



August 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



Fresh Friday Market Join us on Fridays from 12:30-6:00 for our Fresh Friday Market, located in the front of the Senior Center! In August we will be featuring fresh flowers, produce, meat and baked goods. The market will run through September. Vendors and food trucks are still welcome to apply. Please contact Elizabeth Baron at 413-525-5436 ext. 1408 for all the necessary permits and applications. **We hope to see you on Fridays at our Fresh Market!**



National Night Out Tuesday, August 2nd from 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.**



Egypt: Sailing the River Nile Tuesday, August 16th at 10:00 Take a virtual boat trip up the Nile as we watch the sun go down. We will travel by motor boat, taking a trip on the longest river in the world that has had so much history. Sailing on it is one item on nearly everyone's bucket list. You will get to see the difference between the East and West Banks of the Nile, plus some of the wildlife that lives there. Refreshments will be served. This program is in partnership with Beyonder.



Back to School - Meet the Superintendent Tuesday, August 16th at 9:00 Meet Gordon Smith, Superintendent of East Longmeadow Public Schools. He will be here to give an update on the state of the East Longmeadow public schools, update us on the community priorities identified in the High School Feasibility Study, and hear your thoughts on a new high school. Coffee and refreshments will be served.



PCA Meet and Greet Friday, August 19th from 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 to post PCA jobs.



Meet the Author Featuring Linda Cardillo Wednesday, August 24th at 11:00 Come hear about Linda's newly released book, "A Place of Refuge", a fiction book about a near-fatal automobile accident that results in a traumatic brain injury that leaves the main character with no short-term memory. Linda is an award-winning author who writes about the old country and the new, the tangle and embrace of family, and finding courage in the midst of loss.



Vaccine Clinic Thursday, August 25th from 1:00-3:00 Get vaccinated and receive a gift card, while supplies last! Please use the registration link to reserve your spot <https://bit.ly/3mltyJ0>. If you need assistance registering for a vaccine appointment please call the Senior Center at 525-5436.



Pool league We are starting a new Pool League! All levels are welcome. Play will be on Mondays from 8:00-4:00 beginning on September 5th. If you are interested in joining Pleasant View's Pool League please sign up in the Pool Room.



Labor Day Picnic Friday, August 26th at 12:00 Join us for a Picnic with an Ice Cream Social and Music Trivia, Music trivia will take place in our media room immediately following lunch. Picnic tickets are \$5 per person and are available at the Senior Center. Music Trivia and Ice Cream Social sponsored by All American Assisted Living.

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, August 3rd at 12:00 If your birthday is in the month of August, join us for a **FREE** lunch! Dessert sponsored by Glenmeadow. Register by 1:00 pm the day before.



Zumba Join us for this fun, upbeat class on **Thursdays at 8:30am!** \$5 per class, payable to the instructor. Stop in and join the fun!



Crafts with Rose Tuesday, August 16th at 1:00 Join Rose for a special craft class that will introduce you to the world of **diamond painting**. Create beautiful artistic pictures with no artistic ability required. \$8 per person includes all the tools and instruction you need to complete a gorgeous piece of artwork for your wall! Space is Limited, sign up today.



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.



Become a Dementia Friend! Dementia Friends Session Monday, August 15th at 10:30. This informal gathering is 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.

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

Dinner and a Show at Hampden COA: Saturday, 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.

Raffle ~ Centers will have raffles available to help support the Team, purchase your ticket today!

Longest Day of Pickleball at Longmeadow Adult Center: Monday, August 22nd Call (413) 565-4150 for more information and to register.

COMING SOON



Pleasant View's Got Talent Thursday, 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.



The Little E Save the Date for Pleasant View's Little E on **Friday, September 23rd from 2:00-6:00** Food, Music, Games, Prizes, and more!



SAIL PROGRAM Coming in September! Sail is a balance improvement/fall prevention program. There will be cardio, balance, strengthening, flexibility, and educational elements in each class. SAIL is intended for people with mild balance and walking dysfunction. This Free 12-week session begins on Tuesday September 13th, classes will be held on Tuesdays and Thursdays from 10:30 - 11:30. Registration is required by calling 525-5436.

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

August 2nd *Triumph of the Heart: The Ricky Bell Story* 1991, TV-PG, 1H 32M : This drama tells the tale of Ricky Bell, a pro running back with the Tampa Bay Buccaneers who befriends a young boy who inspire each other to become better in their own ways.



August 9th *Brain on Fire* 2016, PG-13, 1H 29M Stricken with seizures, psychosis and memory loss, a young New York Post reporter visits doctor after doctor in search of an elusive diagnosis.

August 16th *My Father's Violin* 2022, TV-14, 1H 52M : Through their shared grief and connection with music, an orphaned girl bonds with her emotionally aloof, successful violinist uncle.



August 23rd *Operation Mincemeat* 2022, PG-13, 2H 7M : Two British intelligence officers hatch an outlandish scheme to trick the Nazis and alter the course of World War II. Based on a true story.

August 30th *Get On Up: The James Brown Story* 2014, PG-13, 2H 18M : Music legend James Brown makes a turbulent journey from humble origins to superstardom as the Godfather of Soul.



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

BILLIARDS Open Play 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 Wednesday, August 17th 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, August 11th
10:30 - 12:00

MORNING GLORY WALKERS Monthly

Meeting Monday, August 8th 9:00

ORIGAMI Will resume in the Fall

TECH TIME Wednesday, August 10th

**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



Breakfast Café

Chef Sandy is hanging up her apron. Thank you to Sandy and her devoted volunteers for serving us a delicious breakfast on Tuesday mornings!



We will miss your smiles and your delicious pancakes!

*Join us on Thursdays at 12:45 for
Friendship Thursdays*

August 4th \$2 Bingo

August 11th \$5 Bingo

August 18th \$2 Bingo

August 25th Vaccine Clinic



TRIPS: 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. Trip flyers are available at the Senior Center. **Payments are non-refundable, unless a substitution is provided. \$137 payment due by August 31st, check 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 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.

Yoga at Brownstone Mondays at 1:30 Class is FREE and will take place at Brownstone I in the Community Room, all are welcome. Sponsored by Visiting Angels. Please call 525-4596 to register.

 Zumba Thursdays at 8:30 am Join us for this fun, upbeat class! \$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 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
August 9th

HEARING SCREENING

Free Screening by Baystate Hearing Center
by appointment 525-5436
August 17th

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
August 11th and 25th

ESSENTIAL SERVICES

FREE LEGAL CONSULATION

With Attorney Dave Carlson
By appointment September 20th
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 Geraldine Kennedy for her donation in memory of Charlotte Reed.



RESOURCES

SWAP The Senior Work-Off Abatement Program (SWAP) applications are available 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 are available at the Senior Center and on the town website 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.



Do you know your neighbor?? If you are concerned about the **Health and Welfare** of a neighbor, PLEASE contact us to make us aware. Anonymous calls are welcome and ALL will be addressed. **Danell Tavella, COA 525-5436, Officer Atwater, ELPD 525-5440 or, Elder Abuse Hotline 1-800-922-2275.**



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. **Will resume in the Fall, please watch for new details.**



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).

TOWN NEWS

The State Primary election will be Tuesday, September 6, 2022, from 7 am to 8 pm, and all precincts will vote at Birchland Park Middle School. Early in person voting is allowed for this election in the Library Conference Room, 60 Center Square, during the following days and times:

Saturday, August 27, 2022 ★9:00 am – 5:00 p.m. ~ Monday, August 29, 2022 ★8:00 am – 4:00 pm
Tuesday, August 30, 2022 ★8:00 am – 4:00 pm ~ Wednesday, August 31, 2022 ★8:00 am – 4:00 pm
Thursday, September 1, 2022 ★8:00 am – 4:00 pm ~ Friday, September 2, 2022 ★8:00 am – 4:00 pm

Saturday, August 27, is the last day to register to vote, if you are not already a registered voter, or change your party enrollment for the State Primary. You can do this at the Clerk's Office in the Town Hall, or on August 27 in the Library Conference Room. You can also request an absentee ballot application for this election from the Town Clerk's Office. If you have any questions please contact the Town Clerk's Office at 413-525-5400 x1000.

Meal Calendar August 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 1:00 pm
 \$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
1 Shepherd's Pie	2 Lasagna with Meat Sauce	3  Beef Stew	4 Jambalaya over Rice	5 Meatball Grinder
8 Tuna Noodle Casserole	9 Cheeseburger	10 Veal Parmesan	11 Vegetable Pizza	12 Chicken Salad Platter
15 Beef Burgundy	16 Spaghetti and Meatballs	17 Chicken Con Carne	18 Chicken Parmesan	19 Lemon Butter Cod
22 Hot Sausage Grinder	23 Chicken Marsala	24 Penne with Sausage and Peppers	25 Broccoli and Cheese Stuffed Chicken	26 Labor Day Picnic \$5 Hamburgers Hot Dogs Ice Cream Social
29 American Chop Suey	30 Hot Dogs and Beans	31 Chicken Gruyere	**Menu Subject to Change**	\$3.00 Lunch Donation is Appreciated

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.

myactivecenter

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 August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	2 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 5:00 National Night Out	3 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training	4 8:30 Zumba 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	5 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:30 Farmers Market 1:00 Dominoes 2:00 Silver Sneakers
8 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	9 Pedicare** 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	10 Tech Time** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 1:00 Chair Volleyball 2:00 Balance Training	11 Manicures** 8:30 Zumba 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting	12 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:30 Farmers Market 1:00 Dominoes 2:00 Silver Sneakers
15 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:30 Dementia Friend Session 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	16 9:00 Meet the Superintendent , Tai Chi 10:00 Egypt Tour** , Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing 1:00 Crafts W/ Rose **	17 Hearing Screening** 9:00 Advanced Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 Cooking Demo** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	18 8:30 Zumba 10:00 Trivia 11:00 Eric Lesser's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting	19 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:30 Farmers Market 1:00 Dominoes, PCA Meet & Greet 2:00 Silver Sneakers
22 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	23 9:00 Tai Chi 10:00 Line Dancing , 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	24 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 Meet the Author** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	25 Manicures** 8:30 Zumba 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Lunch* 1:00 Handcrafting, Vaccine Clinic	26 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Labor Day Picnic* 12:30 Farmers Market 1:00 Dominoes, 2:00 Silver Sneakers
29 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	30 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	31 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	** Program requires sign up please call 525-5436 	
		*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm		

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 August



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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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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Debbie Garvin
Meal Site Coordinator
 email Ext. 1413

Margit Daley
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Marilyn Ghedini
Dispatcher
 Ext. 1410

Alicia Smith
Program & Volunteer Coordinator
 Ext. 1406



To receive our E-Newsletter please call 525-5436



www.facebook.com/elseniors

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

