

The Messenger

A Newsletter For Southwick's Senior Community



**April
2015**

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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
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March For Meals

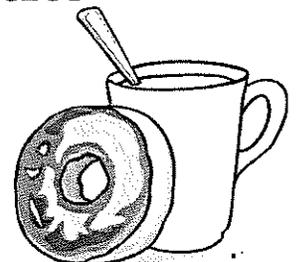


On Thursday March 19th The Town of Southwick's Chief Administrative Officer, Karl Stinehart helped our Meals on Wheels Driver Al Maiorino deliver meals to our homebound clients. This annual campaign is intended to generate public awareness about senior hunger and isolation and to celebrate the invaluable services provided by the more than 5,000 Meals on Wheels Programs across the country. This campaign is also intended to help recruit new volunteers from our community and to increase fundraising from local businesses and supporters. Thank you Mr. Stinehart and the Board of Selectmen for supporting this program, which in turn shows your support for our Seniors. For more information on March for Meals you can go to www.marchformeals.com.

Volunteer Opportunities

The Southwick Senior Center is looking for volunteers to help with donut pick up in the morning. You do not have to be a senior to volunteer. Training will be provided and a criminal record

check will be completed. Please contact the COA office at 569-5498 for more details.



Do Re Me Chorus Group



Wednesday April 29th 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.

Manicures at the Senior Center

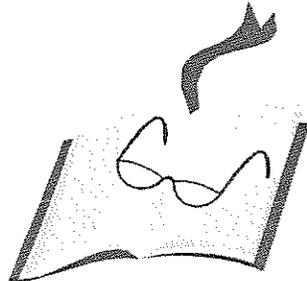


We will be offering this service with a licensed nail technician on **Monday April 6th from 9:00am-12:00pm.** The cost of this service will be \$12.00 paid directly to the technician. Call the office to schedule your ap-

pointment as space is limited.

Get to Know the New Library Catalog at The Southwick Public Library

Join the Southwick public library on **Tuesday April 7th at 10:30am** for a session on getting to know the new library catalog. As of October 2014, the Southwick Public Library has been a full member of the Central/Western Mass Library System (also called C/W Mars). In this workshop, you will learn how to search the new online catalog and find the materials you're looking for. They will also show you how to log onto your online account to request items that the Southwick Public Library does not own, how to put yourself on a waiting list for new and popular items, and how to renew materials online. This program is free and no registration is required.



Avada Hearing

Avada will be at the Senior Center on **Wednesday April 8th 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.



Ear Masters

Ear Masters will be at the Senior Center on **Monday April 27 from 9:30am-12:00pm.** They will be providing hearing screenings, checking for ear wax, cleaning existing hearing aids, and free battery replacement. All services are free of charge. If you would like to schedule an appointment please call the COA office.

Attention Peggers and Bridge players:

If you are interested in playing **Cribbage** or **Bridge** bring your board or deck of cards to the Senior Center on **Wednesday April 22nd at 1:00pm** to enjoy a game with another pegger or bridge player. If you are interested and can't make this time please call the Senior Center at 569-5498 and let us know you are at least interested. We need at least 3 people to play Bridge and an additional 4 people to play cribbage.

Tax Free and Fixed Income Investing

Christopher Casale a Financial Advisor will be at the Senior Center on **Wednesday April 15 at 12:30pm.** This presentation will introduce bond basics and discusses the benefits of municipal bond investing. Christopher is willing to schedule other workshops that may interest you including budgeting and securing your Social Security. He has spent the past 32 years in the banking and Financial Services Industry.

Join us for a **PAINT SIP FUN**draiser
to benefit Friends of Southwick Seniors



Wednesday April 15
6:30 - 8:30 pm

Southwick Inn
479 College Highway
Southwick, Ma.

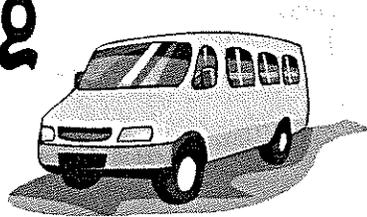
\$35

Food & Drinks Available
for purchase

You bring your enthusiasm ... WE provide the rest!
NO experience necessary!

To pay online please visit www.paintsipfun.com or call 413-889-1889.
If you can't register online you can pay at the COA office.

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.

Mohegan Sun Casino Trip

This trip will be held on **Tuesday April 21th**. The cost of this trip is \$20.00. 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.

Crane Museum of Papermaking



This trip will be held on **Thursday April 23rd** and will leave the center at 11:00am. Lunch will be first at Jacob's Restaurant in Dalton, MA then on to the museum. This cost of this trip is \$2.00 and lunch will be at your own expense. Please call the COA to reserve your seat.

In Memoriam

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

Joseph DeTraglia

Mary Kvarnstrom

April Calendar

Monday	6	by appt.	Manicures
Thursday	9	by appt.	SHINE
Friday	10	9:00	Veteran's Representative
Monday	13	1:00	COA Meeting
Tuesday	14	11:30	Brown Bag
Thursday	16	9:30	Southwick Senior Citizens Inc. meeting
Thursday	16	10:30	Blood pressure
Monday	20	CLOSED	Patriot's Day
Tuesday	21	8:00	Mohegan Casino Trip
Thursday	23	by appt.	SHINE
Friday	24	9:00	Veteran's Representative
Wednesday	26	12:30	Do Re Me performance



*Celebrate Earth Day
April 22, 2015*

"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
Thur.	9:30	Aerobics	\$3.00
	10:45	Zumba	\$4.00
	12:30	Poker	
Fri.	9:45	Beginner Line Dancing	\$3.00
	10:30	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



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Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

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