



WILBRAHAM SENIOR NEWS

Apple Picking

Apple picking on **Tuesday, September 20th.** Van will leave at 10am. \$2 to ride the senior van plus cash for apple picking. Or you can drive yourself. Johnny Appleseed orchard is handicap accessible. Limited seating on the senior van. 231 Somers Road, Ellington CT. Sign up at 596-8379.



Mini Golf Outing

Mini Golf @ Fenway Golf located at 112 Allen St, East Longmeadow. Bring cash for mini golf and ice cream. Limited seating on senior van or drive yourself and meet us there. Van will leave the senior center at 10am. Meet at Fenway golf for 10:15. **Friday, September 9th!**

Hampden County Registry of Deeds

Wednesday, September 21 @10am
Cheryl Coakley- Rivera, Esq. Register of Deeds invites homeowners to an informational seminar that will cover: who we are and what we do, homestead act, Consumer notification system, title fraud. All attendees are eligible to receive a free certified copy of their deed. Please sign up at the senior center.

Craft of the Month with Rose

Craft of the Month has been discontinued at this time.

Flu Shot Clinic @ Memorial School

Flue Shot Clinic– Wilbraham town Nurse will be providing a flu shot clinic at Memorial school on October 13 th for those 18 years and older. Please call the us at 596-8379 to register or call town hall for an appointment.

Home Bound Flu Shots—If you or someone you know is a homebound resident of Wilbrham and need a flu shot, please call the senior center at 596-8379 to schedule your October 5th appointment.

September Special Lunch

Tuesday, September 27th at 12pm. Join us for lunch kindly sponsored by The Reserve at East Longmeadow. Musical entertainment provided by Chet Kurr. Please sign up by September 19th by calling 596-8379. Free

Mass. Equipment Distribution Program

Monday, Sept 19 @ 10:30am.

MassEDP is a state funded program administered by the State 911 Department. The Program provides adaptive telephone equipment to people who have difficulty using a landline or wireless telephone due to issues such as hearing loss or vision loss. This enables you to have the opportunity to enjoy clear, independent phone communications and the ability to contact 9-1-1 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. Call 596-8379 to sign up.

Medicare 101

On **September 26 @10:30am,** Come learn more about Medicare. Greg, your local Medicare specialist will be here to explain Medicare and answer

any questions that you may have about the process. Learn about benefit reviews, consultations, drug plans, and access to multiple carriers. Please sign up at 596-8379.

The Do's & Don'ts of Life Insurance

Monday, September 12 @ 10:30

Life Insurance explained! Even if you already have it, bring your policy with you. Presented by Wilbraham resident Debi Nelson. Topics include: What is life insurance? Who gets my money after I pass? What happens if I don't have it? What types of insurance can I choose? Accidental death? Living benefits, what do they include? What if I have been declined? What if I have health issues? How are benefits paid and how quickly? Can I afford life insurance? And MORE. Bring your current policy for these professionals will check over and explain further. Time for Q&A. Goodies provided from Rice's Fruit Farm. **FREE.**

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 **September 14** 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. No September meeting. See you in October.

JEWELRY WORKSHOP— Wednesday, **Sept 21 @ 10 AM**. Cost for class is \$3, plus materials. Create new pieces or repair your broken jewelry.

BOOK CLUB, Sept 15 at 2:00 pm. All are welcome to join in the discussion. – September: *The Burgess Boys* by Strout—October—*The Vanishing Half* by: Bennett

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, Sept 28**

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

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

Log Cabin/Direct from Branson, Ozark Country Christmas, comedy, music, family-style lunch, Thurs, Nov 10; \$109/pp, \$79/pp self drive. Due by Oct 21

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



September 12: Chicken Salad on Greens

September 19: Spaghetti & Meatballs

September 26: BLT w/ herbed mayo

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

Crivelli, E A

Cyr, Alice

Daniele, Lee & Joe

Doyle, Mary

Dubord, Virginia

Dygon, Francis

Garrow, Geraldine

Kasten, Virginia

Lempart, William

Mariani, Mary

McCray, Gayle & Leslie

Tessier, Patricia

Building Fund

Robitaille, Eileen

In Memory of George Allen

Motha, Helen & Bianca

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

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

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS



Foot Care Nurse | Sept 8

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

Foot Doctor Cindy Galavotti | September 1

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

Baystate Hearing Aids | Sept 14

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, Sept 13 @ 9:15

Mt Holyoke. Park on Mountain Rd South Hadley . 2.5 Moderate out and back hike.

Tuesday, Sept 27 @9:15

Memorial School Trails. 1.5-2 hour low moderate. Rolling Hills

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 – September 2

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. September 22 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.

SEPTEMBER 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9—Dr. Galavotti 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Stop & Shop	2 9-Massage 9:30— Walking group 9-SHINE 1— Bridge 1-Chair Volleyball
Happy Labor Day  	6 10— Chair Exercise 10—Blood Pressure 1:30— Pinochle Around Town	7 9 -Tai Chi 9:30— Walking group 1—Scrabble Randall's/ Ocean State	8 8—Foot Care Nurse 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Big Y	9 9— Reflexology 9-SHINE 9:30— Walking group 10—Mini golf 1— Bridge 1-Chair Volleyball
12 10:30— Life Insurance 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Chicken Salad on Greens	13 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 11—Grief Support Series 1:15— Red Hat Meeting 1:30— Pinochle Around Town	14 9 -Tai Chi 9:30— Walking group 10— Bay State Hearing 1—Scrabble Walmart (Ware)	15 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting 2— Book Club Stop & Shop	16 9— Reflexology 9-SHINE 9:30— Walking group 1— Bridge 1—Brown Bag 1-Chair Volleyball
19 10:30—Mass EDP 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Spaghetti & meatballs	20 10— Chair Exercise 10—Blood Pressure 10—Apple picking 1:30— Pinochle	21 9 -Tai Chi 9:30— Walking group 10—Jewelry 10 am—Hampden Registry of Deeds 1—Attorney Peterson 1—Scrabble Palmer Flea Market 10am	22 8:30—Facials 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Aldi	23 9— Reflexology 9-SHINE 9:30— Walking group 1— Bridge 1-Chair Volleyball
26 10:30— Medicare 101 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y BLT w/ herbed Mayo	27 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 11—Grief Support Series 12— Lunch 1:30— Pinochle Around Town	28 9 -Tai Chi 9:30— Walking group 12:30—Sen. Lesser's Aid 1—Scrabble Walmart (Chicopee)	29 10-Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Big Y	30 9-SHINE 9:30— Walking group 1— Bridge 1-Chair Volleyball

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NEWS & EVENTS



AGING WELL IN WILBRAHAM

Last October Wilbraham residents approved the funds for building a new senior center on land behind Town Hall. The committee charged with assuring that the structure is built got to work immediately. This article summarizes important actions taken to move the project forward, control costs to meet the budget, and pursue solutions to issues which could potentially cause delays.

To expedite the multi-faceted process, the committee recommended that the town hire John Catlin as architect. Because of his decades of success designing and building over 55 senior centers, he was hired to develop initial plans prior to the town vote. His experience and sound advice to Wilbraham were key to officially offering him the role of architect for the project.

The next step was to hire an Owner's Project Manager (OPM), a function required for municipal projects of this size. After interviewing three firms, P3 Project Planning Specialists was hired. Their contribution to date has been most helpful and we expect that to continue.

The most difficult aspect of developing the detailed plans and drawings, which are extensive, has been to adjust the design and materials so that the original concept could be built. The significant supply-chain and inflation issues that have hit all aspects of our lives, and especially construction materials, are responsible for the serious constraints on the original budget. To accomplish this, Catlin's design and estimating team made cost-saving changes to the design and evaluated alternative materials to achieve optimal results. What has not changed are the size of the building (approximately 15,400 sq. ft.), conceptual space usage and use of materials that offer optimal structural and long-term maintenance benefits.

A significant savings for both construction and future maintenance is the planned extension of the town's sewer system from Town Hall to the Stony Hill School hookup access point. This extension will be paid for through separate funds the town is receiving from the state. For the Senior Center, this project reduces costs because sewer access will be a tie-in to the town's new lines; and the Center's initially planned new septic system will now not have to be built. Important savings for the Town will be achieved because the Town Hall's aging septic system will not have to be replaced or maintained.

The next step in the building schedule is to send a request for bids to contractors by mid-August. Keeping on schedule is in the best interest of everyone in controlling costs and bringing the Center into fruition.

Finally, if the bids do not come in at or below the project's budgeted funds, a likely alternative will be to call a town meeting to shore up the difference. Construction cannot commence unless a project's full costs are allocated. Once the bids are received, the town has 30 days to award the contract and that is the period in which the final funding must be decided. The October 2021 cost estimate presented at the town meeting already accounted for supply-chain aggravated cost increases. Since that time, inflation has increased material costs even more than anticipated. Some prices have come down in the past two months. The need for project fund adjustment will not be fully known until the bids are in by mid to late September.

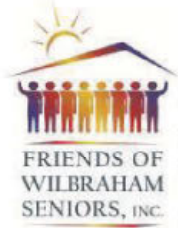
If you have questions or comments about the new Senior Center, please call the Senior Center information line at: 596-2800 extension 315 and leave a message, or email SeniorInfo2021@gmail.com. Someone will get back to you.

Ken Furst

Member, Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS



GET ON BOARD!

Summer is coming to an end, so now is an exciting time to be involved with the Friends as we help support our new Senior Center.

Our biennial election will be taking place in October. A Nominating Committee will prepare a slate of Officers and Directors. If anyone has someone they'd like to nominate as a Director on our Board you can email Maria Cacela at maria@homesbymaria.com. This slate would usually be presented at the September General Membership meeting, but due to our dine-out at Villa Rose on September 14 the meeting has been canceled. Therefore, it will be emailed to our General Membership. For those members who don't receive our email blasts, a copy of this slate will be posted on the Senior Center bulletin board. Save the date so you can attend this important meeting which will be held at 1:30 on October 12 at the Senior Center. Refreshments will be served.

Meanwhile, for those of you who are not members, please consider joining the Friends. Your help and generosity will allow us to continue supporting our Senior Center by



offering a large variety of opportunities to Wilbraham Seniors, so that they can lead fuller lives by being more involved in their community.

The June-August Newsletters listed some of tasks that you might be interested in doing for us. Go to the Town website to access these archived newsletters or contact me at dgormley@charter.net

Volunteering is a good way of making new friends and a great way to make a difference in your community. It also enables you to pass on your skills and knowledge while helping to make a difference in people's lives.

So, **GET ON BOARD** by joining the Friends and volunteering some of your time!

Deb Gormley Member, Board of Directors

SAVE THE DATES

September 14 - Villa Rose Restaurant - Center Street Ludlow - Dine In or Dine Out
October 12 - Friends Membership & Supporters Meeting - Wednesday 1:30 pm - Senior Center
October 25 - Krazy Jakes - Boston Road - Dine In or Dine Out
November 19 - Holiday Bazaar - Evangel Assembly Church - Stony Hill Road
December 7 - UNO Pizzeria & Grill - Boston Rd. Springfield - Dine In or Dine Out

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. Meetings are voluntary. 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 _____

Email _____ Cell _____ Landline _____



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We are a 501(c)(3) non-profit charitable organization

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

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.

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.



SOCIAL SERVICES

Fuel Assistance 2022-2023 Heating Season

Annual Gross Income

- 1 Person Household: \$42,411
- 2 Person Household: \$55,461
- 3 Person Household: \$68,511
- 4 Person Household: \$81,561
- 5 Person Household: \$94,610

Eligibility

Applicants must reside in Hampden County (except Springfield)
Household income cannot exceed 60% of the Estimated State Median Income

Those who have heat included in their rent and meet income and residence eligibility may be eligible to receive a subsidy for a portion of their monthly income from November to April

Those who have heat included in their rent and have a subsidy must pay over 30% of their income towards rent in order to be eligible

Those who live in public housing are not eligible (are already state or federally aided)

The heating season is right around the corner and I am sure that paying for heating costs have been on the minds of many of you. The price of fuel has risen substantially; everyone is feeling the crunch in a world where everything suddenly costs more.

Fuel Assistance helps eligible households challenged by the high cost of home heating fuel. Valley Opportunity Council (Fuel Assistance) pays a portion of their winter heating bills. If you fall in the income guideline call Barbara for more information.

ALL APPOINTMENTS ARE CONFIDENTIAL

Reminder for those who are Fuel Assistance recipients

The Fuel Assistance Renewal forms should be arriving shortly. Gather the required information and make an appointment to submit your application. Its important that you get your information in soon to avoid delays. Questions contact Barbara

Earn More SNAP Dollars with the Healthy Incentives Program!

Spend you 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

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

Open Enrollment for Medicare

To all Medicare beneficiaries, Open Enrollment for Medicare is just around the corner, October 15-December 7, 2022. This is your opportunity to make changes to your Medicare plans for the year 2023. Our staff will be booking in-person appointments with our SHINE representative on **Thursday** afternoons and Fridays during Open Enrollment to assist you. Please take note of the following guidelines to make your appointment as smooth as possible;

- 1) you must already be enrolled in Medicare A and B to schedule an Open Enrollment appointment
- 2) you will need your Medicare card as well as all other health insurance and prescription drug cards
- 3) you must have your most recent Prescription drug list with accurate name of the drug, dosage and frequency with which you are taking the medication
- 4) please check with your providers ahead of time to verify which Medicare plans they accept
- 5) if you use a computer we recommend setting up a [Medicare.gov](https://www.medicare.gov) account BEFORE your SHINE appointment. Go to www.medicare.gov and select Log-In/ Create an Account to get started
- 6) if you already have a [Medicare.gov](https://www.medicare.gov) account please bring your user name and password to your appointment. Use the retrieval tool on Medicare .gov if you have forgotten your user name and/or password
- 7) if you need to cancel your appointment please call 48 hours ahead of time so we can fit someone else into your time slot.

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. 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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RED HAT YA YA SISTERHOOD OF WILBRAHAM

Welcome back! We have an exciting schedule of events planned for the 2022/2023 year. Please join us on Wednesday, September 7th for tea and light refreshments as we install our Officers and Board of Directors. This event will be held in the Brooks Room at the Wilbraham Library from 12:00 to 2:00. Chair ladies Donna Hick and Jane Soukup. Please bring your favorite tea cup!

Our events are in the works and will be updated as more plans are finalized. Events include:

Tuesday, October 25th Halloween Party in the Brooks Room at the Wilbraham Library from 12:00 to 3:00.

Wednesday, November 16th Turkey Trot Luncheon at the Wilbraham Senior Center from 11:30 to 2:30.

Friday, December 9th our Annual Holiday Luncheon at the Ludlow Country Club starting at 11:30 with appetizers and social time. Following at 12:00 will be a buffet lunch which includes salad, ziti, meatballs, Chicken Marsala, roasted potatoes, mixed veggies, coffee, tea, rolls, and assorted pastries. (A vegetarian option can be arranged in advance). The cost is \$25.00 and Maria Cacela and Linda Nichols are the chair ladies. The Community Survival Center was selected for our donations this year.

Friday, January 13th Let's Do Lunch at the Villa Rose Restaurant, Ludlow. Chair lady Ruth Chappel.

Wednesday, February 15th Valentine's Day lunch at the Wilbraham Senior Center. Chair ladies Donna Hick, Barbara Forsyth, and Arline Cambo.

March Go Green St. Patrick's Dinner hosted by the Knights of Columbus at St. Cecilia's Church (date and time to be determined). Chair lady Jane Soukup.

Sunday, April 23rd 2:00 Exit 7 Players *Into the Woods* and Tony and Penny's. Chair lady Ruth Chappel.

Wednesday, May 10th YaYa Horse Racing at Wilbraham Senior Center. Chair ladies Kathy Sowa and Janet Vitkus.

Wednesday, June 21st Summer Wreath craft with Rose and catered lunch at the Wilbraham Senior Center. Chair ladies are Linda Nichols and Maria Cacela.

We need a few chair ladies, please consider chairing or co-chairing an event. Updates will be in the Wilbraham Senior News and also emailed to members. If you don't have email, you will receive a phone call.

All the Best! Ruth Chappel, Queen Mum



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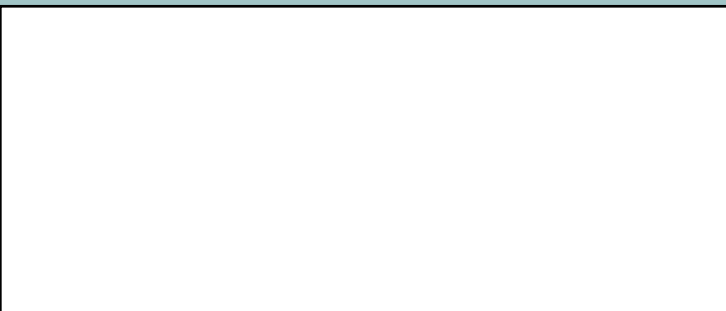
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 - Gas Fireplace in Community Room
 - Laundry Facilities on Each Floor
 - Central Air
 - Recycling Center
 - Community Room on Each Floor
 - Pet Friendly
 - Off Street Parking
- 

STAFF

Director of Elder Affairs
 Paula Dubord
 Activities/Volunteer Coordinator
 Jennifer Curtis
 Social Services
 Coordinator/Veterans
 Administrative Assistant
 Barbara Harrington
 Van Driver/Custodian
 Greg Schmutte
 Veterans Agent
 Jered S. Sasen

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 Susan Rigney, MaryLou Pierce,
 Brenda Willard

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Chairperson: Trant Campbell
 Vice Chair:
 Secretary: Ellen O'Brien
 Members: Theresa Munn,
 Gilles Turcotte, Diane Weston,
 Charles Marsman

SUBMITTAL INFORMATION

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



Annual newsletter fee of \$5 payable to the "Friends of Wilbraham Seniors."

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Newsletter available online at www.wilbraham-ma.gov.

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SENIOR CENTER VAN

MONDAY TRIPS	WEDNESDAY TRIPS	THURSDAY TRIPS
September 5: Closed September 12: Big Y September 19: Big Y September 26: Big Y	Sept 7: Ocean St/ Randall's Sept 14: Walmart (Ware) Sept 21: Palmer Flee Market (10 am open time) Sept 28: Walmart (Chic)	Sept 1: Stop & Shop Sept 8: Big Y Sept 15 Stop & Shop Sept 22: Aldi Sept 29: Big Y



Pick ups begin between 9-9:30 a.m. All bus trips are \$2 round trip. Space is limited to the first 8 callers. Around Town Trips on Tuesdays—anywhere you need to go in Wilbraham! Call 596-8379 to sign up today.

SENIOR CENTER HOURS

Monday - Friday | 8:00 a.m. - 4:00 p.m.

PVTA VAN SERVICE

Available by calling 739-7436