



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

Let's bring a local farmers' market to town! We are still accepting additional local farmers and prepared food vendors to join our **Fresh Friday Market**. This year's market will be located at the Senior Center in the back parking lot, every Friday from 2-7pm. Please contact Elizabeth Baron at 413-525-5436 x1408 for all the necessary permits and applications. We'd love to be able to bring a variety of food options to our community. **Our first market kicks off Friday, July 8th with our Vaccine Clinic and Batch Ice Cream Truck!**



Vaccine Clinic Friday, July 8th from 2:00-5:00 Get vaccinated and enjoy FREE ice cream! Batch Ice Cream truck will be onsite, scooping 13 flavors of super premium ice cream! Each person who gets a vaccine will receive a voucher for a **FREE ice cream** and a **\$10 Pride gas card** while supplies last! Please use the registration link to reserve your spot <https://bit.ly/3mlytJ0> If you need assistance registering for a vaccine appointment please call the Senior Center at 525-5436.



Pioneer Valley Transit Authority (PVTA) Monday, July 11th at 11:00 A representative from PVTA will be here to discuss transportation options in our area, focusing on Van Service, including fixed route bus service. This is a great opportunity for Seniors (60+) to sign up for a **FREE PVTA Senior ID**. With this ID, seniors are able to ride PVTA Buses for free on Tuesdays and for ½ fare the other days.



PICNIC Summer Picnic Friday, July 15th at 12:00 Enjoy a summer picnic and hear how you can detect the signs of Alzheimer's. An Ice Cream social will follow. Picnic tickets are \$5 per person and are available at the Senior Center.



Island Christmas Thursday, July 21st at 12:00 Join us for an island Christmas with a flavorful lunch and island music by Robert Ticknell! \$5 per person. We would like to thank **Louis and Clark Medical Supply** for sponsoring the musician for this event.



The Ukraine Invasion - How Did it Start and How Will it End? Tuesday, July 26th at 10:00 This presentation will focus on how the invasion started; what has happened since Feb 2022; how the U.S., NATO, and Europe have assisted Ukraine in its fight against Russia; and what are the potential outcomes as we enter the fifth month of the invasion? A Q&A will follow the presentation. Presented by Gary Lefort, an EL Rotarian and Army Veteran.



Healthy Hydration and Summer Meals Wednesday, July 27th at 11:00 Join us to learn about the importance of keeping hydrated along with a Summer Meals Cooking Demo. Presented by the Food Bank of Western Mass



Become a Dementia Friend! We have 2 upcoming **Dementia Friends Sessions**; **July 27th at 1:00** and **August 15th at 10:30**. These informal gatherings are for those interested in learning about caregiving and interacting with someone who has dementia.

Who should attend: Anyone who is currently a caregiver for someone with dementia or expect they might be. Someone who needs advice on how to interact with a relative or friend who has dementia.

Learn ten warning signs of dementia, five key messages about living with dementia, and some tips for communicating with active members of your community who are living with dementia. This information session is a discussion led by volunteer Dementia Friends Champion, Mark Nutting. You'll learn what dementia is, what it's like to live with it, and how it differs from normal aging memory decline.

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, July 6th at 12:00 If your birthday is in the month of July, join us for a **FREE** lunch! Dessert sponsored by Glenmeadow. Register by 1:00 pm the day before.



Golden Classics Sing-Along Do you love to sing? Join us on **Wednesdays at 10:30** beginning **July 6th** to sing your favorite oldies! No experience needed. In partnership with the Community Music School of Springfield.



Turkey: Stroll through the heart of Istanbul Tuesday, July 12th at 10:00 Join us in person for this live online tour of Istanbul! We will see the Hippodrome of Constantinople, once the public arena for chariot races, gladiatorial games, official ceremonies, celebrations and protests. Our tour guide will explain all the monuments that were brought in from across the empire to demonstrate the power of the Roman Emperors, we will enter the courtyard of the Blue Mosque, and walk through the Sultanahmet Square to the Baths of Roxelane. Refreshments will be available. This program is brought to you in partnership with Beeyonder.



Intergenerational Circle Friday, July 15th 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. Joining us will be Ukulele player, David Maloof.



Lunch and Learn Monday, July 18th at 12:00 Funeral and Cremation Planning 101: Everything you always wanted to know but were afraid to ask. Presented and sponsored by Forastiere Smith Funeral Home. Lunch is **FREE** for those who register by July 15th.



Crafts with Rose Tuesday, July 19th at 1:00 Join Rose to create a Beehive Catch-All, \$6 per person, materials included. Space is Limited!

Walk MA Group Walk Dates: Join our Walk Massachusetts Team for our group walks!

Saturday, July 16th at 9AM at the start of the Redstone Trail
Saturday, August 6th at 9AM at the East Longmeadow HS Track
Saturday, September 10th Time and location to be announced



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.

Walk to End Alzheimer's Fundraising Events

Chair Volleyball Game at Pleasant View Senior Center: July 13th at 1:00 \$5 per person to play
Dinner and a Show at Hampden COA: August 6th at 5:00 \$30 per ticket. Dinner, drinks, and live music by Union Jack. To register please call the Hampden COA at 566-5588 . *Look for raffles coming in August!*

COMING SOON



National Night Out August 2nd 5:00-8:00 Stop by and say hello to us at National Night Out! This is a great event for the whole family to learn what programs and services are available here in town. This event is **FREE** and located at the East Longmeadow High School Field by the tennis courts.



PCA Meet and Greet August 19th 1:00-3:00 Are you someone in need of a PCA (Personal Care Attendant)? Are you a PCA in need of an employer? Come meet potential employers and PCAs! For more information and to register, call the Senior Center at 525-5436. Can't make it? Be sure to use the Mass PCA Directory to look for PCA jobs or post PCA jobs.



Pleasant View's Got Talent September 8th at 12:45 Do you have a talent that you would like to share? Maybe it's singing, telling jokes, or juggling! Sign up for our talent show! All participants who register by September 1st will receive a \$5 Panera Bread gift card.

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



July 5th *The Kindness of Strangers* 2019, TV-14, 1h 54 mins: After fleeing an abusive husband, a mother and her sons find love, comfort and kindness with a group of strangers struggling to survive in wintry NYC.



July 12th *A Perfect Pairing* 2022, TV-14, 1h 42 mins: To win over a major client, a go-getter LA wine exec signs on to work at an Australian sheep farm, where she sparks with a rugged and mysterious local.



July 19th *Legend* 2015, R, 2h 11 mins: Identical twins and notorious gangsters Reggie and Ronnie Kray elude the authorities in 1960s London while transfixing and terrifying the public.



July 26th *Hustle* 2022, R, 1h 58 mins: A basketball scout for the Sixers discovers a phenomenal street ball player while in Spain and sees the prospect as his opportunity to get back into the NBA. Starring Adam Sandler and Queen Latifa.

ONGOING PROGRAMS

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

ASIAN PAINTING Will resume in the Fall

BEAN BAG BASEBALL Fridays 10:00

BREAKFAST CAFÉ Tuesdays 8:00 - 10:00
*We will not be serving breakfast on July 5th

BILLIARDS Mon - Fri 8:00 to 4:00
Free Instruction Thursdays 10:00



BOCCE Mon-Fri 8:00 - 4:00
Open Play Wednesdays 9:30 *NEW TIME

BOOK CLUB Will resume in the Fall

CHAIR VOLLEYBALL Wednesdays 1:00

COMPUTER HELP Will resume in the Fall

COOKING DEMO July 20th 11:00 Taste a delicious meal! Presented by East Village Place

FRENCH GROUP Tuesdays 11:00
*All conversation is in French

HANDCRAFTING Thursdays 1:00

JEWELRY CLASS Will resume in the Fall

LIBRARY ON THE GO Thursday, July 14th
10:30 - 12:00

MORNING GLORY WALKERS Monthly Meeting Monday, July 11th 9:00

ORIGAMI Will resume in the Fall

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

TRIVIA 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

July 7th \$5 Bingo



July 14th \$2 Bingo

July 21st Island Christmas with Robert Ticknell \$5

July 28th \$5 Bingo



We would like to thank Attorney Dave Carlson for sponsoring our Flower Shed Workshop. We would also like to thank Griswold Home Care for sponsoring Gene's Northeast Country Band who performed for us at our June 16th picnic.

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.

Berkshire Railroad: FULL Payment due by August 16th. Make check payable to Friendship Tours and drop off at the Senior Center. **Newport Playhouse and Cabaret Restaurant:** On October 6th enjoy a delicious meal and comical Broadway show, *Social Security* by Andrew Bergman. After dining, take your reserved seats in the theater. After the Play, return to the dining room for the Cabaret Show. For more information and to register, call Karen at 413-747-5819.

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 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. There will be no class on July 6th or 13th.

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.

Yoga at Brownstone Mondays at 1:30 Class is FREE and will take place at Brownstone 1 in the Community Room, all are welcome. Sponsored by Visiting Angels.

 Zumba Thursdays at 8:30 beginning July 7th, \$5 per class payable to the instructor.

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: Cereal, Cereal Bars, Bread, Fruit and Pudding Cups, Dried Fruit and Nut Mixes, Shampoo, Soap, Deodorant, Diapers and Cleaning Supplies.



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
July 12th

HEARING SCREENING

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

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
July 14th and 28th

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
Will resume in September
525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell
525-5436 ext. 1402

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

MEMORIAL DONATIONS

A special thank you to Donald and June Cavanaugh, Nona Bilonis, Rita Scanlon, John and Mary Stearns, Constantinos Levanos, Maria Thompson, Mary Noreen and Minnie Paquin for their donations in memory of Patricia Dudley; to Carol Beckwith for her donation in memory of Sandra Grabierz and to Alice Widmer for her donation in memory of Ralph Cardaropoli.



RESOURCES

SWAP The Senior Work-Off Abatement Program (SWAP) applications will be available in July for the 2023 calendar year. SWAP allows East Longmeadow property owners aged 60 and over, who have owned and occupied their East Longmeadow Property for 5 or more years, the opportunity to volunteer services to the town and have up to 125 hours of wages applied towards the following year's property tax bill. Applications will be available at the Senior Center and on the town website beginning July 11, and must be submitted to the Pleasant View Senior Center by September 30, 2022, to be considered for the program.



Community Legal Aid, Inc. (CLA) is a free civil legal aid provider for residents of the five counties of Central and Western Massachusetts. Civil legal aid is based on the principle that everyone in America is equal under the law. Civil legal aid provides free legal help with non-criminal problems such as evictions, foreclosures, domestic violence, unfair consumer practices, and access to disability benefits. CLA has multiple satellite offices but uses the same contact line for all: (855) 252-5342. Caller must leave a message and a CLA screener will call back as soon as possible.



It's almost Farmers' Market Coupon time! The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs. **To be eligible to receive Senior Farmers' Market Coupons, you must be 60 years of age or older and your gross household income must be lower than the income limits: 1 Person Household: \$ 25,142 2 Person Household: \$ 33,874** Coupon booklets will be delayed until mid-August this year. We will be making a phone call to notify former recipients once the booklets are available for distribution. Please call Danell at 525-5436 to make an appointment after you receive that call. If you did not receive coupons last year, but feel you are eligible this year, please notify Danell, who can determine eligibility.



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.



Medical Equipment Loan Closet The Senior Center has a medical equipment loan closet full of walkers, wheelchairs, canes and more. If you are in need of medical equipment, please call 525-5436 to see what is available. **We also have an abundance of incontinence supplies.** Please contact us if you or someone you know is in need of these necessary, costly items.



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



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.



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.**



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.

Monthly Income (10/1/21—9/30/22)	
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).

Meal Calendar July 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 Eggplant Parmesan
4 CENTER CLOSED 	5 Chicken Caesar Wrap	6 Roast Turkey	7 Chicken Stir Fry	8 Turkey Tetrazzini
11 Pot Roast	12 Kielbasa	13 Chicken Pot Pie	14 Cod Florentine	15 Picnic \$5  Hamburgers Hot Dogs Ice Cream Bar
18 Macaroni and Cheese	19 Quiche Lorraine	20 Beef Stroganoff	21 Pork Tenderloin	22 Baked Salmon
25 Roast Pork	26 Stuffed Peppers	27 Steak and Cheese Grinders	28 American Chop Suey	29 BBQ Pulled Pork on a Roll

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 OPPORTUNITY



Action Centered Tutoring Services (ACTS) Do you enjoy tutoring and helping young students learn math, reading, and other subjects? Then ACTS might be the volunteer program for you! Stop by our Center to pick up more information, or call the ACTS program at 413-731-9810, or email acts1986@gmail.com.

Activities Calendar July 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></p>			<p>1 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>4 CENTER CLOSED</p> 	<p>5 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>6 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Sing-Along** 12:00 Birthday Bash* 1:00 Chair Volleyball</p>	<p>7 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p> 	<p>8 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 Farmers Market, Vaccine Clinic, Silver Sneakers</p> 
<p>11 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 11:00 PVTA 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>12 Pedicare** 8:00 Breakfast Café 9:00 Tai Chi 10:00 Istanbul Presentation**, Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p> 	<p>13 Alzheimer's Support Group**, Tech Time** 9:00 Advanced Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Sing-Along** 12:00 Lunch* 1:00 Chair Volleyball Fundraiser</p>	<p>14 Manicures** 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch 12:45 \$2 Bingo 1:00 Handcrafting</p> 	<p>15 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Summer Picnic* 1:00 Dominoes 2:00 Farmers Market, Generational Circle**, Silver Sneakers</p>
<p>18 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch and Learn* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>19 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 Crafts W/ Rose **</p> 	<p>20 Hearing Screening** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Sing-Along** 11:00 Cooking Demo** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training</p>	<p>21 10:00 Trivia 11:00 Eric Lesser's Representative 12:00 Canasta, Island Christmas Lunch and Entertainment* 1:00 Handcrafting</p> 	<p>22 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 Farmers Market, Silver Sneakers</p>
<p>25 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>26 8:00 Breakfast Café 9:00 Tai Chi 10:00 Line Dancing, Ukraine Presentation** 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p> 	<p>27 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Sing-Along** 11:00 Hydration and Summer Meals** 12:00 Lunch* 1:00 Dementia Friends Session**, Chair Volleyball 2:00 Balance Training</p>	<p>28 Manicures** 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p> 	<p>29 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 Farmers Market, 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 between 9:00am – 3:00pm

VETERANS SERVICES



We will not be holding a Veterans Coffee Hour in July



Director of Veteran Service
Michelle Barrett

Pleasant View Senior Center Office Hours: Monday, Wednesday, Thursday & Friday 9:00-1:30 Calling hours 1:30-4:00
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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200 NORTH MAIN STREET • SUITE 6
 EAST LONGMEADOW, MA 01028
 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

<p>Erin Koebler <i>Director</i> Ext. 1401</p>	<p>Sharon Giordano <i>Admin. Accountant</i> Ext. 1405</p>	<p>Elizabeth Baron <i>Food Pantry Coordinator</i> Ext. 1408</p>	<p>Allen Lefferts <i>Chef</i> Ext. 1411</p>	<p>Terry Glusko <i>Transportation Coordinator</i> Ext. 1410</p>
<p>Danell Tavella <i>Community Services</i> Ext. 1402</p>	<p>Meralee Kratovil <i>Office Manager</i> Ext. 1404</p>	<p>Debbie Garvin <i>Meal Site Coordinator</i> Ext. 1413</p>	<p>Margit Daley <i>Kitchen Assistant, Dishwasher</i></p>	<p>Marilyn Ghedini <i>Dispatcher</i> Ext. 1410</p>
<p>Alicia Smith <i>Program & Volunteer Coordinator</i> Ext. 1406</p>	<p>Leah Weaver <i>Admin. Asst. & Social Media Coordinator</i> Ext. 1414</p>	<p>email </p>	<p>To receive our E-Newsletter please call 525-5436</p>	



www.facebook.com/elseniors

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

