

# The Messenger

A Newsletter For Southwick's Senior Community



**August  
2015**

**COA BOARD MEMBERS:**

**Chairman**  
Roy Benson

**Vice Chairperson**  
Mary Jane Connolly

**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**  
Denise Hills-McGarry

**Kitchen: 569-0410**

**Council On Aging**  
454 College Highway  
Southwick, MA 01077  
[www.southwickma.org/COA](http://www.southwickma.org/COA)



Paid In Part By  
Executive Office Of Elder Affairs  
(HVES, INC.)

Hello everyone,

This has been a great summer after the very cold winter we had. Did you know that we print 1000 newsletters at least 10 times a year? We do this from a grant through the Executive Office of Elder Affairs and Highland Valley Elder Services. It costs us nearly \$5000.00 per year to print and mail you this newsletter. Our newsletter grant with HVES will be ending as of September 30, 2015. We have tried to secure funding for "The Messenger" through local business, and have garnished support from a few businesses. You will find their advertisements in the inserted page of our newsletter. We are asking for anyone who is willing and able to please make a contribution to our newsletter. We will be happy to list your name next to the advertisements as a contributor of our wonderful newsletter.

Make checks payable to:

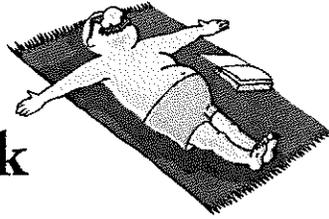
**Southwick Council on Aging**  
**454 College Highway**  
**Southwick, MA 01077**

In other exciting news at the Southwick Senior Center we are getting MySeniorCenter as our software program. You will be given an identification key tag and will be checking in using a touch screen monitor which will be located in the hallway. This is new to us, but certainly isn't new to Massachusetts Senior Centers. There are currently over 2 million Seniors using this system in hundreds of Senior Centers across the state and even more across the country. Some of our neighboring Senior Centers such as West Springfield and Agawam are already using this great software. Installation will be happening in the beginning of August so we will be in full swing by the time our fall classes begin. There will be staff on hand to help during this transition time. This software will help us to make sure that our numbers are accurate for the state grants we apply for, and will save valuable time of data entry with our staff. We ask for your cooperation and excitement during this transition period.

Peace and Joy,

*Cindy Sullivan and the COA staff*

## Senior Sizzler at the Southwick Town Beach

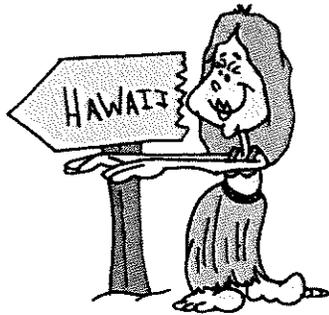


This event is sponsored by the Southwick Park and Recreation Commission. **Monday August 11, 2015 from 11:00am-1:00pm.** Entertainment and lunch provided. Rain date August 18th.

## Luau

**Tuesday August 25th 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. Desserts will be provided by the Southwick Senior Citizens Inc. Please sign up for this event in the dining room. Space is limited so sign up soon!!!



## Senior Health Fair

There will be a Health Fair in the auditorium of the Town Hall on **Thursday September 24th from 9:00am-12:00pm.** There will be over 30 vendors for you to receive information from. This fair is free and you do not need to sign up to participate. Hope to see you all!!!

## Birthday Party

We are having a birthday party in the dining room on **August 12th 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.



## CRAFTS with DENISE HILLS- MCGARRY

Denise will be hosting a craft activity for 5 weeks. This will be held after lunch beginning at about 12:15pm. The cost of this program is \$2.00 per craft to pay for materials. The schedule is the following:

**Monday August 24th:** Luau hair clips or necklaces. Come make a hair clip or necklace for our Luau that is scheduled for August 25th.

**Wednesday Sept. 2nd:** Greeting Cards. Come make greeting cards using a variety of stamps and colored paper.

**Wednesday Sept. 9:** Paint a bird house. Come on in and paint a bird house for your yard or give it away as gift.

**Wednesday Sept. 16:** Flower Balls. Come in and use Styrofoam balls to create a beautiful flower ball.

**Wednesday Sept. 23:** Gift Bags. Come in and use stickers, clips etc to decorate a gift bag to be used for a future gift.

## 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 12, 2015 from 9:00am-2:00pm.** If you have gently used items that you would like to donate you are free to drop it off at the center on September 10th and 11th **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.

## Museums/Lunch Trips

We are happy to announce that we for the third summer we will be offering trips to Local Museums. Below is the list of trips in August.

**AUGUST 7th:**

Historic Deerfield

**AUGUST 21st:**

Emily Dickinson Museum

**AUGUST 28th:**

Old Sturbridge Village

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.

### Classes

Our class schedule will be starting during the first week in September. Some class times and days may change so please read the September newsletter carefully.

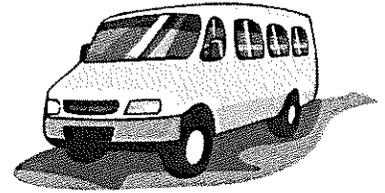
## In Memoriam

### *Our Condolences to Family and Friends*

Jean-Paul Vanasse      Ruth Wallis  
Patricia Hish            Louise F. Johnson  
Lois Ivy Reynolds

**Rhae DeVerry** – Rhae was a volunteer for the Southwick Senior Center. She drove our volunteer van on many trips and enjoyed traveling with our Seniors. Our condolences to her family during this difficult time.

# 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.*

## Three County Fair in Northampton

This trip will be held on **Friday September 5th**. The cost is \$10.00 per person. We will leave the Senior Center at 9:30am. Lunch will be at your own expense at the Fair. Please sign up in the office.



## Mohegan Sun Casino

This trip will be held on **Tuesday September 22nd**. Enjoy \$20.00 bet and \$15.00 credit at any restaurant. We will leave the center at 8:00am. The cost of this trip is \$21.00. Please sign up and pay in the COA office asap.



## Bish Bash Falls

This trip will be held on **September 29th**. We will be leaving the Senior Center at 9:00am for this wonderful adventure. The cost will be \$2.00. There is a ¾ mile walk to get to the falls, but it is flat terrain. We will be going to Friendly's after for lunch at your own expense. Please sign up in the office asap for this trip.

## August Calendar

Friday	10	9:00	Essex Steam Train and Boat (FULL)
Monday	10	1:00	COA Board Meeting
Tuesday	11	11:00	Brown Bag
Tuesday	11	11:00	Senior Sizzler
Wednesday	12	11:30	Birthday party
Thursday	13	9:00	Veteran's Representative
Friday	14	9:00	Historic Deerfield
Thursday	20	10:30	Blood Pressure
Friday	21	9:00	Emily Dickinson Museum
Monday	24	12:15	LUAU Craft \$2.00
Tuesday	25	11:00	LUAU
Thursday	27	9:00	Veteran's Representative
Friday	28	9:00	Old Sturbridge Village

COA Office 569-5498 • Dining Center 569-0410

## "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	

**Classes will be starting the second week in September. Please check September newsletter for details.**



*Please Forward  
Change Service Requested*

454 College Highway  
Southwick, Massachusetts 01077

**SOUTHWICK COUNCIL ON AGING**

Non-Profit Org.  
U.S. Postage  
**PAID**  
Southwick, MA  
01077  
Permit #20