

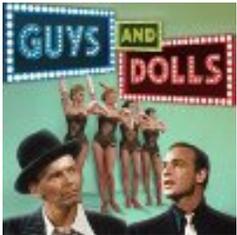
WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 19, 2

FEBRUARY 2013



WILBRAHAM/ MONSON ACADEMY SONGS FROM GUYS & DOLLS

The talented students from Wilbraham Monson Academy are returning to the Senior Center to perform musical numbers from the Broadway hit *Guys and Dolls*. Join us on **Wednesday, February 13th at 1:15**. Please call 596-8379 to register for this wonderful event. This group performed for us last year and were a big hit. You don't want to miss out on this great program, so please call today. Support your Senior Center and local youth by attending.

SWEETHEART LUNCHEON

Join us on Monday, **February 11th** for a special Valentine's luncheon and musical program with Ritchie Mitnick. The festivities will begin at 11:30 with a hot delicious roast turkey dinner, followed by musical melodies presented by Ritchie and special guest, Peter Annone who provides vocals. Bring your sweetheart or come stag. Payment is due at time of reservation for this luncheon. Please stop at the front desk of the Senior Center with your payment of \$1.75 per person. Space is limited, call today.



HEALTHY LIVING SUPPORT GROUP

Have you vowed to make this the year you lose weight? Or did you swear you were going to start eating healthier? No better way to make those wishes come true than to share your struggles and successes with others in the same boat. Kathy Phipps has offered to facilitate this support group with exercise ideas from Activities Coordinator Mary Ellen Schmidt and health hints from Public Health Nurse Lee Gigliette. The group will meet the 2nd and 4th Friday each month at 10 am. No fees or weigh ins, just support from peers trying to achieve the same goal—living healthier! First meeting—**February 8th**.

FUNERAL

PRE PLANNING

Ellen O'Brien of Wilbraham Funeral Home will be conducting a free presentation on **Monday, Feb. 25th at 10:00 am**. Her topics will include the benefits of preplanning your funeral, Veterans' and social security benefits. A questions and answer session will follow. Light refreshments will be served. For reservations, please call 596-8379.

LUNCH BUNCH

Did you know that on Mondays and Tuesdays we serve a delicious hot lunch time meal for just \$1.75? Hungry? To sign up, call 596-8379 by 10 am the Friday prior. We would love to have you join us! Need a ride? The PVRTA is available on Mondays and our Senior Van on Tuesdays.

This month's Monday meals are:

- Feb. 4th—Pot Roast/gravy, roasted potatoes
- Feb. 11th—Roast Turkey, sweet potatoes
- Feb. 18th—CLOSED—President's Day
- Feb. 25th—Hot dog, baked beans, cole slaw

Tuesdays meals are:

- Feb. 5th—Sandy Country Pie, tossed salad
- Feb. 12th—Chicken a la king, mashed potatoes
- Feb. 19th—Italian Sweet Sausage with ziti
- Feb. 26th—Roast Pork/gravy, baked potato



News from the Public Health Nurse

Hours: Tue-Wed 9-2 pm, Blood Pressure Clinics , Tuesday from 11 to 12pm. Glucose screenings are by appointment. Outreach Clinics are the second Wed of every month starting in February. Blood pressure check ups, med reviews and health service information are also available without an appointment. Health news, Flu updates, alerts, healthy recipes and current adult Immunization guidelines are posted (updated weekly) in the Senior Center walk through room - located across from the nurse's office. Sharps containers are FREE of charge! All sharps must be disposed of in these free containers. You may also pick up a "File of Life" – this simple document provides essential medical information to emergency services personnel and is easily taken with you in any emergency.

*Flu Season Facts – People who have the flu often feel - feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, Headaches, Fatigue (very tired), Some people may have vomiting and diarrhea, though this is more common in children than adults. **It's important to note that not everyone with flu will have a fever. Flu prevention– wash your hands, stay home if you are ill and get vaccinated.* Please call your health care provider for more information! Call 596-8546 with any additional health concerns.

Fuel Assistance

This year's eligibility guideline for Valley Opportunity Council (Fuel Assistance) for **one person is \$31,271, for two people \$40,893.00.** If you fall into the guideline category please call me for more information. For current VOC clients it is time to re-certify for benefits. Any questions or to schedule an appointment please call Barbara at 596-8379. Don't be left out in the cold, see if you qualify.

BOOK CLUB

If you enjoy reading and discussing books, the Senior Center Book Club is looking for you. They read a variety of interesting books and meet on the third Thursday of the month from 2:30 – 3:30. Come share your enthusiasm for books with others. For more info, call Mary Ellen at 596-8379.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Blood Pressure Readings, **Tues., 11- 12 noon.**

Foot Care Nurses will be at the Center in **February 14** and are available for home visits. Cost is \$28. Appt. needed.

Foot Doctor Cindy Galavotti, will be here on **February 6**, cost is \$35. Call 596-8379 for an appointment.

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

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 **February 1**. Very relaxing!!

FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** with Kathy Hunter, \$2 a class. Beginner Line Dance class on **Fridays, 1:40 p.m.**

Zumba Gold on **Fridays at 10:30 a.m.** \$5 per class.

ZUMBA WITH NEW INSTRUCTOR—Wed., 2:30!

Tap Dance with Mary Ann, Thurs. at 9:30 a.m. , \$2 followed by a Jazz Class at 10, \$2/class.

Tai Chi, Wednesdays at 9 a.m. FREE!

Belly Dancing with Janet every Wednesday at 11 a.m.

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

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

Arthritis Exercise with Mary Ellen, **Wed., 10:15 a.m.**

Ludlow Reservoir Walks, 5 brisk miles, **Fri., 9 a.m.**

Gentle Walking - **Mondays from 12-12:45.**

Outrageous Adventures— **February 15.** See Mary Ellen Schmidt for more information.

Senior Center Fitness Equipment— recumbent bike, treadmill, and stationary upright bike. A Dr's. note is required prior to first use. See Mary Ellen if you have any questions.

Call 596-8379 for appointments for health programs.



VETERANS OFFICE NEWS

The Veteran's Forum will be held on Friday, February 15th at 9 am. The guest speaker will talk about Westover and its present mission. Refreshment will be served. Please call 596-8379 to sign up.

Upcoming events: Trip to the Armory in April and a "windshield" tour of Westover in May.

Under Chapter 115 of Massachusetts General Laws, the Commonwealth provides a uniform program of financial and 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.

Real Estate Tax Exemptions

Now is the time to apply for the Real Estate Exemption through the town's assessors office. There are two difference exemptions and there are difference qualifications for each.

Exemption amount \$175 CLAUSE - 17D (based on assets only) Age Requirements: 70 years or older as of July 1 of the tax year.

Clause 17D-The value of your domicile is not included in your net assets but the value of your automobile (as determined by the Registry of Motor Vehicles) *is* included in your net assets.

Exemption amount - \$750 CLAUSE - 41C (based on income & assets) Age Requirements: 65 years or older or (b) joint owner with a spouse 65 years or older as of July 1 of the tax year.

For income eligibility and help filling an application, please contact the Assessors office at 596-2800, ext. 209.

AARP TAX ASSISTANCE

The AARP trained Tax Aides will be returning to the Senior Center on Mondays, starting in February. This year they will be performing electronic filling of returns. If you are a Wilbraham resident over the age of 60 and would like assistance filling your return, please call the Senior Center for an appointment (596-8379). Please bring the following with you to your appointment:

- Your 2011 return and all related materials
- All earnings (W2)
- Interest earnings (1099 INT)
- Pensions and Annuities (1099-R)
- Dividend/Mutual Fund Statements (1099 DIV)
- 2012 Social Security (form SSA-1099)
- Form showing any 2012 stimulus payment
- Gambling/lottery winnings (W26)
- Complete information on stock sold
- Health insurance letter - MA 1099 HC or Medicare card
- Real estate tax paid documentation
- Rent paid documentation
- Sewer and water paid amounts
- Fuel Assistance, amount received
- Food stamps, amount received

Please note—we cannot complete tax returns if you have a large number of stock transactions, business income requiring schedule C, Home Sales, purchase of a hybrid car and other complex tax returns.



FEBRUARY EVENTS

BOOK CLUB will meet on Thursday, **February 21** at 2:00.

ATTORNEY DOUGLAS PETERSON will be at the Center for FREE 20 minute consultations on **February 20**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill will be held on **February 20** at 10 a.m. Cost is \$3 per class, plus additional fee for supplies. Fix broken jewelry or create new pieces.

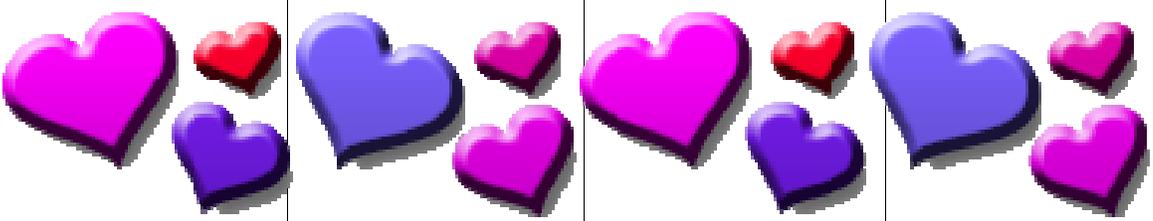
MEN'S BREAKFAST This month's meal will be served in Wilbraham on **Friday, February 22 at 8:30 a.m.** Please call to register—596-8379. Speaker will be Tom Bianco, speaking of Slips, Trips and Falls.

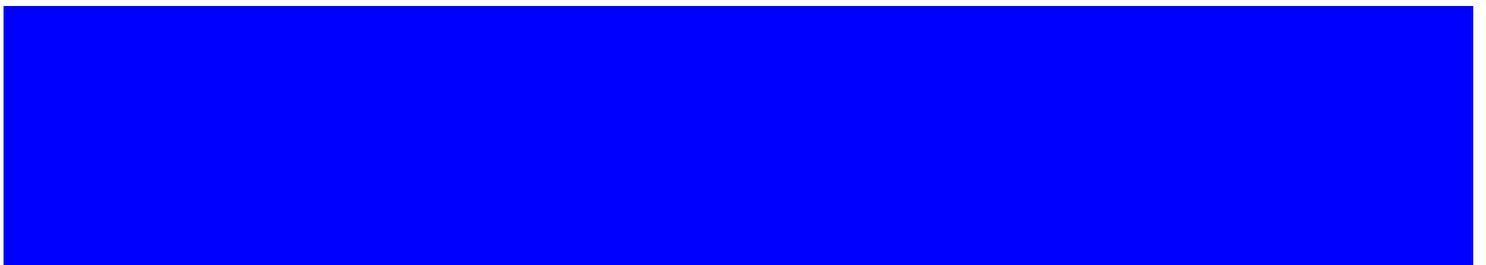
QUILTING CLUB— Meets the 2nd & 4th Thursday, 1:00 p.m.

AFTERNOONS: PITCH Mondays, 12:30 p.m., **CRIBBAGE** Wednesdays, 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.

SHINE REP—Gerry Carney will be available in February to help with insurance questions. 596-8379 for an appt.

FEBRUARY 2013

Mon	Tue	Wed	Thu	Fri
				
<p>4 8:30-AARP Tax 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Pot Roast/gravy</i> <i>Potatoes</i> Stop & Shop</p>	<p>5 10-Chair Exercise 10:45-Aerobics 11-Sen.Candaras' 11-Blood Pressure Readings 1-Knitting Etc. <i>Sandy Country Pie</i> Around Town</p>	<p>6 9-Tai Chi 9-Foot Doctor 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba 4-COA Meeting Wal Mart</p>	<p>7 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Big Y</p>	<p>1 9-Chair Massage 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>11 8:30-AARP Tax 11:30-Valentine's Luncheon/music 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Roast Turkey/gravy</i> Big Y</p>	<p>12 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Chicken a la king</i> Around Town</p>	<p>13 9-Tai Chi 10-Baystate Hearing 10:15-Arthritis Class 11-Belly Dance 1:15-Guys & Dolls Musical presentation 2:30-Zumba Eastfield Mall</p>	<p>14 8-Foot Nurses 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group Stop & Shop</p>	<p>15 9-Veteran's Forum 9-Outrageous Adventures 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>18 CLOSED PRESIDENTS DAY</p> 	<p>19 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Friends Meeting 1-Knitting Etc. <i>Italian Sweet Sausage</i> Around Town</p>	<p>20 9-Tai Chi 10-Jewelry Workshop 10:15-Arthritis Class 11-Belly Dance 1-Atty. Peterson 1:40-Line Dance 2:30-Zumba WalMart</p>	<p>21 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 2-Book Club Big Y</p>	<p>22 8:30-Men's Breakfast Club 10-Health Living Support Group 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>25 8:30-AARP Tax 10-Funeral Planning 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Hot Dog/Baked beans</i> Big Y</p>	<p>26 10-Fallon Health 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Roast pork/gravy</i> Around Town</p>	<p>27 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Holyoke Mall</p>	<p>28 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club Stop & Shop</p>	



FRIENDS of WILBRAHAM SENIORS



WINTER RAFFLE

Grand Prize (All tickets eligible)

-Phillips 32 inch Flat Screen Television donated by Byron Keenan Funeral Home

Golf Prizes 5 in all (Group A)

- Foursome Golf Outing, Cedar Knob Golf Course, Somers, CT (2 prizes)
- Foursome Golf Outing, Wilbraham Country Club (2 prizes)
- Ladies Nike Extreme Sport IV Golf Bag (\$150 value)

Other Prizes 10 in all (Group B)

- Veritas Restaurant of Sturbridge \$75 Gift Certificate
- Panasonic Blu-Ray DVD Player
- Beautiful Oil Painting 29"x26"
- Rose Bud Throw Pillow, hand made
- Porcelain Covered Dutch Oven
- Set of Scented Yankee Candles
- Victorian Style Mirror
- Vera Bradley Bag donated by Wilbraham Funeral Home
- 3 Tiered Lazy Susan made of Hawaiian Wood lined with Puka Shell
- Porcelain Doll
- Wine Rack with 3 bottles of wine
- Hand Painted Cheese Tray with \$25 Big Y Gift Certificate

Rules and Details

Tickets will be sold December, January, and February. **Tickets: 1 for \$5, 3 for \$10.**

Drawings will be March 1, 2013. Winners will be notified by phone. Select on the ticket your choice of either "Golf" or "Other" prizes. Return completed tickets with check to Friends of Wilbraham Seniors Building Fund, P.O. Box 705, Wilbraham, MA 01095. Call 596-8379 for tickets or pick them up at the Senior Center or clip them from the monthly Senior News.

Friends of Wilbraham Seniors February 2013 Update

The very important report by the *Senior Center Building Needs Study Committee* has made an impact on our wonderful Wilbraham. Donations to the Friends of Wilbraham Seniors Building fund are really picking up again. People on the street are stopping us to ask "Where do you think it's going to be located?" and "What happens next?" Our answers are: We know that the report is taken very seriously and progress is being made. The next step may be the formation of a *Building Committee* who will then likely call for a *Feasibility Study*. These things take time and need to be done carefully. We will definitely endeavor to keep you posted.

Mark your calendars for the fabulous 3rd Annual Friends of Wilbraham Seniors Fashion Show. Thursday, April 25, 2013. The theme this year is "It's All About Me" Complete information will be in next month's Senior News. Tickets will go on sale March 1st

Check out the December, January & February Winter Raffle information on the reverse of this insert. Did you know that if half the seniors in Wilbraham bought a 3 ticket strip of tickets listed below it would raise a additional \$20,000 for our Building Fund. There are 18 prizes in all and as you can imagine the odds of winning are a great deal better that those pesky lottery tickets. TAKE A CHANCE. Buy your Winter Raffle tickets today!

 Contributions of \$5.00 to defray postage costs for mailing the Senior News may be made payable to FWSBF or the Friends of Wilbraham Seniors Building Fund. Thank you again for your already generous support.

<p>Special Winter Raffle</p> <p>Name _____</p> <p>Address _____</p> <p>City---- State _____</p> <p>Phone _____</p> <p style="text-align: center;"><u>Circle One</u></p> <p>Golf Other</p> <p>1 ticket \$5.00 3 Tickets \$10.00</p>	<p>Special Winter Raffle</p> <p>Name _____</p> <p>Address _____</p> <p>City State _____</p> <p>Phone _____</p> <p style="text-align: center;"><u>Circle One</u></p> <p>Golf Other</p> <p>1 ticket \$5.00 3 Tickets \$10.00</p>	<p>Special Winter Raffle</p> <p>Name _____</p> <p>Address _____</p> <p>City State _____</p> <p>Phone _____</p> <p style="text-align: center;"><u>Circle One</u></p> <p>Golf Other</p> <p>1 ticket \$5.00 3 Tickets \$10.00</p>
--	---	---

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Hope this finds everyone well. We are half way through our 2012-2013 year can you believe it. Our next event is Let's Do Lunch this year at Krazy Jakes.

TUESDAY Feb. 12, at Krazy Jakes on Boston Rd. in Wilbraham, starting at 12:30 we will be ordering off the menu with separate checks. This is always a popular event. The deadline is now so call Ginene Johnson 525-4969 or Ginni McCombe 525-2916 to reserve a spot.

FRIDAY March 15: trip to Vintage Radio and Communications Museum of Conn the charge is \$4.00 for the museum to be paid at the door. Lunch will follow at Zocco's where we will order off the menu with separate checks. The van will be available at a charge of \$4.00. Please be at the senior center at 9:30 for the van or car pooling. We will be leaving at 9:45 Elaine Lavoie is the chair call her at 596-6001. Deadline is March 1st.

THURSDAY April 25 is the Luncheon Fashion Show sponsored by The Friends of Wilbraham Senior Building Fund. The price is \$24. Make checks payable to Red Hat Ya Ya Sisterhood of Wilbraham Peg Breslin is the chair-lady but call Ginni McCombe 525-2916 for information and send checks to either. We need to get our tickets early this is a popular event. Please do not forget your red and purple for the event.

May event is still not complete Martha Talbot and Maria Cacela are the co-chairs for this event more information to follow. Sat. June 23 is the 250 Anniversary Parade in Wilbraham. First meeting is scheduled for Feb 5th at 1:00 if interested come. This is going to be a fun event a chance to be part of history. This too is in the planning stage.

I have a report from the board. We discussed and voted on a new rule concerning event payment. If a sister pays for an event and has to cancel before the deadline she will receive a refund. If she cancels after the deadline she will not, but if someone takes her place that person will make payment directly to the sister that has canceled. I hope this will eliminate confusion in the future.

Be safe in this winter weather, Kathy Phipps, your Queen Mum

DOMINOES PLAYERS WANTED
THURSDAYS, 11:30-3:30
STOP BY AND JOIN THE FUN!!



community calendar

Senator Gale Candaras' Aide will be at the Senior Center on the 2nd Tuesday of each month at 11 am.

Alzheimer's Support Group - Does someone close to you have dementia or Alzheimer's disease? Are you taking care of someone with memory loss? A support group for caregivers meets in the Brooks Room of the Wilbraham Library from 2-3 p.m. on the last Tuesday of each month. There is no cost.

Upcoming Events

Friends of Wilbraham Seniors
Winter Raffle Drawing—**March 1**

Osteoporosis Prevention
and Management—**March 4**

Friends of Wilbraham Seniors
Casino Bus Trip—**March 12**

Irish Celebration—Corn Beef Dinner
Irish Music by Dick Chase (Banjo)
March 13

Trip to NYC on May 8th \$30. Sign up
with payment (check please) begins on
Tuesday, **March 26**.

DONATIONS

Thanks to all who have donated to the Wilbraham Senior Center Revolving account:

Putnam, Edwin Tollin, Alan Zawacki, Carolyn

Thanks to those who have donated to the Friends of Wilbraham Seniors:

Anonymous	Emery, Thelma	Mikuszewski, Frank/	Struzziero, Lorene
Baldyga, Frederick/Diane	Grimaldi, Nicholas/Edwina	Maureen	Szaban, Walter/Helen
Ballard, Donald	Hale, Frank/Joan	Opalinski, Mitchell/Wanda	Tripoli, Irene
Brown, Phyllis	Kertenis, Victor/Phyllis	Post, Jenine	Villamano, Matthew/Jane
Chmura, John	Lovejoy, John	Sheehan, Wm/Madelyn	Warner, Barbara
Coffey, Richard/Felice	Maggi, Raymond/Joan	Sherman, Gilbert/Teresa	Zawacki, Carolyn
Czupryna, Walter/Mary	Megas, George/Eugenia	Sienko, Leonard	

Thanks to those who have donated to the "Building Fund":

Allen, George/Dorothy	Felicitas, Thurmayr/Anna	Shea, Jack/Pat	of Jerry O'Brien
Anderson, Eric	Gleason, Marilyn	Sienko, Leonard	Quintin, Robert in memory
Anti, Dennis/Claire	Godfrey, Ed/Jane	Slowik, Kenneth/Linda	of Catherine
Balboni, Jerry/Jill	Hale, Frank/Joan	Spencer III, Henry/Judith	Daunais
Baldyga, Frederick/Diane	Huck, Edith	Tripoli, Irene	Savoie, Brenda in honor
Ballard, Donald	Isham, David/Joyce	Zawacki, Carolyn	of all Wilb Seniors
Burk, Ray/Sue	Kroll, Barbara	Political Action Comm	Schnepf, John in memory
Carlisle, Joanne	Lessard, Maura	Line Dance Wednesdays	of Joan Schnepf
Cobbs, John/Betsy	Lewis, Stephen/Joyce	Beginners Line Dance Fri-	Zirakian, Elizabeth in mem
Considine, Wm/Claudia	Magee, Alfred/Susan	days	ory of her spouse,
Cooper, Stephen/Linda	Megas, Eugenia	Pitch Club	Gerald
Corbeil, Roland/Margaret	Morneau, Lawrence/Joan	Axiotis, Portia in memory	
Cote, Carol	Piscioneri, James	of Jimmy	
Czupryna, Walter/Mary	Ryan, Joseph/Gayle	Mercure, Laurie in memory	
Dyke, Dr William/Ellen	Sawyer, Robert/Theresa	of her spouse, Larry	
Falcetti, Sam/Peggy	Seyler, John/Sally	O'Brien, Claire in memory	

Donations for the Friends of Wilbraham Seniors should be mailed to PO Box 705, Wilbraham, MA 01095. Donations to the Revolving Account can be made at the Senior Center office or by mail at 45B Post Office Park, Wilbraham, MA

Senior Center trivia

True or False—the Senior Center sells dump bags?

True!

True or False—the Senior Center sells PVTAs tickets at a discount? **True!**

True or False—medical equipment is available through our loaning closet? **True!**

True or False—Transportation through our volunteers are offered to Wilbraham seniors who have no transportation to medical appointments—

True!

True or False—We allow only Red Sox fans in the Wilb. Senior Center—*Still working on this one!*



ADVOCATES SOUGHT FOR NURSING HOME RESIDENTS

Greater Springfield Senior Services is seeking caring individuals to serve as volunteer advocates for residents of nursing homes and rest homes through its Long Term Care Ombudsman program. Ombudsmen visit with residents once a week to listen to their concerns and address issues affecting the quality of their care. They investigate complaints made by residents or family members and work with the facility to resolve them. Free training and certification are provided. For more information, contact the long-term care ombudsman coordinator at 413-781-8800 ext. 178.

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

WEEKLY VOLUNTEERS**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels

Van: Gilles Turcotte,

John Cochran & Gary Babineau

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

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 781-2135 and ask for Jean or Nancy. \$1.75 donation requested.

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

Nonprofit Organization
U.S. Postage Paid
Wilbraham, MA 01095
PERMIT NO. 53

RETURN SERVICE REQUESTED

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/Pages/index

COUNCIL ON AGING MEMBERS:**Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Mark Soukup,
Gilles Turcotte, Marie Valentine, 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 10th 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

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****Feb. 4—Stop & Shop****Feb. 11—Big Y****Feb. 18—CLOSED****Feb. 25—Big Y****WEDNESDAY TRIPS****Feb. 6—WalMart****Feb. 13—Eastfield Mall****Feb. 20—WalMart****Feb. 27—Holyoke Mall****THURSDAYS TRIPS****Feb. 7—Big Y****Feb. 14—Stop & Shop****Feb. 21—Big Y****Feb. 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. **CORRECT CHANGE IS VERY HELPFUL PLEASE. Call 596-8379 to sign up today.** Around Town Trips on Tuesdays—call to reserve a seat! .

