

# The Messenger

*A Newsletter For Southwick's Senior Community*



**March 2020**

**COA BOARD MEMBERS:**

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**COA Staff Members:**

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](http://www.southwickma.org/COA)



Paid In Part By  
Executive Office Of Elder Affairs

## **Friends of the Southwick Senior Center Seeking Tag Sale Participants, Crafters, and Vendors**

On Saturday May 2nd, the Friends of the Southwick Senior Center will hold an outside "space only" sale on the grounds of the Southwick Town Hall from 9am-1pm (set-up starting at 8am). You can sell items you found during your spring cleaning or use this as an opportunity to sell crafts or other items. Spaces are approximately 10'x10' and the cost is \$15.00 per space. Vendors supply their own tables, chairs and, if desired, canopy tents. Spaces should be reserved in advance. The sale will be promoted through local signs, press releases, and an ad in local news papers.



To reserve space: send name, contact information and payment (check made payable to Southwick Seniors, Inc.) to Southwick Seniors, Inc., PO Box 263, Southwick, MA 01077 - all reservations must be received by April 27th. No refunds for cancellations for no shows. Call Joyce Bannish at 569-3232 with any questions. Southwick Seniors, Inc. (known as Friends of the Southwick Senior Center) is a 501(c)(3) organization dedicated to providing programs and events for Southwick Seniors.

**Smoke Detector installation program** will be held on Wednesday April 15th from 9:00am-12:00pm. The Fire Department and the American Red Cross will be partnering with the Senior Center to replace or install new smoke detectors in your home. If your smoke detectors are battery operated and 10 years old please call us to schedule a time so we can take care of this for you.

**Health Fair:** The Southwick Senior Center will be hosting a Health Fair on Thursday April 2nd from 10:00am -1:00pm. The health fair will be in the Senior Center. All events and classes will be cancelled for that day. This makes for easier accessibility for all. Come and speak to over 30 vendors that can help you with all of your needs. There will be a bag lunch for sale for \$3.00. Please call the Senior Center to schedule a FREE ride to the fair.



## Seniors Helping Seniors

Seniors Helping Seniors is a new program created in collaboration with the Southwick Tolland Granville High School. Are you a Senior Citizen aged 60 years or older and would like assistance with shoveling your car off or shoveling a pathway to your door or how about Spring Leaf cleanup? This service is FREE to our Seniors with Seniors and Juniors from the high school volunteering their time to help out. A big SHOUT OUT to the Southwick Rotary Club for donating the winter equipment of shovels and car scrappers to help us kick off this program. The weather has not cooperated, but SPRING is coming and we are here to help with those other outside projects. Please call the office for more details!!



### Crafts with Denise!!!!

The class listed below will be \$2.00 and will begin at 9:00am.

Sign up in advance as class is limited.

**Wednesday March 11th-** St. Patrick's Day Craft

**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.

## Let Your Yoga Dance

This class will be held at the Southwick Senior Center on Wednesday March 18th and April 15th at 11:45am. The cost is \$5.00 per class. Yoga Dance is a joyous celebration of spirit, mind, and body. It is a movement based practice that everyone can participate in. In "LYYD" we combine gentle yoga, user friendly dance, and all genres of music and build an intentional community. A Let Your Yoga Dance class generally lasts for one hour. All bodies are able to participate in this fun-filled practice. There is no required floor "work" and there are always chairs available for those who wish to move from a seated position or simply take a break.

### 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 March 3rd at 9:30am. 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.



## St Patrick's Day Homemade Soup Day

Come in on Tuesday March 17th to enjoy a bowl of soup or a small taste of several different soups. We will have Creamy cheddar broccoli, Chicken Noodle, Tomato, Pasta Figol, Wild Rice and Mushroom, and Corn Chowder. We will serve your soup with a variety of breads. Dessert will be provided by Common Wealth Care Alliance. The cost of this special lunch is \$3.00. You must sign up and pay in advance. We will be serving at 11:30am.

# 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.

## HOLYOKE MALL

The volunteer van will be heading to the Holyoke Mall on Tuesday March 10th, for a day of shopping. We'll leave the center at 9:30am and return at 1:00pm.. Please call or stop by the office to reserve a seat.



## POPS CONCERT Westfield High Band

The performance will be held on Friday March 13th. We will leave the center at 10:15am. Cost is \$2.00. The students will serve lunch, before the concert begins.

## Smith College Botanical Garden & Bulb Show



We will leave the Senior Center on Thursday March 19th at 9:30am. The cost of the trip is \$6.00. Enjoy lunch at your own expense at the Blue Bonnet Diner.

## Aqua Turf Club Presents Celtic Angels Ireland's Musical Tradition

Experience the Real Ireland during this Irish performance and a wonderful Lunch. Your choice is either Corned Beef & Cabbage or Baked Scrod. The volunteer van will leave the Senior Center on Monday March 2nd at 9:30am. The cost of this trip is \$61.00 per person. Please sign up and pay in the COA office by February 19th. Checks should be made out to The Travel Group.

Southwick Tolland Granville Regional School

## Spring Play Newsies Musical

The event will be held on Saturday April 4, 2020 at 2:00pm. We will leave the Senior Center at 12:00pm and enjoy lunch at the Crepe's Tea House at your own expense. The cost of the trip has not been determined.



## Westfield Technical Academy Buffet

The volunteer van will be going to the WTA for their amazing St Patrick's themed buffet. We will leave the Senior Center at 10:45am. The cost is \$10 and this includes the buffet and a drink. Please call the Senior Center for the date.

\*\*\*\*\*

## *In Memoriam* *Our Condolences to Family and Friends*

Janice Drummond  
Candice Most  
Robert Jennett  
Judith Pratt

John Sinico  
Marion Vecchio  
Diane Johnson

## March Calendar

Mon	2	9:30am	Irish Dancing Show/meal
Tues	3	9:30am	WTA cooking demo
Fri	6	9:00am	Veteran's Representative
Mon	9	12:30pm	COA Meeting
Tues	10	9:30am	Holyoke Mall
Tues	10	11:15am	Brown Bag
Wed	11	9:00am	Craft with Denise
Fri	13	10:15am	WHS Pops Concert/lunch
Tues	17	11:30am	St. Patrick's Day Soup Day
Wed	18	by appt	Hearing Clinic (Hearing Life)
Thurs	19	9:00am	Smith Bulb Show
Fri	20	9:00am	Veteran's Representative
Tues	24	by appt	Foot Nurse
Tues	24	8:00amsharp	Foxwoods
Wed	25	9:00am	Craft with Denise (full)

## 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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