

The Messenger

A Newsletter For Southwick's Senior Community



**December / January
2014 / 2015**

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



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Hello All:

We can't believe that holiday season is upon us and the cold weather is also here. Please take a look at our trips we are offering this month. Our Christmas Luncheon is going to be simply spectacular and we hope you can all make it. There will be door prizes, raffle baskets and amazing food. We have added a Zumba Gold class which will begin on Thursday January 8th at 10:45am. It looks like we have enough people to begin the class. If you are interested please come to class on January 8th. Our dining room is enrolling new participants, and our trips are filling up quickly. We have decided to offer our trips to Southwick residents first, and out of town residents will be placed on a waiting list. This does not include our Mohegan Sun trips as there is always space available on the bus. We hope this holiday season finds you happy and healthy and you all have a Merry Christmas and a wonderful New Year.

Peace and Joy,

Cindy Sullivan and the COA staff

Christmas Luncheon Spectacular

The Southwick Senior Center will have our Christmas luncheon catered by Tucker's Restaurant on Wednesday December 17th from 11:00am-1:00pm. The price of this luncheon is \$12pp. You will have the choice of Yankee Pot Roast or Baked Scrod.

Appetizers and desserts will be provided. You need to sign up in the office by December 11th.



Friends of the Southwick Seniors

Our October fund-raiser was very successful. We were glad to see folks from the Senior Center at the Barn Dance, as well as many younger citizens from our community. Coming up, we'll be holding other fund-raisers and looking for Southwick residents to support activities at the Senior Center. Our next fundraiser will be at Friendly's Restaurant in Westfield at the Westfield shops and Southampton Road on Tuesday December 30th from open to close. Our organization will receive a percentage of sales if coupon is presented. Come into the center to receive your copy of the coupon or ask a member for one. You can become a part of this exciting group, just come to a monthly meeting. Our meetings are held on the 3rd Thursday of the month at 9:30am at the Senior Center.

Joan Perkins-Smith
President: Southwick Senior Citizens, Inc.

Attention World War II Veterans

Mr. Herb Pace would like to have a small gathering of all interested veterans of WWII currently living in Southwick. This gathering will take place on Monday December 8th at 11:00am here at the Southwick Senior Center. Light refreshments will be served.

Manicures

We will be offering this service with a licensed nail technician on Monday December 15th from 9:00am-12:00pm at the Senior Center. The cost of this service will be \$12.00 paid directly to the technician. Call the office to schedule your appointment as space is limited.

Classes

Due to the holiday schedule there will be no classes from December 22nd-January 2nd. Classes will resume as scheduled on Monday January 5th. We will only be accepting cash for your class payment beginning on January 5th. Thank you in advance for your cooperation.

Getting Ready for the Tax Season

There will be an informational meeting regarding tax season. The tax volunteers will be here to do a brief presentation and answer questions regarding filing requirements and eligibility requirements for state credits. This will be held at the Southwick Senior Center on Wednesday January 14th from 10:30am-11:30am.

After the holiday season it's time to get ready for tax season! Once again AARP Tax Aide Program volunteers will come to our Senior Center on Wednesdays, beginning February 4th to prepare federal and state tax returns. Call the office at 569-5498 to make your appointment.

Tax Aide is a nationwide free, confidential service offered to low and middle income taxpayers of all ages with special attention to those 60 and older. They have shared a few important guidelines to remember if you want to use this service.

Because of concerns about identity theft, the AARP Tax Aide program requires that each taxpayer show a valid picture ID. If you have a joint return then both spouses must be present, unless one is ill or disabled. Please advise of your situation when you make your appointment.

It is very important to bring all your 2014 tax related documents with you, as well as a copy of last year's tax return. So be sure to watch your mailbox in January when most Social Security, wage and pension statements are sent to you. The program tries to serve as many as possible and appointments fill up fast so it can be difficult to schedule a return visit to bring missing documents. This can both simplify and speed up your appointment.

Brown Bag

Brown bag will be held on **December 9th** and **January 13th**. We are asking that people that are eligible for brown bag please come to the Southwick Senior Center to pick up your bag on those dates and any future dates between 11:15am and 12:00pm. This will help us to distribute a majority of the bags while our volunteers are available to assist you. We had an excellent turnout of volunteers in November, and we would like to thank them for their 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.

Winterfest Musical Concert



Devers Hall at Westfield State University

This trip will be held on **Saturday December 13th**. We will leave the center at 1:00pm. We will go to The Tavern Restaurant in Westfield for lunch and then head to the show for 3:30pm. The cost of this trip will be \$7.00pp. Lunch at The Tavern will be at your own expense. This Winterfest Musical will be sure to entertain you. The Do-Re-Me's are scheduled to perform as well as other local groups. Please call the office to sign up for this trip at 569-5498.

Southwick Historical Society

The Southwick Historical Society will meet on **Thursday, January 22, 2015** in the Southwick Town Hall Auditorium at 12:30 PM. "Music of the Blues" will be presented with Rich Badowski and Michael St George. Mr. Badowski is a harmonica entertainer/showman and has played with many blues bands over the last 20 years and won the 2012 CTBS Blues Band Challenge. Mr. St George, guitarist, has played with numerous bands from New York City to Nashville and is currently working with jazz band "Eagle Eyes" and "The Rich Badowski Blues Band". Make a reservation to have lunch in the Senior Center and then join us for this most entertaining program.



Nippon Grill Supreme Buffet



Nippon Grill Supreme Buffet in West Springfield: This trip will be held on **Wednesday January 7th**. We will leave the Senior Center at 11:30am. The cost of this trip is \$12.00. The price includes an all you can eat buffet with a drink included. Please sign up and pay for this trip by calling the office at 569-5498.



Lunch in Chicopee

Lunch at Bernie's in Chicopee: This trip will be held on **Thursday January 22nd**. We will leave the center at 11:00am. The cost of this trip is \$2.00. Please sign up in the office.

This trip will be held on **Thursday February 12**. 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 \$20.00. Please sign up and pay in the COA office no later than January 22nd. If there are not enough people then the trip will be cancelled.

In Memoriam

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

John "Jack" Meares
Barbara Koivisto

Dorothy Hall
Aime Remillard

December Calendar

Fri.	28	CLOSED	Thanksgiving Break
Wed	3	by appt	SHINE
Thurs	4	by appt	SHINE
Fri	5	9:00	Veteran's Representative
Mon	8	1:00	COA Board Meeting
Tues	9	11:15	Brown Bag
Sat	13	1:00	Winterfest at WSU
Mon	15	by appt	Manicures
Wed	17	11:00	Christmas Spectacular
Thurs	25	Closed	Christmas Day
Fri	26	Closed	Town Hall Closed
Tues	30	All Day	Friendly's Day

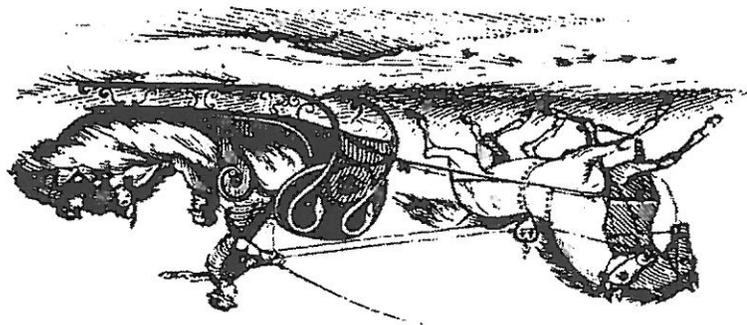
January Calendar – SHINE appt TBD

Thurs	1	Closed	Happy New Year
Wed	7	11:30	Nippon Grille
Fri	9	9:00	Veterans Representative
Tues	13	11:15	Brown Bag
Thurs	15	10:30	Blood Pressure checks
	15	10:45	Zumba
Mon	19	Closed	Martin Luther King Day
Thurs	22	10:45	Zumba
	22	11:00	Bernie's Restaurant
Fri	23	9:00	Veterans Representative
Mon	26	by appt	Foot Nurse

"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 (starts in Jan)	\$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 COUNCIL ON AGING

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