



WILBRAHAM SENIOR NEWS

Flu Shot Clinic @ Memorial School

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

Pumpkin Contest

Let's get creative and decorate pumpkins any which way you want! You can carve, paint, shave, or bedazzle. It's up to you! Submit your pumpkin by October 24th. The last day to vote for pumpkins is at the Halloween party lunch on Halloween! The winner will receive a gift basket provided by Wilbraham Funeral Home. You do not have to attend the lunch to win! Please register at 596-8379.

Christopher Heights Tour

FREE. On October 28th @ 12pm Join us for a group tour of Christopher heights of Belchertown. If you are thinking about a senior living facility for yourself or a loved one, this is a great way to start exploring your options. Take the senior center van with Jen. On the tour you will experience their different style apartments, common areas, meet current residents, and have plenty of time for questions with the staff in their PUB. Please sign up by Tuesday , Oct 25 at 596-8379.

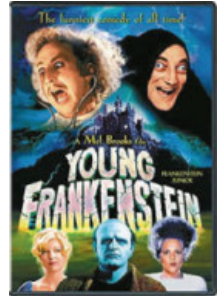
Halloween Party Lunch

Join us on **MONDAY, Oct 31** for a Halloween Lunch Party. Kindly sponsored by Country Bank, we will be having a starter salad, pizza, and a yummy dessert. Musical entertainment provided by Stephen George. Costumes are encouraged. There will be a prize for best costume. Doors open at 11:45, Lunch is served at 12 pm. Call 596-8379 to sign up.



Drive in Movie

October 25th @ 6pm / dusk. Join us in the senior center parking lot to watch *Young Frankenstein*. 1974 1h 46 min "Young Frankenstein" parodies the classic Frankenstein movies with loads of jokes peppered into variations on familiar scenes. FREE. Please sign up at 596-8379.



Home Improvement Contractors

Monday, October 17 @ 11am.

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present on home improvement contractors. The presentation will include information about the Office and what we do. It will also cover registration of contractors, what to do about complaints, arbitration, and the guaranty fund.

Wilbraham Senior Center staff will be away at a conference from 10/19-10/21. Programs will run and the building will be open thanks to VSO Jered Sassen and senior center volunteers.

Holocaust Survivor

Tuesday, October 18 @ 1pm.

Local writer Tom Slawiak introduces holocaust survivor Abraham Rodstein who speaks about his experiences and survival story from a WWII concentration camp. Abraham has spoken a various venues around our area and wants to share his story. Please let us know you will be coming by calling 596-8379.

Aerobics

Aerobics is back on **Tuesdays AND Thursday** at 10:45 with Erin. Starting October 4th!!! First **Tuesday** Class. Tuesday and Thursday **FREE** class.



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 **October 19** Call 596-8379 for appointments.

FRIENDS MEMBERSHIP MEETING **October 18th** at 1:30. Annual Friends meeting elections. All are welcome to attend. Only Members are allowed to vote.

JEWELRY WORKSHOP– Wednesday, Oct 19 @ 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. – October—*The Vanishing Half* by: Bennett—November—*40 Rules of Love* by Shafak

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, Oct 26**

TECH TIME By appointment only. Call Jen at the Wilbraham Senior center if you need basic help with your cell phone, tablet, or laptop. WMA students will be here is November.

BUS TRIPS

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 bobbi-jg2@charter.net



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

Senior Center Donations

Besko, Mary T
Bralski, Alex
Chadwick, Debbie
Cote, Charron
Dunaj, Taryn
Estenes, Dolores
Kook, Elizabeth
Levesque, Barbara
Owen, Victoria

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.

In Memory of George Allen

Allen, Dorothy
Grady, Donald

Building Fund
Anonymous



October 3: Chili & Cornbread

October 10: Closed

October 17: Hot Dog, baked beans & close slaw

October 24: Meatloaf & mashed potato

October 31: Halloween Lunch (Special Lunch)

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

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS



Foot Care Nurse | Oct 13

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

Foot Doctor Cindy Galavotti | Oct 6

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

Baystate Hearing Aids | October 12

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, October 11th @ 9:15

Mount Marcy. 620 Glendale rd. Wilbraham. A few steep climbs. (No Jen)

Tuesday, October 25th @ 9:15

Mt Tom State Reservation. Park at Lake Bray Parking lot off rt 5 Holyoke. Moderate Hike.

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 – **October 7**

Facials

Diane Neill, MA Licensed Aesthetician. Cost is \$35-\$45 for 50 min facial. **October 27** 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.

Aerobics is back

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

OCTOBER 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Chili & cornbread	4 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1:30— Pinochle Around Town	5 9 -Tai Chi 1— Scrabble Randall's/ Ocean State	6 9—Dr. Galavotti 10—Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Stop & Shop	7 9-Massage 9-SHINE 1— Bridge 1-Chair Volleyball
	11 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 11—Grief Support Series 1:15— Red Hat Meeting 1:30— Pinochle Around Town	12 9 -Tai Chi 10— Bay State Hearing 1— Scrabble Walmart (Ware)	13 8—Foot Care Nurse 10—Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Big Y	14 9— Reflexology 9-SHINE 1— Bridge 1-Chair Volleyball
17 10:30— Home Improvement 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Hot Dogs, Baked beans	18 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 1—Holocaust Presentation 1:30— Pinochle Around Town	19 9 -Tai Chi 10— Jewelry 1—Attorney Peterson 1— Scrabble Atkins Farm	20 10—Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting 2— Book Club Stop & Shop	21 9— Reflexology 9-SHINE 1— Bridge 1—Brown Bag 1-Chair Volleyball
24 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y Meat loaf & Mashed potato	25 9:15 Hiking Club 10— Chair Exercise 10—Blood Pressure 10:45—Aerobics 11—Grief Support Series 1:30— Pinochle 6—Drive in movie Around Town	26 9 -Tai Chi 9:30— Walking group 12:30— Sen. Lesser's Aid 1— Scrabble Walmart (Chicopee)	27 8:30— Facials 10—Chair Exercise 10:45—Aerobics 12:30— Mahjong 1—Knitting Aldi	28 9— Reflexology 9-SHINE 9:30— Walking group 12—Tour 1— Bridge 1-Chair Volleyball
31 12— Halloween Lunch 12:30—Bingo 1— Rug Making 2:45— Line Dancing Big Y	<h1>HAPPY HALLOWEEN</h1>			

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NEWS & EVENTS

Grief Support Counseling– FREE

Second and fourth Tuesday of every month @ 11am. October 11 and October 25 . 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

Over the past four months, we have attempted to use this column to inform the community of the progress of the Wilbraham Senior Center Building Committee in constructing a new building on the land behind the present Town Hall. We also have tried to highlight the staff and services of our present Senior Center. It is time to announce that the Senior Center Building Committee has taken a break! It is time to let the hired professionals on our team to do their work!!

So, to keep you informed as to what is happening behind the scenes....the Committee has spent the last several months keeping the architect team headed by John Catlin, very busy. We have been pouring over the plans for the building and the surrounding area to “fine tune” the vision for the Senior Center, in light of the variability of building costs and supplies.

The plans are settled, and the project is now “out for bid”. This is an electronic process by which plans and details of the construction for the building are posted on a construction document website. Contractors log into this website, download the information and are then able to upload a bid by a specific deadline. This bid is what they believe it will cost their company to build that specific building. This process takes a total of 5 weeks, after which time the Committee will come together again to review the bids that were submitted and award the contract.

We understand there are some questions regarding an emergency generator for the new building. It is not presently in the budget; however, the building will be constructed with the concrete pad prepared, and all of the wiring and conduits installed for a future connection. It is understood that the generator is an important item and with the infrastructure in place the generator itself can easily be added at a later date. In the bid process the generator is on the list of “Add Alternates” – things that we will purchase if we have the funds. There also is a grant application that has been filed for funds that, if awarded, will specifically be used towards the purchase the generator.

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, For the Senior Center Building Committee

FRIENDS OF WILBRAHAM SENIORS

MESSAGE FROM YOUR FRIENDS



Make Volunteering Your Second Act

The Friends of Wilbraham Seniors have their biggest fundraiser coming up in November. It's our 12th Annual Holiday Bazaar, which will be held on November 19 from 9:00 am - 3:00 pm at the Evangel Assembly Church on Stony Hill Rd.

This particular fundraiser has several opportunities for those of you who are willing to volunteer your time either before, during, or after the event. I'll be creating a pool of volunteers that could be called upon, if needed. Listed below are areas we might need your assistance with:

Before Event ~ Friday Nov. 18 ~ 10 am- 8 pm

- *Donate an item for our famous raffle
- *Bake "goodies" for our bake sale (cookies, cupcakes, brownies, muffins, breads, fudge, etc. festively packaged in small amounts)
- *Help with set up (10 am - 3 pm ~ pick a time slot)
- *Help crafters bring in things from their cars (3 pm - 8 pm ~ pick a time slot)

Day of Event ~ Saturday Nov. 19 ~ 9 am -3 pm

- *Help selling raffle tickets
- *Help at our bake sale

After Event ~ Saturday Nov. 19 ~ 3 pm - 8 pm

- *Help with making calls on your cellphone to raffle winners (3 pm - 4 pm)

- *Help crafters load things into their cars (3 pm - 8 pm ~ pick a time slot)
- *Help with clean-up
- *Help transporting raffle gifts to the Senior Center



As you can see, it takes a great deal of time, planning, and work to put on an event like this!

If you are able to help us with any of these tasks, email me at dgormley@charter.net. Put FWS Volunteer in the subject line and let me know what you'd be willing to do. Include your phone number, so if we find we need your help, we'll be able to contact you with further information.

Keep in mind-The Friends of Wilbraham Seniors has as its mission to improve the lives of our senior citizens by supporting and raising funds. The money we make at this annual bazaar will go into our Building Fund to help outfit our new Senior Center.

Join the pool of volunteers that could be called upon when we need some help, not only for this event, but for the tasks I've mentioned over the previous months in this newsletter. In doing so, you'll make volunteering your second act! By coming together as a community, we will ensure that independence, well-being, and dignity define aging in your town, now and in the future.

Deb Gormley Member, Board of Directors

SAVE THE DATES

~~~More Details to Follow~~~

**Oct. 18** ~ Annual Friends Membership and Supporters Meeting Tuesday 1:30 at the Senior Center. (This is our biennial election of Directors and Officers on our Board for the next two years. Come and have your vote counted! Only members can vote. Refreshments will be served.) Note: *Because our Bylaws state we must hold the election on the third Tuesday in October, we are cancelling our regularly scheduled meeting October 12.*

**Oct. 25** ~ Crazy Jakes on Boston Rd. ~ Dine-in or Take-out (Bring the youngsters to meet The Great Pumpkin and they'll receive a treat!)

**Nov. 19** ~ Holiday Bazaar at the Evangel Assembly Church on Stony Hill Rd.

**Dec. 7** ~ UNO Pizzeria and Grill on Boston Rd. Springfield ~Dine-in or Take-out



# 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

### Travel Training for Seniors—PVTA

PVTA now offers Travel Training for seniors and people with mobility impairments who are motivated to learn how to safely and independently use the fixed route system. Training is provided free-of-charge except for the trainee's bus fare while training is taking place.

Our Travel Trainers provide personalized, one-on-one instruction which takes each trainee's unique needs and abilities into account as well as group instruction on how to use fixed-route buses. For further information please contact PVTA's *Mobility Services Coordinator* at [\(413\) 732-6248](tel:4137326248) ext. 2235

### 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.



# 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 Opporutnity 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 @ 596-8379.

## Massachusetts Equipment Distribution Program

Do you or someone in your household have a disability that makes it difficult to access the telephone in your home? If you are having issues with hearing, vision, speech, this phone is a great asset. MassEDP is offering specialized phones for **FREE** if your income is LESS than \$50,000 per year. Please contact me regarding this great program.

## 24 Hour Mobile Notary

Acknowledgments, oaths and affirmations, jurats, signatures witnessing, copy certs, summonses, and subpoenas. Shayvonne A. Plummer (413) 308-1448/ Call or Text

(E) shayvonneplummer@gmail.com

## Dispatch Health

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Questions please call Barbara

## Real ID

The Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from October 1, 2021 to May 3, 2023, due to the ongoing COVID-19 pandemic. Beginning May 3, 2023, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities. To get one, you will need to provide additional documentation and come into a RMV service center.

Please call Barbara for a checklist with all documents that are needed to apply for a REAL ID



## COMMUNITY NEWS

### A Friendly Reminder

#### From Friends of the Wilbraham Seniors

Since its founding in 1985, the Friends of Wilbraham Seniors have been responsible for mailing out the monthly Senior Center Newsletters for the COA. These mailings go out to 1600 homes of seniors each month and this amounts to an annual cost of \$3,324. A \$5.00 annual donation is suggested to offset the cost of postage, which again has recently increased. So, as a friendly reminder, we would greatly appreciate it if you could send in \$5.00 or more-whatever you can spare. Make your check payable to Friends of Wilbraham Seniors, Inc. and write on the memo line – newsletter. You could either mail it to Friends of Wilbraham Seniors, Inc., 40 Post Office Park, Suite #747, Wilbraham, MA 01095 or drop it off at our Senior Center.

### The Wilbraham Women's Club

#### Fashion Show Luncheon

Thursday, October 27 in the St. Cecilia Parish Center, 42 Main st., Wilbraham. Fashions will be presented by Rosewood which has stores in Hampden, Lee, and Westfield. The social hour is at 11:30 with the luncheon at noon. The choices are chicken with cranberry orange sauce or filet of sole with seafood stuffing, salad, vegetable, rolls, coffee, tea and dessert are included for \$28.00. For reservations, Call Norma Bandarra, 596-8173. Make checks payable to Wilbraham Women's Club and send to Norma at 44 High Pine Circle, Wilbraham Ma. 01095. The reservation deadline is Oct 20. This event is a scholarship and community service fundraiser.

## 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

Our first event of the year, the installation of our officers and Board or Directors was held on Wednesday, September 7th. Members enjoyed getting together for tea and light refreshments in the Brooks room of the Wilbraham Library. A big thank you to Deb Gormley for installing the members and to Donna Hick for chairing this event. Also, thank you to all those who based the wonderful desserts.

Sign-up soon for our Halloween Costume Party also held in the Brooks Room at the Wilbraham Library from 12:00 PM to 3:00 PM on Tuesday, October 25th. Prizes will be awarded in many categories. Arline Cambo, Donna Hick, and Barbara Forsyth are chair ladies for this event.

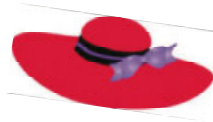
Wednesday, November 16th we will hold a turkey Trop Luncheon at the Wilbraham Senior Center from 11:30 AM to 2:30 PM. Come bid on your favorite turkey and win prizes for the most outrageous turkey hat. No red and purple required for this event. Chair ladies are Janet Vitkus and Ruth Chappel.

Friday December 9th is our Annual Holiday Luncheon at the Ludlow Country Club starting at 11:30 AM with appetizers and social time. Following at 12:PM will be a buffet lunch. The Survival Center was selected for our donations this year.

I would like to introduce our newest members Linda Nichols and Pam Hayes!

All the best!

Ruth Chappel, Queen Mum



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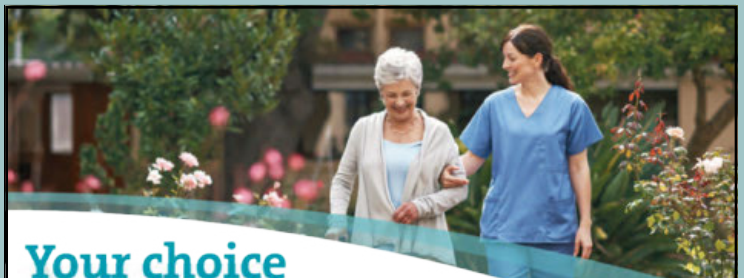


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WAITLIST OPEN FOR AFFORDABLE 1 BEDROOM APARTMENTS. INCOME ELIGIBILITY REQUIRED FOR 62 AND OLDER

**AMENITIES:**

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- Seasonal Sun Room
- 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

## WEEKLY VOLUNTEERS

Office: Dorothy Soja, Dee Mitchell,  
 Susan Rigney, MaryLou Pierce,  
 Brenda Willard

## COUNCIL ON AGING MEMBERS

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## 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." Donations to the Friends of Wilbraham Seniors accepted at: PO Box 747, Wilbraham, MA 01095

Newsletter available online at [www.wilbraham-ma.gov](http://www.wilbraham-ma.gov).

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| MONDAY TRIPS                                                                                          | WEDNESDAY TRIPS                                                                                       | THURSDAY TRIPS                                                            |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| October 3: Big Y<br>October 10: Closed<br>October 17: Big Y<br>October 24: Big Y<br>October 31: Big Y | Oct 5: Ocean St/ Randall's<br>Oct 12: Walmart (Ware)<br>Oct 19: Atkins Farm<br>Oct 26: Walmart (Chic) | Oct 6: Stop & Shop<br>Oct 13: Big Y<br>Oct 20 Stop & Shop<br>Oct 27: Aldi |



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.

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