

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

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

Volume 20, 4

APRIL 2014

## CELEBRATE SPRING LUNCH

After what seemed like one of the longest winters in history, we are celebrating the arrival of Spring with a delicious pork dinner cooked by our very own Harry Setian. Join us on Wednesday, April 9th at 12 noon as Harry whips up a home cooked meal, (roasted pork, rice pilaf, seasonal vegetables) followed by an ice cream social, sponsored by Colony Care. Musical entertainment will be provided by Ritchie Mitnik, so wear your dancing shoes. Register at the front desk—\$4 payment for lunch due at time of registration. As always, space is limited, so please stop in today and sign up for this event. Welcome spring with a good meal, good music and great company.



THE SISTERS OF PROVIDENCE HEALTH SYSTEM will be holding a demonstration and informational event on **Monday, April 28<sup>th</sup> starting at 10am**. The presenters will include:

Mercy Lifeline Medical Alert System – The only service that can detect a fall and activate help if you are unable to. Learn about the Philips Medication Dispenser.

Mercy Home Care – Skilled Nursing, Occupational Therapy, Pain/Palliative Care, and much more.

Mercy Companions – A New Private Duty Program. Whether it's caring for a loved one who needs assistance or who is recovering from an injury or surgery, we can help clients remain safe at home and promote independence.

Mercy Hospice – Provides comprehensive care at life's most difficult times.

Please call 596-8379 to register.

 **Citizens Bank**  
GOOD BANKING IS GOOD CITIZENSHIP™

Come meet Wilbraham's Citizens Bank personnel Monday, **April 7 at 10AM** for all of your banking needs! The staff will be there to answer any banking questions, help you protect your identity, and help you transition from your existing bank! Please call 596-8379 to let us know if you will be attending.

**New York City bus trip May 7<sup>th</sup> Sign up with payment start Tuesday, April 8<sup>th</sup> at 8AM. Make \$30 checks payable to: COA Revolving Account**

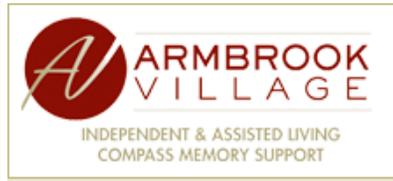
## HEALTH NEW ENGLAND

The friendly sales people from Health New England will be at the Wilbraham Senior Center on Friday, April 11 at 1:00pm to answer any questions you may have. Please stop by and say hello.



## ARMBROOK VILLAGE BUS TRIP

The latest in our tours of area senior living options will take us to Armbrook Village in Westfield on April 4. The van will be leaving the Senior Center at 10. Once we arrive, we will be treated to a Brain Healthy lunch followed by a tour of the facility. Space is limited on the van to the first 12 callers, so make that call today at 596-8379.



## BACK PAIN

Join Tom Bianco on **April 14 at 10 am** for a program on low back injury prevention. This 45 minutes presentation will include information about low back injury prevention, body mechanic information about how the back works, anatomy of the low back including the vertebrae, discs, muscles and ligaments, exercises to stretch and strengthen the low back and core muscles and information about a variety of medical diagnoses regarding dysfunction of the low back and spine. Please call 596-8379 to register.

# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

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

Foot Care Nurses will be at the Center on **April 10** and are available for home visits. Cost is \$29.

Foot Doctor Cindy Galavotti will be here on **April 9** cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **April 9**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

Lee Giglietti, Public Health Nurse, is available on Tuesdays and Wednesdays for consultations. Please call for hours.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

## 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—Call Mary Ellen for updated information.

Tap Dance with Mary Ann, Thursdays at 9:30 am (\$2), followed by a Jazz class at 10 (\$2).

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— **April 11.** See Mary Ellen for more information.

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

## SPA PROGRAMS

**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 **April 4.** Very relaxing!!



**Sole Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **April 4 & 18** for appointments. Cost is \$10.

**MANICURES AT THE CENTER**—Manicures by Cathy Rasid (licensed manicurist) every other Tuesday. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call 596-8379 for appointments. **April 8 & 22.** **Call 596-8379 for appointments.**

## DONATIONS

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

Latour, Ray  
Strycharz, Stanley

In memory of Jack Shea:  
Sue & Al Magee

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

### FRIENDS

Asbeck, Virginia  
Babineau, Gary/Pauline  
Bandarra, Norma  
Beake, Frances  
Boyd, M. Adele  
Briggs, Shirley  
Brown, Phyllis  
Cheney, Margaret  
Czupryna, Mary  
Driscoll, Julie  
Gernux, Thomas  
Mammarelli, Catherine

Messier, Dot  
Nolan-Morneau, Joan  
Paluck, Richard/Dorothy  
Szumiel, Joan  
Tucker, Catherine  
BUILDING FUND  
Asbeck, Virginia  
Babineau, Gary/Pauline  
Bandarra, Norma  
Cyr, Alice  
Czupryna, Mary  
Deane, Eileen  
Garceau, Janice

Garceau, Tony  
Gernux, Thomas  
Nelsson, Doreen  
Pychewicz, Katherine  
Hunter, Cathy  
Wilb SC Fri Line Dance Class  
In memory of Al & Sylvia Cieplik  
Grondalski, Chet/ Phyllis  
In memory of Ernest Richards,  
Sr  
Cronin, Pat  
Setnes, Ann

## GRIEF, LOSS AND RENEWAL

The Rev. Domenic K. Ciannella, an Episcopal Priest, serves as Hospice Chaplain and Bereavement Coordinator for Wing Hospice. He is certified as a Grief Recovery Specialist. Fr. Domenic facilitates bereavement support groups that are open to the public to all who have experienced the loss of loved ones. He has also authored articles on grief that have appeared in local newspapers and The Republican Plus. Fr. Dominic will be at the Wilbraham Senior Center on Thursday, **April 10th at 1 pm** to talk about the dynamics of loss, grief and renewal. Copies of his articles will be available.

We have recently had inquiries about support groups and we would like to offer a bereavement support group, starting in May, facilitated by Fr. Dominic. Please stop in on April 10th to meet Fr. Dominic. Space will be limited in the support group, but all are welcome to the talk on April 10. Call to register, 596-8379.

## APRIL EVENTS

**SHINE** (*Serving health insurance needs of elders*) Rep. will be at the Center on Friday, April 11 & 25.

**BOOK CLUB** will meet on Thursday **April 17** at 1:30 pm.

**QUILTING CLUB** Meets every Thursday at 1:00 p.m.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **April 16**. Call for appt. 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, on Wednesday, **April 16** at 10 am. \$3/class.

**MEN'S BREAKFAST** in Wilbraham on **Friday, April 25 at 8:30 a.m.** Please call to register—596-8379.

**AFTERNOONS: PITCH** Mondays, 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.



# APRIL 2014

Mon	Tue	Wed	Thu	Fri
	<p><b>1</b> 10–Chair Exercise 10:40–Aerobics 11–Blood Pressure 1–Knitting Etc.</p> <p><i>Beef stew</i> <b>Around Town</b></p>	<p><b>2</b> 9–Tai Chi 10:15–Arthritis 11–Belly Dance 1—Relaxation talk 1:40–Line Dance 2–Zumba <b>Wal-Mart</b></p>	<p><b>3</b> 9:30–Tap Dance 10–Jazz Class 10–Chair Exercise 10:40–Aerobics 11:30–Dominoes 1–Quilting Club <b>Stop &amp; Shop</b></p>	<p><b>4</b> 9–Chair Massage 9–Reflexology 10–Armbrook Village Bus trip 1–Bridge 1:40–Line Dance</p>
<p><b>7</b> 9–AARP Tax Aides 110–Citizens Bank 12–Gentle Walking 12:30–Pitch 1–Rug Making <i>Baked chicken</i> <b>Stop &amp; Shop</b></p>	<p><b>8</b>10–Chair Exercise 10–Manicures 10:40–Aerobics 11–Blood Pressure 1–Knitting Etc. 2–Red Hat Meeting <i>Meatloaf</i> <b>Around Town</b></p>	<p><b>9</b> 9–Tai Chi 10–Baystate Hearing 10–Podiatrist 11–Belly Dance 12–Spring Luncheon 1:40–Line Dance 2–Zumba <b>Holyoke Mall</b></p>	<p><b>10</b> 8–Foot Care Nurse 9:30–Tap Dance 10–Jazz Class 10–Chair Exercise 10:40–Aerobics 11:30–Dominoes 1–Greif, Loss, Renewal <b>Big Y</b></p>	<p><b>11</b> 9–Outrageous Adventures 9–SHINE 12:30–Health New England 1–Bridge 1:40–Line Dance</p>
<p><b>14</b> 10–Back Pain 12–Gentle Walking 12:30–Pitch 1–Rug Making 1–Friends Meeting <i>Taco salad</i> <b>Big Y</b></p>	<p><b>15</b> 10–Chair Exercise 10:40–Aerobics 11–Blood Pressure 1–Knitting Etc.</p> <p><i>Hot Dog</i> <b>Around Town</b></p>	<p><b>16</b>9–Tai Chi 10–Jewelry Class 10:15–Arthritis Class 11–Belly Dance 1–Attorney Peterson 1:40–Line Dance 2–Zumba <b>Wal-Mart</b></p>	<p><b>17</b> 9:30–Tap Dance 10–Jazz Class 10–Chair Exercise 10:40–Aerobics 11:30–Dominoes 1–Quilting Club 1:30–Book Club <b>Stop &amp; Shop</b></p>	<p><b>18</b> 10–Reflexology 1–Bridge 1:40–Line Dance</p>
<p><b>21</b> <b>CLOSED</b> <i>Patriot's Day</i></p> 	<p><b>22</b> 10–Chair Exercise 10–Manicures 11–Blood Pressure 1–Knitting Etc.</p> <p><i>Chicken a la king</i> <b>Around Town</b></p>	<p><b>23</b> 9–Tai Chi 11–Belly Dance 1:40–Line Dance 2–Zumba</p> <p><b>Eastfield Mall</b></p>	<p><b>24</b> <b>FASHION</b> <b>SHOW</b> 9:30–Tap Dance 10–Jazz Class 10–Chair Exercise 11:30–Dominoes 1–Quilting Club <b>Big Y</b></p>	<p><b>25</b> 8:30–Men's Breakfast Club 9–SHINE 1–Bridge 1:40–Line Dance</p>
<p><b>28</b> 10–Sister of Providence Health 10–Fallon Health 12:30–Pitch 1–Rug Making <i>French toast</i> <b>Big Y</b></p>	<p><b>29</b> 10–Chair Exercise 10:40–Aerobics 11–Blood Pressure 1–Knitting Etc.</p> <p><i>Pizza</i> <b>Around Town</b></p>	<p><b>30</b> 9–Tai Chi 10:15–Arthritis 11–Belly Dance 1:40–Line Dance 2–Zumba <b>Wal-Mart</b></p>		 <p><b>We are on FACEBOOK</b></p>



# ***Joy of Spring***

## ***Fourth Annual Friends of Wilbraham Seniors Fashion Show***

*Where: Ludlow Country Club*

*When: April 24, 2014 11:30am (social hour)*

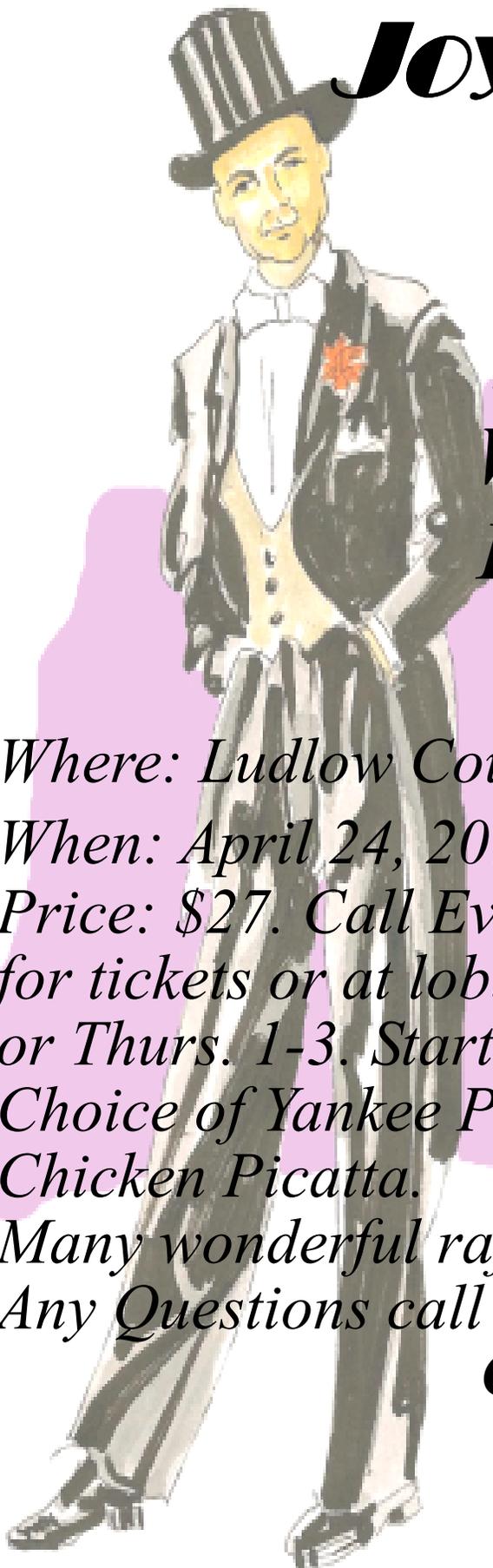
*Price: \$27. Call Evelyn Morris (596-9745)  
for tickets or at lobby of Senior Center Tues.  
or Thurs. 1-3. Starting Feb. 18*

*Choice of Yankee Pot Roast, Baked Scrod, or  
Chicken Picatta.*

*Many wonderful raffle prizes*

*Any Questions call Kathy Phipps (596-9938)*

***Clothes by: Dress Barn***



# Senior Center Building Feasibility Committee is Underway

The Feasibility Committee most recently met with an architect who has been involved with design and construction of 50 senior center projects. Many of them in Massachusetts. Locally he did the Hampden and Holyoke Senior Centers. The discussion covered: location, building size (15,000 square feet was mentioned), possible gymnasium, operating costs, geothermal, needed parking, 1 story vs. 2 story, acreage needed, submitting a "Request for Proposal (RFP)" and community centers to name but a few of the issues discussed. Municipal buildings currently cost about \$300 per square foot to construct. The committees next step is to look for a suitable location, preferably town owned.

+++++

## Coming Soon ! Steaming Tender Dine Out

Please mark your calendars for Thursday, May 22, 2014.

The Steaming Tender at 28 Depot Street, Palmer will be donating 20% of the total food and beverage bill to the Friends of Wilbraham Seniors Building Fund. Be sure and bring the kids and watch the trains.

Coupons will be available in the May issue of the Wilbraham Senior News and also may be obtained at the raffle table on the day of the event.

Call 283-2744 for reservations of four or more

+++++

## Senior Center News Corner

### W a t c h   T h i s   S p o t !

We, the Friends of Wilbraham Seniors, are asked daily about the progress of attaining our goal of having our very own larger senior center. Each month in the space of the article that you are reading now will cover a topic to inform you, the *Patrons* of the new Senior Center, about some aspect of the process. We already have twelve topics selected we're confident will be interesting and informative. Our goal is aid the *Patrons* in understanding the process and its complexity.

Here is a sample of a few of the topic were planning: *Where are We Going To Build it? How big Is too big? What's A Feasibility Committee? Who Cares About Pool Tables? If You Build It They Will Come! Fitness, Socialization & Nutrition. The Boomers Are Coming!* Just the other day I overheard a couple say "There's hardly a place to set your coffee cup down" That says it in a nutshell. Our largest activity room is limited to 50 event attendees. Popular venues routinely have a waiting list. When we want larger happenings at our monthly lunch with entertainment we have to *borrow* the exercise room from the "Y" that room seats 100 and it's always sold out.

It's also important for you to know that a member of the Friends will be attending every meeting of the Senior Center Building Feasibility Sub-Committee. We plan to keep you fully informed regarding their progress. We would like to thank the Board of Selectmen for the very nice response to some letters that were sent in. We particularly liked one sentence of their letters and we quote: *"We are in agreement that our Town needs a new senior center that can better accommodate Wilbraham's senior population"*. Watch this spot !

# RED HAT YA YA SISTERHOOD OF WILBRAHAM

Before I even start, I have to thank all my "sisters" for all the wonderful cards, prayers and condolences on the death of my Dad. Also the memory lamp is absolutely beautiful. Also thank you, Jane, Ginni, and Ann Marie for going all the way to NH to be with us. April 24th as everyone knows is the Friends Fashion Show. It is at the Ludlow Country Club tickets are \$27. Call Elaine King for tickets (596-3940). May 16th event has had a slight change. Due to the change in policy at Salem Cross we are going to Hardwick Winery and lunch at Steaming Tender order off the menu with separate checks. We will be leaving the senior center at 10:30. The van will be available for a \$4. charge. We can car pool also if needed. Ginni McCombe (525-2916) and Kathy Sowa (596-5462) are the chairladies for this event. June 20th, we are still going to Magic Wings Butterfly Conservatory the price is \$12. And then we will go to Chandler's Restaurant for lunch. We will order off the menu with separate checks. The van will be available for \$4. We will be leaving the senior center at 9:00. The chair ladies for this event are Elaine Lavoie (596-6001) and Martha Talbot (596-8676). We have had nominations of officers or offers to stay in office at our March meeting. At the May event one vote will be cast to elect the board for the coming year. The April Board meeting is the 15th. Kathy Phipps, your Queen Mum

## Impact of Natural Disaster on the Elderly

Were you affected by the tornado in Wilbraham? A grad student from Bay Path College will be at the Senior Center on April 2 at 1 pm for a complimentary relaxation seminar. She will contact an hour long relaxation seminar consisting of the following relaxation techniques that can be utilized when one is feeling stressed or in need of relaxation: Visualization exercise, Diaphragmatic breathing, Progressive muscle exercises. In return for their participation, I am asking seniors (over the age of 65) to complete an anonymous survey pertaining to natural disasters. Please call 596-8379 to register.

## MARJONG or PINOCHLE ANYONE?

Looking to start a Marjong and Pinochle group at the Senior Center and need participants and someone willing to teach others. Contact Mary Ellen Schmidt if you are interested.



## UPCOMING TRIPS:

July 22<sup>nd</sup> to Newport Lobster playhouse, "Murder at the Howard Johnson's", \$89. Sign up with payment start June 3rd at 8 am. All checks should be made out to Senior Center Revolving Account.



## community calendar

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.

PARKINSON'S DISEASE SUPPORT GROUP—The American Parkinson's Disease Association's sponsored support group of Springfield's next meeting will be Monday, April 7, 2014 at 4pm. This meeting is for caregivers and those coping with the disease and will meet at the Jewish Community Center at 1160 Dickinson Street, Springfield. Teva pharmaceutical, Deb O'Toole, has arranged for "An update on Parkinson's Disease" to be presented by Dr. Mohamed Hassan, Movement Disorder Specialist from UCONN in Framingham, CT. No registration is required. If you have questions, call Joyce Dupont at 413-323-4274 ([JdupontB@aol.com](mailto:JdupontB@aol.com)) or Bobbie Levin at 413-536-1895. More Parkinson's information and events can be obtained on the APDAMA.org website.



## 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.

The Wilbraham Fire Department has received a grant from the Home Depot Foundation to supply smoke and carbon monoxide detectors to be installed in the homes of veterans and senior citizens within the Town of Wilbraham. The Home Depot Foundation is a non profit organization whose mission is to ensure every veteran has a safe place to call home. Through grant dollars and volunteer projects, this foundation partners with thousands of nonprofit organizations across the country to address the housing needs of veterans and to leave a lasting impact on local communities. The Fire Department has formed a partnership with the Home Depot Foundation and the Senior Center to find seniors and senior veterans who would be eligible for these new smoke and carbon monoxide detector units to be installed in their homes. As of February 26<sup>th</sup> 2014, in Massachusetts, there have been 11 fire deaths with 8 of the deaths being older adults. Most of these occurred in homes with no smoke or carbon monoxide detectors. The last fatal fire in the Town of Wilbraham was in a home that had no smoke or carbon monoxide detectors in the entire home. The Senior Center collecting names of eligible Wilbraham seniors and senior veterans to see if they would like to be included in this free program. Contact Barbara at the Wilbraham Senior Center at 536-8657 to register.

## BOOK CLUB

The Wilbraham Senior Center Book Club meets the 3rd Thursday of the month at 1:30 pm. They are a book loving bunch of people who enjoy a wide variety of books, reading both fiction and non-fiction. Most of the books are not part of the "garden variety sort" of books with a preset list of questions. Members chose books that they would like to read and select some "discussion points" and starters for discussion. Here is the list of upcoming meetings and the books that will be discussed.  
April 17—Plum Island by Nelson DeMille  
May 15- The Immortal Life of Henrietta Lacks by Rebecca Skloot

**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

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

---

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

Evelyn Morris, Adell Teschendorf,

Kathy Phipps, Ginnie Rickert,

Jackie Daniels, Paula May

**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**

---

**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, Diane Weston, 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 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: [pdbord@wilbraham-ma.gov](mailto:pdbord@wilbraham-ma.gov)

---

**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:****April 7—Stop & Shop****April 14—Big Y****April 21—CLOSED****April 28—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.

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

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

**WEDNESDAY TRIPS****April 2—Wal-Mart****April 9—Holyoke Mall****April 16—Wal-Mart****April 23—Eastfield Mall****April 30—Wal-Mart****THURSDAYS TRIPS****April 3—Stop & Shop****April 10—Big Y****April 17—Stop & Shop****April 24—Big Y**