

The Messenger

A Newsletter For Southwick's Senior Community



**August
2014**

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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
(HVES, INC.)

Hello All:

I would like to welcome our new Dining Room Coordinator Denise Hills-McGarry to the Southwick Senior Center. Denise has been working in the dining room on and off for 2 years as a "floater". Many of you will recognize her from her time here. Please join the COA staff in welcoming her to our center. Be patient as she learns all the protocols that are required by Highland Valley and new procedures that are being put into place. If you could give her a gentle reminder if you sign up on particular days every month that would be greatly appreciated. Denise will be coming up with fantastic ideas to energize you and make your meals as pleasant as possible. Classes will be beginning the first full week of September. Stay tuned for our September newsletter for what is being offered this year. Summer temperatures are still in full swing. Make sure you are all staying cool and drink lots of water.

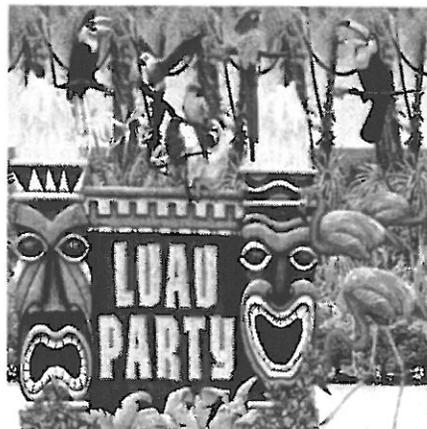
Peace and Joy,

Cindy Sullivan and the COA staff

Senior Sizzler

Senior Sizzler at the Southwick Town Beach. This event is sponsored by the Southwick Park and

Recreation Commission. **Monday August 4, 2014** from 10:00am-2:00pm. Entertainment and lunch provided. (rain date is August 11th).



Luau

Tuesday August 26th from 11:00am-1:00pm. The cost of this great activity will be \$5.00. Come enjoy snacks, food, and lots of fun. We will have prizes for best Luau outfit and prizes for winning games. If you would like to contribute a dessert please let the dining room coordinator know. Please sign up for this event in the dining room. Space is limited so sign up soon!!!

Farmers Market Coupon



Farmers Market coupons are in. If you are receiving state assistants in their many programs then you qualify for this program. Please stop by the office and receive \$25.00 in coupons. These coupons can be used at various markets for fresh produce throughout October.

Tag Sale

The Southwick Senior Citizens, Inc. (Friends of COA) is having a tag sale. This will take place at the Southwick Senior Center rain or shine. The date of this event is **SATURDAY ONLY September 13, 2014 from 9:00am-3:00pm**. If you have gently used items that you would like to donate you are free to drop it off at the center on September 11th and 12th **ONLY** between the hours of 10:00am and 1:00pm. **DO NOT LEAVE ITEMS OUTSIDE!!!!** You **MUST** check with a staff person before leaving any items for the tag sale. Electronics will be checked before they are left to make sure they are in working order.



Beginner Computer Class

We have been awarded a ½ funded grant from the Sarah Gillette Foundation to offer a Beginner Computer Class. The dates will be **Thursday mornings from 9:30am-11:30am on October 2, 9, 16, and 23rd**. Non-Southwick residents will be placed on a waiting list until September 15th to allow Southwick residents the opportunity to register for this program first.

Classes

Our class schedule will be starting during the first week in September.

Ear Master

Ear Masters **August 20th at 12:30pm**: A representative from Ear Masters will be here to do a short presentation on hearing loss and hearing aids. Please join us in the Activity Room if you are interested.



Friends of the Southwick Senior Center

(DBA Southwick Seniors Citizens, Inc)

A newly re-formed 'club' whose main purpose is to promote activities at the Senior Center by organizing, promoting, and running events which will enhance the leisure activities open to our local seniors.

Meetings are held on the third Wednesday of the month. Besides refreshments (usually home-baked goods), friendly chatter, and laughter, we also try to get in a little business meeting, to discuss upcoming opportunities. If you'd like to be a part of this congenial group, simply drop by the Center at 10 am on the third Wednesday. We'll pull up a chair for you, and you can join in the fun!

In Memoriam

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

Norman Case
Michael Kulik
Leon Beaulieu
Arnold Rice
Robert Spillane
Lennabell Redfern
Elizabeth Thompson

Evelyn Fuller
Merrill O. Turek
Chris Faatz
Virginia Fletcher
Walter Rapacki
Hector L. Tourigny

Elizabeth Thompson was one of our long term volunteers at the Southwick Senior Center. Our deepest sympathy to Elizabeth's family and many thanks for her years of service to our community.

Upcoming Trips



Upcoming Trips in August:

The Southwick Senior Center has scheduled **Free Friday Museum trips** throughout the month of August.

AUGUST 1st — HANCOCK SHAKER VILLAGE
PITTSFIELD, MA

AUGUST 8th — CLARK ART MUSEUM
WILLIAMSTOWN, MA

AUGUST 15th — HISTORIC DEERFIELD
DEERFIELD, MA

AUGUST 22nd — EMILY DICKINSON MUSEUM
AMHERST, MA

AUGUST 29th — NORMAN ROCKWELL MUSEUM
STOCKBRIDGE

Many of these trips are already filled; however, if you are able to drive yourself or go with a friend then you will receive the same FREE admission. Our bus will leave the center at 9:00am, and you are welcome to follow the bus or go on your own. Lunch will be scheduled in the area of the museum. If you are interested in driving yourself, but having lunch with our group please call so we can add you to the reservation. If you are taking our bus the cost is \$2.00. Please call the center to find out if there are seats available.



Birthday Party: We are having a birthday party **August 21st** in the dining room at **11:30am**. Sign up in the dining room for lunch with Denise Hills-McGarry and let us know if your birthday was in the month of June, July, or August. We will have cake and a small gift for birthday people.



Mohegan Sun Casino: This trip will be held on **Tuesday August 12th**.

Enjoy \$10.00 slot play and \$10.00 credit at any restaurant. We will leave the center at 8:00am. The cost of this trip is \$19.00. Please sign up and pay in the COA office asap.



Mystic Seaport: This trip will be held on **Wednesday August 20th**. We will leave the Southwick Senior Center at 9:00am. The price of this trip is \$27.00pp. This

price includes entrance to the Seaport and Sabino River Cruise. Have lunch on your own at The Gallery Restaurant. Call or stop by the COA to sign up and pay for this wonderful event.

Upcoming Activities

Northfield Mountain Friday September 12, Northfield, MA. Come explore the Connecticut River on a relaxing boat trip.

Then you will enjoy a delicious lunch at Applebee's. The cost of this trip is \$14.00pp which includes the boat trip. Lunch will be at your own expense. The van will leave the center at 8:45am. Please stop by or call the center to sign up at 569-5498. This trip is limited seating so please call soon.

Thank You!

Thank you to Johnson Brook Farms for donating the delicious strawberries to our Seniors. They were taken home by many of our Seniors and our Congregate participants enjoyed Strawberry Shortcake the next day at lunch.

August Calendar

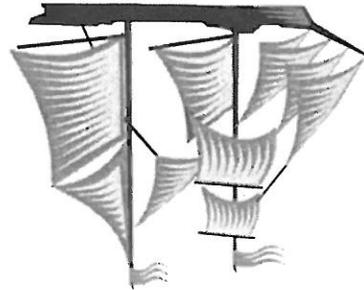
Friday	1	9:00	Hancock Museum
Monday	4	10:00	Senior Sizzler
Thursday	7	9:00	Veteran's Representative
Friday	8	9:00	Clark Art Museum
Monday	12	1:00	COA Board Meeting
Tuesday	12	11:30	Brown Bag
Tuesday	12	8:00	Mohegan Casino Trip
Friday	15	9:00	Historic Deerfield
Wednesday	20	9:00	Mystic Seaport
Wednesday	20	12:30	Ear Master Presentation
Thursday	21	9:00	Veteran's Representative
Thursday	21	11:30	Birthday party
Friday	22	9:00	Emily Dickinson Museum
Tuesday	26	11:00	LUAU
Friday	29	9:00	Norman Rockwell Museum

"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	

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COA Office 569-5498 • Dining Center 569-0410



*Please Forward
Change Service Requested*

SOUTHWICK COUNCIL ON AGING
454 College Highway
Southwick, Massachusetts 01077

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