

The Messenger



February 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



Happy New Year!!! We have been busy here at the Senior Center. We have launched 2 new programs. Please see below for more details. We hosted our Candy Cane Extravaganza on December 19th. We had about 100 people attend this wonderful event. The food was catered by Tucker's Restaurant, and as usual they did a fantastic job. We were also entertained by the Southwick Regional School

Chorus with over 50 students participating. The students did an excellent job!! We would like to thank the COA board for their hard work for this event. We had appetizers provided by COA board members and our COA staff. We were blessed with nearly 30 donations of a variety of items. Serving our meal was Select Board member Doug Moglin. Also helping was CAO Karl Stinehart, Fire Chief Anderson and his lovely wife Lisa, Police Chief Bishop, Library Director Dianne Caruso, DPW Director Randy Brown, and Town Clerk/Treasurer Michelle Hill. This event was another example of our community supporting our Seniors and our Senior Center. It was nice to have so many people attend and share their holiday cheer.

We would like to thank Joe Deedy and the Moolicious volunteers for delivering hot meals to our home bound clients on Thanksgiving Day and Christmas Day. This helps many of our Seniors receive a hot meal and see a friendly face during the holidays. Also a big shout out to our Quilters that made soup cozies and ornaments for our homebound clients. They greatly appreciated your kindness.

New Snow Policy: If the Southwick Schools are cancelled then all programs for the day are cancelled at the Senior Center. If there is a school delay then the teacher/instructor should call at 8:00am to discuss if class is being held or not. A call will go out if classes are cancelled for that day.

Sand for Seniors and House Numbering Program

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. The house numbering program will resume in the Spring. Sign up now to get your green sign placed on your lawn. Help Emergency personal find you or a loved one in an emergency. The cost is FREE to Seniors and \$25 for any resident.

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 February 5th- Making Cards specifically for Valentine's Day if interested

-Wednesday February 20th- Adult Coloring Pages. Very popular! We have all the supplies

Homemade Soup Day

On Friday February 15th come in and enjoy a bowl of soup or a small taste of several different soups. We will have Creamy broccoli, Vegetable Beef, Tomato, Bean Chowder, Lemon Chicken Orzo, and Minestrone Soup. We will serve your soup with a variety of breads and dessert. The cost of this special lunch is \$3.00. You must sign up in advance with staff to attend.

Home Safety Checklist

Through a grant from Sarah Gillette Elder Services we are offering a new program. The home safety checklist is a program for Seniors to schedule an appointment and have a Senior Center along with a Fire Department Representative come into your home and educate and assess your home on preventing falls as well as fire. If assistance is needed there are some funds available to install bars in the bathroom, move rugs or small pieces of furniture in areas that obstruct mobility in the home, and other assistance as needed. Please sign up at the Senior Center and a call will be made to set up appointments for the end of March.

Valentine's Day Ice Cream Social and Birthday Recognition

Thursday February 14th at 12:00pm. After lunch come and enjoy a make your own Ice Cream Sundae for \$1.00. Birthday Recognition will also be on this day. We are behind so we will celebrate folks that had a birthday from October through February. You must sign up for lunch in order to participate in this event. Please sign up in the dining room. Please call 569-0410.

Senator Humason Office Hours

Senator Humason or a representative will be at the Southwick Senior Center on Monday February 11th from 10:00am -11:30am. No appointments necessary. Come in and ask the Senator questions if you would like to.

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 Tuesday February 12, 2019 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.

Getting 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. Call the office at 569-5498 to make your appointment. Please bring all paperwork with you and make sure you have an ID.

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 person's 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

Steaming Tender Restaurant

We will leave the Senior Center on Friday March 15th at 11:15am. Enjoy lunch at the train station (this is not a train ride). The cost for the trip is \$3.00 and lunch is at your own expense.

Salem Cross Inn

We will leave the Senior Center on Friday February 22nd at 11:15am. The cost of the trip is \$3.00. Lunch is at your own expense.



Westfield Technical Academy Buffet

The volunteer van will be going to the WTA for their amazing buffet on a Friday in February. The cost is \$10 and this includes the buffet and a drink. Call the office to find out which day in February we are going. If the Westfield Schools are closed this trip will be cancelled.

Westfield Farmer's Market

We will leave the Senior Center on Saturday February 9th at 10:30am. Stop at the Summer House for lunch on your way home. The cost of this trip is \$2.00.

Bernie's Restaurant



We are heading to Bernie's on Wednesday March 20th. We will leave the Senior Center at 11:00am. The cost of this trip will be \$2.00. Lunch at Bernie's 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 today or the trip will be cancelled.

Yale New Haven Peabody Museum

We will leave the Senior Center on Thursday February 28th at 9:30am. We will stop to eat at Frank Pepe's Pizzeria at your own expense.

Flower Show CT Convention Center

We will leave the Senior Center at 10:00am on Thursday February 21st. The cost of the trip is \$20.00.

In Memoriam



Our Condolences to Family and Friends

Ruth Morrill

Patricia Frazer

Jeannine Gates

Dorothy Hamilton

Diane E. Arnold

Robert Plasse

Holly J. Norton

Joseph Bailey

Rosie Lyons: Rosie volunteered her time at the Senior Center for many years. She scheduled "Lunch With Rosie", Fall scenic bus rides, Brown Bag, and Bingo Assistant. We are sure she also did many services for our Seniors. She was a regular at lunch and enjoyed interacting with everyone. Our deepest condolences to her husband Newt and the entire family.

Elethea M. Goodkin: Elethea was our Writers Workshop instructor for over 20 years. She came to the Senior Center every Friday with a smile on her face and a story on her mind. Her group enjoyed catching up with each other. Most recently Elethea was a participant of the Writer's Group and enjoyed it very much. Our prayers and thoughts go out to her family.

February Calendar

Fri.	1	9:00am	Veteran's Representative
Tues.	5	9:30am	Craft with Denise
Sat.	9	10:30am	Indoor Farmers Market
Mon.	11	10:00-11:30am	Senator Humason office Hours
Mon.	11	10:00am	COA Board Meeting
Tues.	12	11:00am	Brown Bag
Tues.	12	9:30-11:00am	WTA Cooking class
Thurs.	14	10:45am	MGM Casino
Thurs.	14	Lunch Time	Valentine's Ice Cream Social and Birthday Recognition
Fri.	15	9:00am	Veteran's Representative
Fri.	15	11:30am	Homemade Soup Day
Mon.	18	Holiday	Senior Center Closed
Wed.	20	9:00am	Crafts with Denise
Thurs.	21	10:00am	Annual Garden & Flower Show
Tues.	8	11:15am	Brown Bags
Fri.	22	11:15am	Salem Cross Inn
Thurs.	28	9:30am	Yale New Haven Peabody Museum

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$2.00
	11:15	Yoga Dancing (2/11 & 2/25)	\$2.00
	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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