

The Messenger



April 2019

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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

SPRING

SPRING KICKOFF

Wednesday April 17th

Thanks to a grant provided by the Southwick Cultural Council Laurie Feista will be performing at the Southwick Senior Center. Come join us for a pizza party at 11:30am and the show will begin at 12:30pm. The cost of lunch is \$3.00 and the show is FREE. Laurie pursued her musical education at Westfield State University where she majored in voice, studying classical and operatic styles with concentrations in theory/composition and music education. She also continued her piano studies in college. She specializes in performing eclectic concerts which include varying styles of music such as Jazz, Country, Pop/Rock, Broadway and Classical. You must sign up and pay in advance for lunch. If you want to attend just the performance it begins at 12:30pm in the Fitness Room.

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

On Saturday May 4th, the Friends of the Southwick Senior Center will hold an outside "space only" sale on the grounds of the Southwick Town Hall from 9-1pm (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 \$15.00 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 cancellations or no shows. Call Joyce Bannish at 569-3232 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.



AARP Driver Safety Course

Co-Sponsored by the Southwick Council on Aging and The Southwick Police Dept.

Take the AARP Smart Driver course at The Southwick Senior Center on Tuesday April 23rd from 9:30am-2:30pm. Lunch will be provided.

* You will learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment.

* In addition you will learn

*The effects of medications on driving

*Proper use of safety belts, air bags, anti-lock brakes, new technologies in cars ways to monitor your own and others' driving skills and capabilities

*The importance of eliminating distractions such as eating and cell phone use.

THERE IS NO DRIVING TEST!!!

Southwick Residents 60 years of age and over will receive the course FREE thanks to the contributions of the Southwick Police Department and Council on Aging

For participants living outside of Southwick the classroom course costs \$15 for AARP members and \$20 for non-members. You may qualify for an auto insurance discount(participants should check with their auto insurance agent for details.

Space is limited, so register now by calling 569-5498.

Crafts with Denise

We will have classes twice a month. The classes listed below will be \$2.00 and will be from 9:30am until 11:00am. Sign up in advance as class is limited. Tuesday April 9th – Bird House Painting
Wednesday April 24th- Flower Pot Designs

Health Fair

The Southwick Senior Center will be hosting a Health Fair on Thursday May 9th from 9:00am -12:00pm. The health fair will be in the Senior Center. All events and classes will be cancelled for that day. This makes for easier accessibility for all. Come and speak to over 30 vendors that can help you with all of your needs. Refreshments will be served and everyone is welcome.

Town of Southwick

Senior Citizen Tax Work-Off Program

Applications for this year program will be available beginning on May 6th. You must make an appointment with the COA Director to turn in your application and all supporting documents by June 3rd. 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.

Yoga Dancing

Yoga Dancing will be held on Tuesday April 16th at 12:30pm. This is an open invitation to bring your child or grandchild to enjoy in the fun. All are welcome! The cost is \$2.00 per person. Yoga dancing will also be held on Monday April 29th at the regular time.

Herbert C. Pace Jr. Award

Please start thinking about Nominations for the Herbert C. Pace Jr. award. The criteria for the recipient of the Herbert C. Pace Jr. award are as follows:

*Must be 65 years old

*Active in the Southwick COA activities and events

*Open to all Southwick COA participants

*Staff members are not eligible

****Nominations will be accepted during the month of April. A form with the persons name and the reason you think they deserve the award needs to be turned into the Senior Center. The COA board will go through the forms and decide on a recipient at their May meeting. A small reception will be held in June to honor the recipient.

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



Russell Inn for lunch and Huntington Store for browsing

This trip will be held on Thursday April 11th. We will leave the Senior Center at 11:00am. Lunch will be at your own expense.

Magic of Motown at the Log Cabin



The volunteer van will be leaving the Southwick Senior Center on Tuesday July 23rd at 10:45am to enjoy this amazing show and meal. The cost of the trip is \$67 per person. Lunch will include Twin Lobsters or Prime Rib, potato, vegetable, and dessert. Sign up in advance as soon as possible as this trip fills up quickly.



Zanto's Restaurant

The van will be going to Greek Night at Zanto's on Saturday April 27th. We will leave the Senior Center at 4pm. The cost of this trip is \$3.00 with dinner at your own expense.



Josiah Day House in West Springfield

Take a guided tour through the oldest Brick Salt Box in the United States. The museum has artifacts from 1754-1902. We will plan this trip in late April or Early May depending on the opening of their season. Please call the office for a date. The cost is \$6.00 and we will stop for lunch after the tour.

Davenport Maple Farm Restaurant



The van will be leaving the Senior Center on Saturday April 6th at 8:00am. The cost of the trip is \$3.00. Enjoy a wonderful breakfast with freshly made maple syrup at your own expense.

In Memoriam

Our Condolences to Family and Friends

Herbert J. Holl

Herbert Pace Jr.: Mr Pace was a member of the COA Board for 36 years. Over the years he helped plan birthday parties, securing the first volunteer van, organizing trips, writing grants, and being the "watch dog" of the COA's finances. He volunteered with driving the bus, Meals on Wheels, and our Brown Bag program. He also advocated and secured funds for the Memoriam Memory Tree that can be found in the Exercise Room. He could always be found cooking food on the grill during summer parties, but his greatest joy as a member of the COA board was simply helping people. He will be dearly missed here at the Senior Center and our deepest condolences go out to the family.

April Calendar

Sat.	6	8:00am	Davenport's Maple Farm
Mon.	8	12:30am	COA Meeting
Tues.	9	11:00am	Brown Bag
Thurs.	11	11:00am	Russell Inn
Fri.	12	9:00am	Veteran's Representative
Mon.	15	CLOSED	Patriot's Day
Tues.	23	9:30-2:30pm	AARP Driver safety Course
Fri.	26	9:00am	Veteran's Representative
Sat.	27	4:00pm	Greek Night at Zanto's

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$2.00
	11:30	Yoga Dancing	\$2.00
		(4/16 @ 12:30pm & 4/29)	
Tues.	9:30	Yoga	\$2.00
	11:00	Tai-Chi	\$2.00
	12:00	Painting	\$2.00
	12:30	Cards	
	1:00	Cribbage	
Wed.	10:00	Line Dancing	\$2.00
	1:00	Scrabble	
Thur.	9:00	Quilting Class wJoanne	\$4.00
	9:30	S.A.F.E for Seniors	\$2.00
	12:30	Poker	
Fri.	9:45	Chair Yoga	\$2.00
	10:30	Swimming Aerobics	\$15.00
		Pre-Paid for 5 Classes Held at Wilderness Experience	
	11:00	Zumba	\$2.00
	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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