

The Messenger

A Newsletter For Southwick's Senior Community



**April
2016**

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



Paid In Part By
Executive Office Of Elder Affairs

Come Watch Our Talent Show!

MAY 4th, 1:00 p.m.

There is still time to sign up if you want to perform!

Do you or a group of your friends have a talent you would like to show us? The Southwick Senior Center is going to host a Talent Show. The President and Owner of the Westfield News, Patrick Berry, will be our event MC. This event will be held at the Southwick Town Hall in the Auditorium. Advance sign up and rehearsal time is required. Come show us your singing ability, poetry talent, dance skills, magic trick, or another great talent. Skits should be no longer than 5 minutes long. **We will have a mandatory screening for your talent on Wednesday March 30th at 1:00pm and a rehearsal on Wednesday April 27th at 1:00pm.** You will need to provide all music on a CD, costumes, and additional props for your skit. Please sign up in the office asap. This is going to be a great event!!!

Coffee Hour with Southwick Board of Selectmen

This event will be held on **Wednesday April 20th at 9:00am-9:45am** in the dining room. Come in and have a coffee and a donut and meet with our newly elected Selectmen Doug Moglin. He will be at the Se-

nior Center to answer questions or simply to introduce yourself. All residents are welcome. This event is hosted by the Southwick Senior Citizens Inc aka Friends of the Southwick Senior Center.

Do Re Me Chorus Group to Perform

Wednesday April 13th at 12:30pm. This group will be performing at the Southwick Senior Center. Come listen to their great arrangement of songs. This event is free.



April 22, 2016

Upcoming Events:

Health Fair

THE AMERICAN INN is hosting a Senior Health Fair on **Wednesday, April 6, 2016 from 10:00am-12:00pm**. Blood Pressure Clinic, Health Care Agencies, Area Pharmacy Representatives, SHINE (Serving Health Information Needs in Elders) Counselor and Much more! Free Drawing for Giant "Healthy-You" Basket. All are Welcome! For more information please call 569-1945, ext. 114. Free Admission and Free Parking.

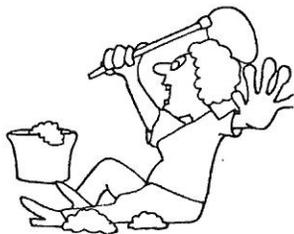
Avada Hearing

Avada will be at the Senior Center on **Wednesday April 13th from 9:30am-12:00pm**. They will be providing hearing screenings, hearing aid cleaning, and ear checks. Please call and make an appointment by calling the COA office.

Fall Prevention Program

This program will be held on **Wednesday April 27th at 10:00am**.

This is sponsored by Mercy Continuing Care Network. It will be held in the Activity room at the Southwick Senior Center.



In Memoriam

Our Condolences to Family and Friends

Knoxie Mundell

Joan Apolzer

Wanda Uricchio

LeRoy Cook—LeRoy was a volunteer for the Southwick Senior Center. He loved to drive the van and bring our Seniors to various medical appointments and trips. He will be missed at the Center.

Learn New Cooking Ideas



The Culinary Arts Students from Westfield Technical Academy and the Head Chefs will present a series of cooking skills classes. The Basics to Main dishes will be taught. They will start on **April 12th, 9:30am to 11:30am**, with a dessert Lemon Pound Cake with Strawberries & Whip Cream. The cost for the first class will be \$5.00. This program will have a series of dates and fees to be determined. If you would like to join this exciting program please sign up in the office. This class will be held in Park & Rec. Space is limited so please sign up by Friday April 8th.

Prom For Senior Citizens

This amazing event will be held at the Southwick Senior Center on **Thursday May 19th from 6:00pm-8:00pm**. The cost is \$5.00. Come enjoy appetizers, desserts, music, and dancing. This event is being held by the Southwick High School National Honor Society. Please come



and support the students with their community project. They are very excited to help with entertainment. Formal dress is not required but acceptable. Single people are welcome or grab a group of friends to attend. Please sign up ASAP

in the office but no later than May 16th.

**Patriots Day
April 18th**

CENTER CLOSED



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.

Holyoke Mall Trip: The volunteer van will be heading to the Holyoke Mall. The van will be leaving the Southwick Senior Center on **Monday April 11th** at 9:30am and will return at 1:00pm. Please call or come to the office if you would like to reserve a seat.

Jimmy Mazz at Storowton: This trip will be held on **Tuesday April 26th**. The cost of this trip is \$27.00. We will leave the Southwick Senior Center at 11:15am. Come enjoy lunch and a show with a Little Bit Country and Little Bit of Rock 'n' Roll. Sign up in the COA.

The Golden Corral Restaurant: This trip will be held on **Thursday April 14th**. We will leave the Senior Center at 11:00am. The cost is \$2.00 and lunch will be at your own expense. Please call the Senior Center to sign up.

Log Cabin Restaurant - The Log Cabin is once again hosting a wonderful special to show their entertainment lineup for the 2016 season. They would like us to return for other events. Hors D'oeuvres and a wonderful lunch will be served. This trip will be held on **Tuesday April 19th**. We are leaving the Senior Center at 10:00am. Shows start at 11:00am-3:00pm. Cost is \$6.00pp. Limited seating is available. Sign up in the office or call 569-5498.

Mohegan Sun Casino Trip: This trip will be held on **Monday May 23rd**. The cost of this trip is \$23.00. Enjoy \$20.00 bet and \$15.00 meal credit or free. We will leave the center at 8:00am. Please sign up and pay in the COA office.

Visit Boston: This trip will be held on **Saturday June 11th**. We will be taking a King Ward Bus to this venue.

This trip includes:

Round-trip Bus Transportation

A visit to the Kennedy Library Museum

A bag Lunch at the Museum

A 45-minute Boston Harbor Cruise past the U.S.S. Constitution

Dinner will be at your own expense at the World Famous Kelly's Roast Beef in Natick. The cost of this trip is \$75.00pp. The bus will leave the Southwick Senior Center at 8:00am. Money is due by April 13th. Please sign up in the COA office.

Saratoga Race Track Day Trip: This trip will be held on **Monday August 22nd**. The cost of this trip is \$75.00 per person. We will leave the Southwick Senior Center at 8:00am.



Ticket Includes: Luxury Motor coach Transportation, Admission, Race Program, a Hot Dog & Drink at the Track, Dinner at Golden Corral Buffet. Please sign up for this trip in the COA office or by calling 569-5498. Due to the need to purchase tickets in advance we need a deposit of \$30.00 by May 1st. The balance of \$45.00 is due by August 1st. Checks should be made payable to Janine Queenin.

CHRISTMAS SPECTACULAR

at Radio City Music Hall in New York City

This trip to see the Rockettes will be held on **Friday November 11th**. The cost of this trip is \$99.00 per person. We will leave the Southwick Senior Center at 7:00am. Trip includes: Luxury Coach Transportation to NYC and Orchestra Seating at the Show. Dinner at Blue Colony Dinner (Not Included in Ticket Price). Due to the need to purchase tickets in advance we need a deposit of \$60.00 by June 15th. The balance of \$41 will be due no later than October 15th. Space is limited so sign up soon by calling the COA or coming in. Please make checks payable to Janine Queenin.

April Calendar

Fri.	6	9:00am	Veteran's Representative
Thurs.	7	by appt	SHINE
Mon.	11	1:00pm	COA Meeting
Mon.	11	9:30am	Holyoke Mall
Tues.	12	11:30am	Brown Bag
Tues.	12	9:30am	Cooking Class
Wed.	13	2:30pm	Do Re Me performance
Mon.	18	CLOSED	Patriot's Day
Wed.	20	9:00am	Coffee hour with Selectmen Moglin
Wed.	20	9:30am	Southwick Senior Citizens Inc. meeting
Thurs.	21	10:30am	Blood pressure
Thurs.	21	By appt.	SHINE
Fri.	22	9:00am	Veteran's Representative
Wed.	27	10:00am	Fall Prevention Program

**TAX
DAY!**



CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
	11:15	Beg./Int. Tai-Chi	\$3.00
Tues.	9:30	Aerobics	\$3.00
	9:30	Bingo	5¢ per card
	11:00	Advanced Tai-Chi	\$3.00
	12:00	Painting	\$3.00
	12:30	Poker	
Wed.	10:00	Line Dancing	\$2.00
Thur.	9:00	Yoga	\$3.00
	10:15	Zumba	\$4.00
	12:30	Poker	
Fri.	10:30	Swimming Aerobics	\$20.00
		Pre-Paid for 5 Classes	
		Held at Wilderness Experience	
	10:30	Chair Yoga	\$3.00
	12:30	Writer's Workshop	

COA Office 569-5498 • Dining Center 569-0410

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Change Service Requested*

SOUTHWICK COUNCIL ON AGING
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Southwick, Massachusetts 01077

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