

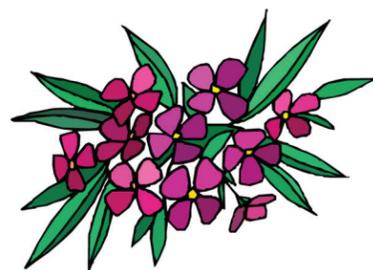
April Calendar

Tues. 8	11:30	Brown Bag
Tues. 8	12:45	MoFroYo Frozen Yogurt Trip
Thurs. 10		SHINE (by Appt.)
Fri.. 11	8:30	Breakfast Program
Fri. 11	9:00	Veteran's Representative
Sat. 12	1:15	Fiddler On The Roof
Mon. 14	1:00	COA Board Meeting
Wed. 16	12:30	Do Re Me Performance
Wed. 16	10:00	Senior Citizens Inc. Meeting
Thurs. 17	10:30	Blood Pressure
Mon. 21	Closed	Patriot's Day
Thurs. 24		SHINE (by Appt.)
Fri. 25	9:00	Veteran's Representative
Mon. 28	8:00	Mohegan Sun Trip
Tues. 29	10:15	Songs from the Heart Trip
Wed. 30	8:30	Breakfast Program

"Weekly Calendar"

Mon. 9:00	Quilting & Needlework	
10:00	Chi-Gong	\$3.00
11:15	Beginner Tai-Chi	\$3.00
Tues. 9:00	Yoga	\$3.00
9:30	Bingo	5¢ per card
11:00	Tai-Chi	\$3.00
12:00	Painting	\$3.00
12:30	Poker	
Wed. 10:00	Line Dancing	\$2.00
12:30	Ladies Poker	
1:15	French	\$3.00
Thur. 9:30	Aerobics	\$3.00
12:30	Poker	
1:15	Spanish	\$3.00
Fri. 9:45	Beginner Line Dancing	\$3.00
10:15	Swimming Aerobics	\$20.00 Pre-Paid for 5 Classes
11:00	Chair Yoga	\$3.00
12:30	Writer's Workshop	

COA Office 569-5498.
Dining Center 569-0410



*Please Forward
Change Service Requested*

454 College Highway
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

The Messenger

A Newsletter For Southwick's Senior Community



**April
2014**

COA BOARD MEMBERS:

Chairperson

Mary Jane Connolly

Vice Chairperson

Roy Benson

Secretary

Joan Plancon

Board Members

Lorraine Lawrence

Mary Alice Martin

Harriet Fischer

Herbert Pace Jr.

Associate Members

Rebecca Perron

COA Director

Cindy Sullivan

COA Staff Members

Denise Seibert

Andrea Holmes

Office: 569-5498

Dining Coordinator

Nancy Cortesi

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
(HVES, INC.)

St. Patrick's Day Breakfast



The Southwick Senior Center had a wonderful St. Patrick's Day Breakfast on Monday March 17, 2014. This event was attended by 65 Seniors who dressed up in their Irish green, and brought their Irish pride with them. The menu which included scrambled eggs, pancakes, sausage, fruit salad, muffins, scones, danish, and toast was prepared and served by the COA staff and several fantastic volunteers. The room was cleaned up and ready to serve a traditional corn beef and cabbage lunch to 25 of our Seniors. The day was fantastic and entertainment was provided by Phil Pothier who sang Irish

traditional songs. Thank you to everyone who made this a successful event.

This event was so successful we will be having a Memorial Day waffle breakfast on Friday May 23rd. Stay tuned for more information and sign up.

Do Re Me Chorus Group

Wednesday

April 16th at

12:30pm. This

group will be per-

forming at the

Southwick Senior

Center. Come

listen to their great arrangement of

songs. This event is free.



*Happy
Easter!*

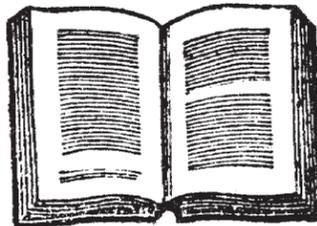
April 20th



Non-Profit Org.
U.S. Postage
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01077
Permit #20

Books Needed for Southwick Library Spring Book Sale:

The Friends of the Southwick Public Library are seeking donations of books & audio/video material for its Spring Book Sale. Please bring your used



BOOKs, CD's and DVD's to the Southwick Library beginning Sat. April 26 through Tue. April 29th during library hours. No magazines, encyclopedias or condensed books, please.

The book sale will be held Thur. May 1, Fri. May 2 from 10 am-5 pm and Sat. May 3, 10 am-1pm. The Friends of the Southwick Public Library are a 501c3 organization and proceeds from the book sale will pay for many library programs. Anyone interested in volunteering for the book sale please email inthejog2@yahoo.com or leave your name at the front desk. For more information call 569-1221 or on Facebook

Volunteer Opportunities:

The Southwick Senior Center is looking for volunteers to help in the dining room Monday through Friday between the hours of 11:00am-1:00pm. Some of the tasks include serving meals, washing dishes, and socializing with our Seniors. You do not have to be a senior to volunteer. Training will be provided and a criminal record check will be completed. Please contact Cindy Sullivan at 569-5498 for more details.

If you are moving: Please notify our office at 569-5498 if you are going to be moving. We like to keep our records up to date. We need to know if you will have a new address or if you are permanently leaving the area. This will help to keep our postage costs accurate as well. Thank you.

Basic Computer Class

Friday April 11th. One of our Seniors has offered to have a one hour workshop on basic computer skills. You can bring your own portable device or share one of our computers. This activity will be held in the Senior Center from 9:00-10:00am.

Southwick Senior Citizens inc.

A meeting will be held on Wednesday **April 16th** at 10:00am. This wonderful non-profit organization helps the Southwick Senior Center raise money and organizes events. They are trying to form a fully involved. You must be 55 years old to participate. Please attend this meeting to elect officers and discuss the roles and responsibilities of members. If you only have a small amount of time to give to this organization that is all they need.

New Breakfast Program

We will be continuing our new breakfast program. We will be offering oatmeal, muffins, and a frozen drink. This program is free. It will be offered on **Friday April 11th and Wednesday April 30th.** It will be from 8:30am-9:00am. There is no advanced registration required.



Pool Table

The pool table is in a new location of our Senior Center. Come down to the center by yourself, with a friend, or with a group of friends to play pool. The table is now located across the hall near the offices. **The hours of operation are Monday through Friday from 8:00am-2:00pm.** If you need extended afternoon hours please speak to a COA staff member.

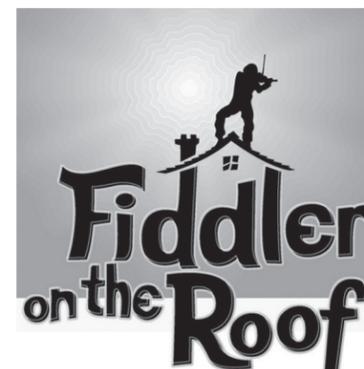


Upcoming Trips



MoFroYo Frozen Yogurt

This trip will be held on **Tuesday April 8th.** \$2.00 Tuesday is a special day for Senior Citizens. This will be held from 1:00pm-3:00pm. You will receive a cup to fill with frozen yogurt and then put toppings that you would like. There are many variety's including sugar free flavors and a frozen Greek yogurt flavor. The van will leave the center at 12:45pm. You can also drive yourself and receive the same discount. MoFroYo Frozen Yogurt is located at 617 E. Main St. in Westfield. If you would like to ride the van please call the COA office to reserve your seat. Hope to see you all there.



Fiddler on the Roof

This trip will be held on **Saturday April 12th.** Westfield State University Department of Music will be performing Fiddler on the Roof. Come and enjoy this great performance. We will leave the center at 1:15pm. The cost of this trip is \$9.00. Please sign up in the COA office or by calling Andrea at 569-5498.

On **Thursday May 29th** we will be taking a trip to the **Berkshire Botanical Gardens** and on **June 8th** we will be taking a trip to the **Little Theater of Manchester** at Cheney Hall to see *Almost, Maine*. **More info to come.**



Mohegan Sun Casino Trip

This trip will be held on **Monday April 28th.** The cost of this trip is \$19.00. Enjoy \$10.00 slot play and \$10.00 voucher good for all you can eat buffet or \$10.00 credit at any restaurant. We will leave the center at 8:00am. Please sign up and pay in the COA office by Tuesday April 22nd.

"Songs from the Heart" Lunch and Show:

This trip hosted by Cabaret LuLu at Old Sturbridge Village will be held on **Tuesday April 29th.** Come enjoy a great lunch of Grilled Salmon or Yankee Pot Roast, House Salad, and Apple Pie. The cost of this trip is \$49.00. This cost covers the price of the meal and the show. Please sign up and pay in full in the COA office by Tuesday April 22nd.



In Memoriam

Our thoughts and deepest sympathy goes out to the following families:

Sandra Hamann
Thelma Flynn
George Danyow Sr.

Edward Dunn
Alden P. Smith