



June 2022

News From the View



Pleasant View Senior Center
 ~ The Center of it All ~
 328 NORTH MAIN STREET
 EAST LONGMEADOW, MA 01028
 MON - FRI: 8:00 a.m. – 4:00 p.m.
 413.525.5436

HIGHLIGHTS



Calling all gardeners! Did you know our food pantry is now registered with the organization AmpleHarvest? AmpleHarvest connects local gardeners with your community food pantry so that you can donate any extra produce from your home gardens. **If you are planting a garden this season and would like to share any abundance with our food pantry please drop off your donations on Mondays and Tuesdays from 9-12 or contact our Food Pantry Coordinator, Beth at 525-5436 ext 1408 to schedule a pickup of your produce.** Thank you for generously supporting your community and bringing healthy food options to those in need!



Bringing E Home Monday, June 6th at 7:00 PM On July 15th, 1982, fourteen sailors left the African nation of Cape Verde on the century old Schooner *Ernestina* (once a Gloucester fishing vessel, an Arctic exploration ship, and a Cape Verdean-American packet boat). They arrived 41 days later in Newport, RI, a voyage of 3,400 miles. Come hear about this journey and the history of this magnificent ship from one of the sailors. Light refreshments will be provided.



Summer Picnic Thursday, June 16th at 12:00 Join us for delicious hamburgers, hotdogs and sides followed by the band **Gene's Northeast Country performing at 12:45.** **Lunch tickets are \$5 per person and will be available beginning Wednesday, June 1st in the Senior Center office.**



Craft Day at Hampden COA Tuesday, June 21st at 3:00 The Longest Day is the day with the most light - the summer solstice. On June 21, people from across the world will fight the darkness of Alzheimer's through a fundraising activity of their choice. We will be creating Memory Flowers in honor of the Longest Day at Hampden COA, 104 Allen St, Hampden, MA. These flowers will be used for fundraising to end Alzheimer's.



Sponsor Appreciation Thursday, June 23rd at 9:00 Meet our wonderful sponsors who help make our programs possible! Coffee and light refreshments will be available.



Thrive After 55 Senator Lesser's 2022 Thrive After 55 Health and Wellness Fair at Western New England University is back in person and there are 2 ways to Participate! This year's event will be held on **Friday, June 24th.**

Watch Party ~ If you are not able to attend in person please join us at the Senior Center for a **Watch Party from 11AM-noon on Friday, June 24th.** We will be streaming live coverage from WNU through Mass Appeal, refreshments will be served!

In Person ~ The Tri Town Trolley has a limited number of free seats for transportation to the fair in person. The van will pick up fair goers from the Pleasant View Center at 10:30AM and return back to the Center at 2PM. Please call 525-5412 to make your ride reservation!



CarFit and Car Seat Check Saturday, June 25th from 9:00-11:00 at the Senior Center This is a free opportunity for drivers of ALL ages to check how their cars "fit" them. Developed by AAA, AARP and the American Occupational Therapy Association partnership, CarFit's trained professionals take drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars "fit" better for comfort and safety. An occupational therapist is also on hand to provide information on how to maintain and strengthen driving health. Registration is required for a time slot.



Walk to End Alzheimer's We have joined with Longmeadow and Hampden Senior Centers to start the **Tri-Town Walking Team.** If you would like to help with fundraising and/or join us on walk day, Sunday, September 25th, call us today! Registration for the walk is due by August 19th.

HIGHLIGHTS

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



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



Yoga at Brownstone Mondays at 1:30 beginning June 6th. **Open to ALL.** Class is **FREE** and will take place at Brownstone I in the Community Room. Sponsored by Visiting Angels.



Bereavement Group Are you grieving the loss of a loved one? Are you seeking healing and support? We are considering starting a bereavement group this fall to meet the needs of those in our community. If this is a program that would meet a need of yours, please call us at 525-5436.



Taking Control of Your Future: A Legal Checkup Thursday, June 9th at 11:00 Join our Elder Law Education Program, sponsored by the Mass Bar Association in celebration of Law Day, presented by Attorney John Roberts. This presentation will be given on Zoom. Guests are welcome to join in person or on Zoom. Contact the Center for more information.



Cooking Demo Wednesday, June 15th 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.



Virtual Tour of Zadar, Croatia Wednesday, June 15th at 10:30 Join us for this live virtual tour of the city of Zadar. We will visit the ancient ruins of 16th century gates and city walls, a Roman temple pillar, Church of St. Simon, Cathedral of St. Anastasia, the Sea Organ, and more! Refreshments included. Limited Space. This program is in partnership with Beeyonder.



Crafts with Rose Tuesday, June 21st at 1:00 Join Rose to create a functional and beautiful Indoor/outdoor solar lamp. Three solar light tops to choose from. \$8 per person, materials included. Space is Limited!



Benefits of Exercise Tuesday, June 21st at 11:00 Learn ways to improve your quality of life with individualized care. Coffee will be provided. Presented by All American Assisted Living.



History of East Longmeadow Friday, June 24th at 12:15 Join us to learn the history of East Longmeadow!



Intergenerational Circle Friday, June 24th at 2:00 We can always learn something new from someone else. Come share and learn from people of all ages as we discuss topics about school, jobs, life lessons and more.



Succulent Planting Workshop Wednesday, June 29th at 10:30 This Workshop presented by The Flower Shed includes an interactive plant bar where guests create and plant a succulent arrangement by selecting a vessel, succulent, and top dressing. A brief overview of succulent care is given followed by a step-by-step planting demonstration from our plant bar specialists. \$10 per person. Registration is required by June 23rd.



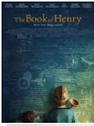
Mass Equipment Distribution Program Thursday, June 30th at 10:45 Presented by MassEDP. The program provides specialized phone equipment to anyone who lives in MA and has a permanent disability. They are now offering an iPhone as well as landline phones. Please note that the State does not provide the phone plan, just the phone itself. Join us for this presentation to learn more.

Golden Classics Group Sing-Along Do you love to sing? Join this welcoming group sing-along where we will enjoy singing familiar favorites from the likes of Fats Domino, Patsy Cline, Elvis, The Shirelles and more. Lyric booklets will be provided, and the class led by Community Music School of Springfield faculty Liz Simmons on vocals and piano. This class will be held on Wednesdays in July at 10:30. Each Class is \$10 per person. Please call us to pre-register.

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



June 7th *The Book of Henry* 2017, PG-13, 1h 44m With instructions from her genius son's carefully crafted notebook, a single mother sets out to rescue a young girl from the hands of her abusive stepfather. Starring Naomi Watts.



June 14th *Adrift* 2018, PG-13, 1h 36m A true story of survival, as a young couple's chance encounter leads them first to love, and then on the adventure of a lifetime as they face one of the most catastrophic hurricanes in recorded history.



June 21st *Benji* 2018, TV-PG, 1h 27m Two school kids strike up a friendship with an orphaned puppy named Benji. When danger befalls them and they end up kidnapped by robbers who are in over their heads, Benji and his scruffy sidekick come to the rescue.



June 28th *Worth* 2021, PG-13, 1h 58m An attorney in Washington D.C. battles against cynicism, bureaucracy and politics to help the victims of 9/11. Based on true events. Starring Michael Keaton and Stanley Tucci.

ONGOING PROGRAMS

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

ASIAN PAINTING Tuesday June 7th and 21st
10:00, Sign up is required, \$20 per class

BEAN BAG BASEBALL Fridays 10:00

BREAKFAST CAFÉ Tuesdays 8:00 - 10:00

BILLIARDS Mon - Fri 8:00 to 4:00

Free Instruction Thursdays 10:00



BOCCE Mon-Fri 8:00 - 4:00

Open Play Wednesdays 10:00

BOOK CLUB Will resume in the Fall

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Will resume in September

FRENCH GROUP Tuesdays 11:00

*All conversation is in French

HANDCRAFTING Thursdays 1:00

JEWELRY CLASS Monday, June 6th 9:30
Sign up is required, \$3 + Materials

LIBRARY ON THE GO Thursday, June 9th
10:30 - 12:00

MORNING GLORY WALKERS Monthly
Meeting Monday, June 13th 9:00

ORIGAMI Wednesday, June 8th 12:30 *Sign up is
required by calling 525-5436

TECH TIME Wednesday, June 8th
*By appointment only, please call 525-5436

TRIVIA In House Thursdays 10:00

CARDS AND GAMES

CANASTA Thursdays 12:00 P.M.

CRIBBAGE Wednesdays and Fridays 10:00

DOMINOES Fridays 1:00

MAH-JONGG Tuesdays 12:30

PITCH Mondays 12:30



Join us on Thursdays at 12:45 for Friendship Thursdays

June 2nd \$5 Bingo

June 9th \$2 Bingo

June 16th Summer Picnic \$5 with musical guest, **Gene's**

Northeast Country

June 23rd \$5 Bingo

June 30th \$2 Bingo



Have a question about your smartphone? Need assistance with buying a new tablet or computer? Senior Planet from AARP's technology hotlines are run by patient technology trainers who can help answer your tech questions. **Senior Planet Tech Hotline: (888) 713-3495.**

TRIPS: Trip flyers are available at the Center. To make a reservation call Karen Knight, 413-747-5819.

*Payments are non-refundable unless a substitution is provided. Checks must be turned in to the Center.

Lake Sunapee Luncheon Cruise, July 21st Payment is due by June 13th. Make checks payable to "Friendship Tours". **Portsmouth Harbor Cruise & Isle of Shoals, NH, August 25th** This trip is FULL. Payment is due by June 13th. Make checks payable to "Town of East Longmeadow". **Berkshire Railroad Foliage Express, September 25th** Payment due by August 16th. Make checks payable to "Friendship Tours".

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.*

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.

THANK YOU

Thank you to all of our sponsors, staff, Nathan Bills, and local and state legislatures for making our 2022 Volunteer Appreciation a great event! Thank you to every single person who volunteers their time and talents to Pleasant View and those we serve. We couldn't do what we do without you! A special thank you to Attorney Dave Carlson, Glenmeadow, and Oasis Senior Advisors for sponsoring this event.



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, Cereal Bars, Fruit and Pudding Cups, Dried Fruit and Nut Mixes, Shampoo, Soap, Deodorant, Cleaning Supplies 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
June 14th

HEARING SCREENING

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

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
June 2nd, 16th and 30th

MEMORIAL DONATIONS



A special thank you to Tony Gomes, Carolyn Glew, Steven Dudley, Michael and Susan Breen and The Pitch Group for their donations in memory of Patricia Dudley and to Genevieve Aurise for her donation in memory of Marge Banning.



RESOURCES

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.

<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

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

ESSENTIAL SERVICES

LEGAL CONSULATION

By appt. June 21st
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 June 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

We need your help! As food costs increase, we need your help to keep our suggested donation at \$3 per meal!

- Please reserve your meal by 1PM the day before
- Let us know if you are not able to make it to lunch
- Understand that meals include specific items that have been approved by our grant agency
- Unfortunately, we are not able to honor requests for larger portions or seconds

Thank you for your help and understanding!

Monday	Tuesday	Wednesday	Thursday	Friday
\$3.00 Lunch Donation is Appreciated	**Menu Subject to Change**	1 Lasagna with Meat Sauce 	2 Beef Stew	3 Meatball Grinder
6 Jambalaya over Rice	7 Roast Turkey	8 Tuna Noodle Casserole	9 Veal Parmesan	10 Salad Platter with Egg Salad
13 Cheeseburger	14 Chicken Gruyere	15 Spaghetti with Sausage	16  Picnic Summer Picnic \$5 Hamburgers and Hot Dogs	17 Chicken Salad Sandwich
20 CENTER CLOSED	21 Beef Burgundy	22 Chili Con Carne	23 Chicken Parmesan	24 Lemon Butter Cod
27 Salisbury Steak	28 Sausage and Pepper Grinder	29 Chicken Parmesan	30 Broccoli and Cheese Stuffed Chicken Breast	

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 **Julie Dunlop**! Julie started volunteering at Pleasant View in 2014, and has played an integral role by delivering Meals On Wheels, being a member of the COA Board, and assisting with Bingo, our Fitness Room, and other programs and events. Thank you, Julie, for your continued dedication to our Center and those we serve! We couldn't do what we do without you!



Activities Calendar June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm</p>	<p>** Program requires sign up please call 525-5436</p> 	<p>1 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Italian Class** 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>2 Manicures** 9:00 Veterans Coffee Hour 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo</p>  <p>1:00 Handcrafting</p>	<p>3 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>6 9:00 Advanced Chair Exercise, 9:15 Chair Exercise 9:30 Jewelry Class** 12:00 Lunch* 12:30 Pitch 2:00 Silver Sneakers 7:00 Bringing E Home</p>	<p>7 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</p>	<p>8 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* 12:30 Origami* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>9 10:00 Trivia 10:30 Library on the Go 11:00 Legal Checkup 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</p> 	<p>10 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>13 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 2:00 Silver Sneakers</p>	<p>14 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</p>	<p>15 Hearing Screening** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:00 Italian Class** 10:30 Zadar Tour** 11:00 Cooking Demo** 12:00 Lunch* 1:00 Chair Volleyball, 2:00 Balance Training</p>	<p>16 Manicures** 10:00 Trivia 11:00 Eric Lesser's Representative 12:00 Canasta, Summer Picnic* 12:45 Performance by Gene's Northeast Country 1:00 Handcrafting</p> 	<p>17 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>20 CENTER CLOSED</p> 	<p>21 Legal Consultation** 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing , Asian Painting** 11:00 Benefits of Exercise**, French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Crafts W/ Rose ** 3:00 Hampden Craft</p>	<p>22 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</p>	<p>23 9:00 Sponsor Appreciation 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p> 	<p>24 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Thrive After 55 Watch Party 12:00 Lunch* 12:15 History of East Longmeadow 1:00 Dominoes 2:00 Intergenerational Circle, Silver Sneakers</p>
<p>27 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 2:00 Silver Sneakers</p>	<p>28 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</p>	<p>29 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Baystate Deaf Seniors, Bocce, Cribbage 10:30 Workshop** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>30 Manicures** 10:00 Trivia 10:45 MassEDP 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting</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, June 2nd 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.

We hope you support our valued sponsors!



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Tel. (413) 525-1313 Fax (413) 525-7272

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*
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Allen Lefferts
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Terry Glusko
*Transportation
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*Community
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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

