



December 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



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 **an unwrapped toy or non-perishable grocery item** includes raffle tickets! 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.



Fix-It Clinic Friday, December 2nd by appointment, guided assistance from volunteers with repair skills to disassemble, troubleshoot and (hopefully) fix small household appliances, clothing, electronic devices and more! Please call 525-5436 to make an appointment.



Falls Prevention Awareness Tuesday, December 13th at 11:00 Refresh your memory on safety tips for walking in the snow and ice this winter! Sponsored and presented by Care-One at Redstone. Light refreshments and giveaways will be provided.



Crafts with Rose Tuesday, December 20th at 1:00 Join Rose in making a festive Christmas Snow Globe! Only \$7 per person includes all materials. Class size is limited so sign up soon!



Christmas Celebration Thursday, December 15th at 11:30 Join us for a fun afternoon of caroling, a delicious ham lunch, a cookie making demonstration and tasting provided by East Village Place and game prizes sponsored by Bluebird Estates! Tickets are \$5 per person and are available at the Senior Center. Each individual may purchase 2 tickets.



Insurance Coverages Friday, December 16th at 11:00 Join us for this educational experience to learn about different insurance coverages. There will be giveaways as well as coffee and donuts. Thank you to Chris Bergquist from Comparion Insurance Agency, a Liberty Mutual Company for providing this presentation.



Christmas in French History Thursday, December 22nd at 2:00 This virtual live tour goes back to the origin cults of Christmas, which started during antiquity, and shows how this popular feast evolved with Christianization and later, secularization of French society. You will see how the French celebrate this feast historically. Discover the symbolism of Christmas traditions and the major historic events held on December 25. With several dozen of historical documents accompanied with your guide's explanations, you will be immersed in France's past to honor Christmas and its spirit. This program is in partnership with Beeyond.



INCLEMENT WEATHER POLICY

When the East Longmeadow Public Schools are closed due to weather, there will be no in house lunch, meals on wheels, or programming. When the EL Public Schools are delayed due to weather, there will be no programs that were scheduled during the delay. Staff will be in the building to answer questions and for emergencies. If Town Hall is closed, we are closed. Please watch WGGB Channel 40 and WWLP Channel 22 for updates.



*The Pleasant View Senior Center will be closing at 12:00 on Friday, December 23rd and 30th. We will be closed on Monday, December 26th and Monday, January 2nd. We will not be serving meals, delivering meals on wheels or providing Transportation on those days. **We wish everyone a happy and healthy holiday season!***

HIGHLIGHTS

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



Effective Communication Strategies 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.



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.



MassEDP Monday, December 12th at 11:00 If you live with a disability, the Massachusetts Equipment Distribution Program (MassEDP) may be able to provide you with a specialized telephone network. Depending on your income level, these telephones may come for free or at reduced cost. MassEDP provides landline phones OR a wireless device. Please note, for the wireless devices, MassEDP DOES NOT provide the phone's service plan. This program will be presented by a representative of the MassEDP.



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!



Veterans Coffee Hour Veterans, drop in to meet and have discussion with other Veterans on the 1st and 3rd Tuesday of the month, **Tuesday, December 6th and 20th 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. Coffee and light refreshments will be served.



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.** A Minnechaug Regional High School intern with ELCAT, will be onsite weekly through early January to teach you how to produce your own podcast. We are also creating 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, or schedule a time to share your story.



Winter Concert Series

Fridays in January at 12:45 Enjoy music and light refreshments



January 6th - The Dave Colucci "Crooning the Classics" Show Join the very popular singer/entertainer Dave Colucci as he sings some of the greatest classic songs of all time! An incredible variety show, you'll hear songs from the swinging Vegas days of Sinatra, Dino, Bobby Darin and Tom Jones, to the golden oldies of the 50's, 60's, & 70's. Let the good times roll as you get ready to go on a musical journey that will have you laughing, singing & dancing!

January 13th - Table for Two and Co. Songstress Lisa Carter, Pianoman/Vocalist Matthew Foster, and Mark Barowsky on Saxophone will perform nostalgic standards with a contemporary twist, specializing in Jazz, blues, country, ballads, standards, and postmodern jukebox, all with the sounds of Diana Krall, Dinah Washington, Gaga and Bennett, Stevie Wonder, Billy Joel, and more!

January 20th - Tom Jones & Englebert-"The Way It Used To Be" Featuring the golden voice of Joe Saimeri with Richie Mitnick on keyboard. This fabulous "Tribute" takes us on a musical journey featuring great songs such as "After The Loving" and "The Way It Used To Be", as well as great hits by artists such as Kenny Rogers, Michael Bolton, Frank Sinatra and many more!

January 27th - Freddie Marion Freddie Marion, based in Holyoke, MA, is one of the top entertainers in the Pioneer Valley. He is greatly influenced by artists including Wayne Newton, Kenny Rogers, and Sammy Davis Jr. His music is sure to have you smiling and toe-tapping!

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

December 6th **A Boy Called Christmas** 2021, PG, 1h 46min In this origin story of Father Christmas, an ordinary boy (with a loyal pet mouse and a reindeer at his side) sets out on an extraordinary adventure to find his father who is on a quest to discover the fabled village of Elfhelm. Starring Maggie Smith.



December 13th **Christmas on the Square** 2020, TV-PG, 1h 38min In this musical, an embittered scrooge of a woman plans to sell her small town, regardless of the consequences to the people who live there. However, a kind hearted angel (played by Dolly Parton) arrives and shows her what would happen before she mends her ways and redeems herself.



December 20th **White Christmas** 1954, Not Rated, 2h A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont Inn of their former commanding general. Starring Bing Crosby, Danny Kaye and Rosemary Clooney.



December 27th **A Jazzman's Blues** 2022, R, 2h 7min A tale of forbidden love and family drama unravels 40 years of secrets and lies in the deep south during an unsolved murder investigation.

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 Wednesday, December 7th

12:00 If it's your birthday month lunch is FREE!



BOCCE Mon-Fri 8:00 - 4:00

Weather pending open Play Wednesdays 9:30

BREAKFAST CAFE Will resume in January

CHAIR VOLLEYBALL Wednesdays 1:00

Away game on Dec. 7th at EL Skilled Nursing Home

COMPUTER HELP Will resume in January

COOKING DEMO Wednesday, Dec. 21st 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, December 5th 9:30

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

LIBRARY ON THE GO Thursday, December

8th 10:30 - 12:00

MENS COFFEE CHAT Tuesdays at 8:30

MORNING GLORY WALKERS Monthly

Meeting Monday, December 12th 9:00

ORIGAMI Wednesday, December 21st 12:30

TECH TIME Postponed until further notice

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



Friendship Thursdays at 12:45

December 1st \$2 Bingo

December 8th \$5 Bingo

December 15th Christmas Celebration

December 22nd \$2 Bingo

December 29th \$5 Bingo



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

Meal Calendar December 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
\$3.00 Lunch Donation is Appreciated	**Menu Subject to Change**		1 Eggplant Parmesan	2 Meat Lasagna
5 Quiche Lorraine	6 Chili Con Carne	7 <i>Birthday Bash</i> Salisbury Steak 	8 BBQ Pulled Pork on a Bun	9 Cod Florentine
12 Meatball Grinder	13 Broccoli and Cheese Stuffed Chicken Breast	14 Macaroni and Cheese with Bacon & Broccoli	15 <i>Christmas Celebration</i> Baked Ham 	16 Tuna Noodle Casserole
19 Chicken Gruyere	20 Penne with Meatballs	21 BBQ Chicken Leg	22 Meatloaf	23 CENTER CLOSSES AT NOON <i>Lunch will not be served</i>
26 CENTER CLOSED 	27 Chicken Caesar Wrap	28 Cuban Sandwich	29 America Chop Suey	30 CENTER CLOSSES AT NOON <i>Lunch will not be served</i>

Meals will also include a starch, a vegetable and a dessert. 1% milk and whole grain bread or rolls are served daily, unless otherwise noted.

2022 Giving Tree
 Supporting "All Our Kids"
 A Foster Care & Adoption agency serving Western Massachusetts
 Children Ages Birth - 18
 • TOYS • GAMES • GIFT CARDS • CRAFTS • TOILETRIES
 Donations accepted November 14th - December 5th
 Drop off can be made at ELPL or COA
 Thank you in advance for your support & generosity!





myactivecenter
 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.

Activities Calendar December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Program requires sign up please call 525-5436</p> 	<p>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00 pm</p>		<p>1 Manicures** 8:30 Zumba 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Effective Communication Strategies, Handcrafting</p>	<p>2 Fix-It Clinic** 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</p>
<p>5 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Jewelry Class** 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>6 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</p>	<p>7 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 Away Game* 2:00 Balance Training</p>	<p>8 8:30 Zumba 10:00 Trivia 10:30 Library on the Go 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>9 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 5:00 Unico Dinner</p>
<p>12 9:00 Advanced Chair Exercise, MGW Meeting 9:15 Chair Exercise 11:00 MassEDP 12:00 Lunch* 12:30 Pitch 1:30 Yoga at Brownstone 2:00 Silver Sneakers</p>	<p>13 Footcare** 8:30 Men's Coffee Chat 9:00 Tai Chi 10:00 Line Dancing, 11:00 Falls Prevention, French Group 12:00 Lunch* 12:30 Mah-jongg 12:45 Movie Showing</p>	<p>14 9:00 Advanced 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</p>	<p>15 Manicures** 8:30 Zumba 10:00 Trivia 11:00 Eric Lesser's Representative 11:30 Christmas Celebration* 12:00 Canasta, 1:00 Handcrafting</p>	<p>16 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage 11:00 Insurance Presentation 12:00 Lunch* 12:45 Five Crowns 1:00 Dominoes 2:00 Silver Sneakers</p>
<p>19 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>20 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 1:00 Crafts with Rose**</p>	<p>21 Hearing Screening** 9:00 Advanced Chair Exercise 9:15 Chair Exercise 9:30 Bocce 10:00 Baystate Deaf Seniors, Cribbage 11:00 Cooking Demo** 12:00 Lunch* 12:30 Origami** 1:00 Chair Volleyball, 2:00 Balance Training</p>	<p>22 8:30 Zumba 10:00 Trivia 11:00 Brian Ashe's Representative 12:00 Canasta, Lunch* 12:45 \$2 Bingo 1:00 Handcrafting 2:00 Christmas in French History</p>	<p>23 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage</p> <p style="text-align: center;">CENTER CLOSSES AT 12:00</p> 
<p>26</p> <p style="text-align: center;">CENTER CLOSED</p> 	<p>27 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</p>	<p>28 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</p>	<p>29 Manicures** 8:30 Zumba 10:00 Trivia 12:00 Canasta, Lunch* 12:45 \$5 Bingo 1:00 Handcrafting</p>	<p>30 9:00 Advanced Chair Exercise 9:15 Chair Exercise 10:00 Art Class, Bean Bag Baseball, Cribbage</p> <p style="text-align: center;">CENTER CLOSSES AT 12:00</p>

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.

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, 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

Congratulations to our Super Market Sweep winners and thank you to all who supported our Food Drive. We accept donations year round Monday - Friday from 9 - 4. The pantry is currently in need of: Boxed Milk, Pasta Sauce, Shampoo and Cough Drops.

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 year!*



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.**



MEMORIAL DONATIONS

A special thank you to Reid and Riege, P.C., Mary Delnegro, NEYSA Friends, Dick and Bette Gerstein and Stephen and Kathleen Couture for their donations in memory of Charlotte Roda



Thank you to our sponsors who helped make our Veterans Dinner held last month a great success! Overlook Hospice, Home Helpers of Enfield, and the Springfield Thunderbirds. We would also like to thank Texas Roadhouse in Springfield for providing the delicious meal, and all of our wonderful volunteers for their help!

HEALTH AND WELLNESS

HEARING SCREENING

Free Screening by Baystate Hearing Center December 21st
by appointment 525-5436

MANICURES

by appointment December 1st, 15th and 29th
Cathy Rasid, LM 413-335-7422

ESSENTIAL SERVICES

FREE LEGAL CONSULTATION

With Attorney Dave Carlson
By appointment Dec. 20th 525-5436

NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

SHINE COUNSELOR

Free Medicare Assistance
By appointment 525-5436

RESOURCES



New Footcare/Pedicare Service Paul Goulas, LPN, will be providing foot care, starting on Tuesday, December 13th. The cost is \$30 per appointment, paid directly to Paul by cash or check. Paul's focus will be to trim and file toenails, as well as to assess and identify problem areas, recommending a doctor or podiatrist if needed. **To make an appointment for Tuesday, December 13th please call 525-5436.**



AARP Tax Service AARP is still in the process of determining which senior center locations will be offering free tax preparation. We will provide more updates in the January Newsletter. Thank you for your understanding as AARP does their best to finalize their schedule.



Sand for Seniors We have partnered with the Hampden County TRIAD Program and the East Longmeadow Fire Department to bring **Sand for Seniors** to East Longmeadow. Designed to increase safety during the winter. We have a limited amount of buckets to provide to eligible seniors and disabled persons who are physically or financially unable to acquire their own bucket of ice melt product. Buckets are delivered and can be refilled when empty. If you are interested in a bucket of sand, please call the senior center at 413-525-5436.



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! Call the ACTS program at 413-731-9810, or email acts1986@gmail.com.

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.



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.



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.**

FUEL ASSISTANCE *Low Income Home Energy Assistance Program 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, wood, 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



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.

**Reminder - When shopping there is 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

**The Trolley will not be running on the following dates:
 Friday, December 23rd, Monday, December 26th, Friday, December 30 or Monday, January 2nd**

Trolley Inclement Weather Policy When the East Longmeadow Public schools are **closed** due to weather, the Tri-Town Trolley will not run. If the East Longmeadow Public Schools are **delayed** due to weather, riders will be notified of any cancellations that day.

SPONSORS

We hope you support our valued sponsors!



Nurse Advocates, LLC
navigating healthcare
Maura Lessard RN, BSN, CCM, CDP
 Nurse Advocate, Board Certified Case Manager, Aging Lifecare
 Advanced Profession & Certified Dementia Practitioner
 cell/text: 413-237-5724
www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

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 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

Erin Koebler
 Director
 Ext. 1401

Sharon Giordano
 Admin. Accountant
 Ext. 1405

Elizabeth Baron
 Food Pantry
 Coordinator
 Ext. 1408

Allen Lefferts
 Chef
 Ext. 1411

Terry Glusko
 Transportation
 Coordinator
 Ext. 1410

Danell Tavella
 Community
 Services
 Ext. 1402

Meralee Kratovil
 Office Manager
 Ext. 1404

Debbie Garvin
 Meal Site Coordinator
 Ext. 1413

Margit Daley
 Kitchen Assistant,
 Dishwasher

Marilyn Ghedini
 Dispatcher
 Ext. 1410

Alicia Smith
 Program &
 Volunteer Coordinator
 Ext. 1406

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



To receive Email Updates please call 525-5436



www.facebook.com/elseniors

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

