

The Messenger



**December 2018
January 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

Hello All,

We can't believe that the holiday season is upon us and there has already been snow on the ground. Cold temperatures are here!!! Brrrrrrrr. Everyone should have a neighbor or family member who checks on them on a daily basis either by phone or in person. We should all be checking on our neighbors and alerting authorities if there is an issue. Our Candy Cane Extravaganza Luncheon is going to be simply spectacular and we hope you can all make it. There will be door prizes, raffle baskets and amazing food. We have been very busy in the past several months. We have gone on several trips and have had programming addressing many of our Seniors needs. We hope this holiday season finds you happy and healthy and you all have a Merry Christmas and a wonderful New Year.

Peace and Joy,

Cindy Sullivan and the COA staff

Candy Cane Extravaganza

Our Christmas Luncheon at the Southwick Senior Center will be catered by Tucker's Restaurant in Southwick. The Candy Cane Extravaganza will be held on Wednesday December 19th from 11:00am-1:00pm. The cost is \$15.00 pp. You will need to sign up and pay in the office by December 8th. Your choice for lunch is Yankee Pot Roast or Baked Cod. Appetizers will be provided and we will have entertainment from The Southwick-Tolland-Granville High School Chorus.



Snow Policy for Classes

When Southwick Public Schools are closed for the day we will not have classes. In the event of a school delay the instructor will decide if they are having class and we will call you if class is cancelled.

Due to the holiday schedule there will be no classes from December 24th-January 1st. Classes will resume as scheduled on Wednesday January 2nd.

If you are moving: Please notify our office at 569-5498 if you are going to be moving. We like to keep our records up to date. We need to know if you will have a new address or if you are permanently leaving the area. This will help to keep our postage costs accurate as well. Thank you.

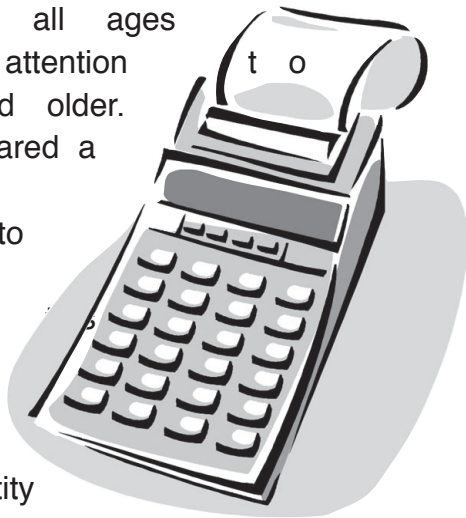
Getting Ready for Tax Season

After the holiday season it's time to get ready for tax season! Once again AARP Tax Aide Program volunteers will come to our Senior Center on Wednesdays, beginning February 6th, to prepare federal and state tax returns. If more days are added we will post it on Channel 15. Call the office at 569-5498 to make your appointment beginning on January 3, 2019.

Tax Aide is a nationwide free, confidential service offered to low and middle income taxpayers of all ages with special attention those 60 and older. They have shared a few important guidelines to remember if you want to use service.

Because of concerns about identity theft, the AARP Tax Aide program requires that each taxpayer show a valid picture ID. If you have a joint return then both spouses must be present, unless one is ill or disabled, please tell us if this is your situation when you make your appointment.

It is very important to bring all your 2018 tax related documents with you, as well as a copy of last year's tax return. So be sure to watch your mailbox in January when most Social Security, wage, and retirement account statements are sent to you. Remember that if you have a brokerage account those statements may not come until mid February. Keep these dates in mind when you make your appointment. The program tries to serve as many as possible and spots fill up fast so it can be difficult to schedule a return visit to bring missing documents.



Crafts with Denise

Hi Everyone! It's craft time. I hope that you all will come for crafts with me. We will have classes once a month and soon classes will be twice a month. The 3 classes listed below will be \$2.00 and will be from 9:00am until 11:00am. Sign up in advance as class is limited. Look for additional dates to be added later.

Wednesday December 5th: Christmas Ornaments

Wednesday January 9th: Canvas Painting

Wednesday February 6th: Greeting Cards

Learn New Cooking Ideas

The Culinary Arts Students from Westfield Technical Academy and the Head Chefs will present a series of cooking skills and classes. The Basics to Main dishes will be taught. **We will have a class here at the Senior Center on Friday December 14, 2018 at 9:30am.** The menu will be salmon with a blueberry reduction and a sweet to be determined. The cost for the class will be \$5.00. If you would like to join this exciting program please sign up in the office. Class is held in the Park and Recreation area on the lower level.



The Power of Touch Workshop

The Southwick Senior Center will hold this workshop on Friday December 7th at 10:45am in the Activity Room. In this workshop we will go over some of the science behind the benefits of platonic touch and learn practical ways to incorporate more physical connection into our lives. We will also practice some self soothing techniques, self massage, mindfulness, and visualization. This talk will be beneficial for everyone, whether you live alone or with others. Join Renee for a half hour of self care and community. Sign up for lunch immediately following the workshop, we would love to have you join us!

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



Westbrooke Outlet Shops

We will leave the Senior Center at 8:30am.
The trip will be held on **Monday December 3rd.**
The cost is \$3.00.



Storm Closings

Check your local stations (Ch.40 and Ch.22): Look for Highland Valley Elder Services, Hulmes Transportation. Southwick Senior Center for transportation or no meals or closed, and Southwick Town hall all departments are closed. There are times when transportation is cancelled but we are still delivering meals and having congregate dining.

Westfield Technical Academy Lunch

The volunteer van will be going to the WTA for their amazing lunch on **January 24th.** The cost is \$10 and this includes something off the menu and a drink. Please sign up in the office.



Basketball Hall of Fame

The van will be going to The Basketball Hall of Fame on **Thursday January 17th.** We will leave the Senior Center at **11am.** Lunch at Subway in the Hall of Fame will be at your own expense. Sign up by January 3rd.

Bright Nights

The volunteer van will be going to Bright Nights **Tuesday December 4th and Monday December 10th.** We will be leaving the center at **4:30pm,** cost is \$2.00pp. Call the center to reserve a seat, Southwick residents will have first priority as seats are limited.



Bernie's Restaurant

We will leave the Senior Center at 10:45am. The trip will be held on Friday December 14, 2018. The cost of this trip is \$2.00. Lunch will be at your own expense.

MGM CASINO

The King Ward Bus will leave the Senior Center at **11:00am on Thursday February 14th.** Please be here by 10:45am. The cost of this trip is \$12.00 and will include a \$10 bet only. **The bus will leave the casino at 4:00pm.** Sign up by January 11th.



In Memoriam 

Our Condolences to Family and Friends

George Hiersche
Judith Chase

May Tucker
Lois Walker

December Calendar

Mon.	3	8:30am	Westbrook Outlets
Tues.	4	4:30Pm	Bright Nights
Mon.	10	10:00am	COA Board Meeting
Mon.	10	4:30pm	Bright Nights
Tues.	11	11:15am	Brown Bag
Fri.	14	9:00am	Veteran's Representative
Fri.	14	9:30am	WTA Cooking class
Mon.	18	4:30Pm	Bright Nights
Wed.	19	11:00am	Candy Cane Extravaganza
Mon.	24	CLOSED	Town Hall Closed
Tues.	25	CLOSED	Town Hall Closed

January Calendar

Tues.	1	Closed	Town Hall Closed
Fri.	4	9:00AM	Veteran's Representative
Tues.	8	11:15AM	Brown Bags
Mon.	14	10:00AM	COA Board Meeting
Thurs.	17	11:00AM	Basketball Hall of Fame
Fri.	18	9:00AM	Veterans Representative
Mon.	21	CLOSED	Martin Luther King Day
Thurs.	24	10:45AM	WTA Lunch

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$2.00
	11:30	Yoga Dancing	\$2.00
		(12/17)	
	1:00	Tap Dancing	\$2.00
Tues.	9:30	Yoga	\$2.00
	11:00	Tai-Chi	\$2.00
	12:00	Painting	\$2.00
	12:30	Poker	
	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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