



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



MAY HIGHLIGHTS



Cinco de Mayo Thursday, May 5th at 12:00 Join us for a delicious lunch, virgin margaritas, and \$5 bingo! Register for lunch by calling 525-5436 by 1:00 pm the day before.



Singer Ruth Harcovitz, SONGS OF WORLD WAR II Thursday, May 12th at 12:45 Ms. Massachusetts USA, singing star Ruth Harcovitz will be here to present her musical 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. Ruth has thrilled thousands with her sparking voice and warm personality everywhere she goes. This program is supported by a grant from the East Longmeadow Cultural Council, Mass Cultural Council and the Pleasant View Senior Center. This program will follow a noon lunch. If you would like to register for lunch, please do so by calling 525-5436 by 1:00 pm the day before.



Senior Health and Fitness Day Wednesday, May 25th from 9:00 - 12:00 Come experience our fitness classes for FREE! Our fitness instructors will be here to give short, free, live demos of their classes for you to try. There will also be a healthy eating informational and demonstration. Refreshments, giveaways, and more! Please register by calling 525-5436.



TC's Dream Along with Top Hats and Pearls Thursday, May 26th at 12:45 Join us for a toe tapping musical performance and exciting tap dancing routine! If you would like to register for lunch at noon, please call 525-5436 by 1:00 pm the day before.



Join us aboard the Victorian style M/V Thomas Loughton for a 2 1/2 hour cruise on Thursday, August 25th Experience the fascinating legends of the New Hampshire & Maine Seacoast. As you glide through the Portsmouth Harbor, you will see a unique working port, an active naval yard, a naval prison, 5 historic forts and 3 lighthouses proudly guiding mariners safely through the waters. Lunch at Warren's Lobster House in Kittery, ME. Salad Bar and choice of entrée: Ritz Filet of Haddock, Crab Crusted Salmon, Seafood Casserole, Top Sirloin Steak, or Chicken Parmesan (Entrée Choice needed in Advance). COST: \$129pp based on 35-50. Depart: 8:00am from Pleasant View Senior Center. Estimated return to East Longmeadow: 8:00pm.

Reservations: Call Karen at 413-747-5819. Payment due by June 13th.



SUMMER FARMSHARE PROGRAM 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 from July 6th to September 7th with pick-ups on Wednesday afternoons at the 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 413-285-5322 or kerisaperazella@gmail.com. Sign ups will be accepted until spots are full.

MAY HIGHLIGHTS

Registration is required for all programs by calling 525-5436, in person at the Senior Center office or at www.myactivecenter.com



Asian Painting Tuesday, May 3rd and 17th 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. Bring your own mug to enjoy a cup of Korean Tea! Cost is \$10 per class. **Class on May 3rd is FREE!**



Birthday Bash Wednesday, May 4th at 12:00 If your birthday is in the month May, join us for a **FREE** lunch! Dessert sponsored by Glenmeadow. Register by 1:00 pm the day before.



Italian Class Beginner's Level II, Wednesdays at 10:30 beginning May 4th Must have a beginner's level 1 understanding of the Italian language. This is an 8 week course. \$5 per class. Bring paper and a writing utensil.



How to Read Food Labels Monday, May 9th at 11:00 Reading food labels is easier than you think! Food labels, or nutrition facts, can tell you the nutritional content of a food item and assist you in making more informed choices about what you eat. This workshop, presented by a Registered Dietitian from Greater Springfield Senior Services, will review food label reading basics and give an overview of how to read the new label that was released in 2020. Feel free to bring products (with food labels) that you eat frequently to learn more about their nutritional content.



Fascinating Wildlife Encounters Wednesday, May 11th at 2:00 Join us for this virtual presentation given by a conservationist who has lived in the African bush for over 20 years. He will share personal dramatic and close encounter moments, and why we should appreciate the world around us. Refreshments included. Limited Space.



Musical Performance by the Altitude Trio Friday, May 13th at 12:30 Join us after lunch for a special musical performance by the Altitude Trio! Register by 1:00pm the day before.



U.S.-People's Republic of China (PRC) Potential Clash over the Question of Taiwan's Independence Monday, May 16th at 12:45 Gary Lefort, an EL Rotarian and former Army Veteran, will be presenting information about China threatening to invade Taiwan if Taiwan moves toward declaring its independence. The talk will include the history of China-Taiwan relations as well as U.S.-Taiwan relations, and the military implications for the U.S., China, and Taiwan. The talk will briefly tie into the Ukraine Invasion by Russia and its implications. Q&A period will immediately follow the presentation.



Bottoms Up Card Game Tuesday, May 17th at 11:00 Learn a fun and simple card game and have the opportunity to win prizes! Sponsored by Home Helpers Home Care.



Crafts with Rose Tuesday, May 17th at 1:00 Create Beaded Suncatchers for your window, perfect for the sunny days ahead! \$5 per person. Includes materials for 2 catchers. Space is Limited!



Cooking Demo Wednesday, May 18th at 11:00 Join us for a cooking demo presented by East Village Place. You will get to taste the meal and walk away with the recipe.



Dementia: Erasing the Stigma Thursday, May 19th at 10:30 With the numbers of people living with dementia growing drastically, we need to understand it. 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.



Healthy Nutrition and Importance of Hydration Friday, May 20th at 11:00 Learn about the importance of nutrition and hydration, especially with the coming warm months, and have the chance to experience an infused water tasting. Sponsored by All American Assisted Living.

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



May 3rd *Rescued by Ruby* 2022, TV-G, 1h 33min: Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story.



May 10th *The Adam Project* 2022, PG-13, 1h 46min: Comedy, action and sci-fi fuel this feel-good adventure about a fighter pilot who travels back in time and teams up with his 12-year-old self. Starring Ryan Reynolds, Mark Ruffalo, and Jennifer Garner.



May 17th *Spenser Confidential* 2020, R, 1h 51min: An ex-cop just out of prison gets caught up in a citywide conspiracy in this action comedy.



May 24th *Go Karts* 2020, TV-PG, 1h 43min: A fearless teen leans into the rush of high-speed go-kart racing, backed by good friends and a surly ex-driver who becomes his coach.



May 31st *The Lost Daughter* 2021, R, 2h 2min : A college professor confronts her unsettling past after meeting a woman and her young daughter while on vacation in Italy. Her obsession with the woman and her daughter prompts memories of her early motherhood.

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.

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, May 31st 10:30 A.M.

Magic Lessons by Alice Hoffman

CHAIR VOLLEYBALL Wednesdays 1:00 P.M.

COMPUTER HELP Will resume in September

FRENCH GROUP Tuesdays 11:00 A.M.

**All conversation is in French*



Library on the Go

On Thursday, May 12th from 10:30-12:00 visit the Library on the Go at the Senior

Center. Update your library card, see what's available and check out books, magazines and more! The Library will be here on the 2nd Thursday of every month.



Acting Workshop Join us outside on Tuesday, May 3rd, 10th, 17th and 24th at 1:00 (90 minutes) Try your hand at acting through scene study and improvisational exercises. No experience needed. Enthusiastic souls will thrive as they embody characters and master dialogue. Instructor Fred Sokol taught performance art for nearly four decades, has been writing professional theater commentary, and has interviewed people such as Idina Menzel and Marlo Thomas. He currently composes novels and posts reviews for talkinbroadway.com. Sign up for this FREE and fun program! Donations are accepted.

HANDCRAFTING Thursdays 1:00 P.M.

JEWELRY CLASS Monday, May 2nd 9:30 A.M.

Sign up is required, \$3 + Materials

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

ORIGAMI Wednesday, May 4th 12:30 **Sign up is required by calling 525-5436*

TECH TIME Wednesday, May 11th **By appointment only, please call 525-5436*

TRIVIA In House Thursdays 10:00 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 12:45 for Friendship Thursdays

May 5th Cinco De Mayo and \$5 Bingo, 2 Cards \$5

May 12th Performer Ruth Harcovitz

May 19th Kentucky Derby

May 26th Performance by TC's Dream with Top Hats and Pearls



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.*

NEW BEAT Fridays at 4:15 *starting on April 29th at the Longmeadow Adult Center*, 211 Maple Rd, Longmeadow. BEAT is a drum fitness class in a choreographed format where participants use drumsticks during the workout to target various areas of their body. \$5 per person.

Balance and Fall Prevention Training Wednesdays 2:00 - 3:00 This class uses 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, 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, 6 classes for \$10.

TOWN NEWS

The Town of East Longmeadow has changed some voting precincts due to population changes as calculated by the 2020 Federal Census. In addition to the Town's four precincts, we now have Precinct 5, and Sub-Precincts 2A, 3A, and 4A. This means that for some voters, their precinct number will change. Those voters that have changed precincts should have received a postcard in the mail notifying them of this change and their new precinct number. All precinct and sub-precincts will still vote at Birchland Park Middle School at 50 Hanward Hill. Also, please note the dates for the 2022 election year are:

June 7th – Annual Town Election ~ September 6th – State Primary ~ November 8th – State General Election

If you have any questions or want to verify your voter registration status, please call 525-5400, ext.1000, or email clerks@eastlongmeadowma.gov.



Covid Vaccination and Booster Clinic at the Senior Center on **Friday, May 20th from 1:00-3:00**. Baystate Health Network will be offering COVID primary dose series and booster doses. BHN allows walk-ins, but registration is always recommended. Please call 525-5436 or visit:

<https://home.color.com/vaccine/register/behavioralhealth?calendar=b45cc405-9627-4cae-ac2b-a9ed5e502260>

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: Raisin Bran, Chex Cereal, Fruit and Pudding Cups, Dried Fruit and Nut Mixes, Shampoo, Soap, Deodorant, Cleaning Supplies, Baby Food and Diapers.



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. 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
May 10th

HEARING SCREENING

Free Screening by Baystate Hearing Center
by appointment 525-5436
May 18th

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
May 5th and 19th

MEMORIAL DONATIONS



A special thank you to The Pitch League for their donation in memory of Mary Villamaino.



RESOURCE REPORT

FREE HOME SAFETY INSPECTIONS The East Longmeadow Fire Department is offering free home safety inspections to all Meals on Wheels residents. This program consists of the following:

- Installation of 1 free combination smoke and CO alarm
- Installation of 1 free CO alarm
- Safety Inspection by 2 members of the Fire Department

To schedule your inspection please call Captain Beecher at 525-5430 x 2106 or the COA at 525-5436



R U O.K.? Is a **FREE** service that could save your life.... The Hampden County Sheriff's Office, East Longmeadow Police Department, ambulance services and the EL Council on Aging have collaborated to offer this **free service** to seniors and disabled residents. The Hampden County Sheriff's Dept. will call those enrolled at a chosen time and day(s) to "check in" on their well-being. If there is no answer after two attempts, first responders will be notified immediately to check on their status. **This program is designed to provide peace of mind to the individual and their loved ones.** If interested please contact: Corporal Liz DePaula, TRIAD Officer with the Hampden County Sheriff's Department at 413-858-0060.



Why do I need Prescription Advantage? This question is often asked. Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it
- It can lower your co-pays if you reach that coverage gap, also known as the "donut hole"
- It allows you to change your Medicare plan outside of Medicare's open enrollment
- At certain income levels it's FREE!

Prescription Advantage also provides benefits for individuals who are not eligible for Medicare, as well as those with a qualified disability. Find out how Prescription Advantage can help you by calling 1-800-243-4636 or visiting www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.



Alzheimer/Autism/Disability Alert Form Are you caring for a person with Alzheimer's Disease, dementia or other memory impairments? Do you have a fear of them wandering or becoming lost? The Silver Alert Program saves crucial time when a person has gone missing. For further information on how to fill out this valuable form please contact the East Longmeadow Police Department at 525-5440 or the Senior Center at 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.** Facilitated by Carol Sachs, PhD and Lissa Fontaine, RN. For more information please call 525-5436. Pre-registration is necessary.



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).

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

ESSENTIAL SERVICES

LEGAL CONSULTATION

By appt. May 17th
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 May 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
2 Macaroni and Cheese	3 Pork Roast	4 Chicken Pot Pie 	5 Beef and Bean Burritos 	6 Cod Florentine
9 Penne with Meatballs	10 Beef Stroganoff	11 Baked Chicken Leg	12 Roast Pork	13 Broccoli and Mushroom Quiche
16 BBQ Pulled Pork on a Bun	17 Stuffed Peppers	18 BBQ Ribs	19 American Chop Suey	20 Salmon with Hollandaise Sauce
23 Meatloaf	24 Hot Dogs and Beans	25 Chicken Marsala	26 Steak and Cheese Grinders	27  Memorial Day BBQ Buffet \$5.00 per person
30 CENTER CLOSED 	31 Shepherds Pie	\$3.00 Lunch Donation is Appreciated	**Menu Subject to Change**	

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.

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.



VOLUNTEER SPOTLIGHT

This month's volunteer spotlight goes to Joe Barker! Joe started volunteering at Pleasant View in 2015, and has played an integral role by delivering Meals On Wheels, assisting our Chef in the kitchen, and being a member of the COA Board. "I started volunteering to fill spare time I had by helping my local community and wanting to meet people I wouldn't otherwise meet, but I have stayed because the participants and staff make it a fun and enjoyable environment". Thank you, Joe, 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.

Activities Calendar May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Jewelry Class** 12:00 Lunch* 12:30 Pitch 2:00 Silver Sneakers	3 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing , Asian Painting** 11:00 French Group* 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Acting Workshop	4 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 12:00 Birthday Bash* 12:30 Origami** 1:00 Chair Volleyball 2:00 Balance Training	5 Manicures** 9:00 Veterans Coffee Hour 10:00 Trivia 12:00 Canasta, Cinco De Mayo Lunch* 12:45 \$5 Bingo 1:00 Handcrafting 	6 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
9 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 11:00 How to Read Food Labels** 12:00 Lunch* 12:30 Pitch 2:00 Silver Sneakers	10 Pedicare** 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group* 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Acting Workshop	11 Alzheimer's Support Group** , Tech Time** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training, Wildlife Presentation**	12 10:00 Trivia 10:30 Library on the Go 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 Singer Ruth Harcovitz 1:00 Handcrafting 	13 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:30 Performance by Altitude Trio 1:00 Dominoes 2:00 Silver Sneakers
16 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 12:45 Presentation by Gary Lefort 2:00 Silver Sneakers	17 Legal Consultation** 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing , Asian Painting** 11:00 Bottoms Up Card Game , French Group* 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Acting Workshop, Crafts With Rose **	18 Hearing Screening** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 11:00 Cooking Demo 12:00 Lunch* 1:00 Chair Volleyball, 2:00 Balance Training	19 Manicures** 10:00 Trivia 10:30 Dementia: Erasing the Stigma Presentation 11:00 Eric Lesser's Representative 12:00 Canasta, Lunch* 12:45 Kentucky Derby 1:00 Handcrafting 	20 Covid Vaccine and Booster Clinic** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Nutrition and Hydration Presentation 12:00 Lunch* 1:00 Dominoes 2:00 Silver Sneakers
23 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 2:00 Silver Sneakers	24 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Acting Workshop	25 Senior Health and Fitness Day** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	26 10:00 Trivia 12:00 Canasta, Lunch* 12:45 Performance by TC's Dream Along with Top Hats and Pearls 1:00 Handcrafting 	27 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Memorial Day BBQ Buffet* 1:00 Dominoes 2:00 Silver Sneakers
30 <b style="color: red;">CENTER CLOSED 	31 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing 10:30 Book Club 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing		*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm	** Program requires sign up please call 525-5436 

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, May 5th 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

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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

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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



www.facebook.com/elseniors

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

