



November 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



Veterans Dinner We would like to invite our Veterans and their guests to our annual **Veterans Dinner** happening on **Thursday, November 10th at 5:00**. Veterans are free to attend, and guests are \$5 each. Due to limited space only one guest is permitted per Veteran. To register please call 525-5436. Registration will close on November 4th.



Holiday Craft Fair and Visit with Santa Saturday, December 3rd from 10:00-1:00 Come wrap up your Christmas shopping, buy a gift or two for yourself, enjoy delicious food and prizes, and have a FREE family photo with Santa taken! Our Holiday Craft Fair is just around the corner, and open to all ages! Entrance fee of \$5 worth of non-perishable grocery items includes raffle tickets! If you would like to be a vendor, please call 525-5436. This event is hosted by the EL COA and EL Recreation Department. We would also like to thank the EL Rotary Club for participating, and all of our volunteers who make these events possible.



Silent Film Showing Thursday, November 3rd at 12:45 Join us for a special viewing of two, short comedy silent films with live piano accompaniment!



Wellness, Mindfulness and Problem Solving Techniques Monday, November 7th at 10:30 Join Laura Fontaine for coffee, muffins and donuts while learning wellness, mindfulness and problem solving techniques. Laura has a clinical social work background and has been teaching wellness for over 20 years. Register by calling 525-5436.



Your Homework Before Home Improvement Begins Monday, November 14th at 10:30 Are you about to hire a handyman or a licensed contractor? Is the contractor you are about to hire registered and insured? Do you have a formal written contract for the project? Then you need to do your homework before the home improvement project begins! Register now for a free, educational and empowering workshop being offered by your Local Consumer Program

Working in Cooperation with the Massachusetts Attorney General's Office. Presenter: Milagros S. Johnson (Springfield) Mayor's Office of Consumer Information.



Veterans Coffee Hour Veterans, drop in to meet and have discussion with other Veterans on the 1st and 3rd Tuesday of the month beginning on **Tuesday, November 15th at 10:00**. This group will be led by a Vietnam Veteran who is honored and eager to have discussion with those who have also served their country.



Thanksgiving Luncheon Thursday, November 17th at 12:00 *Come celebrate Thanksgiving with us!* Tickets are \$5 per person and include a turkey lunch and entertainment by music duo, **Memory Lane**. Tickets are available at the Senior Center. Each individual may purchase 2 tickets. We hope you can join us!



Breakfast Café Wednesday, November 30th from 8:00-10:00 Sandy and the rest of the breakfast crew will be here on the last Wednesday of the month ready to make you a delicious breakfast!



Virtual Tour of Ljubljana, Slovenia Wednesday, November 30th at 10:00 Ljubljana is one of the smallest European Capitals, but has a very rich history and a diverse heritage. The city is vibrant, and excellent for creativity and contemporary art. We hope you can join us for this live, virtual tour! Refreshments will be provided. This program is in partnership with Beeyonder.

HIGHLIGHTS

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



Podcast Have you been wondering what all the buzz is about podcasts? Or even what a podcast is? **Learn how to create a podcast right here at Pleasant View's own podcast studio.** Sara Crouser, a Minnechaug Regional High School intern with ELCAT, will be onsite weekly through early January to teach you how to produce your own podcast, in hopes that we can create a "Stories from the View podcast" - a place where the stories of Pleasant View Seniors can be documented and shared. Call 525-5436 to schedule a session with Sarah. Once we have a few seniors trained on how to use the equipment, we'll start collecting stories.



Men's Coffee Chat Tuesdays at 8:30 Grab a FREE cup of coffee and enjoy light refreshments and conversation.



NEW Card Game: Five Crowns Fridays at 12:45 Five Crowns is a five-suited rummy-style card game. Whether you are a pro, or have never played, all are welcome!



Italian Class: Beginners III Wednesdays at 10:30 This class will be a review of previously covered material. New material will be covered at the preferred pace of the class. New students with a background in the language are welcome to join. \$5 per class. (Class is cancelled on November 23rd)



Unico Dinner Friday, December 9th at 5:00 The annual UNICO Christmas dinner will be taking place on Friday, December 9th, at 5:00 PM. **This dinner is FREE!** Raffle prizes will be available. To register, please call 525-5436, or sign up in the office. Guests may register themselves and one other person.



New Email Updates: We are excited to announce we will now be sending out weekly emails with program announcements, upcoming events and our monthly newsletter! If you are not already on our email list and would like to be added please call us at 525-5436 or email coa@eastlongmeadowma.gov



2022 Alzheimer's Education Series The East Longmeadow Council on Aging and the East Longmeadow Public Library are offering this FREE Education Series. Join us for one, two, three, or all four sessions. Each session is independent, so it is not necessary to have taken an earlier session to register for a later one.

10 Warning Signs of Alzheimer's at The Library Monday, November 21st 6:30 - 7:30 Learn the 10 Warning Signs of Alzheimer's Disease and how they differ from typical age-related memory changes. You will get tips for approaching someone about memory concerns and you will gain an understanding of the diagnostic process. Register by calling 525-5400

Effective Communication Strategies at The Senior Center Thursday, December 1st 1:00 - 2:00 Learn tips & strategies to understand, connect and communicate with someone living with dementia at each stage of the disease.



September 30th brought an end to our weekly Fresh Friday Farmers Market. Thank you to everyone who supported our little market and enjoyed the live music and fresh produce. We hope to grow our market next year to include more farmers and vendors, so stay tuned. Special thank you to Pat Murray and Sandy Quinn for being exceptional market managers!



Congratulations to the Tri-Town Team! All of their fundraising efforts paid off tremendously with them raising over \$11,000 to support the cause of the Walk to End Alzheimer's, which made them the top fundraising team! Thank you to everyone who volunteered their time, donated to the cause, those who joined us on walk day, and to the Hampden Senior Center and Longmeadow Adult Center for partnering with us!

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

November 1st *Holiday in the Wild* 2019, TV-PG, 1h 25m After her husband ends their marriage, Kate embarks on a solo second honeymoon in Africa. There, she and Derek, a pilot, rescue a baby elephant. While nursing the elephant back to health, Kate discovers how much she loves her new surroundings.



November 8th *Yours, Mine, and Ours* 2005, PG, 1h 28m A widowed Coast Guard Admiral and a widowed handbag designer fall in love and marry, much to the dismay of his 8 and her 10 children.



November 15th *Going in Style* 2017, PG-13 1h 36m Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.



November 22nd *Rebecca* 2020, PG-13, 2h 3m A young newlywed arrives at her husband's imposing family estate on a windswept English coast and finds herself battling the shadow of his first wife, Rebecca, whose legacy lives on in the house long after her death.



November 29th *Last Seen Alive* 2022, R, 1h 35m Will's soon-to-be ex-wife mysteriously vanishes at a gas station. He delves into the town's criminal underbelly while running from the authorities in a race against time to find her.



ONGOING PROGRAMS

ART CLASS with Jeff Kerns Fridays 10:00 \$15

**Must bring your own supplies*

BEAN BAG BASEBALL Fridays 10:00

BILLIARDS Open Play Tue - Fri 8:00 to 4:00

Pool League Mondays 8:00-4:00 All levels welcome!

Free Instruction Thursdays 10:00

BIRTHDAY BASH November 2nd 12:00

If it's your birthday month lunch is FREE!

BOCCE Mon-Fri 8:00 - 4:00

Open Play Wednesdays 9:30

CHAIR VOLLEYBALL Wednesdays 1:00

(Volleyball is cancelled on Nov. 23rd)

COMPUTER HELP Wednesday, Nov. 16th 1:00

COOKING DEMO Wednesday, Nov. 16th 11:00

Taste a delicious recipe! Presented by East Village Place

FRENCH GROUP Tuesdays 11:00

**All conversation is in French*

HANDCRAFTING Thursdays 1:00



JEWELRY CLASS Monday, November 7th 9:30

\$3 Plus cost of materials. Sign up is required

MENS COFFEE CHAT Tuesdays 8:30

LIBRARY ON THE GO Thursday, November

10th 10:30 - 12:00

MORNING GLORY WALKERS Monthly

Meeting Monday, November 14th 9:00

ORIGAMI Wednesday, November 16th 12:30

TECH TIME Wednesday, November 9th

**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

FIVE CROWNS Fridays 12:45

MAH-JONGG Tuesdays 12:30

PITCH Mondays 12:30

Bingo will be back in December!



Thank you to Florence Bank for their generous donation to support our ongoing programs and events!



Pleasant View Pantry T-shirts are in!
 Help us "reach those in times of need" by purchasing a t-shirt for \$10 to support our Emergency Food Pantry. Various colors and sizes are available, while supplies last. Please see Elizabeth Baron in the food pantry if you are interested in purchasing a t-shirt.
It's what everyone's wearing this Fall!



Meal Calendar November 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

Partial funding provided by the Federal Administration for Community Living/MA Executive Office of Elder Affairs & Greater Springfield Senior Services, Inc.

- 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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Leg	2 Birthday Bash Baked Pork Chops 	3 Chicken Marsala	4 Stuffed Peppers
8 Macaroni and Cheese with Ham	8 Shepherd's Pie	9 Chicken Pot Pie	10 Broccoli and Mushroom Quiche	11 CENTER CLOSED 
14 Kielbasa and Sauerkraut	15 Veal Parmesan	16 Chicken Cacciatore	17 Turkey and Stuffing	18 Oven Fried Fish and Chips
21 Meatball Grinder	22 BBQ Pulled Pork	23 Oven Fried Chicken	24 CENTER CLOSED 	25 CENTER CLOSED
28 American Chop Suey	29 Baked Meatloaf	30 Ziti, Broccoli and Chicken	\$3.00 Lunch Donation is Appreciated	**Menu Subject to Change**

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.

Have you used our online 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



The East Longmeadow Veterans Memorial Committee is raising funds to construct a **Veterans Memorial** in front of the Senior Center. This Veterans Memorial will be dedicated to honor and memorialize the sacrifice of the East Longmeadow military veterans who answered the "call to arms" and to recognize their sense of duty and courage...especially those who sacrificed their lives for the freedoms we enjoy today. **The Committee has paver/bricks for sale for \$125.00 each. If you have a veteran in your family or just want to make a donation, please call Terry Glusko at 413-525-5412 or 413-782-3890.**

Activities Calendar November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	2 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 12:00 Birthday Bash* 1:00 Chair Volleyball 2:00 Balance Training	3 Manicures** 8:30 Zumba 10:00 Trivia 12:00 Canasta, Lunch* 12:45 Silent Movie 1:00 Handcrafting	4 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
7 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Jewelry Class** 10:30 Problem Solving Presentation 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	8 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	9 Tech Time** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	10 8:30 Zumba 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch* 1:00 Handcrafting 5:00 Veterans Dinner	11 CENTER CLOSED 
14 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 10:30 Home Improvement 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	15 Legal Consultations** 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, Veterans Coffee Hour 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	16 Hearing Screening** 9:00 Advanced Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 11:00 Cooking Demo** 12:00 Lunch* 12:30 Origami** 1:00 Chair Volleyball, Computer Help 2:00 Balance Training	17 Manicures** 8:30 Zumba 10:00 Trivia 11:00 Eric Lesser's Representative Thanksgiving Luncheon* 1:00 Handcrafting	18 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers
21 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	22 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	23 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 10:30 Italian Class** 12:00 Lunch* 1:00 Chair Volleyball 2:00 Balance Training	24 25 CENTER CLOSED CENTER CLOSED 	
28 9:00 Advanced Chair Exercise 9:15 Chair Exercise 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers	29 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing 11:00 French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing	30 8:00 Breakfast Café 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage, Virtual Tour Slovenia 10:30 Italian Class** 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	

FITNESS PROGRAMS

Fitness Room Open Monday - Friday from 8:00 - 4:00 The Fitness Center includes state of the art cardio machines and weight stations. An annual medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

Balance and Fall Prevention Training Wednesdays 2:00 - 3:00 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. (No class on 11/23)

Chair Exercise DVD Monday, Wednesday and Friday 9:15-10:15 in the Auditorium, free. (No class on 11/30)

Advanced Exercise DVD Monday, Wednesday and Friday 9:00-10:00 in the Media Room, free. (No class on 11/30)

Line Dancing Tuesdays at 10:00 at the senior center, \$3 per class, payable to the instructor.



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 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: cough and cold supplies to get ready for winter (tissues, cough drops, cold remedies, chicken soup, and chapstick)



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

IN HOME FOOTCARE/PEDICARE

With Dr. Dubois
by appointment 525-5436
Cost is \$60

HEARING SCREENING

Free Screening by Baystate Hearing Center
by appointment 525-5436
November 16th

MANICURES

by appointment
Cathy Rasid, LM 413-335-7422
November 3rd and 17th

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Nov. 15th 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

TOWN NEWS

The State election will be Tuesday, November 8, 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, October 22, 10a-2p - Monday, October 24, 8a-4p - Tuesday, October 25, 8a-4p

Wednesday, October 26, 8a-4p - Thursday, October 27, 8a-4p - Friday, October 28, 8a-4p

Saturday, October 29, 9a-5p - Monday, October 30, 8a-4p - Tuesday, November 1, 8a-4p

Wednesday, November 2, 8a-4p - Thursday, November 3, 8a-4p - Friday, November 4, 8a-4p

If you have any questions please contact the Town Clerk's Office at 413-525-5400 x 1000.

RESOURCES



Bereavement Group Are you mourning the loss of a loved one? Our bereavement group will begin on January 25th, and will continue on the 4th Wednesday of every month. To register for the group please call 525-5436. Facilitated by Carol Sachs, PhD.



Open Enrollment If you are enrolled in a Medicare Prescription Drug Plan, Medigap Plan or a Medicare Advantage Plan (HMO/ PPO), you should have received an information packet from your plan. It is important to **understand** and **save** this information: it explains the changes in your plan for 2023. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!** During Medicare Open Enrollment, you can adjust or change your plan for next year.

SHINE Counselors can help you understand *your plan changes as well as determine other options you may have. Open Enrollment is from October 15, 2022 - December 7, 2022*

Our SHINE appointments during Open Enrollment are FULL. If you have a general question you can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Real Estate Tax Senior Exemption Applications Exemption applications for fiscal year 2023 will be accepted in the Assessor's office starting November 1, 2022. The applications will be available for you to pick up in the Assessor's office at the Town Hall or by appointment with Danell Tavella at the Senior Center. If you need assistance or have any questions, please feel free to contact the Assessors at 525-5400 ext. 1600 or Danell Tavella at 525-5400 ext. 1402.



Alzheimer's Caregiver Phone Support For people caring for a loved one living with Alzheimer's disease or a related dementia. Please call 525-5436 for more details.

FUEL ASSISTANCE *The Valley Opportunity Council, Inc. is an energy assistance program that can help you pay for heating your house or apartment during the heating season, between NOV 1 and APR 30 of each year.* This program can help you pay for any fuel that you use, including but not limited to: oil, propane, natural gas, or electric. **Please call Danell Tavella @ 525-5436 ext. 1402 for further information.**

Yearly Income 2023 Season	
Family Size	Income Limit
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561

Are you behind on your rent or mortgage payments? There are programs to help through the Attorney Generals Office. Contact the Attorney General's Consumer Hotline for Assistance at 617-727-8400.

Rental Assistance for Families in Transition (RAFT) helps keep households in stable situations when facing eviction, loss of utilities, and other housing emergencies caused by loss of income, increase in expenses or both. Apply online at: applyhousinghelp.mass.gov

Homeowners Assistance Fund (HAF) provides financial assistance to help homeowners who are behind on their mortgage payments due to the Covid-19 Pandemic. Check your eligibility online at massmortgage-help.org



SCAM ALERT An organized "Criminal Ring" is stealing SNAP and DTA cash benefits by essentially making a duplicate EBT card through a mechanism called skimming. To date nearly \$1 million in SNAP benefits have been stolen from approximately 2,000 households in MA. DTA is notable to replace SNAP benefits stolen through skimming, Help get the word out! Re-pinning EBT cards after each purchase is encouraged in order to keep cards safe. If anyone suspects benefits have been stolen, please report to the fraud unit at DTA: 800-997-2555



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 (Effective 2/1/2022)	
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).

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

MEMORIAL DONATIONS



A special thank you to Paul and Dorothy Joyce for their donation in memory of Ely Christenson and to Barbara Schaler for her donation in memory of Millie Austin.

SPONSORS

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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Ext. 1411

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Meal Site Coordinator
Ext. 1413

Margit Daley
Kitchen Assistant,
Dishwasher

Marilyn Ghedini
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Ext. 1410

Alicia Smith
Program &
Volunteer Coordinator
Ext. 1406

Elizabeth Grigoriou
Admin. Assistant/
Social Media Coordinator
Ext. 1414



To receive our Email Updates please call 525-5436



www.facebook.com/elseniors

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

