



WILBRAHAM SENIOR NEWS

Craft-of-the-Month with Rose

Tuesday, May 24 @ 1pm

Rose will be here the fourth Tuesday of every month for art class. We will create two beaded suncatchers. Space is limited. Please call 596-8379 to sign up. Class is 1–3pm. \$5

Veterans Cinema

Wednesday, May 18th @ 1pm

Behind Enemy Lines (2001) 1h 46m

A disillusioned pilot shot down over war-torn Bosnia is ensnared in the conflict in war-torn Bosnia. In the crosshairs of the enemy and an assassin, the spoiled pilot runs for his life as his commanding officer risks all to save him. Non veteran welcome. FREE

Drive-in Movie—May 5th

Casablanca (1942) - A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco. Held in the senior center parking lot. **Beginning at sundown/ ~8:00pm** please sign up at 596-8379

Walks around Post Office

Park

Join Jen on Wednesday mornings for a walk around Post Office Park. Meet at the Senior Center at 9:30am. This walk can be whatever pace is best. Call 596-8379 to let Jen you will be joining.



A Day in Newport, RI

Wednesday, June 22. Trip includes: Transportation, two mansions with audio tours, sit down lunch, and free time for shopping in Brick Market Place. Bus departs the senior center @7:30 am and returns ~ 6:30pm. \$105 pp due at registration. Checks made out to “Wilbraham Senior Center”. Payment and lunch choice due by **JUNE 6.**



May Special Lunch

Celebrate May and Mother’s day with us on **May 17th.** This months lunch is sponsored by *Visiting Angels*. They are providing Al Forno pasta- baked with tomato sauce, ricotta, fresh mozzarella and parmigiana cheese from Emma’s in Westfield. Musical entertainment is provided by **Sheldon Ross & the Rag Time 5.** Please sign up at the front desk by **May 10th.** Doors open at 11:45 and lunch is served at noon. Space is limited.

Elder Law Education Program

Monday, May 9 @ 10:30am.

The Massachusetts Bar association and Elder Law attorneys will be here for their Elder Law Education Program presentation.

Alzheimer's Association: Effective Communication

Monday, May 16 @ 10:30am.

Explore ways that Alzheimer’s and other dementias affect an individual’s ability to communicate across different stages, and get tips to better communicate with people living with the disease. The program also covers resources available through the Alzheimer's Association . Sign up at 596 -8379.

Music Programs

Which programs are you interested in. The Senior center is planning a

partnership with Falcetti Music and want your input. Would you be interested in: drum circles, music appreciation class, group piano class, song writing class, composition, or group singing/vocal? Call Jen at 596-8379 and tell us what you want for this summers program.

Decrease Your Risk for Falls Workshop

Monday, May 23 @10:30

Exercise has been shown to decrease fall risk and fear of falling. It helps to maintain all body systems, promote healthy muscles, bones, your brain and nervous system functions in addition to healthy heart and lung function. Join us for health education workshop and suggestions for a light exercise program. Presented by Home Helpers.

NEWS & EVENTS

SHINE Representative is now back for in-person and remote counseling. Please call 596-8379 to make an appointment.

ATTORNEY DOUGLAS PETERSON, FREE 20-minute consultations on **May 18th**. Call 596-8379 for appointments.

FRIENDS MEMBERSHIP MEETING Meetings are held in the Senior Center on the 2nd Wednesday of each month beginning at 1:30 pm. All are welcome to attend. Only Members are allowed to vote. **Next meeting: 5/11 @1:30**

JEWELRY WORKSHOP, Wednesday, **May 18 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

BOOK CLUB, May 19 at 2:00 pm. All are welcome to join in the discussion. May book: *How the Penguins Saved Veronica*—Prior. June book: *D-D Girls*—Rose

BLOOD PRESSURE READINGS Every Tuesday from 10am-11am, we will have a volunteer available to take your blood pressure. Walk ins welcome

SENATOR ERIC LESSER'S AIDE Jennifer Metsch will be at the Senior Center at 12:30 pm to meet with residents on **Wednesday, May 25**.

Spaghetti Dinner

May 12th- the Ludlow Elks @ 5:00pm

Presented by Friends of Wilbraham Seniors to benefit Elder Social Services

Sponsored by Country Bank of Wilbraham

Food provided by Pafumi's

Entertainment by Joe Saimeri & Ritchie Mitnik

Tickets for sale at the Senior Center: \$10

Soup, Salad, Spaghetti & meatballs, rolls and dessert. Cash Bar

Elks Lodge: 69 Chapin St. Ludlow



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

Senior Center Donations

Anonymous
Allen, Gordon & Lynda
Blanchard, Jean
Bralski, Alex
Boduch, Michael/ Peggy
DiAugustino, Linda
Doyle, Mary
Esteves, Delores
Grover, John
Health New England
McCain, Norma
Meunier, Mary E.
Murray, Holly
Nowakowski, Helene
Phillips, Cheryl
Pino, Barbara
Soukup, Jane
Strycharz, Stanley

Senior Assistance Fund

Mandolesi, Linda/Steve
Szaban, Helen
Teed, Rae

Building Fund

Allen, Dot & George
Broderick, Elaine
Huhtanen, Joan

All donations made to the Friends & Building Fund will be listed in next months newsletter.

Thank you to all who have continued to support the Senior Center and the Friends.



May 2: Meat Loaf & Mashed Potato

May 9: BTL w/ Chips

May 16: Cheeseburgers

May 23: Chili w/ Cornbread

May 30: CLOSED

All homemade lunches served with coffee, milk and dessert. Cost is \$3. Sign up by Wednesday prior. Served at 11:45 on Mondays in community room.

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS



Foot Care Nurse | May 12

Cost is \$30, paid directly to our Foot Care Nurses. Call 596-8379 for an appointment.

Foot Doctor Cindy Galavotti | May 5

Cost is \$40. Call 596-8379 for appointment. Also available for home visits.

Baystate Hearing Aids | May 11

10 am - 11am, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up at 596-8379. Appointments needed.

Hiking Club

Sign up with Jen @ 596-8379 Please call Jen with your trail suggestions. Meet at the trail head

Tuesday, May 10 @9:15

Bald Mountain Loop 1.7 mi moderate Somers Ct. park at Scully Rd and Bald Mountain Dr.

Tuesday, May 24 @ 9:15

Norcross Wildlife Sanctuary, 30 Peck Rd, Monson. 1.3 m. Easy

SPA PROGRAMS

Sole Food Reflexology

Dawn Dietrich, certified foot reflexologist, will be at the Senior Center Fridays in February. For appointments call 596-8379 . Cost is \$10.



Chair Massage

Provided by Ann Ambrose on the 1st Friday of each month. Cost is \$10 for 10-minute massage. Call 596-8379 to register for appointment – May 6

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. May 26 Call 596-8379 for appointments.

FITNESS PROGRAMS

Tai Chi

Wednesdays at 9 am. FREE! Beginners welcome.

Chair Exercise

Tuesday & Thursday at 10 am. FREE! This is a video instructed class. Drop in welcome. Choice of standing or sitting exercises.

Line Dancing

Monday at 2:45pm \$5. Beginner level. Learn 1-2 line dances per week. Reviewing past dances each week.

Hip-Hop Dance Exercise

June 14th

One of two classes only. FREE. Funded by the cultural council, this free event is for everyone. Listen to soul Train and get some chair exercise. Call 596-8379 to sign up.

Kayaking Program coming in June

Call Jen for more details 596-8379

Chair Volleyball

Who is interested in playing chair volleyball this winter? We are starting a group here in Wilbraham and we would love for you to join. All communities and all levels are welcome, even if you have never played before! **Fridays at 1 pm. FREE! Come give it a try.**







This improves cardiovascular fitness and function. Call 596-8379 with interest.


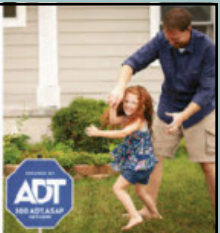



Senior Center Fitness Equipment

Recumbent bike, elliptical and treadmill. Please call ahead of time to make sure our room is available.

MAY 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 12:30—Bingo 1— Rug Making Big Y Meatloaf w/ mashed	3 10— Chair Exercise 10—Blood Pressure 1:30— Pinochle Around Town	4 9-Tai Chi 11— Red Hat event Walmart (Chicopee)	5 9— Dr Galavotti 10-Chair Exercise 12:30— Mahjong 1—Knitting DRIVE IN MOVIE Stop & Shop 	6 9-Massage 9-SHINE 1— Bridge 1-Chair Volleyball
9 10:30— Mass Elder Law 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y BLT w/ Chips	10 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 11—Grief Support Series 1:15— Red Hat Meeting 1:30— Pinochle Around Town	11 9 -Tai Chi 10— Bay State Hearing 1:30—Friends Membership Meeting Randall's/ Ocean State	12 8-Foot care nurse 10-Chair Exercise 12:30— Mahjong 1—Knitting Spaghetti Dinner Aldi	13 9— Reflexology 9-SHINE 1— Bridge 1-Chair Volleyball
16 10:30— Alzheimer's Asso. 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Cheese burger	17 10— Chair Exercise 10—Blood Pressure 12— Special Lunch 1:30— Pinochle Around Town	18 9 -Tai Chi 10— Jewelry 1—Attorney Peterson 1—Veteran Cinema Walmart (Ware) 	19 10-Chair Exercise 12:30— Mahjong 1—Knitting 2— Book Club Stop & Shop	20 9— Reflexology 9-SHINE 1— Bridge 1—Brown Bag 1-Chair Volleyball
23 10:30—Mass EDP 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Chili w/ cornbread	24 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 1— Craft-of-the-month 1:30— Pinochle Around Town	25 9 -Tai Chi 12:30—Sen. Lesser's Aid Christmas Tree Shop Randall's/ Ocean State	26 8:30—Facials 10-Chair Exercise 12:30— Mahjong 1—Knitting Big Y	27 9— Reflexology 9-SHINE 1— Bridge 1-Chair Volleyball
30 	31 10— Chair Exercise 10—Blood Pressure 1:30— Pinochle Around Town			

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NEWS & EVENTS

Grief Support Counseling

Second Tuesday of every month @ 11am. May 10. Losing a loved one can be one of life's hardest challenges. While it is inevitable that we will all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief. We are happy to announce a new monthly course offering with GuidanceByLi. Owner and Founder, Liane Smola will be joining us monthly to discuss topics such as; the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and finally share some ideas on how to support others in your life who also may be faced with grief. This course will also allow you a space to share the story of your lost loved one, and will offer soft guidance and support for your continued grief journey. Space is limited and priority will be given to Wilbraham residents. Call 596-8379 to sign up or for info



AGING WELL IN WILBRAHAM

Spring has brought renewed energy to making the Wilbraham Senior Center a reality. The Building Committee continues to meet at least every two weeks with much going on in the background. At our 3/21 meeting, our architect, John Catlin presented the group with a “final version” of the schematic design, which the Committee approved. The next step will be to take each portion of the design plan, develop it in further detail and begin discussing materials for each surface in the building. There are ongoing meetings with members of the Committee and representatives from the Wilbraham Country Club, as they presently lease the property abutting the site. The site has been staked by the surveyors and in collaboration with DPW, plans commenced for further perc testing and borings. On April 5th we learned that the perc test was successful and that building on the site can proceed.

Our owner project manager, Dan Pallotta, and his assistant Rebecca Ducharme, presented a draft of a schedule for the overall project up to the point of beginning construction. We are early in the process and there are many, many steps ahead of us, but, if all goes well, we should be breaking ground in October of 2022!

In response to specific questions asked by community members, our discussions were centered around building an energy efficient building. The building will have the infrastructure to support solar panels, and solar provisions for vehicles. This will be detailed further in upcoming meetings. The building will have a gas line. We hope to have it equipped with a “hearing loop” to accommodate technology used by the hearing impaired. An emergency generator is very high on our list of “add extras” if funds allow.

Watch this space for further information about Senior Center services in Wilbraham. As always, the Senior Center Building Committee welcomes your questions and comments. Please reach out regarding the ongoing efforts to construct our new Senior Center by email seniorinfo2021@gmail.com or leave a message at 413 596-2800 ext.315.

Linda Cooper

Wilbraham Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS



Working Together We Can Make a Difference!

The Friends of the Wilbraham Seniors, Inc. (FWS) became a non-profit 501 (c) (3) charitable corporation on February 20, 1985.

Our mission statement is to raise funds for the needs of the senior citizens of Wilbraham and to assist in the funding of programs and activities in order to perpetuate the dignity and well being of Senior Citizenry of Wilbraham.

The generosity of the people of Wilbraham with their contributions to our organization has helped us to fulfill our original mission in a broad number of areas. A few examples are as follows: We pay postage for mailing the Senior News to about 1,600 homes of seniors every month at an annual cost of about \$3,200. Back in 2002 the FWS raised funds for the purchase of a senior center 12 passenger van at a cost of \$40,000 and we continued to pay for its maintenance and upkeep for many years. We have a Senior Assistance Program as an aid of last resort for some of our seniors who need assistance with fuel, utilities, prescription bills, etc.. And finally, over the last 12 years we have raised community awareness and money for our Building Fund for a sorely needed, new, and suitably larger senior center. The FWS have committed to pay \$186,480 towards the **F**ixtures, **F**urnishings, and **E**quipment (FFE) of our new Senior Center.

As of today, the FWS had over 200 members of whom only a small handful are active. We need your help to join us in working to meet the needs of our senior population. You can help a lot, or you can help a little, or just be cheerleaders. The choice would be yours. Right now we are looking for volunteers who would help with creating and updating excel spreadsheets and researching names and addresses for our upcoming Capital Fundraising Campaign. We need your help in this worthy endeavor!

We have our Friends' Membership meetings the second Wednesday of the month at 1:30 at our senior center. Come to our next meeting which will be May 11. Look us over. Judge for yourself. Join and lend us a hand. Many hands make light work. Our Board welcomes your feedback. You can contact me at dgormley@charter.net.

Deb Gormley
Board of Directors for the FWS

Spaghetti Dinner

The Wilbraham Senior Center will be holding this popular fundraiser on Thursday May 12, 5:00 pm at Ludlow Elks Lodge, 69 Chapin Street. Tickets may be purchased at the Senior Center. \$10 ea. Yummy menu - spaghetti, meatballs, soup, salad, rolls, coffee, tea, dessert. Cash bar. Food by Pafumi's. Entertainment by Joe Saimer and Richie Mitnik. Sponsored by Country Bank of Wilbraham. Thank you Country Bank. Proceeds to support the Friends Senior Assistance Fund.

Arts and Craft Fair

Christ the King Church, across from Rice's - June 11 from 9am - 3pm. Over 35 booths and more coming. Many new crafters. Lots of Raffles. Join us and support the Friends of Wilbraham Seniors. For more information, call Ann Marie Gaudette at 599-4803

50/50 Winter Raffle

Barbara Harrington drew the winning tickets for the Friends 50/50 Winter Raffle. This year's event was a huge success and the Friends wish to thank everyone who purchased tickets and helped with the event. Proceeds from the raffle help support our Senior Assistance Fund. (Photo L to R) Ann Marie Gaudette, Barbara, Lee Tyrell and Dee Mitchell.



Friends Membership and Supporters Meeting

Our next meeting will be held May 11 at 1:30 pm at the senior center. Hope to see you. Membership in the Friends is voluntary and there are no dues. Right now we are looking for volunteers who would help with creating and updating excel spreadsheets and researching names and addresses for our upcoming Capital Fundraising Campaign. If you'd like to help, please join us May 11.

As always we welcome your comments, suggestions and most importantly, your ongoing support!

SOCIAL SERVICES

Title III program information identifies the MA Executive Office of Elder Affairs and the Federal Administration for Community Living as funding

NEWS FROM BARBARA

SNAP Benefits

I am happy to announce that the Social Service Office has been approved to be a part of the SNAP Outreach Program partnering with the Department of Transitional Assistance (DTA) and the University of Massachusetts Medical School (UMMS). If you are a SNAP Participant or considering in applying for SNAP, this allows me to process new applications and recertify existing SNAP applicants directly to DTA.

By helping you to apply and or recertify, this makes the process much more efficient and can alleviate benefit wait times.

Any questions or concerns please do not hesitate to contact me. 596-8379

Brown Bag Program

Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active. The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag monthly groceries. For more information and application contact Barbara Harrington. **New pickup date is third Friday of the month. If not picked up by requested time, bag will be donated to other residents. Please save bags.**

KNOX BOX PROGRAM

The Wilbraham Senior Center, in conjunction with the Wilbraham Fire Department, sponsors a Knox Box program for seniors in town. The box hangs on the outside of the front door and holds a spare key that the Fire Department can use to enter the home in case of emergency. The Fire Department is the only department authorized and capable to unlock the box to retrieve the spare key.

Residential Lockbox Criteria*

1. Individual has been identified as having multiple conditions: obvious physical frailty (e.g. problems w/mobility and/or balance, history of falls), existence of other health problems, lives alone, prior emergency calls.

2. Individual has/needs Personal Emergency Response System.

Annual donation of \$12.00 for the lease of a Knox Box. Fee may be waived by the Senior Center if there is financial hardship. Questions/concerns please call Barbara Harrington at 413 596-8379.



Safe Driver Checklist

Mass Registry of Motor Vehicles

Do you have difficulty seeing clearly in the dusk and dark? Do headlights from other vehicles obstruct your sight? Are you easily intimidated by passing vehicles including trucks and motorcycles? Do you have difficulty reading road signs? Do you have difficulty keeping up with the posted speed limit? Do you get drowsy behind the wheel or have difficulty concentrating? Do you have difficulty hearing other vehicles? Do you often get lost on once familiar roads? Do you forget the basics, such as putting on your headlights and wearing a seat belt? Are you unsure of your parking skills? Can you parallel park and park in a straight line? Are you unsure of your reflexes and reaction time? Is it difficult to react quickly in certain situations, e.g. braking to avoid a collision? Have your family, friends, or even police officers told you that you aren't a safe driver?

If you find yourself answering yes to many of these questions, you may want to consider driving less, or not driving at all. Drivers who voluntarily surrender their licenses are eligible for a free Massachusetts I.D. For more information, contact the Registry of Motor Vehicles at 1-800-858-3926 <http://www.mass.gov/rmv/medical>. For a "check your own performance sheet" Call Barbara @ 596-8379.

Mental Health Awareness Month

After the last two years of pandemic living, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being. Have you ever suffered from extended periods of sadness, loss of pleasure in everyday activities, poor sleep, or feelings of worthlessness or guilt? Have you quickly lost or gained weight, or lost all energy to complete everyday tasks? If so, you may be experiencing symptoms of depression.

Contrary to stereotypes about aging, depression is **not** a “normal” part of getting older. It is a medical problem that affects many older adults and can often be successfully treated.

Identifying Risk Factors For Depression

Depression is often under-recognized and under-treated in older adults.

Without treatment, depression can impair an older adult’s ability to function and enjoy life, and can contribute to poorer overall health. Compared to older adults without depression, those with depression often need greater assistance with self-care and daily living activities, and often recover more slowly from physical disorders.

Screening For Depression

A quick, easy and confidential way to determine if you may be experiencing depression is to take a mental health screening. A screening is not a diagnosis, but a way of understanding if your symptoms are having enough of an impact that you should seek help from a doctor or other professional. Visit www.mhascreening.org to take a depression screening. If you don’t have internet access, you can ask your primary care doctor to do a screening at your next visit.



Check For Risk Factors

Depression in older adults may be linked to several important risk factors. These include, among others:
Medical illness (particularly chronic health conditions associated with disability or decline)

Overall feelings of poor health, disability, or chronic pain

Progressive sensory loss (i.e. deteriorating eye sight or hearing loss)

A history of falling repeatedly

Sleep disturbances

Mental impairment or dementia

Medication side effects (in particular from benzodiazepines, narcotics, beta blockers, corticosteroids, and hormones)

Alcohol or prescription medication misuse or abuse

Prior depressive episode, or family history of depression

Extended mourning due to death of a friend, family member, or other loss

Any type of stressful life events (i.e. financial difficulties, new illness/disability, change in living situation, retirement or job loss, and interpersonal conflict)

Dissatisfaction with one’s social network

Symptoms Of Depression

Depressed mood

Loss of interest or pleasure in activities

Disturbed sleep

Weight loss or gain

Lack of energy

Feelings of worthlessness or extreme guilt

Difficulties with concentration or decision making

Noticeable restlessness or slow movement

COMMUNITY NEWS

Senior Companion Program

Want to volunteer on your own time? This may be your opportunity. There are seniors in town that need some companionship from a kind community member. These seniors, due to one reason or another, are isolated and have little to none quality interactions.

If you sign up to be a companion, you will be able to make a real impact on a seniors' life with just a phone call. Your calls/ visits can be as often as you want. Call 596-8379 for more details.

Volunteer Medical Drivers Needed

Volunteer Medical drivers, based on their personal schedule, would drive local seniors to local appointments and back home. There are many seniors in town that no longer drive and rely on our volunteers to assist them to their appointments. If you are interested in helping seniors in your community once or twice a month, or want more information please call Jen @596-8379

VETERAN NEWS

I am excited to announce with the re-opening of the Senior Center that I will re-open our Wilbraham Veteran ID Card program which is distributed by my office. If you are an Honorably Discharged Veteran please stop by my office on Friday's between 9:00 AM and 11:00 AM with a copy of your discharge paperwork (if needed I can assist in obtaining these documents) to receive your personal Local Veteran ID Card. This card can be used at certain participating businesses throughout town for a variety of discounts.

My hours are Monday through Friday, 8 am to 4 pm and I can be reached by calling the Wilbraham Senior Center at 596-8379 or you can email me at jsasen@wilbraham-ma.gov. Please like our Wilbraham Veterans Services Page on Facebook @veterans01095.



Disclaimer: Please do not donate to any Veteran Organization until first contacting me. Sadly enough there are many organizations out there that use the guise of helping our Veterans to get money. I work with Massachusetts Office of the Attorney General to verify the legitimacy of these organizations.

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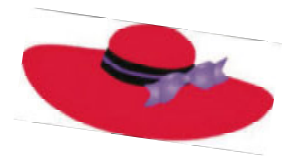
The Curious Incident of the Dog in the Night-time was excellent and Tony and Penny's was amazing. The lunch and tour of the Ludlow Senior Center was enjoyed by everyone. Possible future tours of surrounding Senior Center to come. If anyone is interested in attending out May 4th Red Hat Derby at the Wilbraham Senior Center, please contact out chairladies.

Come celebrate our exciting Ya Ya Derby on Wednesday, May 4th from 12 PM to 2 PM at the Wilbraham Senior Center. You will be able to bet on your favorite horse, purchase raffle tickets, and win prizes for the most outrageous hats and attire! Please call Janet Vitkus 413-543-3273, Deb Gormley 413-547-6583, or Kathy Sowa 413-596-5462 by April 25th to register for the Derby. We won't be wearing red and purple for this event, in fact, we want you to wear an outrageously decorated hat and dress in your fanciest attire as they do at the Kentucky Derby. If you would like a hat to decorate please call Janet. Light refreshments will be served.

On June 15th we will have lunch at 12 PM at Wolfie's Restaurant and enjoy a casual afternoon at the Black Birch Vineyard and Winery. Wolfie's is located at 52 S Main Street in South Deerfield. We have enjoyed lunch there in the past and it is described as a quaint restaurant with a warm neighborhood vibe which has been family owned and operated for 40+ years. The gorgeous Black Birch Vineyard, an award-winning local winery is located at 108 Straits Road, Hatfield only a short drive from Wolfie's. Please call Donna Hick by June 1st at 413-596-4847 to make a reservation. Car pooling can be arranged if requested and we would meet at the Wilbraham Senior Center at 10:45 AM.

Summer activities are being planned!!

All the BEST!
Ruth Chappel, Queen Mum



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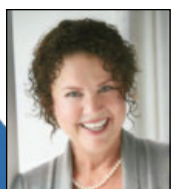
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The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc. for the Council on Aging. Typed contributions accepted by the 8th of each month & mailed to:

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