

The Messenger

A Newsletter For Southwick's Senior Community



**December 2019
January 2020**

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Denise Seibert
Andrea Holmes

Office: 569-5498

Dining Coordinator
Denise Hills-McGarry

Kitchen: 569-0410

Office Hours

Monday 8:00am-2:00pm
Tues.-Thurs. 8:00am-4:00pm
Friday 8:00am-1:00pm

Council On Aging
454 College Highway

Southwick, MA 01077
www.southwickma.org/COA



Paid In Part By
Executive Office Of Elder Affairs

Hello All,



We can't believe that the holiday season is upon us. Cold temperatures are here!!! Brrrrrrrrr. 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 Jingle Bell Jubilee Luncheon is going to be simply joyous and we hope you can all make it. There will be door prizes, raffle baskets and amazing food. 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



Jingle Bell Jubilee

Our Christmas Luncheon at the Southwick Senior Center will be catered by Tucker's Restaurant in Southwick. Jingle Bell Jubilee will be held on Wednesday, December 18th from 11:00am-1:00pm. The cost is \$17.00 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 scrod. Appetizers will be provided and we will have entertainment from The Southwick-Tolland-Granville High School Chorus. There may be a few other surprises this year.



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. If you would like to be placed on our e-mail list to receive an electronic version please call the Senior Center. This also includes people living outside of Southwick.

Sand for Seniors

Please call the Senior Center to sign up for one or both of these programs. In the winter months there is a significant number of Seniors falling on the ice. The fire department will deliver a bucket with sand and scooper in it. If you received a bucket last year please call for a refill of sand. Distribution has already begun. Please be sure to call if you need a refill throughout the season.



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 should call the Senior Center and let us know if you are going to have class or not.



Classes

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



Yoga Dancing



Yoga Dancing will be held on Monday, December 16th and January, 13th at 1:00pm. The price is \$5 paid directly to Renee.

Crafts with Denise!!!!

Sign up in advance as class is limited.

Dec. 11th: Christmas Craft

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 Tuesdays beginning February 4th, 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, 2020.

TaxAide is a nationwide free, confidential service offered to low and middle income taxpayers of all ages with special attention to those 60 and older. They have shared a few important guidelines to remember if you want to use this 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 2019 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.

Upcoming Trips



IMPORTANT INFO REGARDING TRIPS: All trips must be paid in cash. You must sign up in advance and pay in full within a week of signing up. If you have not paid we will take your name off of the list. Sign up for all trips by calling or coming into the office at 569-5498. Please arrive 15 minutes before the scheduled departure time. If you are not here at departure time we will need to leave without you with no refund.



Westfield Technical Academy Buffet

The volunteer van will be going to the WTA for their amazing buffet in January. Please call in early January for a date. The cost is \$10 and this includes something off the menu and a drink. Please sign up in the office.

Foxwoods

The Volunteer Van will be going to Foxwoods on Thursday, January 16th. You will receive a lunch voucher and a \$10 bet. The cost of this trip is \$12.00 and we will leave the Senior Center at 8am sharp and leave the Casino at 3pm sharp.

Bernie's Restaurant

We will leave the Senior Center at 11:00am. The trip will be held on Thursday, December 12, 2019. The cost of this trip is \$3.00. Lunch will be at your own expense



Bright Nights

The volunteer van will be going to Bright Nights Monday, December 9th and Monday, December 16th. 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.



A Christmas Carol

A Christmas Carol by Charles Dickens presented by the Westfield Theater Group. The trip will be held on Saturday, December 14th. We will leave the center at 1:00pm. The show is being held at the Westfield Woman's Club and will begin at 2:00pm. The cost \$17.00.

Harriet Beecher Stowe Museum

We will leave the Senior Center on Friday, January 24, 2020 10:00am. The cost of the trip will be \$16.00pp. We will have lunch at Cracker Barrel in East Windsor, CT after visiting the museum at your own expense.



Storowton Lunch & Show

Jimmy Mazz will perform a Holiday Show and they will serve a Yankee Pot Roast Meal. The event will be held on Tuesday, December 10, 2019. We will leave the center at 11:00am. Cost is: \$38.00 and due asap.



In Memoriam 
Our Condolences to Family and Friends

Elmer Johnson Jr.

December Calendar

Thur.	5	10:30am	Salem Cross Inn
Fri.	6	9:00am	Veteran's Representative
Mon.	9	4:30pm	Bright Nights
Mon.	9	12:30pm	COA Board Meeting
Tues.	10	11:15am	Brown Bag
Thurs.	12	11:00am	Bernie's Restaurant
Sat.	14	2:00pm	A Christmas Carol
Mon.	16	4:30pm	Bright Nights
Mon.	16	1:00pm	Yoga Dancing
Wed.	18	11:00am	Jingle Bell Jubilee
Tues.	24	Closed	Town Hall Closed
Wed.	25	Closed	Town Hall Closed

January Calendar call for dates of Veteran's Rep visit

Wed.	1	Closed	Town Hall Closed
Mon.	13	10:00am	COA Board Meeting
Mon.	13	1:00pm	Yoga Dancing
Tues.	14	11:15am	Brown Bag
Thurs.	16	8:00am	Foxwoods Casino
Mon.	20	Closed	Martin Luther King Day
Fri.	24	10:00am	Harriet Beecher Stowe Museum

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$2.00
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
	1:15	Bingo	
Thur.	9:00	Quilting Class wJoanne	\$4.00
	9:30	S.A.F.E for Seniors	\$2.00
	12:30	Cards	
Fri.	9:45	Chair Yoga	\$2.00
	10:30	Swimming Aerobics	\$25.00
Pre-Paid for 5 Classes Held at Wilderness Experience			
	11:00	Zumba	\$2.00

COA Office 569-5498 • Dining Center 569-0410

Please Forward
Change Service Requested

454 College Highway
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

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