

The Messenger



March 2019

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Council On Aging
454 College Highway
Southwick, MA 01077
www.southwickma.org/COA



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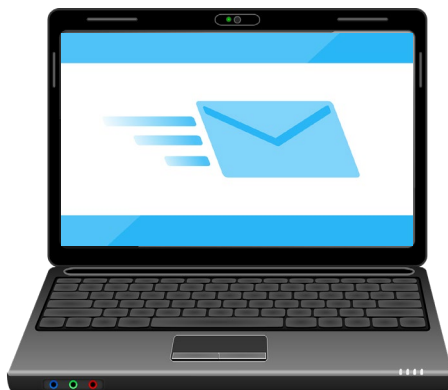
A Newsletter For Southwick's Senior Community

Friends of the Southwick Senior Center Seeking Tag Sale Participants, Crafters, & Vendors



On Saturday May 4th, the Friends of the Southwick Senior Center will hold an outside "space only" sale on the grounds of the Southwick Town Hall from 9-1pm (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 or 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.



ATTENTION:

If you would like to have the Newsletter e-mailed to you please call the office to give us the information.

Seniors who live out of town are also able to receive via e-mail.

Let Your Yoga Dance

This class will be held at the Southwick Senior Center on Monday March 11th and 25th at 11:15am. The cost is \$2.00 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. There becomes a moving connection between dancers (which we all are), where self expression,

laughter, and feelings of gratitude come alive. As we move through the seven energy centers of the body, the heart pumps, the brain is challenged, strength and balance are improved, and feelings of love and compassion are shared! Students receive an aerobic workout without even knowing it! 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.

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 persons 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.

Health Fair

The Southwick Senior Center will be hosting a Health Fair on Thursday May 9th from 9:00am -12:00pm. 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. Refreshments will be served and everyone is welcome.



St Patrick's Day Pancake Breakfast

Come join us on Wednesday March 13th for pancakes, sausage, fresh fruit, and coffee/tea. Breakfast will be served around 8:30am. The cost of this breakfast is \$3.00. Sign up in advance as seating is limited. Wear your Irish colors and you may even win a prize for Most Festive!!!

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 March 5th- St. Patrick's Door Hangers

Tuesday March 19th- Sea Glass Plate Painting

Talent Show Interest?

Do you or a group of your friends have a talent you would like to show us? The Southwick Senior Center would like to host another Talent Show in the Summer or early Fall. If you or a group are interested please sign up so we can determine if there is enough interest. Your talent can be singing ability, poetry talent, dance skills, magic trick, or another great talent. Skits should be no longer than 5 minutes long. You will need to provide all music on a CD, costumes, and additional props for your skit. Please sign up in the office asap.



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.



Smith College Botanical Garden and Bulb Show

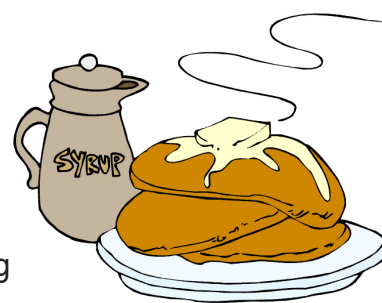
We will leave the Senior Center on Tuesday March 12th at 9:00am. The cost of the trip is \$3.00. Enjoy lunch at your own expense at the Blue Bonnet Diner.



Westfield Technical Academy Buffet

The volunteer van will be going to the WTA for their amazing buffet on Friday March 8th and 22nd. We will leave the Senior Center at 10:45am. The cost is \$10 and this includes the buffet and a drink. If the Westfield Schools are closed this trip will be cancelled.

Davenport Maple Farm Restaurant



The van will leaving the Senior Center on Saturday April 6th at 8:00am. The cost of the trip is \$3.00. Enjoy a wonderful breakfast with freshly made maple syrup at your own expense.



Zanto's Restaurant



The van will be going to Greek Night at Zanto's on Saturday April 27th. We will leave the Senior Center at 4pm. The cost of this trip is \$3.00 with dinner at your own expense.



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

In Memoriam

Our Condolences to Family and Friends

Carol Davidson
Neil Thompson

Dorothy Coon
Ann Bannish

March Calendar

Fri.	1	9:00am	Veteran's Representative
Tues.	5	9:30am	Craft with Denise
Thurs.	7	By Appt	SHINE
Fri.	8	10:45am	WTA Buffet
Mon.	11	12:30pm	COA Board Meeting
Tues.	12	11:15am	Brown Bag
Tues.	12	9:00am	Smith Bulb Show
Wed.	13	8:30am	St. Patrick's Day Breakfast
Fri.	15	9:00am	Veteran's Representative
Fri.	15	11:15am	Steaming Tender Restraunt
Tues.	19	9:30am	Crafts with Denise
Wed.	20	By Appt	Aveda Hearing
Wed.	20	9:30am	Friends of the Southwick Senior Center mtg
Wed.	20	11:00am	Bernie's Restaurant
Thurs.	21	By Appt	SHINE
Fri.	22	10:45am	WTA Buffet
Mon.	25	By Appt	Foot Nurse

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$2.00
	11:30	Yoga Dancing (3/11 & 3/25)	\$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
	1:00	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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