

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 21, 5

MAY 2015



## MOTHER'S DAY LUNCH

The Senior Center will be celebrating Mother's Day with a special lunch on Tuesday **May 12th at 11:45**. A delicious meal prepared by Harry Setian of roast pork, vegetables and potatoes will be served. Following lunch, entertainment will be provided by Laurie Festa. Laurie a lifelong native Springfield and will perform an eclectic blend of Jazz, Broadway, Classical and popular musical styles. This program is funded by a grant from the Wilbraham Cultural Council. \$4 for meal is due at time of registration, which will begin on Friday, May 1 at 8 am. A raffle prize has been donated by Wingate. Join us as we honor all the wonderful mothers in our lives.

## MEMORIAL DAY CEREMONY

### SUNDAY, MAY 24 AT 10:30 AM, CRANE PARK

The Memorial Day Ceremony will be conducted at Crane Park on **Sunday, May 24th at 10 30 am**. The guest speaker will be MSgt (ret) USAF Kim Babin, VSO (Veteran Service Officer) from the city of Chicopee. She will speak about various programs and benefits for veterans. State Representative Angelo Puppolo will also speak. The Minnechaug Band will provide music and the Mass. Civil War Volunteer Group will do the gun salute. Refreshments will be served at the Village Café concluding the program.



## FUNERAL PRE PLANNING

Join Ellen O'Brien from Wilbraham Funeral Home on Monday, **May 11 at 10 a.m.** Ellen will explain the process of pre planning funerals and memorializations. Bring your questions, Ellen will answer them. Light refreshments will be served. Please call 596-8379 to register for this informative presentation.

CINCO  
DE  
MAYO



**SPECIAL LUNCH**

**TACO SALAD**

**Tuesday, May 5**

**\$2 payable at sign up!  
Register today!!**

## Reiki Now Offered

Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Wilbraham Senior Center welcomes Carleen Eve Fischer Hoffman, Reiki Master Practitioner. Carleen will be offering Reiki once a month, on the first Wednesday. Please call her directly at 525-7345 for an appointment. \$10 for 15-20 minute session. Appointments starting on June 3rd from 10 am-12:30pm.



## HEALTH & FITNESS PROGRAMS

### HEALTH PROGRAMS

Free Blood Pressure Readings,  
**Tuesdays, 11- 12 noon.**



Foot Care Nurses, **May 14**, Cost is \$29.

Foot Doctor Cindy Galavotti, **May 6** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **May 13**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

### FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** Beginner Line Dance class on **Fridays at 1:40 p.m.**

Tai Chi, **Wednesdays** at 9 a.m. FREE!  
Zumba Gold—**Wednesdays at 2pm & Fridays at 10:30 am**, \$5.

Tap Dance with Mary Ann, **Thursdays at 9:30 a.m.**

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Gentle Exercise, **Wednesdays., 10:15 a.m.**

**Senior Center Fitness Equipment— recumbent**

**bike and treadmill.** A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

### SPA PROGRAMS

**Sole Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **May 1,8,15** for appointments. Cost is \$10.

**MANICURES AT THE CENTER**—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for an appointment. **May 5, 19.**

**CHAIR MASSAGE AT SENIOR CENTER**—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **May 8.** Very relaxing!!



### Walking programs are back!

Dust off your walking shoes and join us for slow walks on Mondays at noon starting on May 4th. We will start off slow. Come give it a try. Quick 5 mile walks at Ludlow Reservoir will be on Fridays at 9am starting May 1st. We will build back to the 5 miles. Please call front desk to let us know you will be joining us.

**Call 596-8379 for appointments!**

## VAN TRIP TO QUABOAG CENTER

Enjoy A scenic drive to the beautiful town of West Brookfield. Located on the town common, Quaboag Rehab and Skilled Care Center offers exceptional amenities and services including 24-hour nursing care, rehabilitation services 7 days a week, music therapy and delicious restaurant style dining and much more. When you visit, you will find wonderful center renovations, spacious resident rooms, and an expansive courtyard with gazebo and patio area and a beauty salon as well as ample parking. We look forward to meeting you and sharing with you the environment that we are proud to call Quaboag Rehab. Join us on May 8. Van leaves Senior Center at 10:15 a.m.

## COMMUNITY GARDEN PLOTS AVAILABLE

It's May; time to convert those midwinter thoughts of green going things into some real action. Dump that oppressive back breaking snow shovel for a polite, picturesque, and ergonomic garden trowel. These new ones with padded handles and bring colors (so you find them if they get dropped into the lush growth of a squash vine) are good partners in the joy of cultivating things. Space at the Wilbraham Community Gardens is going fast so contact Garden Coordinator Melissa Graves at 596-2800, Ext. 119 soon. This year both outdoor plots and indoor greenhouse spaces are available. Raised planting boxes that you can be worked from a chair are also available. Be sure to visit the Gardens on Monson Road on May 2<sup>nd</sup> for Plow Day when the gardens will be plowed by horses of the Eastern Draft Horse Association.



### Glass fusing nightlight class Wednesday, May 27 at 10am.

In this class each student will create their own glass nightlight. Sherry will supply the glass bases and many forms of decorative glass embellishments and help you design and create your own nightlight. The options are unlimited. create a geometric design or a scene of water or flowers. Fun project for beginners ! Glass classes are gaining popularity! Bring a friend. Class fee is \$25 and includes all supplies and firings and nightlight fixture. Stop by the front desk to register.

### A NOTE FROM THE DIRECTOR

The Senior Center Feasibility Committee toured Fountain Park with architect John Catlin and Nature and Cultural Committee member Jules Gaudreau. It is a very attractive location for a future Senior Center, but there are some hurdles to get past, including approval at Town meeting for changing the restrictions on the deed. The next step in the Feasibility Study will be a site analysis which allows for integration of a building design to fit with in the setting. This will include soil samplings, landscape concepts, structures placement, movement systems (traffic, infrastructure availability, circulation). Following that step, a preliminary schematic design would be completed. There If you have questions or comments, please stop in and see me.

I would like to thank the Feasibility Committee for their time and efforts over the past 1 1/2 years. Besides myself members include Chairperson Dennis Lopata, Norma Bandarra, Nick Manolakis, Carolyn Brennan, Trant Campbell, Gina Kahn and Tom Sullivan. We have a long way to go and are lucky to have dedicated folks with us.

The annual Town Meeting is Monday, May 11 at 7 pm at Minnechaug. This form of government allows each and every resident to have a voice in the future of our community. Please make an effort to attend. The following Saturday, May 16, is election day. Get informed and make good choices in the ballot box. And don't forget Memorial Day recognition in Crane Park on May 24. We remember all who sacrificed so we can have freedoms including voting!!

Paula

## MAY EVENTS

**SHINE** Representative will be here in May. Call for appointment.

**BOOK CLUB** will meet Thursday **May 21, 1:30**, Book is "Middlesex" by Jeffrey Eugenides.

**QUILTING CLUB**, **May 14 & 28** at 1:00 p.m.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **May 13**. Call for appt. 596-8379.

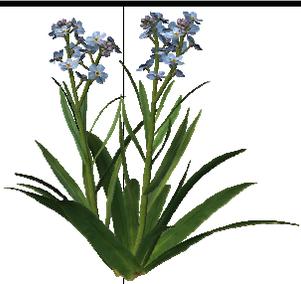
**JEWELRY WORKSHOP** with Sandy Merrill, will be held on **May 20** at 10 a.m. \$3/class.

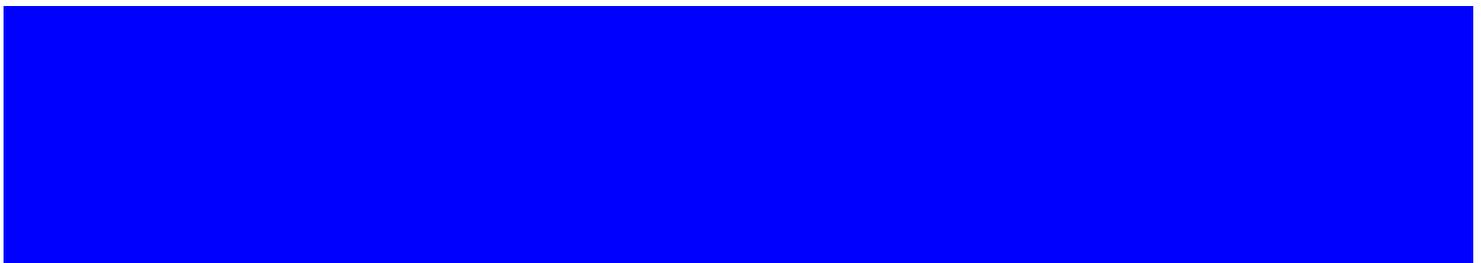
**MEN'S BREAKFAST** in Ludlow on **Friday, May 29 at 8:30 a.m.** Please call to register—596-8379.

**AFTERNOONS: PITCH** Mondays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

**FRIENDS OF WILBRAHAM SENIORS MEETING** Monthly meeting May 11 at 1 pm.

# MAY 2015

Mon	Tue	Wed	Thu	Fri
				<b>1</b> 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>4</b> 12:30-Pitch 1-Rug Making  <i>Mac &amp; cheese &amp; hamburger</i> <b>Stop &amp; Shop</b>	<b>5 Cinco de Mayo</b> 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Taco salad bowl</i> <b>Around Town</b>	<b>6 NY CITY BUS TRIP</b> 9-Tai Chi 9:30-Podiatrist 1:40-Line Dance 2-Zumba Gold  <b>Mountain Farms Mall</b>	<b>7</b> 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes  <b>Big Y</b>	<b>8</b> 9-Outrageous Adventure 9:30-Massage Therapy 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>11</b> 10-Pre Planning Funerals 10-Fallon Health 12:30-Pitch 1-Friends Meeting 1-Rug Making <i>Baked chicken/garlic</i> <b>Big Y</b>	<b>12 Mothers day lunch</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Meeting  <b>Around Town</b>	<b>13</b> 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold <b>Wal-mart</b>	<b>14</b> 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 12-Cooking Demo 1-Quilting Club <b>Stop &amp; Shop</b>	<b>15</b> 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>18</b> 12:30-Pitch 1-Rug Making  <i>Cheese ravioli</i> <b>Stop &amp; Shop</b>	<b>19</b> 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <b>Around Town</b>	<b>20</b> 9-Tai Chi 10-Jewelry Class 1:40-Line Dance 2-Zumba Gold  <b>Holyoke Mall</b>	<b>21</b> 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club <b>Big Y</b>	<b>22</b> 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
<b>25 CLOSED</b>  	<b>26</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Meeting <i>Hot dog, baked beans</i> <b>Around Town</b>	<b>27</b> 9-Tai Chi 10-Glass Fusing 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold  <b>Wal-mart</b>	<b>28</b> 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club <b>Stop &amp; Shop</b>	<b>29</b> 8:30-Men's Breakfast (Ludlow) 10:30-Zumba Gold 1-Bridge 1:40-Line Dance



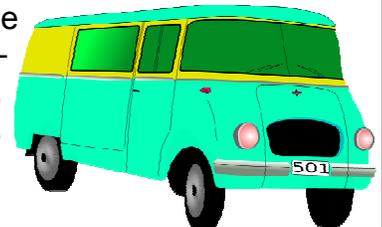
## **FROM THE FRIENDS OF WILBRAHAM SENIORS: IN CASE YOU MISSED THE WINTER RAFFLE NEWS!**

On March 31st of 2015 our Winter raffle drawing took place. We are proud to announce the winners here. Also we wish to thank all of you generous people who bought raffle tickets that will go to benefit the Building Fund for a new Senior Center. Congratulations to all you lucky winners. And finally thanks to the generous contributors of the wonderful prizes.

- #1 The Grand Prize winner of the 40 inch television donated by John Sampson of Sampson Funeral Home was Dr. Steve McDaniel of Ludlow**
- #2 The second place winner of the golf outing for 4 with golf carts donated by the Ludlow Country Club was Mary Lou Sanderson of Wilbraham**
- #3 The third place winner of the overnight accommodations for 2 donated by the Foxwoods Resort & Casino was Jane Soukup of Wilbraham.**
- #4 The fourth place winner of the mantle clock crafted and donated by Harry Setian was Deborah Rothschild of Wilbraham.**

### **VAN TRIP TO MOUNTAIN FARMS MALL IN HADLEY**

As a request from a resident, we are adding a new destination to our monthly shopping trips. On Wednesday, June 6, the Senior Center van will be making a trip to the Mountain Farms Mall. Stores include: Barnes & Noble, Bed Bath & Beyond, Eastern Mountain Sports, Whole Foods Market, Michaels Crafts, Marshalls and Wal-Mart. This will take the place of the Eastfield Mall trip. Call 596-8379 today to reserve a seat on the van. \$2/round trip.



### **Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Revolving Accounts:**

**FRIENDS**

Anon  
 Barrett, Dorothy  
 Braskie, James/Carolyn  
 Briggs, Shirley  
 Buoniconti, Kathleen  
 Coffey, Jr., Richard/Felice  
 Corriveau, Dorothy  
 Flanagan, Madeline  
 Fusco, Jr., Neal  
 Huhtanen, Joan  
 Kukulka, Dorothy  
 Laferriere, Roland/Doris  
 Liston, Ellie

Luczek, Janina  
 Maggi, Ray/Joan  
 Manzi, William/Margaret  
 Moriarty, Larry  
 Orquiola, Meme  
 Paluck, Richard  
 Post, Jenine  
 Rousseau, James  
 Sarrasin, Donald  
 Sears, Bernard/Marion  
 Sheehan, Florence  
 Signorelli, Mary Ann  
 Slade, Patricia  
 Trombly, Joan

Whitehill, Roger/Gail  
 Whyte, Evelyn  
 Williams, Flo

**BUILDING FUND**

Anon  
 Blanchard, Jean  
 Bongomi, Phil  
 Briggs, Shirley  
 Maggi, Ray/Joan  
 Morrison, Lawrence/Judith  
 Honor Tony Garceau  
 WSC Kathy Hunter, Line Dancers

# **DINING OUT AT NEIGHBORHOOD PIZZA & PASTA HOUSE**

**2481 Boston Road, Wilbraham**

**Across from Post Office Park**

*The Neighborhood Pizza & Pasta House will be donating  
20% of the total food and beverage bill to the to the  
Friends of Wilbraham Seniors Building Fund  
Bring the family and enjoy great food.*



**May 13, 2015**

**11:00 A.M. till 9:00 P.M.**

*Coupons are available in the Wilbraham Senior Newsletter  
and also may be obtained at the raffle table on the day of the  
of the event. Coupons are good for lunch and dinner.*

*Call 599-0917 for reservation of 4 or more.*

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*Please present this coupon to your server. The Neighborhood  
Pizza & Pasta House will donate 20% of your food & beverage  
bill to The Friends of Wilbraham Seniors Building Fund.*

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Well it is finally spring. Thank you for your participation and help with the Friends of Wilbraham Fashion Show. May 15<sup>th</sup> we are going to Montague Book Mill with lunch at the quaint restaurant called The Alvah Stone on the Saw Mill River. We will leave the senior center at 10 am. We will tour the bookstore followed by lunch order off the menu with separate checks. The van is available for this event for a \$4. charge. There will also be carpooling. Elaine King is the chairlady for this event (596-3940). We will do a quick stop at Yankee on the way home. The deadline to sign up is May 11. June 19<sup>th</sup> we will do a River cruise at Brunell's Marina and lunch at the new Dockside restaurant. We will be leaving the senior center at 10:15. Elaine Lavoie (596-6001) is the chairlady for this event. There will be more information to follow. The van and carpooling will be available. The van charge is \$4. The deadline to sign up is June 5. We are looking for suggestions for events for next year and also ladies to chair them. Anyone interested in running for an office other than Queen Mum or Vice Queen please let me know. Any questions please don't hesitate to call me (596-9938). We will be starting membership early this year so as of June 1 if you want to rejoin Ya Ya Sisterhood for the 2015-2016 called Deb Gormley (547-6583).

Enjoy the spring, Kathy Phipps, your Queen Mum

## Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov) Each month you will be one of the first to receive the newsletter and help us save money.



## community calendar

**Library Home Delivery Service** Can't come to the library? Then the library will come to you! The Wilbraham Public Library has free delivery service to homebound Wilbraham residents including the elderly, disabled, non-drivers, and those who are temporarily incapacitated by an illness or accident. You can request books (regular, large print, audio), movies, music or magazines. A library staff member or volunteer driver will deliver them to you on a regular or short term basis. If you or someone you know would benefit from this service, please contact the library. For more information or to sign up, contact Dot Moore, Outreach Librarian (596-6141 ext.127) or email [dmoore@wilbrahamlibrary.org](mailto:dmoore@wilbrahamlibrary.org).

For those who are taking care of someone with memory loss, a new caregivers support group is held at the Wilbraham Public Library in the Brooks Room at 7 p.m. It will meet on the first Wednesday of each month thereafter. The leader is MaryAnne Stout, a leader in the field of Alzheimers care.

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.

Bird House dedication, Bruer Pond at Sevey Park, May 2 from 1-3 pm. Parking available at the pond and the United Church.



## VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call **596-8379** and ask for Veteran's Agent.

## MAY IS OLDER AMERICANS MONTH

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While the Wilbraham Senior Center provides services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities. Stop in at the Senior Center and see what we have to offer.

**ADS**

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**DIRECTOR OF ELDER AFFAIRS:**

Paula Dubord

**ACTIVITIES/VOLUNTEER****COORDINATOR:**

Mary Ellen Schmidt

**SOCIAL SERVICES****COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

**VETERAN'S AGENT:**

Richard Prochnow

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors". Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705  
Wilbraham, MA 01095

Meals served Mon and Tues at 11:45 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS  
WILBRAHAM SENIOR CENTER  
45B POST OFFICE PARK  
WILBRAHAM, MA 01095-1179**

Nonprofit Organization  
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**WEEKLY VOLUNTEERS****Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Ginnie Rickert

**Van:** Peter Siuda, Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE  
FROM THIS NEWSLETTER  
PLEASE CALL THE SENIOR  
CENTER AT 596-8379**

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**SENIOR CENTER HOURS:****Monday-Friday, 8:00-4:00****PVTA Van Service**

available by calling 739-7436.

Newsletter available online at

[www.wilbraham-ma.gov](http://www.wilbraham-ma.gov)**COUNCIL ON AGING MEMBERS:****Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Gilles Turcotte,  
Marie Valentine, Diane Weston, Father  
Panteleimon Klostri

Meeting: 1st Wednesday of each month at  
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center

45B Post Office Park

Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****May 4—Stop & Shop****May 11—Big Y****May 18—Stop & Shop****May 25—CLOSED****WEDNESDAY TRIPS****May 6—Mnt. Farms Mall****May 13—Wal-Mart****May 20—Holyoke Mall****May 27—Wal-Mart****THURSDAYS TRIPS****May 7—Big Y****May 14—Stop & Shop****May 21—Big Y****May 28—Stop & Shop**

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

**Call 596-8379 to sign up today.**

