

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 18, 2

February 2012

VITAMIN D the "SUNSHINE VITAMIN"

200 million Americans can trace a wide array of disorders to vitamin D deficiency. All civilized diseases are a result of vitamin D deficiency from cancer, obesity, arthritis, high blood pressure, back pain, muscle cramps, and diabetes. Barbara Giammarino, Nutritionist, Community Liaison for Better Life Whole Foods will present the vitamin D Cure Lecture to improve your Health on **Monday, February 13 at 10:00a.m.** Please call 596-8379 to sign up for this program.

Are You Comfortable in Your Own Skin?

For many seniors, being "comfortable in our own skin" has taken on a whole new meaning. As we age, changes in our skin often lead to new problems with elasticity, temperature control, skin irritation or tears, healing complications, and more. We'll examine common skin problems and what to do about them. Join a speaker from Wingate on **Monday, February 27th at 10 a.m.** Call 596-8379 to let us know you are attending this informative presentation.

FUNERAL PRE PLANNING

Thinking about your own funeral leaves most people feeling a little uneasy, but more adults are finding that preplanning a funeral offers great emotional and even financial security for them and their families. With preplanning, families find comfort in knowing that the funeral reflects what their loved one wanted. It also gives them peace of mind to not have to make important decisions at a stressful time. Ellen O'Brien from Wilbraham Funeral Home will be at the Senior Center on **Monday, February 6th at 10 a.m.** to talk about pre-planning. Come with your questions and concerns—Ellen will answer them all. Please call 596-8379 to register.

DIGITAL PHOTOGRAPHY CLASS

Did you get a digital camera for Christmas and need help working it? Kathy Phipps has returned to help guide you through ins and outs of digital photography. Three sessions will be held on consecutive **Fridays in February at 10 a.m.**, starting on the 3rd. If you would like to participate, please call to register—596-8379.



AARP TAX HELP

The AARP trained tax counselors will be at the Senior Center to assist Wilbraham residents, age 60 and over, with their tax returns. If you need help in filing your tax returns, please call the Senior Center at 596-8379 for an appointment.



Senior Center & Meal
Site CLOSED
Monday, Feb. 20th
PRESIDENT'S
DAY



PIZZA WITH PUPPOLO

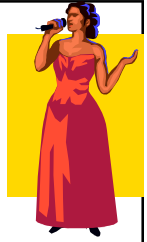
Meet and Greet with our State Representative, Angelo J. Puppolo, Jr., for an update from Beacon Hill. Join Angelo for a hot pizza lunch. Great opportunity to hear what's happening and to let Angelo know what you think. All are welcome. **February 10th at 12 noon** at the Senior Center.

Call to register at 596-8379.



BROADWAY CAVALCADE

The Wilbraham Cultural Council and the Wilbraham Senior Center have joined together and are pleased to announce the appearance of singing star Ruth Harcovitz in a forthcoming performance of her program, BROADWAY CAVALCADE. This program is a review of American Musical Theater from early days up until more recent times and includes favorite show tunes of the senior set. The performance will take place on Tuesday, February 21 following a luncheon at 11:40 at the Wilbraham Senior Center.



Ms. Harcovitz, who is in constant demand throughout the country for her beautiful voice and warm personality, has appeared with opera companies, as soloist with orchestras, and in resorts. Recently returned from a successful singing tour in Florida, here in Massachusetts she is known for her wide variety of thrilling programs, which always draw large crowds.

Donation for the luncheon are \$1.75. For further information and reservations, sign up no later than February 9th at the senior center or call the senior center at (413) 596-8379. This program is sponsored in part by a grant from the Wilbraham Cultural Council, a local agency, and the Massachusetts Cultural Council, a state agency, and the Wilbraham Council on Aging.

ZUMBA GOLD



We started a Zumba Gold class in December and it was such a hit we are adding a second class!! Classes will now be held on Wednesdays and Fridays from 2:45-3:45. Come to one or both. Zumba is a Latin based dance exercise and Zumba Gold is specifically designed for Seniors! This is a fun way to get in your daily exercise. Instructor Laura Geryk will be leading this fun packed workout. Cost is \$5 a class, paid to the instructor.

HEALTH & FITNESS PROGRAMS

FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** with Kathy Hunter, \$2 a class. Beginner Line Dance class on **Fridays, 1:40 p.m.**

Tap Dance with Mary Ann, Thursdays at 9:30 a.m. \$2.

Tai Chi, Wednesdays at 9 a.m. FREE!

Belly Dancing with Janet every Wednesday at 11 a.m.

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Arthritis Exercise with Mary Ellen, **Wed. at 10:15 a.m.**

Ludlow Reservoir Walks, 5 brisk miles, **Fri., 9 a.m.**

Gentle Walking will continue for the winter—inside in the Y Gym if its too cold—Mondays from 12-12:45.

Outrageous Adventures— **February ??.** See Mary Ellen Schmidt for more information.

Senior Center Fitness Equipment— recumbent bike, treadmill, and stationary upright bike. A Dr's. note is required prior to first use. See Mary Ellen if you have any questions.

HEALTH PROGRAMS

Blood Pressure Readings, **Tues., 11:15 - 12 noon.**

Foot Care Nurses will be at the Center on **February 9th** and are available for home visits. Cost is \$28. Appt. needed.

Foot Doctor Cindy Galavotti, will be here on **February 1st**— cost is \$35. Call 596-8379 for an appointment.

Baystate Hearing Aids, **February 8th**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service is also available. Call to sign up.

CHAIR MASSAGE AT SENIOR CENTER—Chair massages, provided by Ann, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **February 3rd.** Very relaxing!!

RED HAT YA YA SISTERHOOD OF WILBRAHAM

Memo to all Red Hat Members, please check page three [3] in your handbook regarding the by-laws under Article 3, Membership. It has been noted that an increasing number of our members are not compliant regarding the dress code of wearing purple attire and a red hat or red hair piece to all Red Hat scheduled events. Please comply; this is an important part of being a member.

Tuesday February 21, 2012—"LET'S DO LUNCH", at Horizons Restaurant, on Boston Road at 1:00p.m. We will order off the menu with separate checks. Chairlady: Peg Breslin [525-2817]. This event is self drive, reservation deadline February 13, 2012.

Friday March 16, 2012---Spring Flower Show—Welcome spring with our trip to Talcott Greenhouse at Mt. Holyoke College Botanic Garden in South Hadley followed by lunch at The Route 9 Diner. We will leave the Senior Center at 10:30 van and car pooling will be available. Lunch is planned for 1:00 p.m., we will order off the menu with separate checks. There is no charge for the flower show, but a donation is acceptable. All checks for van use [\$4.00] are to be made payable to Ya Ya Sisterhood and sent to Chairlady Deb Gormley [547-6583] at 105 Chapin Greene Dr. Ludlow. Ma. 01056. Reservation deadline and van payment to be made by March 2, 2012.

Reservations for the April 26, 2012 -- Friends Luncheon Fashion Show are being taken at this time. If you are interested in attending, please call Jane Soukup [596-6046] as soon as possible. Till next month.

Jane Soukup, Queen Mum

VETERANS MONTHLY FORUM

Join us on Friday, February 17th at 9 a.m. when Andrew S Biscoe, MSgt, USAFR will present a base history and mission update for West Over Air force Base, Chicopee MA Please call to reserve a seat, Refreshments will be served. Everyone is welcome! Call 596-8379.

Richard Prochnow, Wilbraham's Veteran's Services Agent, is available to meet with residents at the Senior Center Please call Barbara Harrington at 596-8379 to schedule an appointment.

FLAGS AVAILABLE—Blue Star Flags are available to relatives of any active duty member who want to hang one in their window. Flags are also available for gravesites. See Barbara for these flags. **RETIRED FLAGS** —A bin is located in the Senior Center for retired flags to be properly disposed of. A member of the American Legion will collect the used flags and get them to the boy scouts for an annual burning.

FEBRUARY EVENTS

ATTORNEY DOUGLAS PETERSON will be at the Center for FREE 20 minute consultations on **February 8th**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill will meet on **February 29th at 10 a.m.** Cost is \$3 for class plus beads. Repair old jewelry or make new pieces for yourself or as gifts.

MEN'S BREAKFAST This month's meal will be served in Wilbraham on **Friday, February 24th at 8:30 a.m.** Since we cook breakfast from scratch, please call to register—596-8379.

QUILTING CLUB— Meets the 2nd & 4th Thursday, 1:00 p.m.

AFTERNOONS AT THE CENTER: PITCH Mondays, 12:30 p.m., **CRIBBAGE** Wednesdays, 12:30 p.m., **DOMINOES** Thursdays, 11:30 a.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.



Mon	Tue	Wed
<p><i>Reservations for lunch must be made by 10 a.m. the day prior. \$1.75 donation requested.</i> <i>Meals served at 11:40 a.m.</i></p>		<p>1 9-Tai Chi 9-Dr. Galavotti 10:15-Arthritis Class 11-Belly Dance Class 1:40-Line Dancing 2:45-Zumba Gold Big Y</p>
<p>6 9-AARP Tax Aides 10-Funeral Pre Planning with Ellen O'Brien 12:30-Pitch 1-Rug Making Baked Chicken/Rice Pilaf Wal-Mart</p>	<p>7 10-Chair Exercise 10:40-Aerobics 11:15-Bld Pressure Rdg 1-Knitting Etc. 1-Red Hat Meeting Spaghetti/meatballs Around Town</p>	<p>8 9-Tai Chi 10-Baystate Hearing 10:15-Arthritis Class 11-Belly Dance Class 1-Attorney Peterson 1:40-Line Dancing 2:45-Zumba Gold Stop & Shop</p>
<p>13 9-AARP Tax Aides 10-Vitamin D Talk 12:30-Pitch 1-Rug Making Sandy Country Pie Holyoke Mall</p>	<p>14 10-Chair Exercise 10:40-Aerobics 11-Sen. Candaras' Aide 11:15-Blood Pressure Readings 1-Knitting Etc. Roast Turkey/gravy Around Town</p>	<p>15 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance Class 12:30 -Cribbage 1:40-Songs from Westside Story 2:45-Zumba Gold Big Y</p>
<p>20 CLOSED—PRESIDENTS DAY</p> 	<p>21 10-Chair Exercise 10:40-Aerobics 11:15-Blood Pressure Readings 11:40-Lunch & Musical Presentation 1-Knitting Etc. Chicken Breast/gravy Around Town</p>	<p>22 9-Tai Chi 10:15-Arthritis Class 11-Belly Dance Class 2:45-Zumba Gold Stop & Shop</p>
<p>27 8:30-AARP Tax Help 10-Are you Comfortable in your Skin? 12:30-Pitch 1-Rug Making Roast Beef/gravy Mashed red potato Eastfield Mall</p>	<p>28 10-Chair Exercise 10:40-Aerobics 11:15-Blood Pressure Readings 1-Knitting Etc. Hot Dog/Baked Bean Cole Slaw Around Town</p>	<p>29 9-Tai Chi 10-Jewelry Class 10:15-Arthritis Class 11-Belly Dance Class 1:40-Line Dancing 2:45-Zumba Gold Big Y</p>

DONATIONS

DONATIONS Thanks to all who have donated to the Wilbraham Senior Center Revolving account:

Crogan, Yvette Hellyar, Eleanor	Maggi, Raymond & Joan Megas, Gene & George	Motley, Robert The Woods
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Thanks to those who have donated to the Friends of Wilbraham Seniors:

Anonymous Belsky, Alice Boydak, Helena Brown, Phyllis Czupryna, Walter/Mary Gaudette, Bruce/Marcia Gentile, Michael/Alice Godfrey, Jane Gravel, Del	Grover, John/Rita Hadank, Thyra Leger, Evelyn Lovejoy, John Marra, Antoinette Motley, Robert/Lois O'Hagan, Betty Page, Robert Parzych, Leonard/Sandra	Post, Jenine Rayburn, Ethel Sajak, Bronislaw/Dorothy Schott, Mary Scott, Mary Ellen Shaban, D Tucker, Catherine Waclaw, Bernard Williamson, Eileen
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Thanks to those who have donated to the "Building Fund":

Anonymous Chmura, Edwin Cierpial, Henry/Wanda Considine, Bill/Claudia Crimmins, Kris Groza, Peter/Rosemarie Iellamo, Domenick/Dorothy Lynch, Helen Maller, Glen/Elizabeth McGranaghan, Joe/Pat	Megas, George/Jean Motley, Robert/Lois O'Neil, Thomas Piscioneri, James/Nancy Sajak, Bronislaw/Dorothy Shea, Bill Talbot, Martha Zenaty, Dorothy Ziemba, Irene Abruzzo's Restaurant, Porchetta	Pitch Club, Senior Center Scatolini Wealth Management Line Dancers, Senior Center Health New England Memorial Lynne Cochran John Cochran Memorial George Hellyar Eleanor Hellyar
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Donations for the **Friends of Wilbraham Seniors** should be mailed to **PO Box 705, Wilbraham, MA 01095**. Donations to the Revolving Account can be made at the Senior Center office or by mail at 45B Post Office Park, Wilbraham, MA 01095. Thank you for your support of both groups.

A SPECIAL THANK YOU...

to the Wilbraham Pitch Club and their Leader, Terri Ladue, for holding a 50/50 raffle that benefited the Senior Center Building Fund. The Friends of Wilbraham Seniors wish to extend their gratitude for the generosity. It's groups like this that help them succeed in their goal. Keep up the good work and thank you again!!

**FRIENDS OF WILBRAHAM
SENIORS MEETING**
**Please call office for data and
time of next meeting.**
All are welcome.

UPCOMING EVENTS

March 7th

Art Classes with Sue Nieske
Exploring Water Media

March 16th

Cooking Demonstration with
Chef Ray from Orchard Valley

April 2nd

Mass Department of Transportation
Road Scholar Workshop

May 11th

Senior Fair at Senior Center

Join Us and Take A Chance

The Senior Center Building Fund Leap Year Raffle Drawing

This your last month to buy your raffle ticket Together with your check or a \$5 bill send it or hand deliver it to the Wilbraham Senior Center, P.O. Box 705, Wilbraham MA 01095. Please support the drive for a New Senior Center .

Take a chance, buy your ticket now !



Back Row: New Mexico photo landscape, Needlepoint cosmos flowers, 4 select wine basket with goodies
Front Row: Black walnut clock, Timeless handmade quilt, \$200 cash, Designer Vera Bradley Travel Bag

\$5.00 The Senior Center Building Fund Leap Year Raffle Drawing \$5.00

Multiple tickets may be purchased thru the Wilbraham Senior Center or by calling 596-8719
Drawing to take place on February 29, 2012, 3:00 PM at the Wilbraham Senior Center

Name: _____
Address: _____
Town: _____ State: _____ Zip: _____
Phone Number: _____

\$5.00 Checks to be made out to the Friends of Wilbraham Seniors Building Fund \$5.00

The Mohegan Sun Casino Bus Trip

It will take place on March 21, 2012, Wednesday. We will meet in the Sr. Center parking lot at 8:00 am. Upon arrival at the casino each passenger will receive luncheon and gambling vouchers. The Charge for the trip will be \$29 per person, non-refundable. Checks to be made out to FWSBF and sent to Jane Soukup(596-6046) at 11 Vista Road, Wilbraham MA 01095.

Reservation Deadline 3-7-2012 Limited seating. First come first served .

*******MARK YOU CALENDERS*******

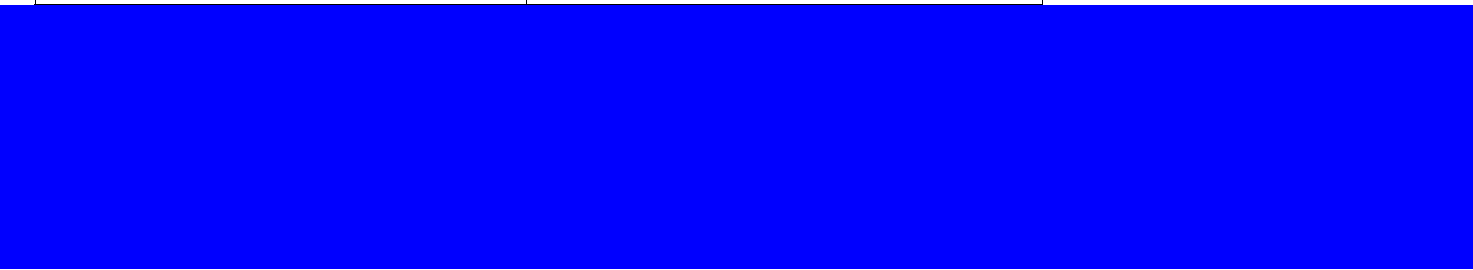
Come and join the fun. The wonderful Spring Fling Friends of Wilbraham Seniors Fashion Show will be held on April 26, 2012 at the St Cecilia's Parish Center. Social hour starts a 11:00am, Lunch will be served at 12:00pm. Wine available for purchase. Fashions By **COLDWATER CREEK** of the Holyoke Mall. Ticket Price \$22.00. Reservations must include payment. Limited seating on a first come first served basis. Whole table seating of 8 -10 available. All proceeds for the benefit of the Friends of Wilbraham Seniors Building Fund. For tickets call 596-8379, Wed. all day, Fridays before noon.

Thu	Fri
<p>2 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes</p> <p>Stop & Shop</p>	<p>3 9-Massage Therapy 9-Walking 10-Digital Photography 1-Bridge 1:40 Beg. Line Dance 2:45-Zumba Gold</p>
<p>9 8-Foot Care Nurses 9:30-Tap Dance 10-Chair Exercise 11:00-Aerobics 11:30-Dominoes 1-Quilting Club Big Y</p>	<p>10 9-Walking 10-Digital Photography 12-Pizza with Rep. Angelo Puppolo 1-Bridge 1:40-Beg. Line Dance 2:45-Zumba Gold</p>
<p>16 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes</p> <p>Stop & Shop</p>	<p>17 9-Veteran's Forum 9-Walking 10-Digital Photography 1-Bridge 1:40-Beg. Line Dance 2:45-Zumba Gold</p>
<p>23 9:30-Tap Dance 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1-Quilting Club</p> <p>Big Y</p>	<p>24 8:30-Men's Breakfast Club (Wilbraham) 10-Health New England 1-Bridge 2:45-Zumba Gold</p>

Come meet with Senator Gale Candaras' Aide on the 2nd Tuesday of each month at 11 a.m. Have questions or concerns? They are here to help.

Community Calendar
PARKINSON'S DISEASE SUPPORT GROUP On the first Monday of each month, a support group, for caregivers and those coping with the disease, will meet at the Jewish Community Center at 1160 Dickinson Street, Springfield at 4 p.m. No registration is required. If you have questions, call Joyce Dupont at 323-4274 or Bobbie Levin at 536-1895.

Performing Arts Club of Holyoke Catholic High School will be presenting CURTAINS, a musical murder mystery whodunit, at Elms College, Feb, 10th & 11th at 7:30. Tickets are \$10 for Seniors and available at the door or in advance by calling Karen at 747-4942.



WEST SIDE STORY



Enjoy a musical performance of the songs from Westside Story, performed by the Wilbraham Monson Academy singers. The group will be at the Senior Center on **Wednesday, February 15th at 1:40 p.m.** to perform for us. Please call 596-8379 to register for this event by February 9th. If we do not have enough interest, the program will be cancelled—but we hate to do that. Please support our local youth and Senior Center at the same time. Mark you calendars for the 15th and be entertained by some talented youths.

ANYONE INTERESTED IN A BOOK CLUB?

Contact Mary Ellen and if enough interest, we will start it up on March.

Call 596-8379 today.



ATTENTION ALL SNOWBIRDS:

If you are leaving Wilbraham for an extended amount of time this winter, please let us know to take you off the mailing list. It costs us 29 cents to mail the newsletter and 44 cents when it gets returned to us, as the Post Office will not forward the newsletter. When you get back to town, give us a call and we will resume delivery. Thanks.

UPCOMING BUS TRIPS

Boston Flower Show on Wednesday March 14th. Bus will leave Senior Center at 9 a.m. Cost is \$49 per person. Lunch is on your own with plenty of choices at the Show. A \$2 tip for driver will be collected on the bus. Sign up now.

New York City—day on your own—Wednesday, May 9th. Spend the day at the museum, shopping, sight seeing—you decide. We provide the round trip transportation and you provide the fun. Sign ups for this trip will begin on March 27th. Cost for the trip is \$30.

Checks should be made payable to: Wilb. Senior Center Revolving Acct.

DID YOU KNOW???

The Senior Center offers a variety of services that you may not know about. The following are some little known facts:

The Senior Center sells trash bags by the roll for the town's recycling center. \$22.50 a roll.

We have a "loaning closet" full of medical equipment that has been donated. If you or a loved one needs a wheelchair, walker, bath seat or raised toilet seat, please call us. We loan equipment to Wilbraham residents on a 3 month basis for no charge.

Our library shelves are bursting with books that may be taken out. Thanks to Flo Lavelle and Betty Hervieux, the shelves are maintained and straightened on a regular basis.

If you live in Wilbraham, are a Senior and have no way to get to a medical appointment, we have a wonderful group of volunteers who will transport you in their private vehicles.

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR:**

Barbara Harrington

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

WEEKLY VOLUNTEERS**Office:** Ann Beardsley,Evelyn Morris, Adell Teschendorf,
Kathy Phipps, Ginnie Rickert,
Jackie Daniels, Sue Wolcott**Van:** Gilles Turcotte, John Grover
John Cochran

**IF YOU WISH TO
UNSUBSCRIBE FROM THIS
NEWSLETTER
PLEASE CALL THE
SENIOR CENTER
AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors".
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705
Wilbraham, MA 01095

Meals served Mon and Tues. at 1145 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-2135 and ask for Jean or Nancy. \$1.75 donation requested.

GO SOX!

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095**

Nonprofit Organization
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RETURN SERVICE REQUESTED

**SENIOR CENTER HOURS:
Monday-Friday, 8:00-4:00****PVTA Van Service**

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov/Pages/index

COUNCIL ON AGING MEMBERS:**Chairperson:** Trant Campbell**Vice Chair:** Robert Page**Secretary:** Ellen O'Brien**Members:** Theresa Munn, Mark Soukup,
Gilles Turcotte, Marie Valentine

Meeting: 1st Wednesday of each month at
the Senior Center at 7:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 10th of each month mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095Phone (413)596-8379 Fax (413)596-8546
Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**Feb. 6th—Wal-Mart
Feb. 13th—Holyoke Mall
Feb. 20th—CLOSED
Feb. 27th—Eastfield Mall**WEDNESDAY TRIPS**Feb 1st—Big Y
Feb. 8th— Stop & Shop
Feb. 15th—Big Y
Feb. 22nd —Stop & Shop
Feb. 29—Big Y**THURSDAYS TRIPS**Feb. 2nd—Stop & Shop
Feb. 9th—Big Y
Feb. 16th—Stop & Shop
Feb. 23rd – Big Y

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers. **CORRECT CHANGE IS VERY HELPFUL PLEASE. Call 596-8379 to sign up today.** Around Town Trips on Tuesdays—call to reserve a seat! .

