

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

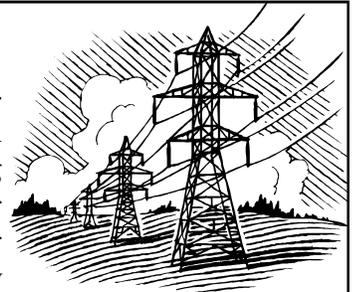
Phone (413) 596-8379 • Fax (413) 596-8546

Volume 19, 1

JANUARY 2013

ELECTRIC BILL CHOICES

Did you know you could save lots of \$\$ on you electric bill? Have you heard of de-regulation but not fully understand how it works? Please come to the Senior Center on Friday, **January 25th at 10 am**, when Donna French, Senior Director and Founding Member of the Associate Sustainability Council, will be here to help decipher your electric bill. Donna will discuss how energy deregulations, green living and choices for suppliers can save you money each month. Please call 596-8379 to register for this very informative program. Bring your questions, Donna will have the answers!



HOT TOPICS

Looking for someone to discuss current events with? Join us on the first Friday of the month for HOT TOPICS. Bring an article from a newspaper or magazine covering any topic you would like to discuss—except for politics. Global warming, sports, the latest natural disaster, or the latest fashion trend. The possibilities are endless and the conversation is sure to be enlightening. The Senior Center will provide the coffee and baked good, you provide the lively discussion!

DATE: Friday, **January 4th** TIME: **8:30-10:30 am**. For more information, call Mary Ellen at 596-8379.

Zumba Gold Toning With Brenda Edwards

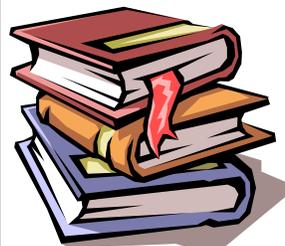
Zumba Toning takes the original Zumba dance-fitness class to the next level to improve muscle tone, and to target upper body strength. This class uses Zumba Toning sticks, or light weights, to improve bone density, prevention of osteoporosis, improve joint mobility and range of motion. Since the weights used are only 1-3 pounds, it is fun, safe and effective. We will use the same Zumba rhythms, and combinations to still have our party atmosphere. Come join the fun on **Fridays at 2:30**, starting January 11th. Cost is \$5 a class. This is a great way to work off those extra pounds added over the holidays.

HEALTH NEW ENGLAND

Even though the open enrollment period has ended, Health New England is one of the few companies that can still accept new enrollments. This is due to their 5 star status with Medicare. Representatives from Health New England will be at the Senior Center on **January 18th at 10 a.m.** Please stop by if you have any questions. Carla and Kerrie will be more than happy to answer them for you.

JOHNSON'S BOOK STORE

Join us on Monday, **January 28th at 10AM**. When we present "Johnson's Bookstore, a Springfield landmark 1893-1997". Come meet Charlie Johnson former owner of Johnson's Bookstore and remember the first book you received from the store. Charlie will talk about the long history his families business was part of. Please call 596-8379 to sign up for this program.



SLIPS, TRIPS & FALLS



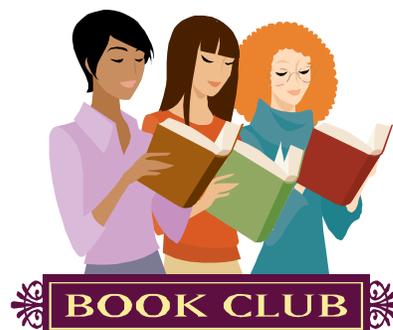
In this presentation, participants will learn about things that can increase a person's risk of falling and ways to reduce their fall risk. Examples of ways to walk on ice or snow along with information about proper and safe footwear will be discussed. Proper ways to fall will be demonstrated and the group will practice balance exercises that will be handed out for home practice. Join Tom Bianco, MSPT, on **Monday, January 7th at 10 am.** Call 596-8379 to sign up today.

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 information, please 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 **January 10** and are available for home visits. Cost is \$28. Appt. needed.

Foot Doctor Cindy Galavotti, will be here on **January 9**, cost is \$35. Call 596-8379 for an appointment.

Baystate Hearing Aids, **January 9**, 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 **January 4.** 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 **Wednesday at 2:30 p.m. and Fridays at 10:30 a.m.** \$5 per class.

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— **January 18.** 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

Information regarding Veterans discount

The Veterans Office has spoken to the managers at Home Depot in Wilbraham which resulted in an agreement that a DD 214 Discharge document will be adequate for Veterans to obtain a 10% discount on purchases. For your convenience, Staples will take your DD 214 and minimize for a small fee. Please feel free to call Richard in the Veteran's office with any questions you have.

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 0 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.



JANUARY EVENTS

BOOK CLUB will meet on Thursday, January 17th at 2:00.

ATTORNEY DOUGLAS PETERSON will be at the Center for FREE 20 minute consultations on **January 16**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill will be held on **January 16** 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 Ludlow on **Friday, January 25 at 8:30 a.m.** Please call to register—596-8379.

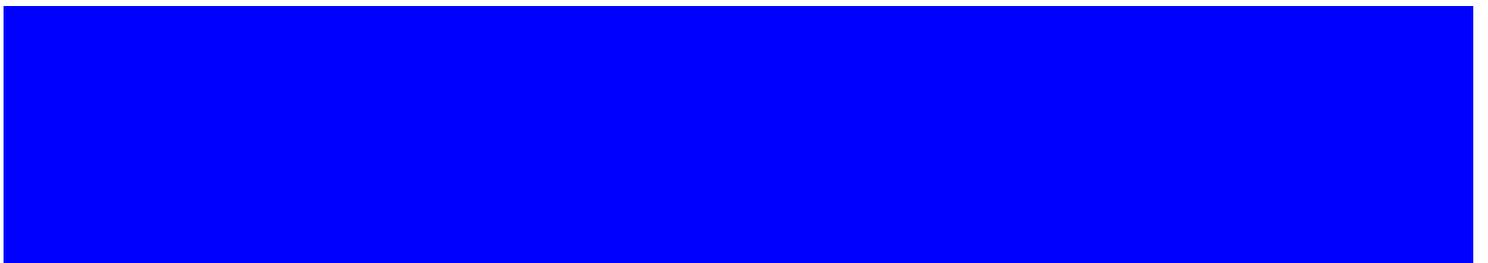
QUILTING CLUB— Meets the 2nd & 4th Thursday, 1:00 p.m.

AFTERNOONS AT THE CENTER: *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 January to help with insurance questions. 596-8379 for an appointment.

JANUARY 2012

Mon	Tue	Wed	Thu	Fri
	<p>1 CLOSED NEW YEARS DAY</p> 	<p>2 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold</p> <p><i>Holyoke Mall</i></p>	<p>3 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes</p> <p><i>Stop & Shop</i></p>	<p>4 8:30-Hot Topics 9-Chair Massage 10:30-Zumba Gold 1-Bridge 1:40-Line Dance</p>
<p>7 10-Fall Prevention 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Beef Burgandy/ noodles</i> <i>Stop & Shop</i></p>	<p>810-Chair Exercise 10:45-Aerobics 11-Sen.Candaras' 11-Blood Pressure Readings 1-Knitting Etc. <i>Hot dog/baked beans</i> <i>Around Town</i></p>	<p>9 9-Tai Chi 9-Foot Doctor 10-Baystate Hearing 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold <i>Wal Mart</i></p>	<p>10 8-Foot Care Nurses 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group <i>Big Y</i></p>	<p>11 9-SHINE Rep. 10:30-Zumba Gold 1-Bridge 1:40-Line Dance 2:30-Zumba Toning</p>
<p>14 10-Long Term Insur. 12-Gentle Walking 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Kielbasa/potatoes</i> <i>Big Y</i></p>	<p>15 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. 1:30-Red Hat Meeting <i>Pizza/salad</i> <i>Around Town</i></p>	<p>16 9-Tai Chi 10-Jewelry Workshop 10:15-Arthritis Class 11-Belly Dance 1-Atty. Peterson 1:40-Line Dance 2:30-Zumba Gold <i>Eastfield Mall</i></p>	<p>17 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 12-Red Hat PJ Party 2-Book Club</p> <p><i>Stop & Shop</i></p>	<p>18 9-Veteran's Forum 9-Outrageous Adventures 9-Health New England 10:30-Zumba Gold 1-Bridge 1:40-Line Dance 2:30-Zumba Toning</p>
<p>21 CLOSED MARTIN LUTHER KING JR DAY.</p> 	<p>22 10-Fallon Health 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Macaroni & cheese</i> <i>Around Town</i></p>	<p>23 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold</p> <p><i>WalMart</i></p>	<p>24 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club</p> <p><i>Big Y</i></p>	<p>25 8:30-Men's Breakfast Club (Ludlow) 9-SHINE 10-Electricity Bill 10:30-Zumba Gold 1-Bridge 1:40-Line Dance 2:30-Zumba Toning</p>
<p>28 10-Johnson Book Store Presentation 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>Beef stew/potatoes</i> <i>Big Y</i></p>	<p>29 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Roast Turkey/gravy</i> <i>Around Town</i></p>	<p>30 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba Gold</p> <p><i>Holyoke Mall</i></p>	<p>31 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes</p> <p><i>Stop & Shop</i></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 January 2013 Update

As you read this we hope that you have had a festive, joyful & family filled holiday season.

++++
We would like to thank you for your continuing support in our quest to have an amply spaced Adult Senior Center for the benefit of our wonderful community. Your support, encouragement and contributions have been and are very generous. We, "The Friends", will continue to work hard toward this end. You can aid in continuing to demonstrate to our Selectmen with your contributions your support of this worthy goal. Contributions may be made payable to FWSBF or the Friends of Wilbraham Seniors Building Fund. Thank you again for your already generous support.
++++

Annual Senior News Postage Drive

Thanks again for your help with our postage drive. If you wish to make a postage contribution please send in your check for \$5.00 or more or drop off your gift to the receptionist at the Senior Center. Or you may mail it in if you wish. Make your checks payable to the Friends of Wilbraham Seniors. Thanks for your help.

++++
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!
++++

Special Winter Raffle Name _____	Special Winter Raffle Name _____	Special Winter Raffle Name _____
Address _____ City---- State _____ Phone _____	Address _____ City_____ State _____ Phone _____	Address _____ City_____ State _____ Phone _____
Circle One	Circle One	Circle One
Golf Other 1 ticket \$5.00 3 Tickets \$10.00	Golf Other 1 ticket \$5.00 3 Tickets \$10.00	Golf Other 1 ticket \$5.00 3 Tickets \$10.00

RED HAT YA YA SISTERHOOD OF WILBRAHAM

The holidays are over, all that prep and they go by in a blink of an eye. A good time was had by all at our Christmas at Dana's Grillroom. It was nice to see the Razzle Dazzle Dollies. Also we got to welcome four new members. So we stand up push back our shoulders and say come on 2013 show us what you got.

Jan. 17th is our first event for the New Year a PJ Party to be held at the senior center, Thursday January 17, in the activity room at the Senior Center from 11:00 to 3:00. Come dressed in your craziest P.J. no hats required, we will be having a free lunch. Call Deb Gormley for reservation (547-6583). Reservation deadline is Jan. 2, so don't forget. If you wish to donate for the raffle call Nicole Lussier (596-0184)

Feb. 12th "TUESDAY" starting at 12:30, there is a change because the 13th is Ash Wed. It is Let's Do Lunch it is at Krazy Jakes order off the menu with separate checks. If you are having any seafood please let one of the chairladies know when you make a reservation Ginene Johnson 525-4969 and Ginni McCombe 525-2916 are the chairladies and reservation deadline Jan.31.

March 15, Friday Trip to Vintage Radio & Communication Museum of CT, with lunch at Zocco's order off the menu with separate checks. Elaine Lavoie, Chairlady 596-6001. The van will be available and if need be, car pooling. Reservation deadline is March 12. We will meet at the senior center at 9:30 for van and car pooling and leave at 9:45.

Upcoming events:

April 25th is Fashion Show sponsored by The Friends of Wilbraham Seniors more information to follow.

May - boat ride on the Lady Bea at Brunelle's Marina and lunch at Dock Side Restaurant more information to follow.

June 23rd is the 250th Anniversary Parade in Wilbraham there should be meetings starting soon.

One point I would like to make if we could please make a resolution for the new year to wear our red and purple to all events, it is one of the things that make us special. May this New Year be happy and healthy,
Kathy Phipps, Your Queen Mum

LONG TERM INSURANCE

Please come and join us on **Monday, January 14, at 10:00 a.m.** to learn more about Long Term Care Insurance and how it can benefit both you and your family. As a standard, Long Term Care Insurance (LTC) covers items and care that health insurance does not. It also helps protect your assets while reducing the potential burden on your spouse and/or children as your primary caretaker. Erin Manning, a financial representative from Northwestern Mutual, will be hosting an open question and answer forum, along with basic LTC insurance information. Light refreshments will be served. If you would like to attend, please sign up in advance at the Senior Center front desk, 596-8379. We look forward to seeing you.

community calendar

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

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 Public Library from 2-3 p.m. on the last Tuesday of each month. There is no cost.

The next meeting of the Springfield area Parkinson's Support Group will be Monday, Jan 7, 2013. This support group welcomes those diagnosed with the disease, those interested in learning more about it and the caregivers and friends assisting those coping with the disease. We will be meeting in January with Steve DeWitte, Parkinson Advocate for a Cure, Keep the Faith, and representatives from MA and CT for the Montreal World Parkinson's Congress to be held in Oct, 2013. Come learn about the Congress' value to our community.. We meet at the **Jewish Community Center at 1160 Dickinson Street, Springfield, MA at 4 p.m.** and as usual: No registration is required for the support group meeting. If you have questions, call Joyce Dupont at 413-323-4274

DONATIONS

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

Arooth, Frances	Geib, Tim	Kirk, Dorothy	Palmer, Robert
Breslin, Margaret	Hager, Joan	Langone, Maryann	Post, Jenine
Cochrane, John	Hale, JK & FG	Margarian, Mary	Sagendorph, Joan
Drozdzowski, Elaine	Helin, Renate	Megas, George/Eugenia	

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

Andre, Adella	Ham, Helen	Post, Jenine	Shewchuk, Mary
Besko, Mary	Howard, Judith	Reich, Elaine	Smith, Ed/Anne
Carosello, Faith	Kirk, Albert/Dorothy	Ridgeway, Ralph/Sherrie	Soukup, Mark/Jane
Carpenter, Bryant	Kurian, Judith	Rivers, Jeannette	Teschendorf, Elmer/Adell
Cavros, Carole	Kwapisinski, Maria	Laferriere, Roland/Doris	Trombley, Raymond
Clark, Doris	Malandrinos, James/Lillian	Sakowsli, Phyllis	Voorhis, Harold/Jesse
Cochran, John	Malysz, Rose	Salemi, Ann	Waite, Robert/Patricia
Corbeil, Roland/Margaret	Mammarelli, Naldo/Catherine	Sanderson, Bill/Mary Lou	Walting, Ruth
Czekanski, Chris	Marra, Antoinette	Szumiel, Joan	Warner, Barbara
Deane, Eileen	Mecure, Laurie	Sears, Betsy	Williams, Florence
Geib, Tim	Mock, Joanne	Setnes, Ann	
Goodwin, Jean	Morris, Evelyn	Sheehan, Florence	
Grover, John/Rita	Patruno, Claire	Sherbow, Patricia	

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

Bandarra, Norma	Lussier, Nicole	Szaban, Helen	Cochran, Daniel/Danielle in memory of grandmother, Henriette
Bennett, Neil/Evelyn	MaGill, Marge	Webber, Agnes	Bakeman
Crawford, Ed/Louise	Manning, David/Gail	Worthington, Walter	Gravel, Dolores in memory of her husband
Cuddy, John/Nancy	Mills, Mary	Wostena, Ellie	Pino, Michael in memory of his wife
Dansereau, Walter/Ann	Moreno, Gilbert/Linda	All Faze Construction	Shaban, D in memory of Marie
Drumheller, Bernice	Morgan, Geraldine	Gaudreau Group, Inc	Sheline
Dumais, Terry	Morris, Evelyn	Monson Savings Bank	Sweryda, Diane in memory of Scott Sweryda
Dusseault, Louis/Julia	Pabich, Zigmond/Harriet	Nowak Funeral-Cremation	
Garceau, Tony	Rodrigues, Al/Julietta	Renaissance Advisory Services LLC	
Giroux, R	Salemi, Ann	Trombley Assoc	
Gurwitz, Florence	Sears, Betsy	Wilb SC Pitch Club	
Hurley, Edwin/Carol	Senator Gale Candaras, Esq	Wilb SC Line Dancing Group	
Johnson, Allan/Kathleen	Sibilia, Carol	Wilb United Church	
Kirk, Albert/Dorothy	Swallow, Virginia		

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 01095.

A BIG THANK YOU TO THOSE WHO GAVE GENEROUSLY OVER THE HOLIDAYS:

- Bill Bakeman who donated poinsettias for the weekend home delivered meals recipients
- Evangle Assembly Church & Grace Union Church for helping a Wilbraham resident in need
- Wingate for delicious pies for the homebound

WARNING OF SCAMS

Given the intense desire of scam artists to obtain very valuable personal information, we remind seniors to **NOT** give out their social security number (or any other pertinent personal information, e.g., date of birth, address, etc.) over the phone to callers. If the person is insistent, hang up the phone, then call the Social Security Administration (1-800-772-1213) or www.socialsecurity.gov, Medicare (1-800-633-4227) or www.medicare.gov, or Elder Services in MA (1-800-243-4636) or www.800ageinfo.com



If you did NOT initiate the call, hang up the phone. Do not trust toll-free or other numbers from the party that called! If you want to confirm telephone numbers on-line, use web-sites that end in **.gov**. You can also call the local police business line (non-emergency), the Better Business Bureau (1-877-485-5906) or www.bbb.org; MA Office of Consumer Affairs (1-888 283-3757 -- toll free, in MA only) or www.mass.gov/ocabr.

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:****Jan 7.—Stop & Shop****Jan. 14—Big Y****Jan 21 —no trip****Jan. 28—Big Y****WEDNESDAY TRIPS****Jan. 2—Holyoke Mall****Jan. 9—WalMart****Jan. 16—Eastfield Mall****Jan 23—WalMart****Jan 30—Holyoke Mall****THURSDAYS TRIPS****Jan. 3—Stop & Shop****Jan. 10—Big Y****Jan. 17—Stop & Shop****Jan. 24 —Big Y****Jan. 31—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.**

