

The Messenger

A Newsletter For Southwick's Senior Community



August 2016

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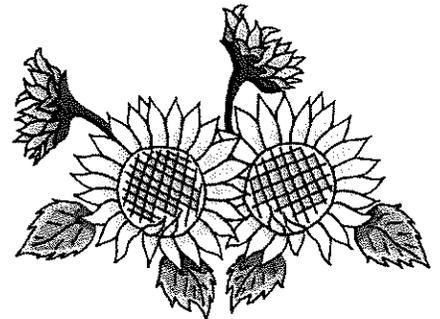
Council On Aging
454 College Highway
Southwick, MA 01077
www.southwickma.org/COA



Paid In Part By
Executive Office Of Elder Affairs

Hello All:

This summer is flying by. We kicked off the summer with our 4th Annual Luau. This event was a great success. Thank you to everyone that participated and many thanks to the individuals that helped organize and make this event happen. We had great entertainment provided by Lisa, Matine, and their granddaughter. They are entertainers from the Hu-Ke-Lau and we were very fortunate to have them perform for us.



Everyone has been busy planning activities, scheduling rides, and serving lunches every day. The COA staff love scheduling events and programs for you. If you have anything that you would like to see happen please let us know and we will try to make it happen. We are excited to announce that our first session of classes beginning in September will be FREE for participants. This will give people the opportunity to try something new without the added expense of class fees. We are hoping this will encourage people to try a class and perhaps come on a more regular basis. Our classes, with the exception of swimming aerobics, are pay as you go classes. If you will be visiting the Senior Center for the first time please come a few minutes early to register in the office. We hope to see you at the Senior Center.

Peace and Joy,

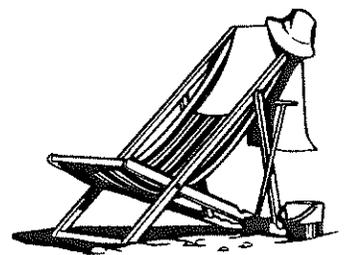
Cindy Sullivan and the COA staff

Senior Sizzler at the Southwick Town Beach

This event is sponsored by the Southwick Park and Recreation Commission and will be held on **Wednesday August 17th from 11:00am-2:00pm at the Town Beach**. Entertainment and lunch provided. If it is raining then this event will be held at the Southwick Senior Center. Please join us for a

day filled with food, entertainment, and Bingo!! No advance reservations are required.

Remember this event is RAIN OR SHINE just in different locations if weather is bad.



Upcoming Activities:

SNAP Pre Screening

A SNAP Coordinator from The Food Bank will be at the Southwick Council on Aging on **Tuesday, August 9th from 10:00am- 12:00am** to pre-screen you, and if eligible, help you sign up for SNAP.

The Food Bank of Western Massachusetts is working with the Southwick Council on Aging to help older residents stretch their budget and buy healthy food by applying for SNAP (Supplemental Nutrition Assistance Program - formerly known as the Food Stamp program). In Massachusetts many residents age 60 or older have not signed up because they think they're not eligible.

SNAP recipients use a card that can be swiped at the register in grocery stores, convenience stores, and some farmers' markets. Eligibility is based on household size, income, and other expenses. You may still be eligible even if you own a home and a car and collect Social Security or a pension or both. If you have any questions, call Beth Ziemba, The Food Bank of Western MA SNAP Coordinator, at 413-247-9738.

Mark your calendars!

September 10, from 2-5! Antique and unique car display courtesy Jack Moccio! Over 15 artfully restored vehicles. Stop by and see these restored cars and hot rods - grab a bite to eat and enjoy the afternoon. The car display will be free with donations gratefully accepted. Hot dogs, chips, soda, cookies will be available for a small donation. Look for more details in the Sept. newsletter. This activity is provided by Southwick Senior Citizens, Inc. (known as Friends of the Southwick Senior Center) in cooperation with the Southwick Senior Center.

In Memoriam

Our Condolences to Family and Friends

Nancy Flagg

Rae Ryan

Corinne Meares

Darlene Arthur

Norman Miltimore

Elder Law Information Program:

This program will be held at the Southwick Senior Center on **August 17th at 10:00am**. Attorney Cynthia Lee Andersen will be here to discuss a variety of topics affecting our Seniors. These topics include Power of Attorney, Health Care Proxy, Protecting your home and many other issues. No reservation required.

Arbors Presentation: This program will be held on **August 24th at 12:15pm**. Come into the Senior Center and enjoy a dessert and listen to a presentation about the Arbors Independent living facility in Westfield, MA.

Mark Your Calendars for our BEGINNER TAI CHI:

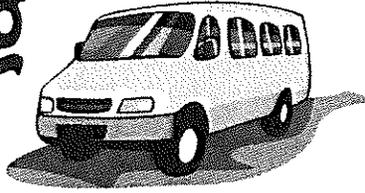
Please join Judy Laiuppa (Tai Chi Instructor) on **Wednesday mornings at 8:30am beginning September 14th**. Tai Chi has been at the Southwick Senior Center for over a decade, and now we are pleased to offer a class especially for beginners. Today more and more physicians are recommending Tai Chi to their patients because of its numerous healing benefits. Slow, circular movements combined with concentration and breathing result in increased flexibility, better balance, and an enhanced immune system. Participants should wear loose-fitting clothing, flat bottomed shoes or sneakers, and be able to stand and move unassisted for at least one hour.



FREE FLU SHOTS: Flu Clinic will be held at the Southwick Senior Center. Representatives from Rite Aid Pharmacy will be here to administer FREE flu shots. You will need to bring in your insurance card. They will be here on **Wednesday October 5th from 9:30am- 11:30am**. We encourage advance sign up by calling the COA office at 569-5498, but are welcoming walk-ins.



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.

“Sister Play” Chester Theater in Chester, MA: This trip will be held on **Thursday August 4th**. We will leave the Senior Center at **11:00am**. The cost of this trip is \$34.00. The money is due no later than June 20th. Lunch will be at the Chester Common Table at your own expense. Please sign up in the office asap.

Westfield Farmer’s Market: This trip will be held on **Thursday August 11th**. We will leave the Southwick Senior Center at 12:15pm. The cost is free. You will be able to purchase fresh fruits and vegetables from local farmers. Please call the Senior Center to reserve your seat.

The Wall That Heals at the Eastern States Exposition: This trip will be held on **Thursday August 18th**. The cost is \$2.00 and the bus will leave the Senior Center at 9:30am. The Wall That Heals is the Vietnam Veterans Memorial Replica and Mobile Education Center. The events being held are the National Anthem and Star Spangle Banner will be performed at noontime. A veteran’s tent with services will be set up to walk thru and a bunker will be on display. After viewing the display we will stop at Take 5 Restaurant. The cost of lunch will be at your own expense. Please sign up in the office as the spaces are limited.

Lupa Zoo, Ludlow MA: This trip will be held on **Thursday September 8th**. The cost is \$15.00 per person. We will leave the Senior Center at 10:30am. We will go to Friendly’s in Ludlow for lunch before going to the zoo. Lunch will be at your own expense. Please call the office to sign up for this trip.

LOCAL MUSEUM TRIPS

We are happy to announce that we will be offering trips to Local Museums for our 4th summer. Below is the list of trips in August. All trips are \$2.00 each and lunch is at your own expense. Stop in the office or call 569-5498. When you sign up we will tell you departure time from Senior Center.

AUGUST 5th:

Historic Deerfield ~ The Wok

AUGUST 12th:

The Mahaiwe Art Center

AUGUST 26th:

Norman Rockwell Museum ~ Sullivan Station Restaurant

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.

Historic Wethersfield: This trip will be held on **Saturday September 10th**. The cost is \$18.00 per person. We will leave the Senior Center at 9:00am and visit the Webb Deane-Stevens Museum. They will have a 18th Century Musket demonstration “Soldier’s Life”. Lunch will be at your own expense on the premises of the museum.

The Big E: The Senior Van will be going to the Big E, **Monday Sept 19th**. We will leave the center at 9:30am, return time will be 2:00pm. The cost for this trip is \$2.00. Tickets will be purchased on your own at the gate. Please call the center to reserve a seat.

Mohegan Sun Casino: This trip will be held on **Tuesday September 20nd**. 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 \$24.00. Please sign up and pay in the COA office asap. (The price of the trip has gone up because the price of the bus has increased)



August Calendar

Monday	1	10:00am	COA Board Meeting
Thursday	4	11:00am	Sister Play Trip
Friday	5	9:00am	Historic Deerfield Trip
Tuesday	9	11:00am	Brown Bag
Tuesday	11	12:15pm	Farmers Market Trip
Friday	12	8:15am	Mahaive Art Center Trip
Wednesday	17	10:00am	Law Presentation
Wednesday	17	11:00am	Senior Sizzler (Town Beach)
Thursday	18	9:30am	The Wall That Heals Trip
Thursday	18	10:30am	Blood Pressure
Wednesday	24	12:15pm	Arbor's Presentation
Thursday	25	9:00am	Veteran's Representative
Friday	26	9:00am	Norman Rockwell Trip

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	

Classes will be beginning either the first or second week in September. There will be a list posted in the COA by the end of August with dates classes are beginning and the dates of the free classes (one session).

COA Office 569-5498 • Dining Center 569-0410

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