

# WILBRAHAM SENIOR NEWS

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

Volume 22, 12

December 2016



## Holiday Lunch



Celebrate the holidays with a special luncheon at the Senior Center on Tuesday, December 13th at noon. A delicious holiday meal will be served, followed by musical entertainment provided by students from Minnechaug Regional High School. The menu for lunch will be Baked Ham, Scalloped Potatoes, Peas/Pearl Onions and Pumpkin Pie. Sign-up at Front Desk with \$2 donation by December 6th. As always, space is limited, so sign up today!! You don't want to miss this great event.

## What is Uber?



Join us for a talk about Uber, the location based, on demand transportation. This is a great option for Seniors who need a ride and want a safe, cheaper alternative to a taxi. Find out how to use the transportation option or find out how to become a driver. **Wednesday, Dec. 7th at 1:30pm.** Sign up at Front Desk 596-8379.

## Microwave Cooking

Mark your calendar for **Monday, December 5 at 10AM** for a talk with the Food Bank's Nutrition Team and learn about ideas for healthy holiday meals. They will also discuss healthy recipe substitutions, smart grocery shopping on a budget, reducing salt, calories, sugar and saturated fats for health and diabetes. If you would like to hear about these and more, please sign up at Front Desk, 596-8379.



## AARP TAX ASSISTANCE

Starting in February, the volunteers from AARP will be at the Senior Center to help Seniors prepare their income taxes. This year, we would like to offer Wilbraham Seniors the first chance to get an appointment. Starting December 1st, we will be taking names of Wilbraham residents, age 60 and over. Once we have the dates set, those on the list will be given appointments with the tax aides. Starting January 3rd, we will open the appointments to all area seniors. Please call the front desk at 596-8379 if you would like to place your name on the appointment list.

## Living with Food Allergies and Finding Delicious Alternatives

If you have food allergies, know someone else who does or will be hosting anyone with food restrictions during the holiday season, join us for this potentially life-saving, free workshop on **December 19th at 10:00 AM.** It will simplify the substitution process and give several options for managing food allergy-related issues. This workshop will detail many delicious, easy-to-find food substitutions for the "Big 8" and other common food allergy and inflammation triggers. Register at the Senior Center, 596-8379. Michelle Caron, RMT, CYT, Educator, Herbalist, and Holistic Health Coach is the owner of Harmony Way in Wilbraham, MA. She has lived with severe food allergies and autoimmune diseases for her entire life and has found simple and effective ways to cope, to find support, and to cook with food substitutions that actually taste great. She believes that no one should have to suffer with food limitations and that everyone with special dietary needs can find healthy, tasty options in place of restricted foods.

# 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, December 16th. 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.



## HELP! How does this iPhone or Tablet work????

The Senior Center will be offering "How to use your iPhone and tablet" instructed by the Wilbraham Monson Academy Students. Class will be held on Friday, December 2nd at 3:30. To

sign up please call Barbara at 596-8379.

## Core Strengthening Presentation

Stop by the Senior Center on Monday, **December 12 at 10 am** on Core Strengthening. Presented by Baystate Wing, learn why core stability should be included in your exercise program, especially as you age and some sample exercises to get you started! Call 596-8379 to sign up.



## DECEMBER EVENTS

**SHINE** Representative will be at Center on **December 2** starting at 9 am. Call for appointment.

**QUILTING CLUB**, Thursdays, **December 8, 22** at 1:00 pm. **NEW MEMBERS WELCOME.**

**BOOK CLUB "Mao's Last Dancer"** by Li Cunxin, **December 15** at 2:00 pm.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **Wednesday, December 21**. Call for appointment at 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, **Wednesday, December 21** at 10 am.

**MEN'S BREAKFAST** in Wilbraham, **Friday, December 30** 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; **MAHJONG** Thursdays at 12:30, **BRIDGE** Fridays at 1pm.

**OUTRAGEOUS ADVENTURES** on Friday, **December 2** at 9 am. Call Mary Ellen for information 596-8379



# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

Foot Care Nurses, **December 8th**, Cost is \$29.

Foot Doctor Cindy Galavotti, **December 1st**, and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **December 14th**, 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 **Dec. 2nd, 9th, 16th** 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 **December 2nd**. 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](mailto:harmoneywayhealing@gmail.com).

## GENTLE HIKING

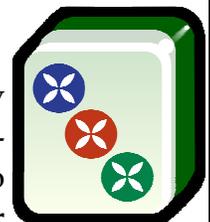
If you want to get back into hiking, dust off the boots and join us for short easy hikes. Hike will be at the **Ludlow Reservoir** in Ludlow on **Wednesday, December 7th at 11:30**.



**Meet at Reservoir Parking Lot.** Call Mary Ellen to register and for driving directions 596-8379.

## Mahjong

Want to learn how to play Mahjong? Join this growing group and learn to play or sharpen your skills. This group meets every Thursday afternoon at 12:30 Bring your game if you have one. Sign up 596-8379.



# December 2016

Mon	Tue	Wed	Thu	Fri
			<b>1</b> 9- Dr. Galavotti 9:30 –Tap/10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30- Dominoes 12:30-Mahjong <i>Stop &amp; Shop</i>	<b>2</b> 9- SHINE 9-Outrageous Advntr. 9-Reflexology 9-Massage Therapy 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1:30-Line Dance
<b>5</b> 10-Fallon 10-Microwave Cooking 11:45-Lunch/Bingo 1-Rug making <i>Baked Chicken</i> <i>Stop &amp; Shop</i>	<b>6</b> 8:30 -Breakfast 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. <i>Oatmeal, Muffin</i> <i>Around Town</i>	<b>7</b> 9- Tai-Chi 10:15-Gentle Exercise 11-Zumba Gold 11:30-Gentle Hike 12:15-Yoga 1:30-Uber Talk 1:30-Line Dance <i>Enfield Square Mall</i>	<b>8</b> 8-Foot Care Nurse 9:30-Tap/10-Jazz 10-Chair Exercise 10:40- Aerobics 11:30-Dominoes 12:30- Mahjong 1– Quilting <i>Big Y</i>	<b>9</b> 9- Reflexology 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1:30-Line Dance
<b>12</b> 10-Core Strength 11:45-Lunch/Bingo 1-Rug Making 1-Friends mtg.  <i>Chicken al a King</i> <i>Big Y</i>	<b>13 HOLIDAY LUNCH</b> 8:30-Breakfast 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Mtg. <i>Egg, Cheese, Ham Taco</i> <i>Around Town</i>	<b>14</b> 9-Tai Chi 9-Baystate Hearing 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance 4:30-Bright Nights <i>Holyoke</i>	<b>15</b> 9:30-Tap/10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 12:30 Mahjong 2– Book Club <i>Stop &amp; Shop</i>	<b>16</b> 9-Reflexology 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1-Brown Bag Program 1:30- Line Dance
<b>19</b> 10–Food Allergies 11:45-Lunch/Bingo 12:30-Reiki 1-Rug Making  <i>Mac &amp; Cheese</i> <i>Stop &amp; Shop</i>	<b>20</b> 8:30-Breakfast 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc <i>French Toast</i> <i>Around Town</i>	<b>21</b> 9-Tai Chi 10-Jewelry 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1-Attorney Peterson 1:30-Line Dance <i>Holyoke</i>	<b>22</b> 9:30-Tap/10-Jazz 10-Chair Exercise 10:40 Aerobics 11:30-Dominoes 12:30-Mahjong 1– Quilting <i>Big Y</i>	<b>23</b> 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1:30-Line Dance
<b>26</b> <b>CLOSED</b> 	<b>27</b> 10–Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc 1-Friend’s Meeting  <i>Around Town</i>	<b>28</b> 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15– Yoga 1:30-Line Dance  <i>Walmart</i>	<b>29</b> 9:30-Tap/10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 12:30 Mahjong  <i>Stop &amp; Shop</i>	<b>30</b> 8:30 Men’s Breakfast Wilbraham 9:30-Yoga 10:45-Zumba Gold 1-Bridge 1:30-Line Dance

# The Friends of Wilbraham Seniors

Wish you a very Merry Christmas and a Happy Holiday Season. Thanks to each and every one of you for joining us in our fundraising effort for the benefit of the Wilbraham Seniors during 2016. We'll see you next year. Be safe and stay warm and may the sun shine always on you and your loved ones.

*Merry Christmas*



## UPCOMING FUNDRAISING EVENTS

Vendors Fair: April 2017

Mohegan Sun Casino Bus Trips:

March 21

June 13

August 8

October 10

**Thank you for your contributions to the Senior News postage account.**

Did you know that we send the Senior News to over 2,000 households every month? Bulk postage went up last year! Our monthly cost is now \$285. We are asking again for your continuing 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.

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

### Friends Donations

Alden, Suzanne  
Anon  
Anon  
Armedia, Gina  
Babineau, Gary  
Bennett, Jean  
Bolek, Sandy  
Bones, Ramona  
Caron, Barbara  
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St Clair, Mary Beth/Fred  
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Wheatly, Kathy

### Building Fund Donations

Babineau, Gary  
Cyr, Alice  
Fogue, Ron  
Garbian, Sark  
Phil  
Line Dancing

# H.E.A.R.T

## ONE-OF-A-KIND, LIFE CHANGING HOLISTIC HEALTH EDUCATION PROGRAM

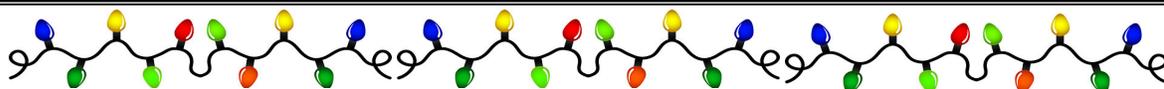


The H.E.A.R.T. Program (Health Empowerment and Real Transformation) is a holistic curriculum addressing the current health crisis. This course is offered free of charge to all participants, who will learn methods to create a healthier lifestyle and improve their overall well-being. It is instructed in eight two-hour modules. Classroom time includes lectures, food and exercise demonstrations, guest speakers, and a textbook that contains whole food plant-based recipes, mindfulness techniques, herbal remedies, safe exercises for beginners, alternatives to taking pain medication, tips for healing the gut, managing weight, autoimmune diseases, elevated cholesterol, diabetes, hypertension, and much more. This groundbreaking program will be offered for the first time EVER at the Wilbraham Senior Center every Tuesday in March and April of 2017, from 1:00-3:00 PM. Enrollment for this course is limited, due to the space available, and will take place via lottery of those who have signed up through the Wilbraham Senior Center. **Registration will begin on January 3rd.** All those ages 60 or older who are interested in attending are strongly encouraged to call the Wilbraham Senior Center at (413) 596-8657 to be added to the list. Those who are selected from the lottery will be contacted for confirmation. Priority will be given to Wilbraham residents.

Michelle Caron, RMT, CYT, Educator, Herbalist, and Holistic Health Coach, is the owner of Harmony Way in Wilbraham, MA, which is sponsoring this event. She created the evidence-based H.E.A.R.T. Program and wrote the accompanying nearly 100-page textbook after seeing an overwhelming need for more preventive education for people of all ages regarding the current health crisis that our country is experiencing. This innovative program is the first of its kind; so don't hesitate to sign up if you are interested in attending. This program is supported by funding from the MA Executive Office of Elder Affairs.

## 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).



**Trip to Bright Nights**—Join us on Wednesday, December 14 when we take a van full to see the holiday lighting display at Forest Park. Van will start picking up at your home at 4:30. Cost is \$4.00 and seating is very limited. Call Front Desk 596-8379 to sign up.

# RED HAT YAYA SISTERHOOD OF WILBRAHAM

November was our Mad Hatter Tea Party at The Gardens of Wilbraham. Fun was had by all who attended. **Please note** the dress code for all Red Hat events and will be observed at all future events unless otherwise stated. Red Hats and Purple attire please. **December 9** is our Annual Christmas Party at the Ludlow Country Club. Kathy Phipps (596-9938) is the chair for this event. Please sign up early. Information is in the handbook. We had so much fun collecting baby items for Bethlehem House that we will do it again. Only new and unwrapped items please. If you have questions about what to bring please call a board member. This is a self drive event. Also please remember this is a Red Hat/Purple outfit event. **January 18** we will be going to Steaming Tender in Palmer for Let's Dine Out. We will order off the menu with separate checks. Sign up early please. This is a self drive event. Starting at 12 noon. Questions please call Ginni Mc Combe (525-2916). **February 9** will be another "Let's Do Lunch" also a self drive event at the Four Seasons Buffet on Boston Road. Call Pat Tessier (596-9522) for more information. **March 11** we will celebrate St. Patrick's Day in style with the Knights of Columbus at St Cecilia's Church in Wilbraham. Dinner will follow the 4 o'clock Mass in the church hall. The Red Hatters will be "Going Green" for this event as we celebrate St Patrick's Day. Tickets are limited for this event so please contact Jane Soukup (596-6046) or sign up early. Board meetings are held on the second Tuesday of the month at 1 pm in the Sr. Center and anyone is welcome to drop in and share their ideas.

Your Queen Mum, Ginni Mc Combe

## 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. Unfortunately, our SHINE Counselor, Gerry Carney, is completely booked. If you still need assistance, you may call the regional SHINE office at 413-750-2893. Please leave a message and you will receive a call back, usually within 2 days.

## "MORNING CONVERSATIONS" AND BREAKFAST

Join us for 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 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.



## 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.

**Crochet or Knit Items for a worthy cause** - A group meets the first Saturday of each month, 9:00 AM at Church of the Epiphany, Wilbraham. They have received a large donation of yarns to be used. They also have patterns to share for Chemo caps for Mass General Cancer Center at Cooley Hospital, Premie hats and blankets for BayState NICU and prayer shawls for local churches. If interested, call: Beth Kronlund at 567 6862.

**Wilbraham Athenaeum** - "Christmas at the Old Meeting House Museum", 450 Main St. on Sunday, December. 4 from 2:00-5:00. See trees decorated by 11 local groups. Refreshments also. Free and open to the public.

## NURSE'S CORNER



Type 2 Diabetes - what is it? The right amount of blood sugar gives the body's cells and organs energy. The liver and muscles produce some blood sugar, but much of it comes from food and drinks that contain carbohydrates. In order to keep blood sugar levels within a normal range, the body needs insulin. Insulin is a hormone produced by the body that takes blood sugar and delivers it to the body's cells. The pancreas tries to make more insulin, but often cannot make enough to keep blood sugar levels under control. Having high blood sugar doesn't provide a boost in energy. In fact, it's often the opposite. Because the body's cells can't access the blood sugar for energy, a person may feel tiredness, hunger, or exhaustion. The high sugar in the blood goes into the kidneys and urine, which attracts more water, causing frequent urination. This can also lead to increased thirst, despite drinking enough liquids. High blood sugar can cause unexplained weight loss, numbness, burning, or tingling in the hands, legs, and feet. Left untreated high blood sugar can lead to heart attack, stroke, loss of vision, kidney disease and nerve problems. Although no single factor has been identified; there are risk factors that may make a person more likely to develop type 2 diabetes. They include: Having certain genes that are linked to diabetes, \*Being overweight or inactive\*, Having a parent or sibling with type 2 diabetes, Having African-American, Alaska Native, American Indian, Asian-American, Hispanic, or Pacific Islander ethnicity, Being over the age of 45, Being treated for high blood pressure, or having blood pressure of 140/90 or higher, Having low levels of "good" HDL cholesterol or high levels of triglycerides.

Regular visits to your doctor and following diet, exercise, and medication guidelines can help control blood sugar for a better quality of life. Nursing hours Tuesday and Wednesday 9-2 pm. Free Blood Pressure clinics Tuesday from 11-12pm. Do you have a health related question? Call Lee at 413-[596-8379](tel:413-596-8379).

**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

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

**VETERANS AGENT:**

Laurie Kozak

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**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**

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

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**PVTA Van Service**

available by calling 739-7436.

Newsletter available online at

[www.wilbraham-ma.gov](http://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](mailto:pdubord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****December 5-Stop & Shop****December 12- Big Y****December 19- Stop & Shop****December 26-CLOSED**

Pick ups begin between 9-9:30 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 596-8379 to sign up today.****WEDNESDAY TRIPS****December 7-Enfield Square****December 14- Holyoke Mall****December 21-Holyoke Mall****December 28-Walmart****THURSDAYS TRIPS****December 1-Stop & Shop****December 8-Big Y****December 15-Stop & Shop****December 22-Big Y****December 29-Stop & Shop**