

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095
Phone (413) 596-8379 • Fax (413) 596-8546

Volume 22, 10

October 2016

Fall Lunch

Celebrate the change in seasons with a Fall Luncheon at the Senior Center on Wednesday, October 12. The menu will be chicken, ziti with vodka sauce and tuscany vegetables and cake. Come visit with friends you haven't seen all summer. Entertainment with Chet Kurr. Sign-up at Front Desk with \$2 payment by October 7th.



FLU CLINIC

Flu Clinic on October 18th from 9-12pm. This clinic is being offered by Walgreens to anyone over the age of 18. Please bring your ID and health care information for processing. Walgreens will also be offering pneumonia shots for anyone in need. Medicare will cover this seasons flu and pneumonia vaccines at 100% . Call Lee at 596-8379 to register. **LET'S MAKE THIS A FLU FREE SEASON!**

Taking Care Of your Feet

Dr. Lauren Perica of Valley Podiatry Associates will be giving a presentation on October 3rd at 10AM about foot health and prevention titled Taking Care of your Feet. Taking Care of your Feet will focus on various podiatric disorders, how to identify them and when to see a podiatrist. Some of the topics discussed will be Diabetic foot care, Bunions, Hammertoes, as well as various skin and nail disorders. Please join her in learning how to manage and care for your feet. Sign up at Front Desk 596-8379.



"MORNING CONVERSATIONS" AND BREAKFAST

Join us as we offer a hot breakfast every Tuesday at 8:30. The menu will consist of one of these items each Tuesday: Cheese Omelet, French Toast, Oatmeal, Egg Cheese & Bacon Sandwich or 2 Egg Patties. Each of these meals will be served with orange juice, milk and coffee all for a donation of \$2. Reservations for the Tuesday breakfast must be made by 10 a.m. the Friday prior by calling 596-8379.



"BONE CAMP"

Bone Camp is an interactive look at Osteoporosis, the disease, prevention, and the latest research on exercises that improves bone health. Denise Pontbriand, PTA, SST from Vantage Sports & Rehab, LLC will present a summary of the disease, modifications of activities of daily living and appropriate exercise for the osteoporosis population. Denise has worked as a physical therapist assistant for over 30 years. She holds a certification as a senior strength trainer. She created an acute care protocol for compression fracture protocol at an area hospital. She is a certified instructor in the "Meeks Method" in the treatment of osteoporosis. She has completed "Therapilates" a safe Pilates program for clients with Osteoporosis. DATE: **Monday, October 17th at 10 a.m.** Call 596-8379 to register.



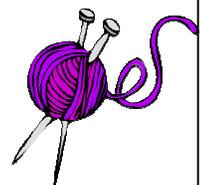
Cider and Donuts
with Senator Eric Lesser
Monday Oct. 24th at 10am.



Join Sen.Lesser for conversation and treats.
Register at Front Desk, 596-8379

Knitting Trip to Web's

Friday, October 21. Van leaves 9:30, return at 2. Limited seating on Van \$2. Sign up at Front Desk, 596-8379.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Foot Care Nurses, **October 13th**, Cost is \$29.

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

Baystate Hearing Aids, **October 12th**, 10 to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up. 596-8379

FITNESS PROGRAMS

Yoga every **Wednesday at 12:15 and Fridays at 9:30** taught by Michelle Caron, owner of Harmony Way. Fun class format is for everyone. \$5

Line Dancing on **Wednesdays at 1:30 pm**. Beginner Line Dance class on **Fridays at 1:30 pm**.

Tap Dancing on **Thursdays at 9:30am**. \$2.00
Jazz Dance on **Thursdays at 10am**. \$2.00

Tai Chi, **Wednesdays at 9 am**. FREE!

Zumba Gold, **Wednesdays at 11 am & Fridays at 10:45 am**. \$5.

Chair Exercise, **Tues. & Thurs. at 10 am**. FREE!

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

Gentle Exercise, **Wednesdays, 10:15**. FREE

Blood Pressure Screening, **Tuesdays 11-12**

Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use.

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **Oct.7th, 14th and 21st**, for appointments. Cost is \$10.



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 **October 7th**. Very relaxing!!

Call 596-8379 for appointments!

USUI REIKI

The 3rd Monday this month from 12:30 pm-3:00 pm, Michelle (Croze) Caron, RMT, CYT, alternative healing expert and owner of Harmony Way, will be offering this traditional Japanese form of holistic healing that addresses the physical, mental, emotional, and spiritual levels, bringing relaxation, a sense of balance and peace, and gentle healing and pain relief for clients. Sign up for a 15 minute sessions/\$10 or half-hour sessions/\$20. Appointments can be made by contacting Michelle at [\(413\) 636-2475](tel:4136362475) or email: harmoneywayhealing@gmail.com.



GENTLE HIKING

If you want to get back into hiking, dust off the boots and join us for short easy hikes. All hikes will be in the area. Hike will be at **McDonald Preserve on Wednesday, October 19 at 11:30**. Meet at Senior Center. Call Mary Ellen to register at 596-8379.

CAR GUY RETURNS

When is the best time to buy that new car? When is the best time to maintain your car? Mark Whitney "The Car Guy" will provide you with the tips and support you need. Visit with Mark on Monday, October 24th at 10AM. Sign up at Front Desk at 596-8379.



SOCIAL SERVICES—Barbara Harrington

SNAP PROGRAM (Food Stamps)

Looking for help with your grocery bill? Let the SNAP Outreach Team from the Springfield Dept. of Elder Affairs show you how easy it is to qualify. You can own a house, have a bank saving account, social security, a private pension, and still qualify for SNAP benefits. If you or someone you know (aged 60 or older) living in Hampden County could benefit from SNAP, please contact Barbara at 596-8379.



BROWN BAG PROGRAM

Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active. The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag monthly groceries. For more information and application contact Barbara Harrington. **New pickup date is Friday, October 21. If not picked up by requested time, bag will be donated to other residents.**

Electric Discount from National Grid

If you are a residential customer and meet the requirements listed below then you may be eligible for a discount on your monthly electric bill. This will save you money and will not affect the service you currently receive. To apply, please contact Barbara Harrington. She will help you complete the application. Eligibility Criteria: Your electric bill is in your name; you are currently qualified to receive fuel assistance benefits or are participating in one of the following programs: EAEDC, Food Stamps, WIC, Head Start, Mass Health, National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Program, TAFDC, Veterans Programs - 115 benefits, DIC surviving parent, WIC.

FUEL ASSISTANCE

Valley Opportunity Council (fuel assistance VOC) has informed the Senior Center that they are going through changes this 2016-2017 heating season. **Gas and Electric** customers will not receive their recertification applications until December. VOC is already behind with applicant paper work and are asking for your **patience**. Please keep paying your fuel bills, VOC will process them as quickly as they can. If you have any questions, contact Barbara at 596-8379.



FALL PREVENTION PROGRAM

The Wilbraham Fire Department has teamed up with the Senior Center to offer a program to the Seniors free of charge, entitled "Remembering When: A Fire and Fall Prevention Program for Older Adults". The National Fire Protection Agency (NFPA) has identified 8 key fire safety messages and 8 key fall safety messages that we would like to deliver to you in order to keep our older adults safe in their homes. We have adapted this nationally recognized program to fit our community's needs. A home safety visit will consist of a Wilbraham firefighter and a representative from the Senior Center visiting you, in your home, armed with specific training in home fire and fall risk reduction. We are trained to go through your home and offer suggestions and assistance to keep you safe. Some safety concerns may be fixed during this visit and some may require follow up. We will only inspect the areas of the home that you want us to inspect. If your home is lacking smoke alarms we have a limited quantity available that we are willing to install on the spot. Call Barbara at 596-8379 to schedule an appointment.

OCTOBER EVENTS

SHINE Representative will be at Center on **October 21, 28** starting at 9 am. Call for appointment.

QUILTING CLUB, Thursdays, **October 13 & 27** at 1:00 pm.

BOOK CLUB "The Boys in the Boat" by Daniel James Brown **October 20** at 2:00 pm.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **October 19**. Call for appointment at 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, **Wednesday, October 19** at 10 am.

MEN'S BREAKFAST in Wilbraham, **Friday, October 21st** at 8:30 am. Please call to register, 596-8379.

AFTERNOONS: BINGO Mondays, 12:30 pm; **KNITTING ETC.** Tuesdays, 1:00 pm; **RUG MAKING**, Mondays at 1:00 pm; **DOMINOES** Thursdays at 11:30am; **BRIDGE** Fridays at 1pm.

OUTRAGEOUS ADVENTURES on Friday, **October 14** at 9 am. Call Mary Ellen for information.



October 2016

Mon	Tue	Wed	Thu	Fri
<p>3 10-Taking Care of your feet 11:45-Lunch/Bingo 1-Rug making</p> <p><i>Salisbury Steak</i> Big Y</p>	<p>4 8:30 -Breakfast 10-Chair Exercise 10:40 Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Oatmeal, Muffin</i> Around Town</p>	<p>5 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance</p> <p>Walmart</p>	<p>6 9- Dr. Galavotti 9:30 -Tap 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30 Dominoes Shop & Shop</p>	<p>7 9-Reflexology 9-Massage Therapy 9:30 -Yoga 10:45 -Zumba Gold 1-Bridge 1:30-Line Dance</p>
<p>10 CLOSED</p> 	<p>11 10-Chair Exercise 10:40 Aerobics 11-Blood Pressure 12:30 Reiki 1-Knitting Etc. 1-Friends Mtg. Around Town</p>	<p>12 9- Tai-Chi 9-Baystate Hearing Aides 10:15-Gentle Exercise 11-Zumba Gold 12-FALL LUNCH 12:15-Yoga 1:30-Line Dance Mt. Farms Mall</p>	<p>13 8-Foot Care Nurse 9:30-Tap 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1- Quilting Big Y</p>	<p>14 9-Outrageous Adventures 9-Reflexology 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1:30-Line Dance</p>
<p>17 10- Bone Health 10-Fallon 11:45-Lunch/Bingo 12:30-Reiki 1-Rug Making <i>Baked Chicken</i> Big Y</p>	<p>18 8:30 Breakfast 9-Flu Shots 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Mtg. <i>Taco Egg, Cheese, Ham</i> Around Town</p>	<p>19 9-Tai Chi 10-Jewelry 11-Zumba Gold 11:30 Gentle Hike 12:15-Yoga 1-Atty. Peterson 1:30-Line Dance Walmart</p>	<p>20 9:30 Tap 10-Jazz 10-Chair Exercise 10:40 Aerobics 11:30-Dominoes 2- Book Club Stop & Shop</p>	<p>21 8:30 Men's Break. Wilb 9- SHINE 9-Reflexology 9:30 Knitting Trip 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1-Brown Bag Program 1:30- Line Dance</p>
<p>24 10-Cider&Donuts With Sen.Eric Lesser 10-"Car Guy" 11:45-Lunch/Bingo 1-Rug Making <i>Chicken A-La-King</i> Stop&Shop</p>	<p>25 8:30 Breakfast 10-Chair Exercise 10:40 Aerobics 11-Blood Pressure 1-Knitting Etc 1-Friends Bd. Meeting <i>Egg, cheese, bacon</i> Around Town</p>	<p>26 9-Tai Chi 11-Zumba Gold 12:15-Yoga 1:30-Line Dance</p> <p>Holyoke</p>	<p>27 9- Library Drop in 9:30-Tap 10-Jazz 10-Chair Exercise 11:30 Dominoes 1-Quilting Big Y</p>	<p>28 9-SHINE 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1:30-Line Dance</p>
<p>31</p> <p>11:45-Lunch/Bingo 1-Rug Making</p> <p><i>Haddock, Rice, Soup</i> Stop & Shop</p>				

COMING SOON !

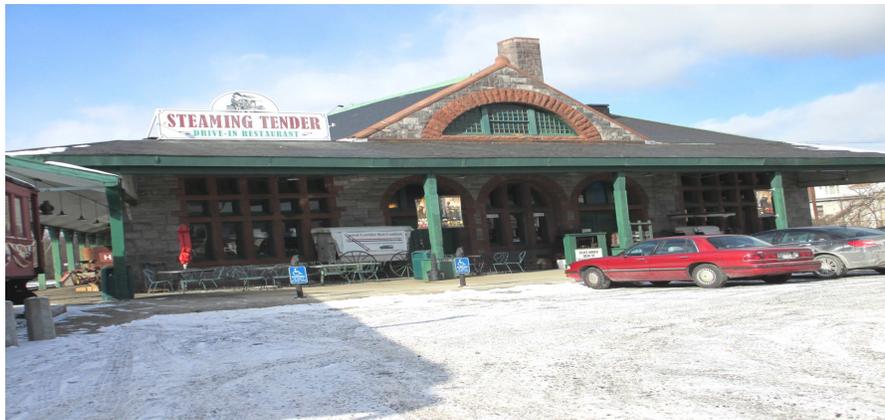
2016 Holiday Bazaar

Location: Gardens of Wilbraham

Date: November 19, 2016

Crafts-Santa-lunch-raffle-pastry-face painting

Steaming Tender Restaurant Dine Out
October 19, 2016 28 Depot Street, Palmer



The Steaming Tender will be donating 20% of the total food and beverage bill to the Friends of Wilbraham Seniors.

Bring the kids and watch the trains!

Coupons are available in the Senior Center Newsletter on the raffle table on the day of the event.

Coupons are good for lunch and dinner

Call 283-2744 for reservations of four or more

Please present this coupon to your server.

Steaming Tender will donate 20% of your entire bill to

The Friends of Wilbraham Seniors Building Fund

Thanks to those who have donated to the Friends of Wilbraham Seniors Building Fund and Senior Center:

Friends Donations

Allen George/Dorothy
Anon
Caron, Barbara
Chase, Mary Ann
Desautelle, Johanna
Dimella, Deirdre
Doyle, Tom/Mary
Dygon, Fran
Dziadzio, Richard/Shirley
Fitzgerald, M Andree'
Gerstenberg, Peg
Gilmartin, Jeanette
Giordano, Sandra
Gore, Dottie
Hyder, Evelyn
Jablonski, Cecilia
Kelly, Mary

Knittle, Janice
Magee, Alfred/Susan
Manning, David
Moore, Jeanne
Ptaskiewicz, Lois
Rossman, Shirley
Ryan, Diane
Sakowski, Phyllis
Shea, Florence
Sheehan, Florence
Stevens, David
Szaban, Walter/Helen
Tessier, Pat
Testori, Juanita
Thorne, Sandra
Williams, Florence
Zanetti, Henry

Building Fund Donations

Bones, Ramona
Bongioni, Phil
Doyle, Tom/Mary
Forgue, Ron
Gould, Norbert/Phyllis
Knittle, Joyce
Lafbvre, Monique
Lefebvre, Monique
Orquiola, Meme
Riker, Jr., Rodney/Ann
Baker
Rossman, Shirley
Szcback, Walter/Helen
Williams, Florence
Kathy Hunter Line Dancing
Class

Anon, Mem of Tony
Garceau
Phipps, Kathy Mem
(Barbara Warner)
Seldow, Richard/Judy
Honor Mary Ellen Schmidt

Senior Center Donations

Anon
Jean Blanchard
June Kennedy
Stanley/Flo Strzempek

VETERANS OFFICE NEWS



Under Chapter 115 of Massachusetts General Laws, the state provides a 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 call Veterans Agent Laurie Kozak at 596-8379 (hours: Monday, Thursday & Friday)

FROM THE FRIENDS OF WILBRAHAM SENIORS

Please help us for the Senior News Postage account

Last years postage drive went very well. As you may know bulk postage went up last year. Our monthly cost is now \$385. We are asking for your help by sending us \$5, \$10, \$20 or more. Whatever your pocketbook can spare. Make your checks out to Friends of Wilbraham Seniors. Mail it to: P. O. Box 705, Wilbraham, MA 01095. If you prefer you can just drop it off to the receptionist at our Senior Center. We thank you so much for your help.

COMING FUNDRAISING EVENTS

October 4- Mohegan Sun October 19- Steaming Tender November 19- Holiday Bazaar

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Hello all my Red Hat Sisters, this is your new Queen Mum. As many of you know we had a wonderful time at Stage Loft Theater and Neighborhood Pasta and Pizza House. The play was great and we installed some new officers. Along with Queen Mum we installed our new Vice Queen, Pat Tessier and our new secretary Kathy Sowa. At our last meeting we lined up some great events for the coming year. The first we already had in September. At each event there will be a sign up sheet for all upcoming events. The next will be a trip to Kringle Candle with lunch at the Farm Table on Friday Oct 7th. Nicole Lussier (599-0184) and Ellie Griswold (596-6971) are the chair ladies for this event. The van will be available on a first pay basis. We will also car pool. We will leave the senior cent around 10:00. Our next event on Nov. 8 Tuesday is Mad Hatter Tea; it will be at The Gardens of Wilbraham starting at noon. Pat Tessier (596-9522) will be the chair lady for this event. We will be having tea sandwiches and cookies. There will also be a raffle. Please bring your own tea cup. Friday Dec. 9. will be our Christmas Party at the Ludlow Country Club. Kathy Phipps (596-9938) is the chairlady for this event. There will be a choice of one of three things for lunch. As we did last year, we will do a collection of baby items to benefit the Bethlehem House. Please bring unwrapped items the day of the event. Jan. 18 and Feb.9 we will be doing Let's Do Lunch watch for more information here or check signup sheets. Our Oct. 18 will be our monthly meeting normally it is the 2nd Tuesday but because of the holiday it will be the third Tuesday. Nov. 15 will be our meeting because we have a scheduled event on the 2nd Tuesday. These meetings are at the senior center at 1:00. Ok that is a start for the coming year. Hope you all enjoy it and please come help us make our events a success.

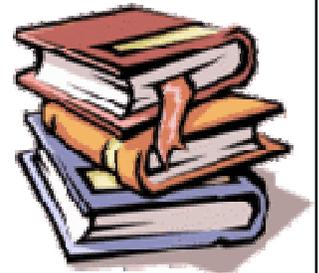
Enjoy the nice fall weather,
Ginni McCombe, your new Queen Mum

MEDICARE OPEN ENROLLMENT

Time to review your health insurance needs and drug plans for 2017. Medicare Open Enrollment is from October 15th to December 7th. SHINE is a free health insurance counseling service that provides unbiased health information to Medicare beneficiaries. Our SHINE Counselor, Gerry Carney, has considerable amount of experience with Medicare, Supplemental Insurance, GIC, Mass Health, and state assistance plans. Please bring a list of your doctors, medications, Medicare card, and current health insurance and drug plan cards. Due to the high volume of clients, you will need to make an appointment. Open appointment dates are Oct. 21, 28, Nov. 4, 18, 25, and Dec. 2. Call 596-8379 for appointment.

Library Drop-in Sessions at Senior Center

Learn more about using our FREE e-books, e-audiobooks, e-magazines on your tablet, mobile phone or laptop. Bring your device for help in getting started. Ask about library services including: placing holds; renewing books online; reserving museum passes; notifications of new books, movies, programs using our databases to find health, financial, travel, consumer and other information. Join us on Thursday, **Oct. 27 from 9-10 am.**



Community Calendar

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. Call Frankie B's at 596-2423 for info.

Athenaeum Society The Old Meeting House Museum will host its "Annual Candlelight Tour at Adams Cemetery on Sunday, Oct. 9 starting at 7:00 PM. The Cemetery is on Tinkham Road, west of Main St. Flashlights are suggested. Some of the dead will tell their tales. The event is free and open to the public.

NURSE'S CORNER



Mosquito Season is in full swing! Yes, until the first killing frost! ***How to avoid Avoid Mosquito Bites:** Apply Insect Repellent when Outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)], or IR3535 according to the instructions on the product label. Oil of lemon eucalyptus should not be used on children under three years of age. Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitos. Consider rescheduling outdoor activities that occur during evening or early morning. Clothing Can Help Reduce Mosquito Bites. Wear long-sleeves, long pants, and socks when outdoors to help keep mosquitos away from your skin. ***Mosquito-Proof Your Home** Drain Standing Water. Mosquitos lay their eggs in standing water. Limit the number of places around your home for mosquitos to breed by either draining or discarding items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently. Install or Repair Screens. Keep mosquitos outside by having tightly-fitting screens on all of your windows and doors. ***Protect Your Animals** Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools – especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week during the summer months to reduce mosquitos near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitos. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent WNV and EEE. If an animal is diagnosed with WNV or EEE, owners are required to report to DAR, Division of Animal Health by calling 617-626-1795 and to the Department of Public Health (DPH) by calling 617-983-6800. Free Blood Pressure monitoring and screening every Tuesday from 11-12. Office Hours Tuesday and Wednesday 9-2PM.

ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

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

Barbara Harrington

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

VETERANS AGENT:

Laurie Kozak

WEEKLY VOLUNTEERS**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Dorothy Soja, Dee Mitchell,

Jacquie Peck, Ginnie Rickert

Van: Peter Siuda, Gary Babineau

Jim Hendricksen

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

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

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

Lunch served Mon at 11:45 a.m. in the lunch room. Breakfast served Tue at 8:30 a.m. Reservations must be made the Friday before by 10:00 a.m. Call 781-2135. \$2.00 donation requested.

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

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COUNCIL ON AGING MEMBERS:**Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Gilles Turcotte,

Diane Weston, Father Panteleimon Klostri

Chuck Marsman

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 and 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

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****October 3—Big Y****October 10—CLOSED****October 17—Big Y****October 24—Stop & Shop****October 31—Big Y****WEDNESDAY TRIPS****October 5—Wal-mart****October 12—Mt. Farms Mall****October 19—Wal-mart****October 26—Holyoke Mall****THURSDAYS TRIPS****October 6—Stop & Shop****October 13—Big Y****October 20—Stop & Shop****October 27—Big Y**

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 8 callers.

Around Town Trips on Tuesdays—call to reserve a seat! **Call 596-8379 to sign up today.**

