

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

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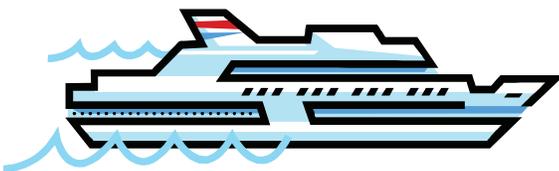
JULY 2013

E.A.S.E.

Education Against Senior Exploitation (E.A.S.E.) is a program developed by the office of District Attorney Mark Mastroianni that addresses all aspects of elder abuse. Presenters include Assistant District Attorney Joan O'Brien, Chief of the Elders and Persons with Disabilities Unit of the Hampden County District Attorney's Office, Ann Sabato, Protective Services Supervisor at Greater Springfield Senior Services and a victim/witness advocate from the District Attorney's Office. Among the topics to be discussed are how to recognize, report and prevent abuse of elders in our community, how to avoid becoming the victim of various types of scams and how the Court process works if you become the victim of a crime. The speakers will give practical tips and be open to any questions on topics of interest to the audience. The program is open to the senior community, their families and caregivers. Mark your calendar: **July 15 at 10am**. Please call 596-8379 to register.

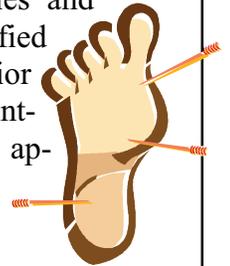
BOSTON HARBOR CRUISE

Sign-up begins Tuesday July 9th at 8 AM for the Odyssey Luncheon Cruise on Boston Harbor on Tuesday, August 13th. The trip will leave the senior center at 9:15AM and return around 6:30PM. Cost is \$77.00 and includes : Bus, scenic 2 1/2 hour Boston Harbor Cruise aboard the beautiful Odyssey, elegant served lunch, musical entertainment and free time at Quincy Market. Lunch choices are: Tuscan Chicken, Asian Grilled Salmon, Beef Short Ribs, Seafood Ravioli, Mediterranean Vegetable Purse. Please choose one at time of registration. \$2.00 bus driver tip will be collected the day of the trip



SOLE FOOD REFLEXOLOGY

Reflexology is a science which deals with the principle that there are flex areas in the feet and hand which correspond to all the glands, organs and parts of the body. Reflexology relieves your system of toxins caused by the environment and stressors of daily life. A reflexology treatment concentrates on the reflex points of the feet. Applying pressure to these points stimulates the circulatory system, which assists the body in detoxifying itself of impurities and restoring balance. Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **July 12 at 10 am** for appointments. Please call 596-8379 for your appointment!



OPTIONS FOR DELIVERY OF NEWSLETTER

Do you have email? Would you like to receive this monthly newsletter by email instead of through the US Postal system? We have a great way to save money on postage and you can help. You can receive the newsletter by email each month by sending your email address to pdubord@wilbraham-ma.gov. Include your name, mailing address and email address. We will remove your name from our standard mailing list and add you to the email list.

The newsletter is also available through the towns website at: www.wilbraham-ma.gov.



If you want to continue to receive the newsletter by regular mail, you do not need to do anything. Thanks for your help in reducing our postage bill.

Providence Place Chapel Tour

There is a hidden treasure right in our back yard at Providence Place in Holyoke, an independent retirement living facility. On the 2nd story of the building, you will be overwhelmed by what you see through the chapel doors. We have arranged for a private tour and luncheon, including transportation on the Senior Van. Please mark your calendars for Friday, **August 2**. Space is limited to the first 12 Seniors, so please call today to register at 596-8379. Don't miss this opportunity to tour a beautiful building, rich with history.



CENTER FOR HUMAN DEVELOPEMENT

Jennifer Higgins, Ph.D., CHD Health & Wellness Project Coordinator for the Center for Human Development, will be at the Senior Center on Monday, **July 29th at 10 am** to speak. The presentation will provide information about their integrated program and services, including processes for the following: enrolling new patients, collecting, quarterly data, registering for wellness programs. It will also highlight benefits of participation in the CHD Health & Wellness program. Call 596-8379 to sign up for this presentation.

250TH ANNIVERSARY TOWN BAR-B-Q AUGUST 18 AT SPEC POND

Rotary Club will be providing a free lunch for 250 Wilbraham Seniors through wristbands that will be available at the Senior Center. Details will be listed in the August edition of the Senior News.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

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

Foot Care Nurses will be at the Center on **July 11** and are available for home visits. Cost is \$29. Appt. needed

Foot Doctor Cindy Galavotti will be here on **July 10**, cost is \$35. Call 596-8379 for an appointment.

Baystate Hearing Aids, **July 10**, 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 **July 12**. 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 at 1:40 p.m.**

Zumba Gold on **Fridays at 10:30 a.m.** and Wednesday at 2:30 pm. \$5 per class.

Tap Dance with Mary Ann, will be on hiatus for the summer, returning in September.

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— **July 19.** See Mary Ellen 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



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

MILITARY HEALTH PLAN

US Family Health Plan is a Department of Defense (DOD) program offering comprehensive medical coverage to family members of active duty military, military retirees and their eligible family members, and survivors of deceased active duty or retired service members. US Family Health Plan provides full Tricare Prime benefits. Coverage is Massachusetts, Rhode Island Parts of New Hampshire and Connecticut. Military Retirees over age 65 can not become members. Frank Ludwig, of USA Family, will be at the Senior Center on Monday, **July 22 at 10 am** to explain this program. Please call 596-8379 to register.

Senior Center Closed
July 4th



Exploring Color, Emotion, and the Landscape in Mixed Media Painting

Mixed Media Workshop with Artist Susan Nieske on Tuesdays, **July 23rd through August 27th**; 6-8pm, \$120 inclusive - All supplies and supports provided. Please make checks payable to Susan Nieske.

Join Susan and embark on a summer journey to explore the infinite possibilities of mixed media painting! Susan's six week mixed media workshop that will allow participants the opportunity to learn about medium "mixing", decoupage, surface treatments, printmaking and stamping, and much more! These techniques and mediums will be explored by completing projects within the theme of the landscape and its natural elements. All supplies and materials will be provided for this workshop. Students are welcome to bring their own acrylic paints to enhance their experience. Susan's teaching style embraces art history and individuality with an emphasis on each student learning more about themselves and contemplating their own personal life journey while experiencing growth as an artist. Class size is limited to 22. Please sign up early! To register, please call the Wilbraham Senior Center at 596-8379. **All ability levels are welcome from beginning to expert.**

JULY EVENTS

BOOK CLUB will meet on Thursday, **July 18 at 2:30 pm**.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **July 17**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill will be return in September. Watch for date.

MEN'S BREAKFAST in Ludlow on **Friday, July 26 at 8:30 a.m.** Please call to register—596-8379.

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 July to help with insurance questions. Call 596-8379 for an appt.



JULY 2013

Mon	Tue	Wed	Thu	Fri
<p>1 12:30-Pitch 1-Rug Making</p> <p><i>Pier 17 Fish Stop & Shop</i></p>	<p>2 10-Chair Exercise 11-Blood Pressure Readings 1-Knitting Etc.</p> <p><i>Roast Turkey/gravy Around Town</i></p>	<p>3 9-Tai Chi 11-Belly Dance 2:30-Zumba</p> <p><i>Eastfield Mall</i></p>	<p>4 CLOSED INDEPENDENCE DAY</p> 	<p>5 1-Bridge 1:40-Line Dance</p>
<p>8 12-Gentle Walking 12:30-Pitch 1-Rug Making</p> <p><i>Tuna Salad Big Y</i></p>	<p>9 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. 1:30-Red Hat Mtg. <i>Chicken Marsala Around Town</i></p>	<p>10 9-Tai Chi 9-Foot Doctor 10-Baystate Hearing 10:15-Arthritis 11-Belly Dance 1:40-Line Dance 2:30-Zumba <i>WalMart</i></p>	<p>11 8-Foot Nurses 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group</p> <p><i>Stop & Shop</i></p>	<p>12 9-Chair Massage 10-Reflexology 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance</p>
<p>15 10-E.A.S.E.program 12-Gentle Walking 12:30-Pitch 1-Rug Making</p> <p><i>Baked Chicken Stop & Shop</i></p>	<p>16 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Rdg 1-Knitting Etc.</p> <p><i>Beef Stew Around Town</i></p>	<p>17 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 2:30-Zumba</p> <p><i>Holyoke Mall</i></p>	<p>18 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 2:30 -Book Club</p> <p><i>Big Y</i></p>	<p>19 9-Outrageous Adventures 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance</p>
<p>22 10-USA Family Benefits 12-Gentle Walking 12:30-Pitch 1-Rug Making <i>French Toast Big Y</i></p>	<p>23 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Hot dogs Around Town</i></p>	<p>24 9-Tai Chi 10-Fallon Health 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba <i>WalMart</i></p>	<p>25 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group</p> <p><i>Stop & Shop</i></p>	<p>26 8:30-Men's Breakfast Club 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance</p>
<p>29 10-Ctr Human Devlp. 12-Gentle Walking 12:30-Pitch 1-Rug Making</p> <p><i>Spaghetti/Meat Sauce Stop & Shop</i></p>	<p>30 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <i>Baked Chicken Around Town</i></p>	<p>31 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba</p> <p><i>Eastfield Mall</i></p>		



DONATIONS

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

Pino, Barbara	Warner, Barbara	In memory of Richard Bardwell
Soukup, Jane		Caplan, Bill & Mary Jenewin
Trimble, Marjorie & James		

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

Allard, Diana	Gormally, Laura	Spillane, Gerald/Linda	Orsi, Heather
Armida, Gina	Hick, Willard/Donna	Tardy, Barbara	Ruslander, Lois
Arooth, Frances	Jablonski, Barbara	Trombly, Kent/Joan	
Beaudoin, Shirley	Kervick, Christine	Trybus, Michael	In memory of:
Bones, Ramona	Kirchhof, John/Margerie	Vitkus, Janet	Marion Norton
Boyd, Adele	Lamontagne, Gary	Walsh, Phyllis	O'Brien, Patricia
Boydak, Helena	LaPierre, Mary	Warner, Barbara	
Brescia, John/Debbie	Lavoie, John/Elaine	Wolski, John/Joyce	In memory of:
Briggs, Shirley	Magill, Marge		Joan Duquette
Casey, Jean	Mango, Thomas/Ann Marie	BUILDING FUND	Duquette, John/
Dahdah, Joe	McCarthy, Veronica	Ahern, Harold/Linda	Joyce
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Fountain, Carol	Post, Jenine	St Cecilia's Women's Club	Nelson, Richard/
Franklin, Thelma	Presz, Jr. Walter/Beverly		Nancy
Fraser, Wm/Janet	Roy, Gerald	In memory of:	Pelczarski, David/
Garceau, Tony	Setnes, Ann	Mark Soukup	Donna
Gaudreau, Jules	Shaban, D	Barrett, Dorothy	
Glicka, Sigismund/Nellie	Shaw, Frances	Kirk, Albert/Dorothy	

Friends' Building Fundraising Events for 2013

Casino Visit, Foxwoods, Tuesday, August 6, 2013

The Indian museum is a wonderful well done adventure. Don't miss it. Oh, and you can gamble if you'd like to.

Dine Out Event, Villa Rose, Thursday, September 19, 2013

The Villa Rose has been completely renovated. The veal and the chicken française are excellent.

Casino Visit, Mohegan Sun, Tuesday, October 1, 2013

Come and get out of town for the day. Their buffet is huge and the dessert selection is excellent.

Dining Out Event, Steaming Tender, Thursday, November 7, 2013

Come for Lunch & Dinner and see the Choo-Choo trains while you eat. Bring the kids and have a ball.

The food and service are terrific and the building is beautiful. What more could you ask?

Holiday Bazaar, Saturday, November 23, 2013

A huge selection of individual hand crafted items. Santa & his camera will be there. dozens of raffle prizes

Baked goods, hot lunch and beverages will be available for purchase

Winter Raffle Dec, Jan & Feb 2013-2014

A large selection of special and valuable items will be available on the raffle table during the 3 winter months

***Be sure to mark your calendar so you
can support our drive for a spacious Senior Center***

Friends of Wilbraham Seniors July 2013 Update

*****GO GREEN !!! Get Your Senior News Electronically*****

On page one of this Senior Newsletter, Our Director of Elder Affairs, Paula Dubord, makes a wonderful point. Save postage and printing costs by receiving your monthly newsletter through your email. Just email Paula at pdubord@wilbraham-ma.gov Please include your name, address & email address. You need to do this only once. Monthly you will get an email from Paula with a link that you only have to click. The Senior News will then pop up on your computer screen, **IN COLOR**. You can read it or print, which ever you choose. All you computer users come and join the parade and **GO GREEN !!!**

Selectmen to appoint a Senior Center Feasibility Study Group.

On Monday, June 3, Trant Campbell, Chairman of the Council on Aging and Paula Dubord, Director of Elder Affairs came before the Board of Selectmen to request that they take the next step in the goal of developing a larger Senior Center. And as reported in the Wilbraham Times and the Reminder they have agreed to take this next step. Several respected members of our town have come forward and stated that if asked they will serve. It is expected soon the new committee members will be named and the committee will be officially formed. This news couldn't be better. We thank you Selectmen Jim Thompson, Bob Boilard & Bob Russell.

White Elephant Sale Building Fund Items Needed

The Friends of Wilbraham Seniors need you to start going through your house including the attic and cellar in search of items to be donated for the White Elephant sale. That event will take place again at the Holiday Bazaar on Saturday, November 16, 2013 at the Gardens of Wilbraham. This past year, your generously donated items generated nearly \$1,000 to the cause. Here are a few suggestions: All lightly used household items, jewelry, re-gifted items, figurines, decorative glassware, specialty cookware, knic-knacs, toys in good condition, decorator items. **However: No clothing, electronics, damaged goods, shoes or sporting equipment.** Start your search today! If you need clarification give Jane a call. Please contact Jane Soukup at 596-6046. You may deliver your items to her house at 11 Vista Road or Jane will arrange to have Charlie Gaudette, Kathy Phipps or Bob Page pick up your items at your home. **Please do not bring items to Senior Center.**

Foxwoods Casino Trip

Our next casino adventure is to Foxwoods on Tuesday, August 6, 2013. Make your reservation with your check or cash starting on July 1st, sooner if you wish. This is such a popular outing and building fund benefit that the seats go pretty fast and it's first come first served. The trip price is \$31. That includes transportation both ways, a fantastic all you can eat buffet, some gambling coupons and a tip for the driver. If you haven't been, the Foxwoods has a world class Indian Museum that is strongly recommended. Call Jane Soukup for a reservation at 596-6046. If you call after July 6th call Ann Marie Gaudette for a reservation at 599-4803. Come join us & have a fun time.

RED HAT YA YA SISTERHOOD OF WILBRAHAM

I am writing this before the parade has taken place, but I am sure we had a great time. As you know we have no event in July and August. We will have no August board meeting as well. We will be busy putting the new handbook together and planning our events for next year. If you have any idea of some fun events for next year, please call me at 596-9938.

A vote was cast at our May event and the new board of directors has been set for next year. I would like to thank Pauline Beem for her many years as our treasurer and Peg Breslin, who was communications director. They will be replaced by Evelyn Morris as treasurer, and Liz Setian will be returning to the board as our communications director. We thank you very much for taking on these positions. Watch the newsletters over the summer for a peek at next year's events. As you know we have no events in July and August. Have a great summer. See you in September.

Kathy Phipps, Queen Mum

ARE YOUR DRUG COSTS TOO HIGH?

In the Donut Hole you paid full retail price for your medications. The Affordable Care Act now offers you a discount of 14% on generic drugs and 52.5% discount on brand name drugs. Even with these discounts your drug cost can still be very high. The state offers a drug cost assistance plan called Prescription Advantage for elders going into the Donut Hole. If your income is less than \$33,510 (Single) or \$45,390 (Couple) your co-pays will range from \$7 to \$12 for generic drugs and \$18 to \$30 for brand name drugs. There is no cost for joining this plan. If your income is between \$33,511 and \$55,850 (Single) or \$45,391 and \$75,650 (Couple) then there is an annual \$200 membership fee. Your drug plan co-pays apply. Call to set up an appointment with our SHINE Councilor Gerry Carney for more information.



MEDICARE SAVINGS PROGRAM

Does your monthly income fall between \$978 to \$1,313 (Single) or \$1,313 to \$1,765 (Couple), your assets between \$7,080 (Single) and 10,620 (Couple)? If you fit into one of these categories then Social Security will not charge you for your Part B Premium (\$104.90/mo.). Call to set up an appointment with our SHINE Councilor Gerry Carney at 596-8379.

community calendar

Senator Candaras' Aide will be at the Center on the 2nd Tues. 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.

Monson Road Auto Hill Climb Re-enactment, 250th Anniversary celebration—July 13.

UPCOMING EVENTS

PROVIDENCE PLACE
CHAPEL TOUR AND LUNCH
AUGUST 2

REMAX, GETTING READY TO
DOWNSIZE AND MOVE— **AUGUST 12**

SUMMER LUNCH AND
ENTERTAINMENT
WITH RICHARD AND JACK
AUGUST 21



The Senior Center presently shares space with the Scantic Valley YMCA at 45 Post Office Park. While we work on finding a solution to our need of a larger space, we will continue to work together with the Y to promote activities and programs. Watch for an Open House in the fall that will feature the Senior Center, Recreation Department and YMCA. There is often confusion on what we each do, how programming works, etc. and this will be the perfect time to showcase each entity. The following is info from the Y that might interest you:

Living Healthy at the Y!

The YMCA of Greater Springfield offers active older adults a variety of membership and program options. Adults, 65 years and older, not only receive a discounted rate on membership, but also have the \$100 Join Fee completely waived! Veterans receive an additional 20% membership discount. Membership includes use of the Wellness Center, use of the pools including the steam and sauna rooms, and group exercise classes such as water aerobics, gentle joints pool class, and strength training. For those who just want to try a class, a punch pass option may be a better fit. Active older adults, 60+ years, may purchase a 20-visit punch pass for \$35. This pass includes specific group exercise classes and limited free swim. Please see the Welcome Center in the YMCA for more information.

Programs for the Grandkids!

The Y offer summer camp, sports, and enrichment classes for preschool and youth to keep your children or grandchildren happy, healthy, and active! For more information, go to www.springfieldy.org, call 596-2749, or stop in for a visit!

ADS

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: Dottie Kantor, Peter Siuda,

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 781-8800, ask for Jean in nutrition. \$1.75 donation requested.

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

Nonprofit Organization
U.S. Postage Paid
Springfield MA
PERMIT NO. 2853

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**COUNCIL ON AGING MEMBERS:****Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Gilles Turcotte,
Marie Valentine, Father Panteleimon KlostriMeeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

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

Wilbraham Senior Center

45B Post Office Park

Wilbraham, MA 01095

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

Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:****July 1—Stop & Shop****July 8—Big Y****July 15—Stop & Shop****July 22—Big Y****July 29—Stop & Shop****WEDNESDAY TRIPS****July 3—Eastfield Mall****July 10—WalMart****July 17—Holyoke Mall****July 24—WalMart****July 31—Eastfield Mall****THURSDAYS TRIPS****July 4—CLOSED****July 11—Stop & Shop****July 18—Big Y****July 25—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.

Call 596-8379 to sign up today.

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

