

WILBRAHAM SENIOR CENTER

The Wilbraham Senior Center is located in the Scantic Valley YMCA building at Post Office Park. Our goal is to provide services and activities that will help Seniors maintain a healthy and happy lifestyle. We have a wide variety of fitness programs available, from chair exercise to aerobics. Monthly speakers provide information on financial planning, insurance choices & other retirement issues. Special meals and holiday parties are funded through the Senior Center Revolving Account, which accepts donations of in any amount. Coffee and the daily newspaper are available in our lobby Monday–Friday. Please feel free to stop in .



Director of Elder Affairs

Paula Dubord

Activities/Volunteer Coordinator

Mary Ellen Schmidt

Social Services Coordinator

Barbara Harrington

Public Health Nurse

Claudia Considine

WILBRAHAM COUNCIL ON AGING

Wilbraham Senior Center
45 B Post Office Park
Wilbraham, MA
01095

Open Monday-Friday, 8:00 a.m.—4:00 p.m.

Phone: 413-596-8379

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WILBRAHAM
COUNCIL ON AGING

WILBRAHAM SENIOR CENTER



413-596-8379

SERVICES & ACTIVITIES

The Wilbraham Senior Center welcomes all seniors to participate in our programs. Most are free of charge, a few do have a minimal fee.

Art Classes, Bingo, Pitch, Dominoes, Bridge
Quilting Club, Knitting Circle, Rug Making
Jewelry Class, Movie Morning, Day Trips
Attorney Visits, SHINE Representative
Outrageous Adventures, Aerobics, Walking
Chair Exercise, Tap Dance, Tai Chi
Financial Speakers, AARP Tax Assistance
Men's Breakfast Club, Red Hat Club
Computer stations, Wii game system

The Wilbraham Senior Van makes weekly trips to area groceries stores on Wednesdays and to area shopping malls on Mondays. Cost for round trip transportation is \$2.



SENIOR CENTER MEALS

Lunch is served at the Senior Center on Monday, Tuesdays, Thursdays and Fridays at 11:30 a.m. The meals are provided by Greater Springfield Senior Services, Inc. A \$1.75 donation is requested.

Meals on Wheels are also available through Greater Springfield Senior Services, Monday through Friday. Weekend home delivered meals are provided by Life Care of Wilbraham and delivered by volunteers through the Senior Center.



HEALTH CARE SERVICES

The Public Health Nurse is located at the Senior Center and is available for Blood Pressure Readings and consultations. The nurse oversees our annual Flu Shot Clinic and services the monthly Diabetic Screenings. Other health services offered at the Senior Center include monthly visits from Foot Care Nurses, Baystate Hearing Aides, Podiatrist, and Massage Therapist. We also offer a "loaning closet" of medical equipment such as wheelchairs, canes, walkers, commodes, etc..

SOCIAL SERVICES

The Senior Center employs a Social Services Coordinator who is available to assist Wilbraham Seniors with Knox Boxes, Fuel Assistance, Food Stamp applications, and coordinates services for those in need. Home visits are offered.



VOLUNTEERS

Volunteers are the heart of our Senior Center and provide a valuable service. Our volunteer drivers transport Wilbraham Seniors to medical appointments. They also deliver the weekend meals on wheels. Volunteers also help in the kitchen, at our reception desk, and assist in mailing our monthly newsletter.

NEWSLETTER

A monthly newsletter is mailed to all Wilbraham Senior households. A donation of \$5 is requested to assist in the cost of postage, payable to "Friends of Wilbraham Seniors" PO Box 705, Wilbraham, MA 01095