

The Messenger

A Newsletter For Southwick's Senior Community



**December/January
2015/2016**

COA BOARD MEMBERS:

Chairman
Roy Benson

Vice Chairperson
Herbert Pace Jr.

Secretary
Joan Plancon

Board Members
Lorraine Lawrence
Mary Alice Martin
Harriet Fischer
Mary Jane Connolly

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



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Lorraine Lawrence retires from COA Board: Years of service 1998-2015

Lorraine has spent 17 years on the COA Board. She has a plethora of amazing accomplishments during her nearly 2 decades of service with the Senior Center. Lorraine remembers planning Christmas parties, cookouts, and movie days at the Senior Center. She volun-



teered her time in the Dining room serving meals and delivering meals on wheels, folding our newsletter, and coordinating the Brown Bag distribution. She was Chairperson of the COA Board for several years and also was on the FRTA Advisory Board. Her biggest joy came from her volunteer involvement in the Outreach Program. She would take people to their doctor appointments, to the drug store, shopping, and she would help them with their checkbooks and paying

bills. Lorraine said "The amount of time I spent on the COA board doesn't matter, I just enjoyed every minute of volunteering and helping people." On behalf of the COA Board and the COA staff we thank Lorraine for her dedication and countless hours of devotion to The Southwick Senior

Center. We are thankful that she chose to spend her time and years helping our Seniors. If you happen see Lorraine out and about please thank her for her service to the Senior Center and our community. She will tell you herself that "I love my Senior Center, it has been like a second home to me." We look forward to seeing her at lunch on a daily basis and helping her in any possible way we can.

Health and Happiness to you.

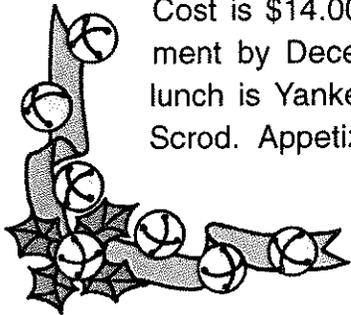


Best Wishes for a
Merry Christmas
and a Prosperous
New Year!



Christmas Spectacular December 16th!

Christmas Luncheon at the Senior Center catered by Tucker's Restaurant. Wednesday December 16th from 11:00am - 1:00pm.



Cost is \$14.00 pp. Sign up and payment by December 10th. Choice for lunch is Yankee Pot Roast or Baked Scrod. Appetizers and desserts will be provided. Call 569-5498 to reserve or stop by the office.

Avada Hearing

Avada will be at the Senior Center on Wednesday Dec. 9th 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

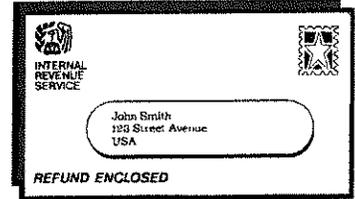
Ear Masters will be at the Senior Center on Monday December 28th from 9:30am-12:00pm. They will be providing hearing screenings, checking for ear wax, cleaning existing hearing aids, and free battery replacement. All services are free of charge. If you would like to schedule an appointment please call the COA office.

CLASSES

Due to the holiday schedule there will be **no classes from December 24th-January 2nd.** Classes will resume as scheduled on **Monday January 5th.** We will only be accepting cash for your class payment beginning on January 4th. Tai-Chi classes will begin the week of January 11th. Thank you in advance for your cooperation.

Getting Ready for Tax Season

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 3rd, to prepare federal and state tax returns. Call the office at 569-5498 to make your appointment beginning on January 4, 2016.**



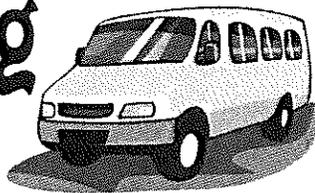
Tax Aide is a nationwide free, confidential service offered to low and middle income taxpayers of all ages with special attention to those 60 and older. They have shared a few important guidelines to remember if you want to use this service.

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 tell us if this is your situation when you make your appointment.

It is very important to bring all your 2015 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 retirement account statements are sent to you. Remember that if you have a brokerage account those statements may not come until mid February. Keep these dates in mind when you make your appointment. The program tries to serve as many as possible and spots fill up fast so it can be difficult to schedule a return visit to bring missing documents.



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.

“Fez” tival of Trees

This trip will be held on **Wednesday December 2nd**. We will leave the Senior Center at 11:00am and have lunch at Red Rose Pizzeria. Then we will view The Melha Shriners “Fez” tival of trees in a Victorian house located in Springfield. The cost of this trip will be \$10.00. The cost will include donation to Shriners and lunch. Please sign up with Andrea in the office.



Mohegan Sun Casino Trip

This trip will be held on **Tuesday February 9th**. Enjoy \$20.00 bet and \$15.00 meal credit or a free buffet. 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. If there are not enough people then the trip will be cancelled.



Lunch at Westfield Technical Academy

Trips will be held on **Friday December 11th and Thursday, January 14th**. We will be leaving the Senior Center at 10:30am. It will be a buffet style meal. The cost will be \$8.00pp. Please sign up in the COA office.



New Valley Singers Holiday Concert

This trip will be held on **Saturday December 5th** at the Agawam Senior Center. We will leave the Southwick Senior Center at 1:00pm. Lunch will be at the King Yen restaurant at your own expense before the concert. The cost of this trip is \$7.00. Please sign up in the COA office.

Council on Aging Board Members

The COA board is currently looking to fill 3 associate member positions. Associate members often become COA board members with full voting rights as soon as a position becomes available. Meetings are held monthly at the Senior Center on the second Monday of the month at 1:00pm. A Criminal Record Check and application form is required. This is strictly a volunteer position. Final approval is made by the Board of Selectmen. For more information and other responsibilities please come into the COA office or call us at 569-5498.

In Memoriam

Our Condolences to Family and Friends

Dorothy Bouchard

Elaine Roberts

Richard N. Gaylord Jr.

Alice Baiardi

December Calendar

Sunday Nov. 1	2:00am	Daylight savings
Thurs. Nov. 5	by appt	SHINE
Wed. Dec. 3	by appt	SHINE
Thurs. Dec. 4	by appt	SHINE
Tues. Dec. 8	11:15am	Brown Bag
Wed. Dec. 9	by appt	Hearing
Fri. Dec. 11	10:30am	WTA lunch
Fri. Dec. 11	9:00am	Veteran's Representative
Mon. Dec. 14	1:00pm	COA Board Meeting
Wed. Dec. 16	11:00am	Christmas Spectacular
Thurs. Dec. 17	10:30am	Blood pressure
Thurs. Dec. 24	Closed	Christmas Day
Fri. Dec. 25	Closed	Town Hall Closed
Mon. Dec. 28	by appt	EarMasters

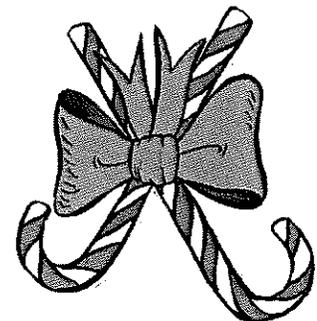
January Calendar

Friday Jan. 1	Closed	Happy New Year
Thursday Jan. 7	by appt	SHINE
Friday Jan. 8	9:00am	Veterans Representative
Tuesday Jan. 12	11:15am	Brown Bag
Thursday Jan. 14	10:30am	WTA lunch
Thursday Jan. 21	10:30am	Blood Pressure checks
Thursday Jan. 21	by appt	SHINE
Monday Jan. 18	Closed	Martin Luther King Day
Friday Jan. 22	9:00am	Veterans Representative
Monday Jan. 26	by appt	Foot Nurse

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
	11:15	Beg./Int. Tai-Chi	\$3.00
Tues.	9:00	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	

COA Office 569-5498 • Dining Center 569-0410



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Change Service Requested*

454 College Highway
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

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