

The Messenger

A Newsletter For Southwick's Senior Community



May 2019

COA BOARD MEMBERS:

Chairperson:
Paula LeBlanc

Vice Chairperson:
Carol Laughlin

Secretary:
Patti Phillips

Members:
Jack Pocai
Donna Charron
Joan Plancon
Theresa Rogers

Associate Members:
Harriet Fischer
Roy Benson
Harvey Hollm
Nancy Bailey

COA Director
Cindy Sullivan

COA Staff Members
Denise Seibert
Andrea Holmes
Jan Argiro

Office: 569-5498

Dining Coordinator
Denise Hills-McGarry

Kitchen: 569-0410
Council On Aging
454 College Highway
Southwick, MA 01077
www.southwickma.org/COA



Paid In Part By
Executive Office Of Elder Affairs

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 35 vendors that can help you with all of your needs.

Refreshments will be served and everyone is welcome. If you

need transportation to the Health Fair please call the office to schedule a ride.



ATTENTION:

The Senior Center will be closing on Wednesday May 22nd at 11:30am so we can celebrate our Volunteers off site. This includes lunch. Thank you for your understanding.

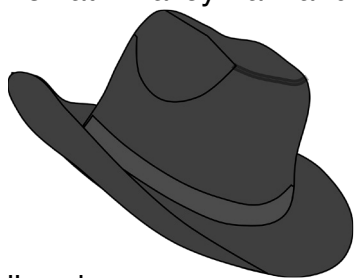


Friends of the Southwick Senior Center **Tag Sale**

On Saturday May 4th, the Friends of the Southwick Senior Center will hold an outside tag sale on the grounds of the Southwick Town Hall from 9am to 2pm. Please come by and support the Senior Center. There will be something for everyone.

Summer Country Western Hodown

Come kick off the summer with our new event Summer Country Western Hodown on June 25th from 11:00am-1:00pm. This event will be held under the pavillion at Whalley Park and is being generously sponsored by the Southwick Fire Department. There will be a line dancing performance and an opportunity to learn a line dance.



There will also be a picture booth with a live pony. The cost of this great activity will be \$3.00. Come enjoy food, snacks and lots of fun. You will not want to miss this event. Please sign up and pay for this event at the Senior Center. Transportation will -be provided for Southwick residents if needed. Space is limited so sign up soon!!!



Yoga Dancing

Yoga Dancing will be held on Wednesday May 8th and May 15th in the Exercies Room at 12:00pm All are welcome! The cost is \$2.00 per person.

Town of Southwick Senior Citizen Tax Work-Off Program

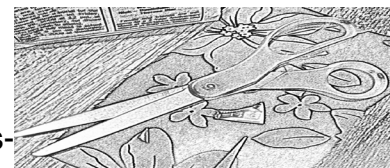


Applications for this year program will be available beginning on May 6th. You must make an appointment with the COA Director to turn in your application and all supporting documents by June 3rd. You can't drop off applications without an appointment. The purpose is to allow qualified Southwick taxpayers to perform volunteer community service for participating Town departments in order to receive abatement on their property tax. The goal is to enhance municipal service by utilizing the skills of senior citizens in various departments throughout town. There will be (10) available positions on a lottery basis; Applicants are eligible for one year unless there are positions that remain open. Please don't delay this program starts very soon. The qualifications for the program can also be found on our website at www.southwickma.org/COA.

Birthday Party

Wednesday May 15th at 11:30am. We will celebrate birthdays in March, April, and May. 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.

Crafts with Denise



We will have classes twice a month. The classes listed below will be \$2.00 and will be from 9:00am until 11:00am. Sign up in advance as class is limited.

- Wednesday May 8th- Painting Clay Flower Pots and finishing other projects
- Wednesday May 29th - Coat Hanger Painting

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



Thrive after 55'

The van will head to Springfield College for this very informative health fair with more than 100 vendors on site. We will leave the Senior Center on Friday June 21st at 9:30am. The cost of the trip is \$2. Sign up soon.



The Shady Glen Diner

The volunteer van will be heading out on Thursday May 23rd. We will leave the center at 11:00am. The cost for this trip is \$3.00.

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.



Mark Twain House

The volunteer van will be heading out on Thursday May 30th at 9:00am. The cost of the trip is \$30.00pp which includes Entrance to the museum, tour, and lunch. Please call the Senior Center to reserve your spot and order your sandwich.



Josiah Day House in West Springfield

The van will leave the Senior Center on Wednesday June 12th at 9:45am. Come enjoy a guided tour of the oldest Brick Salt Box in the United States. The museum has artifacts from 1754-1902. The cost of the trip is \$6.00. Lunch will be at Classic Burger after the tour at your own expense.

In Memoriam 
Our Condolences to Family and Friends

Susan S. Satterlee
Lucille Krzykowski

May Calendar

Sat.	4	8am-2:00pm	Friends Tag Sale Outside Town Hall
Wed.	8	9:00am	Crafts with Denise
Thurs	9	9am-12:00pm	Health fair in Senior Center
Fri.	10	9:00am	Veteran's Representative
Mon.	13	12:30pm	COA Board Meeting
Tues.	14	11:15am	Brown bag
Wed.	15	11:30am (lunch)	Birthday party
Tues.	21	8:00am	Foxwoods Trip
Wed.	22	by appt	Avada Hearing
Wed.	22	Closing 11:30am	Volunteer Luncheon
Thurs.	23	11:00am	Shady Glen Restaurant
Fri.	24	9:00am	Veteran's representative
Fri.	24	by appt	Foot Nurse
Mon.	27	CLOSED	Memorial Day
Wed.	29	9:00am	Crafts with Denise
Thurs.	30	9:00am	Mark Twain House

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
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

COA Office 569-5498 • Dining Center 569-0410

Please Forward
Change Service Requested

454 College Highway
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

Non-Profit Org.
U.S. Postage
PAID
Southwick, MA
01077
Permit #20