

The Messenger



April 2018

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Kitchen: 569-0410

Council On Aging

454 College Highway

Southwick, MA 01077

www.southwickma.org/COA



Paid In Part By
Executive Office Of Elder Affairs

A Newsletter For Southwick's Senior Community

Mary Jane Connolly retires from COA Board: Year of Service 2007-2018

Mary Jane has been a COA Board member for 11 years. She has volunteered her time to The Southwick Senior Center in a variety of ways throughout the years. She enjoyed planning countless activities such as our Christmas parties while making beautiful raffle baskets for all to enjoy. Mary Jane was always available to lend a hand shopping for our parties, setting up, making food, or working through issues that came up at the Center. She also devoted her time by representing Southwick as a member of the Finance Executive Board at Highland Valley Elder Services. When Mary Jane wasn't at the Senior Center she enjoyed spending time with her husband, children, and grandchildren. She also enjoys quilting.

On behalf of the COA Board and the COA staff we thank Mary Jane for her service to our Senior Citizen community. She has spent 11 years and countless volunteer hours making our Senior Center a wonderful place to enjoy and receive much needed services and assistance. We wish you many years of health and happiness.

How to Avoid the Greatest Financial Dangers Retirees may Face

This program will be held at the Southwick Senior Center on Wednesday April 25th at 1:00pm. Will your income last as long as you will? Will your assets pass to your loved ones avoiding Probate Court, nursing home spend downs and unnecessary taxes?

Learn how to map it out and protect your assets for your lifetime and to Build a Bridge to safely guide your assets to your loved ones. This is a broad overview of many estate planning topics you won't want to miss! Presented by John G. Dee. For over 30 years John has been recognized as a leading financial educator in the Pioneer Valley area. He is president of Wealth Preservation Group, Inc in Enfield, CT and Agawam MA.



Friends of the Southwick Senior Center Seeking Tag Sale Participants, Crafters, & Vendors

On Saturday May 5th, the Friends of the Southwick Senior Center will hold an outside "space only" sale on the grounds of the Southwick Town Hall from 9-2 (set-up starting at 8am). You can sell items you found during your spring cleaning or use this as an opportunity to sell crafts or other items. Spaces are approximately 10'x10' and the cost is \$10.00 per space. Vendors supply their own tables, chairs and, if desired, canopy tents. Spaces should be reserved in advance. The sale will be promoted through local signs, press releases, and an ad in local news papers.

To reserve space: send name, contact information and payment (check made payable to Southwick Seniors, Inc.) to Southwick Seniors, Inc., PO Box 263, Southwick, MA 01077 - all reservations must be received by April 27th. No refunds for cancelations for no shows. Call Pat McMahon 569-6531 with any questions. Southwick Seniors, Inc. (known as Friends of the Southwick Senior Center) is a 501(c)(3) organization dedicated to providing programs and events for Southwick Seniors.

Learn to Play Bridge

If you are interested in learning how to play bridge **please call the Senior Center at 569-5498 by April 15th** so we know how many people are interested.

Do Re Mi's Chorus Group



NEW SHOW....Do you remember songs from the 50's and 60's such as Downtown, Doggie in the Window, Mr. Sandman, Moon River, Splish Splash I Was Taking a Bath and High Hope??

"Rock and Roll Juke Box Saturday Night" will be performed by the Do Re Mi's on **Thursday April 26th at 12:30pm at the Senior Center**. The show is Directed by Cathy Berry and Accompanied by Camy Crick. Come listen to their great arrangement of songs. This event is free.

Town of Southwick Senior Citizen Tax Work-Off Program

Applications for this year program will be available beginning on May 4th. You must make an appointment with the COA Director to **turn in your application and all supporting documents by May 31st**. You can't drop off applications without an appointment. The purpose is to allow qualified Southwick taxpayers to perform volunteer community service for participating Town departments in order to receive abatement on their property tax. The goal is to enhance municipal service by utilizing the skills of senior citizens in various departments throughout town. There will be (10) available positions on a lottery basis; Applicants are eligible for one year unless there are positions that remain open. Please don't delay this program starts very soon. The qualifications for the program can also be found on our website at www.southwickma.org/COA.

Mass Equipment Distribution Program

This program will be held on **April 18th at 10:30am in the dining room**. The State 911 Department is presenting an exciting program that could greatly benefit you or members of your family. MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing loss or vision loss.

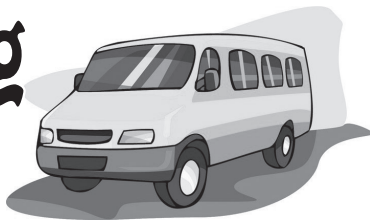
This enables you to have the opportunity to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include:

Deaf, Hard of Hearing, Blind, Low Vision, Motion, Cognitive, Speech, Deaf/Blind

There are three eligibility requirements:

1. Residency in Massachusetts
2. Permanent disability that can be verified by a MA physician
3. Residential phone service

Upcoming Trips



Please note all trips must be paid one week prior to the event. If this is not done you will lose your seat on the van. Southwick residents will receive seating first

Cruisin' Thru The Fifties with Jimmy Mazz

This trip will be held on **Tuesday April 17th**. We will leave the Senior Center at 10:45am and head to The Carriage House at Storowton Tavern for lunch and a show. The cost of the trip is \$33.00. Sign up in the office and pay by April 6th.



Lake Webster Lunch at Indian Ranch & Boat Ride

This trip will be held on **Wednesday May 23rd**. We will leave the Senior Center at 8:45am. We will eat at the Ranch and then enjoy a boat ride on Webster Lake. The cost of the trip is \$55.00 and will include a wonderful lunch of either Herb Crusted Pork Loin, Baked Cod or Chicken Marsala. Sign up and pay by April 30th.

Russell Inn Lunch

This trip will be held on **Thursday April 5th**. We will leave the Senior Center at 11:00am. Lunch will be at your own expense. Please sign up by March 29th.

Simsbury Flea Market & Smorgasbord



This trip will be held on **Saturday April 28th**. We will leave the Senior Center at 10:00am. The cost of the trip is \$7.00. Explore the Flea Market and eat at the food truck on site. Sign up by April 16th.

Red Bucket Sugar Shack

This trip will be held on **Saturday April 7th**. We will leave the Senior Center at 9:00am. The cost of the trip is \$2.00. Breakfast will be at your own expense. Sign up in the office by March 29th.



Sturbridge Lakeside Theater Honoring Mothers and Grandmothers

This trip will be held on **Thursday May 10th**. We will leave the Senior Center at 10:00am. The cost of the trip is \$52.75. Enjoy a nice meal that will include New England Pot Roast or Herb Crusted Baked Haddock, Potato, Vegetable, and dessert. Please sign up and pay by April 12th.



In Memoriam

Our Condolences to Family and Friends

Iris F. Gomes

Mary Rapacki

Florence Warriner

Mary Currier

Ellsworth Odell: "Whitey" was a volunteer at the Southwick Senior Center. He was dedicated to our morning bread program and also helped with Brown bag every month. Whitey volunteered for nearly two decades. He also loved driving our Seniors to medical appointments and on trips using the volunteer van. We will miss him here at the Senior Center.

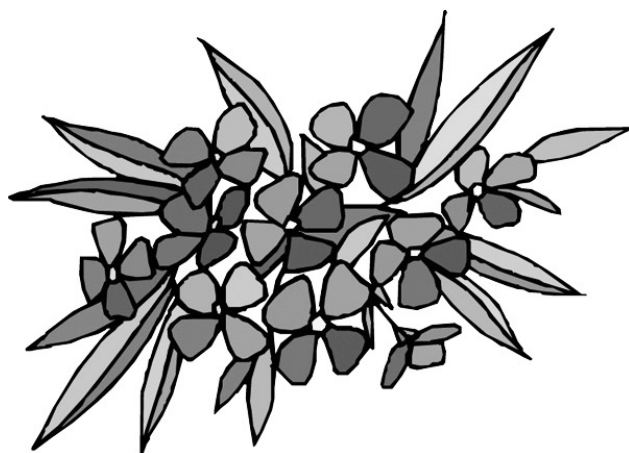
April Calendar

Thurs.	5	11:00am	Russell Inn
Fri.	6	9:00am	Veteran's Representative
Sat.	7	9:00am	RedBucket Sugar
Mon.	9	10:00am	COA Board Meeting
Tues.	10	11:00am	Brown Bag
Mon.	16	CLOSED	Patriot's Day
Thurs.	17	10:45am	Jimmy Mazz
Wed.	18	10:30am	Mass Equipment Distribution
Thurs.	19	10:30am	Blood Pressure
Fri.	20	9:00am	Veteran's Representative
Wed.	24	1:00pm	Wealth Preservation Seminar
Thur.	26	12:30am	Do-Re-Mi Singers
Sat.	28	10:00am	Simsbury Flea Market

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
Tues.	9:30	S.A.F.E for Seniors	\$3.00
	11:00	Tai-Chi	\$3.00
	12:00	Painting	\$3.00
	12:30	Poker	
	1:00	Cribbage	
Wed.	10:00	Line Dancing	\$2.00
Thur.	9:00	Yoga	\$3.00
	12:30	Poker	
Fri.	10:30	Swimming Aerobics	\$25.00
Pre-Paid for 5 Classes Held at Wilderness Experience			
	9:15	Chair Yoga	\$3.00
	10:30	Yoga Dancing	\$5.00
	11:30	Zumba	\$4.00
	12:30	Writer's Workshop	

COA Office 569-5498 • Dining Center 569-0410



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SOUTHWICK COUNCIL ON AGING

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