

December Calendar

Mon.	2	9:30	Holyoke Mall trip
Wed.	4	12:15	"Fez"tival of trees trip
Fri.	6	9:00	Veterans Representative
Mon.	9	1:00	COA Board meeting
		4:30p	Bright Nights
Tues.	10	11:30	Brown Bag
Sat.	14	10:00	"Forever Christmas" Orchestra
Mon.	16	4:30p	Bright Nights
Tues.	17	10:45	Jimmy Mazz and Eva Tereso
Wed.	18	11:00	Christmas Spectacular
Wed.	25		Christmas Day the Senior Center is Closed



"Weekly Calendar"

Mon.	9:00	Quilting & Needlework	
	9:00	Zumba Gold	\$4.00
	10:00	Chi-Gong	\$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.	10:15	Swimming Aerobics	\$20.00
		Pre-Paid for 5 Classes	
	11:00	Chair Yoga	\$3.00
	12:30	Writer's Workshop	\$1.00

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



December 2013

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

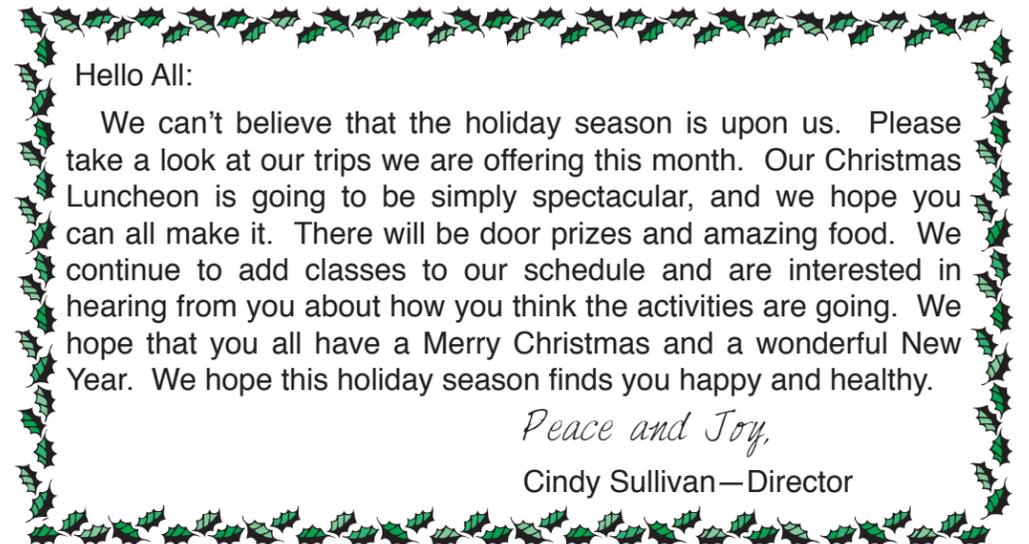
Kitchen: 569-0410

Council On Aging

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



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(HVES, INC.)



Hello All:

We can't believe that the holiday season is upon us. Please take a look at our trips we are offering this month. Our Christmas Luncheon is going to be simply spectacular, and we hope you can all make it. There will be door prizes and amazing food. We continue to add classes to our schedule and are interested in hearing from you about how you think the activities are going. We hope that you all have a Merry Christmas and a wonderful New Year. We hope this holiday season finds you happy and healthy.

Peace and Joy,

Cindy Sullivan—Director

Christmas Luncheon Spectacular

The Southwick Senior Center will have our Christmas luncheon catered by Memo's Restaurant on Wednesday December 18th from 11:00am-1:00pm. You need to sign up in the office by December 11th. The price of this luncheon is \$10. You will have the choice of Yankee Pot Roast or Baked Scrod. Appetizers and desserts will be provided.



Eating Mediterranean speaker:

On Wednesday December 11th from 12:30-1:30pm we will have a speaker come in and discuss the health benefits of the Mediter-

ranean diet. Bill Bradley is a registered dietitian and will give you step by step information. He will also have his book for sale if interested.

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01077
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Halloween Dance and Costume Party:

This event was held on Friday October 25th. We had about 30 people attend this including 13 people that live at the American Inn. The American Inn provided an appetizer and dessert that were delicious. A special shout out to Andrea for dressing up and helping to make this event great. We had over 200 visitors from the Southwick Park and Recreation trick or treat with us. We had games and prizes. Congratulations to Joan Perkins-Smith for winning the prize for Best Costume. A great time was had by all.

The Writer's Workshop:



The Writer's Workshop of the Southwick Senior Center has openings for persons who are interested in doing creative writing. The group meets on Fridays from 12:30 to 2:00 p.m. Class structure includes writing in class on a given topic and then sharing the writing with group members for constructive feedback. Members choose to write in different forms such as poetry, memoir, fiction, essay, etc. The focus is on developing ideas rather than on grammar, spelling, or punctuation. A \$1.00 donation is required. Persons wishing more information may call the Southwick Senior Center at 413-569-5498 for more information.

Pool Table:

We are currently accepting donations to help with the cost of moving the pool table to another room in the center. The cost to move the table is nearly \$500.00.



Southwick Forastiere Funeral home has offered to pay for half of the cost. If you are interested in helping the center please let the office staff know. We are hoping to move the table to a location that is more accessible during the day and will free up room in the activity room for larger classes.

A Word about SCRABBLE:

Southwick Scrabble Club plays Scrabble at the Senior Center every Wednesday at 1:00pm. The cost is \$1.00 per week which is donated to a local charitable cause at the end of the year. They enjoy taking turns bringing in sweet treats to share during a coffee break. Bring your own game board or the center has one you can borrow to get started. They dine out twice a year once in the fall and the other at Christmas time. Please contact Rachel Fry for more information at 569-0238.



Beginner Tai-Chi-

There will be a Beginner Tai-Chi class starting on Monday January 6th at 11:15am at the Southwick Senior Center. The cost of this program will be \$3.00 per class. The first class will be FREE. Tai-Chi is a Chinese movement discipline that is a low-impact way to improve strength, flexibility, and sense of balance. Come join the class to learn more.

Thank Goodness For Friends! Special Thanks

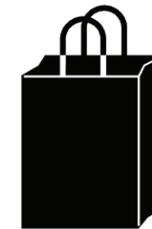
Thank you to Barbara Watson for making Lap Robes.

Thank you to Newt Thompson who has donated several boxes of creamers to our Senior Center. This has helped us continue our coffee program.

We would also like to thank the American Inn for their \$150 donation to the COA from their Annual Chili Cook off.

Thank you to Lionel and Rachel Fry for donating our "Senior Step" for our van. This will make entering and exiting the van easier for some of our friends.

Upcoming Trips

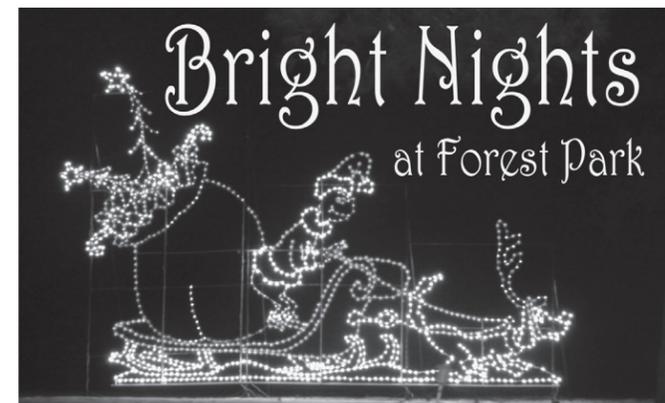


Holyoke Mall Trip:

This trip will be held on **Monday December 2nd**. We will leave the center at 9:30am. There is no charge for this trip. Please sign up in the office.

"Fez" tival of Trees:

Come and view The Melha Shriners "Fez" tival of trees in Springfield. You will be treated to refreshments of tea, coffee, and cookies. Please eat lunch before the trip. This may be a great time to eat in our dining center. This trip is being held on **Wednesday December 4th**. We will leave the center at 12:15pm. The cost of this trip will be \$2.00. Please sign up with Andrea in the office.



Bright Nights:

This trip will be held on **Monday December 9th** and **Monday December 16th**. We will leave the center at 4:30pm. The cost of this trip will be \$2.00. Please sign up in the office.

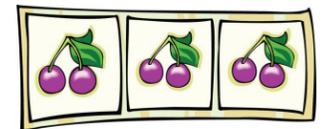
"Forever Christmas" presented by The Around Town Singers and Orchestra:

This trip will be held on **Saturday December 14th**. The performance will be held at Suffield High School. We will be leaving the center at 10:00am and going to breakfast at Salmon Brook in Southwick. The cost of this trip is \$10.00 and breakfast will be at your own expense. Please sign up in the office with Andrea.

Jimmy Mazz and Eva Tereso:

This trip will be held on **Tuesday December 17th**. The performance will be held at the Storrowtown Tavern. We will be leaving the center at 10:45am. The cost of this trip is \$27.00 which includes a Yankee Pot Roast meal and the show. Please sign up in the office with Andrea.

Mohegan Sun Bus Trips:



Park and Recreation is planning this trip. It will be **Monday January 13, 2014**. The bus will leave Southwick Town Hall at 8:00am. The cost is \$18.00pp. To reserve a seat please contact CARA at Park and Rec at 413-569-5701.

Mohegan Sun Bus Trip from COA: This trip will be held on **Tuesday February 18th**. We will be leaving the center at 8:00am. The cost of this trip is \$18.00. Please sign up with Andrea in the office.

In Memoriam

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

Roderick Fletcher
Edward McGann
Dennis Proux

Jean Glowacki
Hazel Jameson