



# WILBRAHAM SENIOR NEWS

## Craft of the Month with Rose

**Tuesday, August 23 @ 1pm** Rose will be here the fourth Tuesday of every month for art class. We will be Diamond Painting. Start the project in class and finish it at home. Space is limited. Please call 596-8379 to sign up. Class is 1–3pm. \$8

## Scrabble

Come play Scrabble! This classic game will be played on **Wednesday afternoons at 1 pm**. If you are interested in joining the group, please call the Wilbraham Senior Center to sign up. This FREE activity requires registration for now. 596-8379



## Volunteers Needed

Volunteer Medical drivers, based on their personal schedule, would drive local seniors to local medical 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

## Apple Picking in September

Apple picking on Tuesday, September 20th. \$2 to ride the senior van plus cash for apple picking or drive yourself. Johnny Appleseed orchard is handicap accessible. Limited seating on the senior van. 231 Somers Road, Ellington CT. Sign up at 596– 8379.

## Aerobics Class is Back!

We all miss MaryEllen and we have all missed her aerobics class. We have tried our best to get it back and here it is. On **Thursdays at 10:45**, we finally will start our fitness class with Erin. This class is FREE. Free weights will be provided but please feel free to bring your own. Please bring water.

### Thursdays @10:45

15 minute low/high aerobic warm-up. 30 minutes strength training using weights of your choice. We will work all major muscle groups. We will incorporate some balance work also. Great for active older adults and those just starting to exercise. Please sign up at the front desk.

## Ice Cream Social with Sarah the Fiddler

Tuesday, August 16 at 12pm. Join us for dessert kindly sponsored by Christopher Heights of Belchertown. They will be providing Ice Cream with all the toppings. Musical entertainment by Sarah the Fiddler. Please sign up at the front desk by **August 9th**. Doors open at 11:45 and ice cream is served at noon.

## Keep your Brain and Body Healthy at Home

### Monday, August 15 @10:30

This seminar provides information regarding: healthy tips to stay at home, dash diet, research on health and diet from the Alzheimer's Association, brain health and exercise tips. Refreshments will be provided.

### Medicare 101

On **August 29 @10:30am**, Come learn more about Medicare. Greg will be here to explain Medicare and answer any questions that you may have about the process.

## 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.

## Hip-Hop Dance Exercise

### August 9th @1:30

Two 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.

## Baked Goods

The senior center received baked good donations from Big Y every **Wednesday** and **Friday**. Stop by after 9 am to get your discounted breads, cakes, and goodies.

## 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 **August 17** 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. September Meeting is Cancelled.

**JEWELRY WORKSHOP**— No Jewelry this month, See you In September!

**BOOK CLUB, August 18** at 2:00 pm. All are welcome to join in the discussion. – August: *Sidonia's Thread* by Marcus—September: *The Burgess Boys* by Strout

**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, August 24**

**TECH TIME** By appointment only. Call Jen at the Wilbraham Senior center if you need basic help with your cell phone, tablet, or laptop.

### BUS TRIPS

**Cape Cod Canal Cruise/Lunch** @ Lindsey's Family Restaurant, Whydah Pirate Museum, Thurs, Sept 15; \$110/ pp. Due by Aug 19

**Newport Playhouse/Delicious Buffet Lunch**, Hilarious Broadway comedy Social Security and a Cabaret Show, Wed, Sept 21; \$117/pp. Due by Sept 2

**Lakeside Turkey Train/Delicious Harts Turkey Dinner/Stop at Moulton Farm & Bakery**, Wed, Oct 19; \$105/pp; "48 People Max". Due Sept 28

Please make check payable to Bobbi Grant. Mail to 36 Wehr Rd, Hampden, MA 01036 Questions? Call 566-8271 or email [bobbijg2@charter.net](mailto:bobbijg2@charter.net)



August 1: Chicken Salad on Greens

August 8: Taco Salad

August 15: Burgers and chips

August 22: Pizza and Salad

August 29: Hot Dogs and Bean

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.



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

### Senior Center Donations

Anonymous  
Belcastro, Sandra  
D'Amours, Lucile  
Delamarter, Christine  
DiAugustino, Linda  
Fife, Catherine  
Goss, Evelyn  
Martzall, Barbara  
Merwin, Richard/  
Helen  
Paton, Noreen  
Phelan, Louise  
Vonmatern, Valerie  
Wancko, Krystyna

### In Memory of George Allen

Grady, Donald

### In Memory of those effected by Covid-19

Ayr, Terese

### Building Fund

Kenney, Bruce  
Meunier, Mary E.

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

# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS



### Foot Care Nurse | August 11

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

### Foot Doctor Cindy Galavotti | September

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

### Baystate Hearing Aids | August 10

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, August 9 @9:15

#### 12 Mile Brook Trail— —252

Crane Hill Road Hike is 2 easy miles with option to continue to easy/ moderate for a total 4 miles.

Tuesday, August 23rd @9:15

**Bear Hole Reservoir** , Bear Hole Rd is 3rd right off Dewey St in W. Spfld. A few steps. 2 hours

## SPA PROGRAMS

### Sole Food Reflexology

Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on Fridays. 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 – August 5

### Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. August 25 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. NO LINE DANCING 8/1

### Walks in Post Office Park

Join Jen on Wednesday and Friday 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. Weather Permitting.



### 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.



### Senior Center Fitness Equipment

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

### Aerobics is back

Thursdays @ 10:45. Please call 596-8379 to sign up. FREE CLASS. Weights will be available but bring your own if you prefer.

# AUGUST 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 12:30—Bingo 1— Rug Making NO Line Dancing this week <b>Big Y</b> Chicken Salad on Greens	<b>2</b> 10— Chair Exercise 10—Blood Pressure 1:30— Pinochle <b>Around Town</b>	<b>3</b> 9 -Tai Chi 9:30— Walking group 1—Scrabble <b>Randall's/ Ocean State</b>	<b>4</b> 10-Chair Exercise <b>10:45—Aerobics</b> 12:30— Mahjong 1—Knitting 3—Kayaking	<b>5</b> 9-Massage 9:30— Walking group 9-SHINE 1— Bridge 1-Chair Volleyball
<b>8</b> 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Taco Salad	<b>9</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 11—Grief Support Series 1:15— Red Hat Meeting 1:30— Pinochle <b>1:30—Hip Hop Dance</b> <b>Around Town</b>	<b>10</b> 9 -Tai Chi 9:30— Walking group 10— Bay State Hearing 1—Scrabble 1:30—Friends Membership Meeting <b>Walmart (Ware)</b>	<b>11</b> 10-Chair Exercise <b>10:45—Aerobics</b> 12:30— Mahjong 1—Knitting 3—Kayaking <b>Big Y</b>	<b>12</b> 9— Reflexology 9-SHINE 9:30— Walking group 1— Bridge 1-Chair Volleyball
<b>15</b> 10:30—Dementia Preven- tions Tips 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Burgers and Chips	<b>16</b> 10— Chair Exercise 10—Blood Pressure 12—Ice Cream Social 1:30— Pinochle <b>Around Town</b>	<b>17</b> 9 -Tai Chi 9:30— Walking group 1—Attorney Peterson 1—Scrabble <b>Saver's</b>	<b>18</b> 10-Chair Exercise <b>10:45—Aerobics</b> 12:30— Mahjong 1—Knitting 2— Book Club 3—Kayaking <b>Stop &amp; Shop</b>	<b>19</b> 9— Reflexology 9-SHINE 9:30— Walking group 1— Bridge 1—Brown Bag 1-Chair Volleyball
<b>22</b> 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Pizza and Salad	<b>23</b> 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 11—Grief Support Series 1— Craft-of-the-month 1:30— Pinochle <b>Around Town</b>	<b>24</b> 9 -Tai Chi 9:30— Walking group 12:30—Sen. Lesser's Aid 1—Scrabble <b>Walmart (Chicopee)</b>	<b>25</b> 8:30— Facials 10-Chair Exercise <b>10:45—Aerobics</b> 12:30— Mahjong 1—Knitting <b>Aldi</b>	<b>26</b> 9— Reflexology 9-SHINE 9:30— Walking group 1— Bridge 1-Chair Volleyball
<b>29</b> 10:30— Medicare 101 12:30—Bingo 1— Rug Making 2:45— Line Dancing <b>Big Y</b> Hot Dogs and Beans	<b>30</b> 10— Chair Exercise 10—Blood Pressure 1:30— Pinochle <b>Around Town</b>	<b>31</b> 9 -Tai Chi 9:30— Walking group 1—Scrabble <b>Atkins Farm</b>		

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## NEWS & EVENTS

### Grief Support Counseling– FREE

**Second and fourth Tuesday of every month @ 11am. August 9 & August 23.** 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. . 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. Call 596-8379 to sign up.



## AGING WELL IN WILBRAHAM

The saga continues....the Wilbraham Senior Center Building Committee continues to meet every other week to continue the forward progress towards initiating the bid process by the end of summer 2022 and breaking ground for our new facility by the fall. Every meeting continues to have lively discussion regarding the name for the facility. Estimators are working behind the scenes to give us the best prediction of what our final costs will be. Every effort is being made to align the estimates with our approved budget. Through coordination with our Wilbraham DPW, the sites have been cleared for borings to take place on June 22, 2022. The Conservation Commission has been contacted to discuss details of the construction site. The upcoming decision about use of wood vs steel construction and when this decision will need to be made has been discussed. We learned that possibly eliminating septic system and installing a rain garden has the potential to save over \$300,000.

A safety analysis was conducted by an independent golf course architect and forensic architect to determine the likelihood of golf balls from the Country Club of Wilbraham golfers to reach the parking lot, parked cars, building or pedestrians in the area. The preliminary report was discussed and options to provide for the safety of people and property are our priority. The costs of implementing these options will also impact our budget.

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](mailto: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



### Lending a Hand

Over the years the Friends have played an important role in this community by supporting the services and activities at their various Senior Center locations. But unlike being at an old town-owned building, some of the closed schools, and now our latest rented facility, we finally have, after twelve years of hard work, a brand new Senior Center on the horizon that we can call our own!

Because of this, our fundraising mission is going to be amplified and this is going to require a great deal of planning and work to execute. Our Board will be doing the planning, but we'll need your help to execute these plans. Therefore, we hope you can lend us a hand in some of the many tasks we will have ahead of us.

What we're starting to do is develop a Volunteer List so when the time arises, people can be contacted to see if they're available to help us out. Since making an initial appeal, a few Seniors have responded, but we're in hopes we'll get MANY more of you to help us out, just as you did last fall before the town vote!

In case anyone missed them, here are the tasks that were listed last month. Continue to look here on page 6 as we find the need for more help in a variety of different areas.

- Assisting with PR – news articles and social media
- Preparing and updating excel spreadsheets
- Researching, making phone calls
- Dine-outs – donating a raffle prize, taking a shift at our raffle table
- Monthly newsletters – helping to fold/sort for bulk mail
- Stuffing envelopes for mailings



*Thanks to everyone who supported our successful Craft Fair and Spaghetti Dinner fundraisers. A great deal of hard work goes into executing these fundraisers, so hopefully you can lend a hand.*



Email me at [dgormley@charter.net](mailto:dgormley@charter.net). Put FWS Volunteer in the subject line. Let me know what you'd be willing to do and include your phone number. If you don't have access to a computer, send the information to me at 40 Post Office Park #747, Wilbraham, MA 01095. Thanks.

*Deb Gormley* Member Board of Directors

**Villa Rose Restaurant Dine Out September 14**  
Save-the-Date. Always a great time. Join us.

**Friends Membership and Supporters Meeting - Aug.10**  
Our next meeting will be held Wednesday August 10 at 1:30 pm at the Senior Center. Not yet a Friends member? We send out regular eblasts to our members about upcoming fundraisers, events and important information. Membership is voluntary and there are no dues! We hope to see you.

*Cut Out and Mail Today!*

FRIENDS OF WILBRAHAM SENIORS, INC.

## Application for Friends' Membership

Help us to raise funds and support our Seniors in town.  
No dues or mandatory meetings. As a member, everything you do is voluntary.  
(All phone numbers and email addresses are confidential and will not be published)

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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# 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

### Farmer's Market Coupons 2022

Senior Farmers Market Nutrition Program Coupons are here.

To be eligible to receive Senior Farmers Market Coupons, you must be:

- 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided

Your income must be lower than the Income Limits outlined below.

To be eligible to receive Senior Farmers Market Coupons, an applicant's gross household income (i.e. before taxes are withheld) must be no more than:

Household Size	Monthly
1	\$2,096
2	\$2,823

If you qualify to receive coupons please call and you will be put on a list. Names will be put in a drawing and be distributed in July. 596-8379

### 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.



### Hampden County TRIAD

**The Hampden County TRIAD is a safety initiative that focuses on empowering, educating and improving the lives, safety, security, and peace of mind of the senior community.**

**Call Barbara @ 413-596-8379 for information in these programs.**

**"Are You Ok?"** – A daily telephone reassurance program to check on the well-being of seniors who live alone.

**Is Your Number Up?** – A house number initiative that assists Police, Fire and EMS in their efforts to respond quickly to 9-1-1 calls.

**Senior Home Safety Inspection** – Certified inspector completes 240-point safety and accessibility assessment in and around home.



## **Heat exhaustion and heatstroke**

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency

Check for signs of heat exhaustion

### **The signs of heat exhaustion include:**

- a headache.
- dizziness and confusion.
- loss of appetite and feeling sick.
- excessive sweating and pale, clammy skin.
- cramps in the arms, legs and stomach.
- fast breathing or pulse.
- a high temperature of 38C or above.
- being very thirsty.

The symptoms are often the same in adults and children, although children may become floppy and sleepy.

### **Things you can do to cool someone down:**

If someone has heat exhaustion, follow these 4 steps:

- Move them to a cool place.
- Get them to lie down and raise their feet slightly.
- Get them to drink plenty of water. Sports or rehydration drinks are OK.  
Cool their skin – spray or sponge them with cool water and fan them.  
Cold packs around the armpits or neck are good, too

### **Call 911 if:**

You or someone else have any signs of heatstroke:

- feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
- not sweating even while feeling too hot
- a high temperature of 40C (104 F) or above
- fast breathing or shortness of breath
- feeling confused
- a seizure
- loss of consciousness
- not responsive
- Heatstroke can be very serious if not treated quickly.

### **To help prevent heat exhaustion or heatstroke:**

- drink plenty of cold drinks, especially when exercising
- take cool baths or showers
- wear light-colored, loose clothing
- sprinkle water over skin or clothes
- avoid the sun between 11am and 3pm
- avoid excess alcohol
- avoid extreme exercise

## **Earn More SNAP Dollars with the Healthy Incentives Program!**

Spend your SNAP dollars on farm-fresh fruits and vegetables at participating Healthy Incentives Program (HIP) retailers and have the amount of your purchase instantly added back to your EBT card!

Look for participating farmers at  
Farmers Markets  
Farm Stands  
Mobile Markets  
CSA Farm Shares

Farm Stand Stony Hill Farm  
899 Stony Hill Road Wilbraham 279-4125  
[Farmer@stonyhillfarmwilbraham.com](mailto:Farmer@stonyhillfarmwilbraham.com)

Mobile Market Go Fresh Mobile Market  
1187 ½ Parker Street Springfield 413 530 5255

Look what you can earn each month (based on household size)  
\$40 1-2 people  
\$60 3-5 people  
\$80 6+ people

### **How does HIP work?**

You are already enrolled in the program.  
Use your SNAP dollars to buy farm-fresh fruits and vegetables at a HIP retailer

An equal amount of money, up to your monthly limit, is instantly added back to your EBT card.

Your receipt will show the amount of additional SNAP dollars you've earned  
Spend your earned benefits anywhere that accepts SNAP

Any questions call Barbara at the center 596 8379



## COMMUNITY NEWS

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**”

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org).**

## 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 call me to set up a Friday morning meeting. Bring 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 through-out 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](mailto: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.

# SUPPORT OUR ADVERTISERS!



# RED HAT YA YA SISTERHOOD OF WILBRAHAM

I want to thank all the hard-working chair ladies and all the fantastic members who attended our events this year. Overcoming the challenges of another uncertain year due to Covid and finally being able to once again enjoy time together was pretty amazing.

We are looking forward to an exciting schedule of events\* for 2022/2023.

September 7<sup>th</sup> Tea and Installation of Officers Brooks Room @ Wilbraham Library.

October 25<sup>th</sup> Halloween Party Brooks Room @ Wilbraham Library.

November 16<sup>th</sup> Lunch and Turkey Trot @ Wilbraham Senior Center.

December Annual Holiday Luncheon @ Ludlow Country Club (date and time to be determined). The Community Survival Center was selected for our donations this year.

January 13<sup>th</sup> Let's Do Lunch @ Villa Rose.

February 15<sup>th</sup> Valentine's Pot Luck @ Wilbraham Senior Center.

March St. Patrick's Dinner hosted by the Knights of Columbus @ St. Cecilia's Church (date and time to be determined).

April 23<sup>rd</sup> 2 PM Exit 7 **Into the Woods** and Tony and Penny's.

May 10<sup>th</sup> YaYa Horse Racing @ Wilbraham Senior Center.

June Crafts with Rose @ Wilbraham Senior Center (date and time to be determined).

\*Schedule is subject to change.

Please consider chairing or co-chairing an event. Check the Wilbraham Senior News for updates on these events.

Jane Soukup will be starting membership calling, checking contact information, and collecting the \$10.00 yearly dues (checks made out to the Red Hat YaYa Sisterhood).

New members are always welcome!!

Big Hugs and Much Love,

Ruth Chappel, Queen Mum




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BEST NURSING HOME 2021-2022 BY NEWSWEEK

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DENNIS LOPATA, EXECUTIVE DIRECTOR

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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:

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