

The Messenger

A Newsletter For Southwick's Senior Community



July/August 2019

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Denise Seibert
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Jan Argiro

Office: 569-5498

Dining Coordinator
Denise Hills-McGarry

Kitchen: 569-0410

(Office Hours beginning July 1st)
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 Affair^s

Emergency House Number Sign Program

Are the Fire and Police Departments able to find your house in an emergency? Let us help! The Southwick Senior Center and The Southwick Fire Department are continuing our partnership. We are trying to make the homes in our community easier for Emergency Services to respond to 911 calls. We have reflective signs with house numbers that will go on homeowner's lawns that will reflect their house number day or night. This program is available to all homeowners in Southwick. We continue to have funding so Seniors will be free and other residents will pay a fee of \$25. The Fire Department installs them on your lawn at no additional cost. We have placed over 200 signs throughout Town. Please call the Senior Center to sign up!



Activity Day/Meet the Instructor September 5th from 10:30-11:30am



Come into the Senior Center and meet the instructors of the classes that will be offered beginning on September 9th. This event is for current participants and of course new faces. Sometimes there is confusion about what the class is like and how it differs from other classes. Take advantage of the opportunity to meet the instructors of the classes to see if it is something you might be interested in participating in. I'm hoping all of the instructors will be available for this great event. Light refreshments will be served.



Crafts with Denise!!!

On **July 17th, 31st and August 14th and 28th** Denise will be doing a continuous project. She is calling it "Rock Village". Sign up for this great activity. The cost for all 4 classes will be \$5.00.



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.



Thimble Islands Cruise

This trip will be held on **Thursday August 1st**. We will go to Branford CT for a cruise on the Sea Mist to see the Islands. **The boat departs @ 11:00am. We will leave the center at 9:00am.** The cost will be \$15.00 per person. Stop for lunch at the Chowder Pot at your own expense.



Cousins Maine Lobster

Food Truck

An amazing food truck is coming to town. They will be located in the back parking lot on **Monday July 15th from 11am-2:30pm**. The options are great and the food is delicious. This event is open to the public. No sign ups necessary.

Yoga Dancing

Yoga dancing will be held on **July 10th, and August 7th at 12:00pm** here at the Southwick



Senior Center. The cost is \$2.00 per adult. Children are encouraged to attend this class for **FREE**. Make it a family event and come have some fun with Renee.



Northfield Mountain Cruise on the Quinnetukut II:

The Senior Center van will leave on **Thursday August 22nd at 9:15am**. The cost is \$17.00 per person and lunch will be at the Four Leaf Clover Restaurant at your own expense.

Spaghetti Dinner:

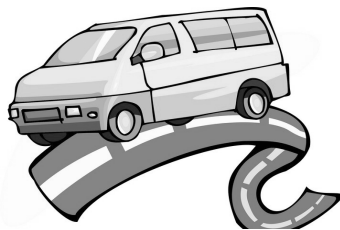
The Southwick American Legion hosts a spaghetti dinner on the **3rd Wednesday of every month**. They donate money to different charities. **The cost is \$7.00 and it is held from 5:00pm-7:00pm at the Legion.** Pay at the door.

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

Local Museum Trips



We are happy to announce that we will be offering trips to local Museums again this summer. Below is the list of trips throughout the summer. All trips are \$3.00 each and lunch is at your own expense. Stop in the office or call 569-5498. When you sign up we will tell you the departure time from the Senior Center.

July 5, 2019 Jacob's Pillow, Becket

July 12, 2019 Chesterwood Museum, Stockbridge

July 26, 2019 Historic Deerfield

August 2, 2019 Naumkeag, The Trustees, Stockbridge

August 9, 2019 Hancock Shaker Village, Pittsfield

August 23, 2019 Berkshire Museum

August 30, 2019 Old Sturbridge Village, Sturbridge



Mancuso World Quilt New England

The trip will leave the Senior Center on **Thursday August 15th at 9:30am**. The cost is \$17.00 and lunch will be at your own expense on the grounds of the Quilt Show. Sign up ASAP.

Lavender Pond Farm

The volunteer bus will leave the Senior Center on **Thursday July 11th at 9:30am**.

There will be an educational trolley ride on The Lavender Express. The cost of the trip is \$6.00 and we will stop for lunch at June's Outback at your own expense.



Essex Steam Train & Riverboat

The trip will be held on **Tuesday July 9th**. We will leave the Senior Center at **9:00am**. The cost of the trip is \$58.00. You will enjoy a 3 course meal on a leisurely ride on the Steam Train then you will go onto the boat and travel up the river and then return train for a return ride.

In Memoriam



Our Condolences to Family and Friends

Madeliene Dowd

John Erickson

Bernard Leduc Jr.

Alice McMullin

Eleanor Swientisky

Janice Cammisa

John Edward McKay: John was an employee at the Southwick Town Hall's Maintenance department. He was always in the Senior Center talking to patrons and assisting during many events. John was a Senior and would often sit down and eat lunch with our Seniors. He was well liked and will be missed tremendously by everyone at the senior center.

July Calendar

Thurs.	4	CLOSED	Independence Day
Fri.	5	TBA	Jacob's Pillow Becket
Mon.	8	12:30pm	COA Board Meeting
Tues.	9	11:00am	Brown Bag
Tues.	9	9:00am	Essex Steam Boat
Wed.	10	12:00pm	Yoga Dancing (\$2)
Thurs.	11	9:30am	Lavender Pond Farm
Fri.	12	TBA	Chesterwood Museum
Mon.	15	11:00am	Lobster Truck
Tues.	23	10:45am	Log Cabin Show
Fri.	26	TBA	Historic Deerfield

August Calender

Thurs.	1	9:00am	Thimble Island
Fri.	2	TBA	Naumkeag The Trustees
Wed.	7	12:00pm	Yoga Dancing (\$2)
Fri.	9	TBA	Hancock Shaker Village
Mon.	12	12:30pm	COA Board Meeting
Tues.	13	11:00am	Brown Bag
Fri.	15	9:30am	New England Quilt Museum
Thurs.	22	9:15am	Northfield Mountain
Fri.	23	TBA	Berkshire Museum
Fri.	30	TBA	Old Sturbridge Village

COA Office 569-5498 • Dining Center 569-0410

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