

The Messenger



June/July 2018

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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

Thank Goodness For Friends!

COA says "Thank You!" to our Volunteers!

On Thursday May 24th our Volunteer Luncheon was held at Tucker's Restaurant in Southwick. There were over 50 volunteers honored at this event. They served our volunteers a delicious lunch, and everyone had a wonderful time. This day is dedicated to our many volunteers that help us by volunteering their time throughout the year in many different capacities. Every hour of service is greatly appreciated, and we are so happy to be able to honor our Seniors that go above and beyond for us. Each volunteer was given a Senior Center T-Shirt as a small token of our appreciation.

Thank you to Town Administrator; Karl Stinehart and the Select Board Members for attending this event and supporting our Seniors.



**Come kick off the
summer with our
6th Annual
LUAU: Wednesday
June 27th from
11:00am-1:00pm.**

There will be a spectacular performance presented by Professional Hawaiian Dancers. The cost of this great activity will be \$2.00. This event will be sponsored by the Southwick Fire Department. Come enjoy great food along with plenty of appetizers and desserts. There will be enough fun to go around for sure!!! We will have prizes for best Luau outfit. A 50/50 cash raffle will be run during this event with all proceeds going to our Friends of the Senior Center Group. You will not want to miss this event. Please sign up for this event in the dining room. Space is limited so sign up soon!!!

FRTA INFO:

The Franklin Transit Authority will be increasing their fees beginning on July 1st. Town trips will be \$1.25, out of town trips will be \$1.75 and beyond adjacent town trips will be \$2.25. Trips to the Senior Center will be .75cents. This is not a Town of Southwick or a Senior Center decision. These fares are collected by the FRTA. Please call with any questions.

Southwick Senior Citizens Inc. (AKA: Friends of the Southwick Senior Center)

It's that time of year again when Annual Dues are being collected for this group. Please stop into the office or contact one of the Board Members/Officers to pay your dues. **This group meets on the 3rd Wednesday of every month at 9:30am at the Senior Center.** Please join us and get involved.

Identity Theft: Facts, Risks, and Action!



This presentation will be held at the Southwick Senior Center on Tuesday July 17th from 10:00am-11:30am.

Avoid becoming a statistic. Hear the facts of identity theft, and learn the steps you can take to protect yourself from it. Most people freeze when they don't know what to do or where to turn when they learn that their identity have been stolen. This presentation will leave you feeling empowered, and knowing how to step into immediate action!

Milagros Johnson has over 17 years working for the (Springfield) Mayor's Office of Consumer Information, a Local Consumer Program funded by and working in cooperation with the Massachusetts Attorney General's Office, and serving Hampden County and parts of Worcester County.

This is an event you won't want to miss! Reserve your seat now by calling the Southwick Senior Center at 569-5498. All are welcome.

Birthday Party

Wednesday, June 13th at 11:30am. We will celebrate birthdays in March, April, May, and June. If your birthday was during one of these months come join us for a small celebration. Sign up for lunch and let us sing happy birthday to you. Call the dining center to sign up at 569-0410.



Summer Classes

Classes will be ending in mid-June. Some classes may be continuing throughout the summer. The classes that we are aware of are listed below. If a class is listed it will be held on the same day and time as it is throughout the year. You will be paying your instructor directly for these classes.

Chair Yoga in July: Renee will be continuing Chair Yoga on July 13th, 20th, and 27th for a fee of \$15. A free class of Yoga Dancing in the Chair will be held June 29th. If you are interested please sign up in the Fitness Room on the clip board. A minimum of 6 people will be needed to run this class.

Yoga Dancing: Renee will have Yoga Dancing on June 8th and 22nd as well as July 13th and 17th. The cost of this class is \$5.00 and will be a pay as you go class.

Chi Gong: Kat will continue Chi-Gong throughout the summer. The cost of her class is \$5.00 per class and will be a pay as you go class.

Yoga: Lisa will tentatively have 5 classes of Yoga at a cost of \$40.00. She is hoping for the dates of July 12th, 19th, 26th, and August 8th. Please sign up on the clipboard in the Fitness Room and verify dates with Lisa.

Line Dancing: Clara continues Line Dancing throughout the summer. No class on June 27th. The cost of her class will be \$3.00



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

Summer of Local Museums

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 \$2.00 each and lunch is at your own expense. Stop in the office or call 569-5498. When you sign up we will tell you departure time from Senior Center.

June 29th Edith Whorton Estate: The Mount
July 6th New England Quilt Museum
July 13th Chesterwood Museum
July 20th Springfield Museum
August 3rd Historic Deerfield
August 17th Berkshire Museum
August 24th Emily Dickinson
August 31st Norman Rockwell

Chester Theater: White Rabbit Red Rabbit

This trip will be held on **Thursday July 19th**. We will leave the Senior Center at 11:00am and stop for lunch at the Chester Common Table (at your own expense) before heading to the show. The cost of the show is \$37.00.

Main Fish Market and Restaurant

This trip will be held on **Wednesday June 13th**. Come and enjoy lunch of seafood. The van will leave the Senior Center at 11:00am. The cost is \$2.00 and lunch will be at your own expense. Please sign up in the office asap.

Sarah the Fiddler at Storowton Tavern

This trip will be held on **Thursday June 14th**. We will leave the Senior Center at 4:30pm. Dinner will be at your own expense at Take 5 Restaurant before the show. The cost is \$2.00. Please sign up asap.

Cinemark Classic Wednesday Movies

We will have several trips going to the movies this summer. **Sign up in the dining room for lunch and then leave for the movie at 12:45pm.** The cost is \$6.50 for the movie. The movies will be on:

June 6th: Producers

July 18th: Big

August 29th: South Pacific

Thimble Islands Cruise

This trip will be held on **Thursday July 26th**. We will go to Branford CT for a cruise on the Sea Mist to see the Islands. The boat departs @ 11:00pm. We will leave the center at 8:30am. The cost will be \$15.00pp. Stop for lunch after the cruise at your own expense.

Please sign up and pay in the office as soon as possible. This trip fills quickly so call today.

Essex Steam Train & Riverboat

This trip will be held on **Thursday June 21st and Tuesday August 7th**. We will leave the Senior Center at 9:00am. The cost of the trip is \$54.00. 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. Please sign up and pay for the June trip no later than May 25th.

In Memoriam

Our Condolences to Family and Friends

Harold Crooker

Elsie Miller

Teresa Cheal

Shrileynn Cook

Stephen Sabol: Steve was a volunteer here at the Senior Center for many years. We most enjoyed how he interacted with our Seniors during Brown Bag. Steve was always the one that carried out all the Brown Bags to people's cars. We enjoyed listening to his stories of his "biker" days while he folded our newsletters every month. He also helped deliver meals on wheels when needed and helped in the Kitchen. We will miss Steve's smile and laugh here at the Senior Center. His dear family has our deepest condolences.

June Calendar

Fri.	1	9:00am	Veteran's Representative
Mon.	11	10:00am	COA Board Meeting
Tues.	12	11:00am	Brown Bag
Wed.	13	11:00am	Main Fish Lunch
Fri.	15	9:00am	Veteran's Representative
Thurs.	21	10:30am	Blood Pressure
Thurs.	21	9:00am	Essex Stream Train
Wed.	27	11:00am	Luau
Fri.	29	9:00am	Veteran's Representative
Fri.	29	TBA	Edith Whorton Estate: The Mount

July/August Calendar

Wed.	4	CLOSED	Independence Day
Fri.	6	TBA	New England Quilt Museum
Mon.	9	1:00pm	COA Board Meeting
Tues.	10	11:30am	Brown Bag
Fri.	13	TBA	Chesterwood Museum
Thurs.	19	10:30am	Blood Pressure
Thurs.	19	11:00am	White Rabbit Red Rabbit Performance
Fri.	20	TBA	Springfield Museum
Thur.	26	8:30am	Thimble Island Trip
Fri.	Aug 3	TBA	Historic Deerfield
Fri.	Aug 17	TBA	Berkshire Museum
Fri.	Aug 24	TBA	Emily Dickinson
Fri.	Aug 31	TBA	Norman Rockwell

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
Tues.	9:30	S.A.F.E for Seniors	\$3.00
	11:00	Tai-Chi	\$3.00
	12:00	Painting	\$3.00
	12:30	Poker	
	1:00	Cribbage	
Wed.	10:00	Line Dancing	\$2.00
Thur.	9:00	Yoga	\$3.00
	12:30	Poker	
Fri.	10:30	Swimming Aerobics	\$25.00
Pre-Paid for 5 Classes Held at Wilderness Experience			
	9:15	Chair Yoga	\$3.00
	10:30	Yoga Dancing	\$5.00
	11:30	Zumba	\$4.00
	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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