

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 19, 6

JUNE 2013

## JOINT REPLACEMENT REHABING

Cheri Stack, owner of Northeast Rehab Specialist located in Heritage Hall, will be presenting information on **June 3rd at 10 am**. The Northeast Rehab, specializes in joint replacement rehabilitation. If you or a loved one has a knee replacement in your future, this is a great opportunity to hear about rehabbing at an area facility. Learn what to expect, how their program works and have your questions answered. Call 596-8379 to sign up.



## EYE CARE

Do you only wear sunglasses in the summer? Have a pair of glasses that are starting to show wear and tear? Licensed Optician Nissa Lempart will be visiting the Senior Center on Monday **June 17 at 10 am** to talk about the importance of year round UV protection for the eyes. General questions and answers, cleanings and adjustments to follow. Call the front desk at 596-8379 to sign up for this very important topic. You only have one set of eyes, learn how to protect them.

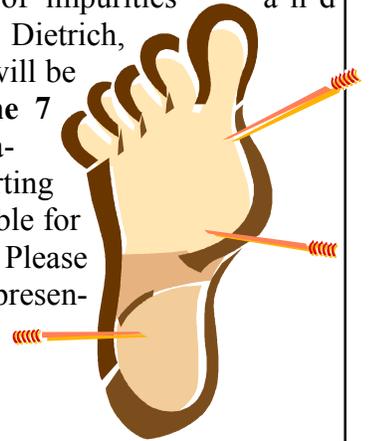
## Legal check up

On **June 24<sup>th</sup> at 10 am**, Wilbraham resident Attorney Dave Carlson will present "Taking control of Your Future :A Legal Checkup". Topics will include: How to protect home and assets, power of attorney, health care proxies, and reverse mortgages. This program is presented with generous assistance and cooperation of the MA Bar Association. Please call 596-8379 to register for this very informative presentation.



## 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 **June 7 at 10 am** for a short presentation and demonstration. Starting in July, Dawn will be available for appointments at the Center. Please call 596-8379 to attend this presentation and see what reflexology is all about!



## The Conversation Project

82% of people say it's important to put their wishes in writing—23% have actually done it. 60% of people say that making sure their family is not burdened by tough decisions is "extremely important". 56% have not communicated their end-of-life wishes. The Conversation Project is a public campaign, co-founded by Pulitzer-Prize winning Ellen Goodman and developed in collaboration with the INSTITUTE FOR HEALTH-CARE IMPROVEMENT, is gaining momentum throughout the country.

Join us on Monday, **June 10 at 10 am** for an informational discussion about this public campaign with a simple and transformational goal: to have everyone's end-of-life wishes expressed and respected. Hospice Life Care, A Program of the Holyoke Visiting Nurses Association is a proud supporter of The Conversation Project. Please call 596-8379 to reserve a seat.

## RELAXATION DAY

Please join us for a very soothing and relaxing event sponsored by Care Alternatives. Let the Care Alternatives Team pamper you by providing Reiki, Aromatherapy and Hand Massage. The event will demonstrate the benefits of these Complementary Therapies while allowing you to experience them first hand. Refreshments to be served. The team will also be present to answer questions about Care Alternatives and Hospice Care in general. **June 14 at 10 am.** Call 596-8379 to sign up for this relaxing day!

## FARMERS' MARKET COUPONS

The Senior Farmers' Market Coupon Program provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets. To be eligible, you must be a low-income senior, at least 60 years old and who have household incomes of not more than 185% of the federal poverty income. Proof of participation or enrollment in another means-tested program, such as being eligible for Fuel Assistance, Food Stamps, or live in subsidized elderly housing will also be accepted. A limited number of coupons should be available in July and are distributed on a first come first serve basis. If you qualify/have questions, call the Senior Center at 596-8379. Names will be placed on a list in order in which they were received.



## NUTRITION PROGRAM AT BIG Y

The continued Big Y Nutrition series continues with talk on Nutrition and Digestive Health, held on Monday, **June 3 at 10 a.m.** This program takes place at the Big Y in Wilbraham, meeting in the café. Please call 596-8379 to register, as space is limited. This series is led by Registered Dietitian Allison Clark. Join us to learn about fiber, whole grains, probiotics and more.

# HEALTH & FITNESS PROGRAMS

### HEALTH PROGRAMS

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

Foot Care Nurses will be at the Center on **June 13** and are available for home visits. Cost is \$29. Appt. needed

Foot Doctor Cindy Galavotti will be here on **June 5**, cost is \$35. Call 596-8379 for an appointment.

Baystate Hearing Aids, **June 12**, 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 **June 7**. 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, 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— **June 21**, 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.

## 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.**



## Senior Writing Group



Do you enjoy writing and want to share your talents? Think about joining the Senior Writing Group at the Senior Center. The group meets on Monday evenings from 6-8 pm. In June they will meet on the 3rd and 17th. All are welcome to join. For more information, please call 596-8379.

250TH ANNIVERSARY TOWN BAR-B-Q  
AUGUST 18 AT SPEC POND  
**ROTARY CLUB WILL BE PROVIDING  
FREE LUNCH FOR 250 WILB SENIORS!**  
MORE DETAILS IN UPCOMING  
SENIOR NEWSLETTER



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 now for this upcoming event, scheduled for July 15 at 10am.

## JUNE EVENTS

**BOOK CLUB** will meet on Thursday, **June 20** at 2:30 pm.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **June 19**. Call for appt. 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill will be held on **June 19** at 10 a.m. Cost is \$3 per class, plus additional fee for supplies. Fix broken jewelry or create new pieces.

**MEN'S BREAKFAST** in Wilbraham on **Friday, June 28 at 8:30 a.m.** Please call to register—596-8379.

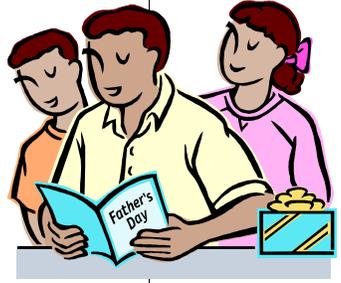
**QUILTING CLUB**— Meets the 2nd & 4th Thursday, 1:00 p.m.

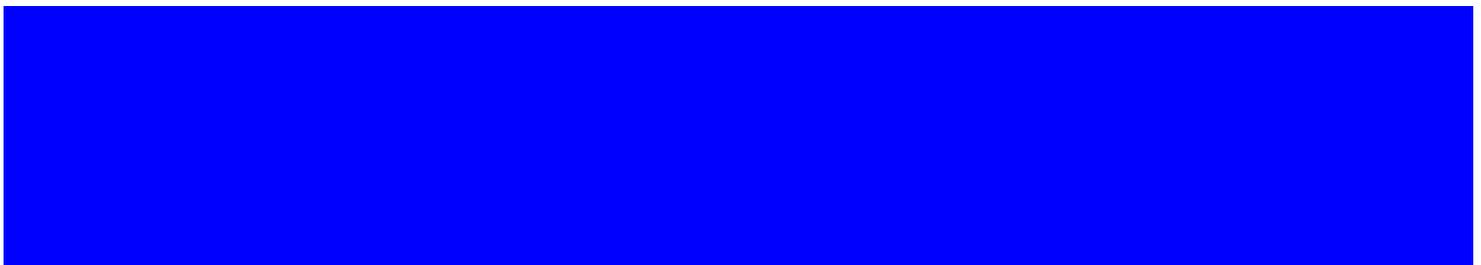
**AFTERNOONS: PITCH** Mondays, 12:30 p.m., **CRIBBAGE** Wednesdays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

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



# JUNE 2013

Mon	Tue	Wed	Thu	Fri
		<p style="text-align: center;"><b>HAPPY FATHER'S DAY JUNE 16</b></p>		
<p><b>3</b> 10-Joint Replacement 10-Big Y Series 12-Gentle Walking 12:30-Pitch 1-Rug Making 6-Writing Group <b>Big Y</b></p>	<p><b>4</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <b>Around Town</b></p>	<p><b>5</b> 9-Tai Chi 9-Foot Doctor 10:15-Arthritis 11-Belly Dance 1:40-Line Dance 2:30-Zumba 4-COA Mtg. <b>Eastfield Mall</b></p>	<p><b>6</b> 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes <b>Stop &amp; Shop</b></p>	<p><b>7</b> 9-Chair Massage 10-Reflexology 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance</p>
<p><b>10</b> 10-The Conversation Project 12-Gentle Walking 12:30-Pitch 1-Rug Making <b>Stop &amp; Shop</b></p>	<p><b>11</b> 9-Health New England 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Rdg 1-Knitting Etc. 1:30-Red Hat Meeting <b>Around Town</b></p>	<p><b>12</b> 9-Tai Chi 10-Baystate Hearing 10:15-Arthritis Class 11-Belly Dance 2:30-Zumba <b>Wal Mart</b></p>	<p><b>13</b> 8-Foot Nurses 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Group <b>Big Y</b></p>	<p><b>14</b> 10-Relaxation Day 1-Bridge 1:40-Line Dance</p>
<p><b>17</b> 10-Eye Care Program 12-Gentle Walking 12:30-Pitch 1-Rug Making 6-Writing Group <b>Big Y</b></p>	<p><b>18</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <b>Around Town</b></p>	<p><b>19</b> 9-Tai Chi 10-Jewelry Workshop 10:15-Arthritis Class 11-Belly Dance 1-Attorney Peterson 1:40-Line Dance 2:30-Zumba <b>Holyoke Mall</b></p>	<p><b>20</b> 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 2:30-Book Club <b>Stop &amp; Shop</b></p>	<p><b>21</b> 9-Outrageous Adventures 10-Healthy Living Series 10:30-Zumba Gold 11:30-Strength Class 1-Bridge 1:40-Line Dance</p>
<p><b>24</b> 10-Legal Checkup 12-Gentle Walking 12:30-Pitch 1-Rug Making 6-Color Theory <b>Big Y</b></p>	<p><b>25</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure Readings 1-Knitting Etc. <b>Around Town</b></p>	<p><b>26</b> 9-Tai Chi 10—Fallon Health 10:15-Arthritis Class 11-Belly Dance 1:40-Line Dance 2:30-Zumba <b>Wal Mart</b></p>	<p><b>27</b> 9:30-Tap Dance 10-Jazz Dance Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club <b>Big Y</b></p>	<p><b>28</b> 8:30-Men's Breakfast Club 10:30-Zumba Gold 11:30-Strength Class 1-Ice Cream Social 1-Bridge 1:40-Line Dance</p>



# A Great Big Shout Out

*The Friends of Wilbraham Seniors would like to thank all the Businesses who generously donated to our raffle for the Senior Center Building Fund fashion show fundraiser. These businesses made the event a great success.*

NEPM	LYNN at Mr. John's Barbershop
Hurley's Children Cottage	Renaissance Advisory (Werner Maiwald)
Randall's Farm & Greenhouse	United Bank
Wilbraham Family Chiropractic	Kappy's Liquor Store
Abruzzo's Restaurant	Desnoyers/Wilbraham Insurance
Wilbraham Flowers	O'So Pretties
The Massage Clinic	Krazy Jakes Restaurant
All Faze Construction	Beads by Sandy
Country Bank	Wilbraham Tanning
Villa Rose Restaurant	Dr. Paul Curtis
Friendly's Restaurant	Scented Garden
Golden Blossom Florist	Wilbraham Seafood Restaurant
Monson Bank	Wingate of Wilbraham
Avon (Denise Flanagan)	Representative Angelo Puppolo
Senator Gale Candaras	

*Special thanks to **IT'S ALL ABOUT ME** of Hampden for their beautiful fashions and great presentation.*

*We would also like to thank Charlie Bennett and the Wilbraham-Hampden Times for their reporting to promote our Fashion Show.*

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## ***Here is a list of the fundraising events for 2013***

*Casino Visit, Mohegan Sun, Tuesday, June 4, 2013*

**S o l d O u t**

*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.

*Dining 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 desert selection is excellent.

*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 our very own spacious Senior Center***

## *Friends of Wilbraham Seniors June 2013 Update*

Fashion Show in April made \$6,182.19 for the new Senior Center Senior Building Fund. It was a huge success and fun was had by all. We are grateful for your support and encouraging participation.

\*\*\*\*\*  
***Commemorative donations in lieu of flowers for our dear friend Mark E. Soukup, Sr, and a director of the Friends of Wilbraham Seniors has now passed the \$4,400 point. It is a wonderful testament to Mark that so many of you have contributed to his memory. The entire extended Soukup family thank you for your generosity. Bless you.***

***The next Mohegan Sun Casino Trip schedule for  
Tuesday, June 4, 2013***

***IS SOLD OUT***

***BE SURE TO MARK YOUR CALENDAR AND RESERVE YOUR SEAT  
FOR THE NEXT CASINO TRIP TO:***

***FOXWOODS AUGUST 6, 2013***

King Ward bus company has switched to a new fleet of the larger 57 passenger busses and the cost of chartering our bus has increased significantly. We will be passing along half of that increase to you, our loyal following. The new package cost will be \$31. We look forward to seeing you. Remember: First come, first served.

***Call Jane Soukup today at 596-6046 and make your August reservations***

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*The Friends of Wilbraham Seniors pay a little over \$300 each month for postage for the Senior News that is mailed to 2000 households in our wonderful Wilbraham. That's roughly \$3,800 a year. We need your help so we can guarantee the Senior News will be in your mailbox every month. Please remember to make your contribution of at least \$5.00 to defray the postage costs for mailing the Senior News. Checks may be made payable to FWS or the Friends of Wilbraham Seniors. You can drop your donation off to the receptionist at the Senior Center or mail it to 45B Post Office Park. Thank you again for your continuing generous support.*

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Dear Red Hat Sisters, While Kathy is away in North Dakota, on a well earned vacation, I have been asked to write this month's News article. Well June is here and our 250<sup>th</sup> Anniversary Parade event is just around the corner. If you would like to take part in this event please contact Elaine Lavoie at 596-6001. The date is Sunday June 23, 2013.

The election of officers was held on May 31<sup>st</sup> at the Dockside Restaurant. Two new directors were elected to serve on the 2013-2014 board. Evelyn Morris was elected Treasurer and Kathleen MacCormack as Communication Director. Our thanks and greatest appreciation go out to Pauline Beem, retiring Treasurer and Peggy Breslin, retiring communication Director for their years of dedicated service.

Our 1st event for the upcoming new fiscal year is scheduled for Sunday Sept. 22, 2013. The event for that day is attending the Stageloft Repertory Theatre for the matinee performance of "LOOKING" a comedy, followed by dinner and instillation of all officers at the Veritas Restaurant in Sturbridge. There will be a limited number of tickets purchased for the event. If you are interested in attending call Jane Soukup at 596-6046 to sign up as soon as possible.

Have a great and safe summer. Jane Soukup: Fill In for 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) and your assets are 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.

## COLOR THEORY WORKSHOP

Gain a basic understanding of value as a component of color, improve the form in your paintings and the richness of your colors. The workshop will involve exercise in value progression, in the intensification and muting of hue and the color wheel. Everyone should bring their oil paint setup and a surface to paint on. This workshop is being taught by Jeff Kern and the cost is \$15 for the one time class to be held on June 24th at 6 pm at the Senior Center. Checks should be made out to Jeff Kern and dropped off at time of registration.



## 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.

Open House at the Old Meeting House Museum—June 9, The Life & Times of Massachusetts Redware Potter, 2-4. June 23, Parade Day, Items on display from Wilbraham's 1963 Bicentennial and ice cream served on the lawn. Museum open 12-3.

## UPCOMING EVENTS

EDUCATION AGAINST SENIOR EXPLOITATION **JULY 15**

USA FAMILY BENEFITS FOR RETIRED MILITARY **JULY 22**

PROVIDENCE PLACE CHAPEL TOUR AND LUNCH **AUGUST 2**

REMAX—GETTING READY TO DOWN-SIZE AND MOVE **AUGUST 12**

## WILBRAHAM SENIOR NEWS

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

Doyle, Tom/Mary	Motley, Robert/Lois	Pond, David
Garceau, Tony	In memory of Richard Bardwell:	Kenyon, Dorothy
Geib, Tim	Steton, Don	Caravella, Mary/Gary

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

Allen, George/Dorothy	Damato, Pearl	Kszepka, Henry	Orciuch, Philip/Helen
Babineau, Gary/Pauline	Hadank, Thyra	Kuhn, Donald/Barbara	Page, Robert
Bardwell, Richard	Ham, Helen	Leydon, Linda	Struzziero, Lorene
Boyajian, Jack/Sylvia	Hamer, Phil	Motley, Robert/Lois	Talbot, Martha
Brown, Phyllis	Harp, Georgette	Mysliwy, Helen	
Conti, John	Jensen, Yvette	Nowakowski, Helene	

Damato, Pearl	Carosello, Faith	Hughes, Marilyn	Paulin Adele/Phipps, Kathy
Doyle, Tom/Mary	Coffey, Richard/Felice	Jacobs, Carol	Red Hat YaYa Sisterhood, Wilb
Geib, Tim	Colucci, Carmela	Jordan, Dennis/Marge	Rickert, Ken/Ginnie
Harp, Georgette	Cooling, Linda	Juenker, Donna	Setian, Harry/Liz
Motley, Robert/Lois	Crogan, Yvette	King, Elaine	Setnes, Ann
Orciuch, Philip/Helen	Cronin, Pat	Kostorizos, James	Sharrow, Mary Ann
Orquiola, Dr Albert/Meme	Cullinan, Nancy	Kulig, Alice & Rita	Shea, Jack/Pat
Riker, Rodney/Ann Baker	Czekanski, Chris	Kurian, Judith	Soukup, Craig/Ying
Thibault, Theresa	DeBonis, Nancy	Lussier, Nicole	Sullivan, Peggy
Monson Savings Bank	Dedeurwaerder, Marge	Maggi, Raymond/Joan	Supernaw, Dolores
Pitch Group, WILB SC	Dumais, Teresa	Mango, Thomas/Ann	Talbot, Martha
Wingate at Wilbraham	Ellis, Tex/Deb	Manning, Mary	Tardif, Jeanne
Zolla, Armand	Gaudette, Charles/Ann Marie	Meacham, Dick/Allyson	Tessier, Pat
<u>In memory of Mark Soukup</u>	Gormley, Deb	Meyer, Dave/Joyce	The Charwick Family
Agnew, William/Susan	Gravel, Del	Morris, Evelyn	Williams, Florence
Allegro, Joseph	Grover, John/Rita	Munn, Theresa	Wittlake, Frank/Nancy
Busekist, Clifford/Elizabeth	Hager, Joan	O'Neal, Evelyn	Chalmers Center for Economic Dev
Campbell, Trant	Hart, Robert/Kimberly	O'Neal, Kevin	CoBank
	Horniatko, Mark/Shelly family	Pabich, Zigmund/Harriet	friends at Farm Credit East

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.

**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

**VETERAN'S AGENT:**

Richard Prochnow

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

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**WEEKLY VOLUNTEERS****Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels

**Van:** Dottie Kantor, Peter Siuda,

John Cochran &amp; 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

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

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****June 3—Big Y****June 10—Stop & Shop****June 17—Big Y****June 24—Stop & Shop****WEDNESDAY TRIPS****June 5—WalMart****June 12—Eastfield Mall****June 19—WalMart****June 26—Holyoke Mall****THURSDAYS TRIPS****June 6—Stop & Shop****June 13—Big Y****June 20—Stop & Shop****June 27—Big Y**

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

**Call 596-8379 to sign up today.**

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

