Lunch 1:00 Chair Volleyball 2:00 <b>Balance and Fall Prevention Training</b> 2:45 <b>Strength and Flexibility Class</b></p>	<p><b>28</b> 10:00 Trivia 11:00 <b>Brian Ashe's Representative, Volunteer Fair</b> 12:00 Canasta, Lunch* 1:00 Handcrafting</p>	<p><b>29</b> 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 <b>Financial Security Presentation</b> 12:00 Lunch* 1:00 Dominoes 2:00 Silver Sneakers</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

**Out of town trips are \$3 each way/In town trips are \$1 each way**

The Trolley offers rides to seniors from East Longmeadow, Hampden and Longmeadow for local medical appointments, grocery shopping and banking in the Springfield area. The trolley schedule is limited, we do our best to accommodate your date and time, however availability is not guaranteed. For medical appointments we recommend calling as soon as you schedule your appointment. When booking appointments please have the complete address and phone number of your destination. Transportation for grocery shopping is scheduled on Wednesday and Thursday of each week with a 3 bag limit on the van.

**72 hour notification is required for booking any transportation**

**To schedule a ride please call 413-525-5412**

## VETERANS SERVICES



Join Michelle for **COFFEE TIME** on Thursday, April 7th for all Veterans and family from 9:00-10:00

*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



## 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.

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## 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*

**Marilyn Ghedini**  
*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**



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

