

WILBRAHAM SENIOR CENTER COUNCIL ON AGING MISSION STATEMENT

The Wilbraham Senior Center/Council on Aging works to improve and enhance the quality of life for elder residents in Wilbraham. Senior Center staff supports and promotes the independence and social, physical, and emotional wellbeing of Wilbraham elders by implementing and maintaining quality education, nutrition, recreational, and wellness programs. The Senior Center/Council on Aging also supports all Wilbraham residents, regardless of age, with fuel assistance, food stamps and other social services needs.



Monthly Newsletter

We ask for a donation of \$10 per year to help cover related printing, postage, and mailing costs. Donations can be made payable to Friends of Wilbraham Seniors Inc. and dropped off at the senior center, or mailed to Friends at P.O. Box 747, Wilbraham, MA 01095.

The newsletter is available online at www.wilbraham-ma.gov/203/Newsletter. To unsubscribe, please call 413-596-8379.



The Wilbraham Senior Center

Meet our Staff

Paula Dubord
Director of Elder Affairs

Barbara Harrington
Social Services Coordinator

Patrick Renna
Veteran's Services Agent

Jen Finnigan
Activities/Volunteer Coordinator

Amanda Renna
Program Assistant

Greg Schmutte
Van Transport



The Wilbraham Senior Center

250 Springfield Street, Wilbraham Ma 01095



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250 Springfield Street
Wilbraham, MA 01095

Open Monday-Friday, 8:00 a.m.— 4:00 p.m.



www.wilbraham-ma.gov

413-596-8379



Services and Activities

The Wilbraham Senior Center welcomes all seniors who wish to participate in our programs. Many are free of charge, while some have a nominal fee, including:

- ◆ Art Classes ◆ Book Club ◆ Pitch ◆ Dominoes ◆ Bridge
- ◆ Quilting Club ◆ Knitting ◆ Rug Making ◆ Jewelry Class
- ◆ Day Trips ◆ Attorney Visits ◆ SHINE ◆ Fitness Classes
- ◆ Chair Exercise ◆ Tai Chi ◆ Line Dancing ◆ Educational Seminars ◆ AARP Tax Assistance ◆ Red Hat Club
- ◆ Computer assistance ◆ Movies

The Wilbraham Senior Van makes trips to area shopping malls every Wednesday, around town on Tuesdays, and to area groceries stores on Mondays and Thursdays. Cost for round trip transportation is \$2.



Social/Veterans Services

The Senior Center employs a Social Services Coordinator to assist Wilbraham Seniors with Fuel Assistance, Food Stamp applications, Knox Boxes, and other services for neighbors in need. She also serves as a valuable resource for information on aging. Support for family/caregivers and home visits are available on request.

The Wilbraham Veterans Service Officer is also located at the Senior Center. He is available to meet with any Wilbraham Veteran and/or their families to provide information on benefits and insurance.



Senior Center Meals

Lunch is served at the Senior Center on Mondays, Wednesdays, and Fridays. They are provided by Greater Springfield Senior Services, Inc. A new menu is available monthly and reservations must be made 2 business days ahead of the desired date. A \$3 donation is requested.

Weekend home meals provided by Life Care of Wilbraham are delivered by Senior Center volunteers.



Volunteers

Volunteers are the heart of our Senior Center and provide many valuable services. Our drivers transport Wilbraham Seniors to medical appointments and deliver the weekend meals on wheels. Volunteers also help in the kitchen, at our reception desk, teach various classes, and assist with mailing our monthly newsletter.

If you would like to volunteer at the Senior Center, please call and request to speak with the Volunteer Coordinator.

Healthcare/Wellness Services

A variety of healthcare services are offered monthly at the Senior Center, including: foot care, a blood pressure clinic, hearing checks, and a podiatrist. We also loan medical equipment, when available, including wheelchairs, canes, walkers, commodes, etc.

Our wellness services include Chair massages, Facials, Reiki, and Reflexology. These are by appointment only. Call us for more information.