

The Messenger

A Newsletter For Southwick's Senior Community



**December 2016
January 2017**

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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

Hello All,

We can't believe that the holiday season is upon us and the cold weather is also here. Please take a look at our trips we are offering this month. We kicked off the holiday season by attending the Rockettes Christmas Spectacular in New York City. The show was fantastic and despite the enormous amount of traffic a great time was had by all. Our Candy Cane Extravaganza 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 been very busy in the past several months. Our dining room is bustling with new participants and our classes are also doing great.

We have been able to offer free bottled water to our Senior Center participants for several months thanks to a generous donation from the Southwick Police Association. On October 29th we partnered with the Southwick Fire Department and the American Red Cross to install smoke detectors in homes. We completed this task in 32 homes in Southwick. We installed over 100 devices including smoke detectors and carbon monoxide detectors. Some units were over 20 years old and some of you didn't have smoke detectors at all. We encourage all of our Seniors to have proper smoke detectors in your home. Thank you to everyone who made this program a huge success in our community. We look forward to more programs from the Fire Department and the Police Department.

We have also been actively collaborating with the Southwick Tolland Granville Regional School District to offer many programs including reading to students and our Pen Pal program is off and running. Many of our Veteran's were honored at the Powdermill School during a fantastic Veteran's Day program. The students colored pictures and placemats for our participants as well. We are looking forward to a few Art Students from Southwick High School to paint a mural on our wall of the activity room. Speaking of murals.....please come in a check out our beautiful airbrushed mural in the exercise room. It was completed by Edward Leon. He did a fantastic job and we thank him very much for his hard work. The Westfield Technical Academy has also done several cooking demonstrations for us and shared their talent and wonderful food items with our Seniors. Our next class will be held on December 13th. Be sure to sign up in the office for this great opportunity.

*We hope this holiday season finds you happy and healthy and you all have a
Merry Christmas and a wonderful New Year.*

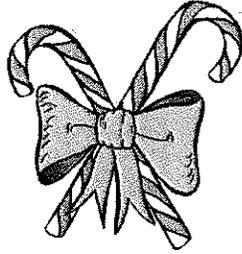
Peace and Joy,

Cindy Sullivan and the COA staff

Upcoming Activities:

CANDY CANE EXTRAVAGANZA

Our Christmas Luncheon at the Southwick Senior Center will be catered by Tucker's Restaurant in Southwick. The Candy Cane Extravaganza will be held on **Wednesday December 14th** from



11:00am-1:00pm. The cost is \$14.00 pp. You will need to sign up and pay in the office by December 9th. Your choice for lunch is Yankee Pot Roast or Baked Scrod. Appetizers will be provided and we will have entertainment from The Woodland Elementary School.

Susan Allen financial advisor: Sue will be here on **Wednesday December 7th at 8:30am.** She will be discussing Making the Most of your Social Security. This will be free to anyone.

Coffee Hour with a Select Board member: This event will be held on **Thursday December 8th at 8:30am** in the dining room. Come in and have a coffee and a donut and meet with Doug Moglin who is a member of the Select Board. He will be at the Senior Center to answer questions. All residents are welcome.

S.A.F.E. for seniors CLASS

Tuesdays at 9:30am, join us for a class designed to strengthen and energize your senior body! The Certified Personal Trainers from the PlayStrong Group LLC have carefully designed this class to address each of the important elements necessary for total fitness as we age. Strength + Aerobics + Flexibility = Exercise (SAFE) and effective for Seniors! The class will help you improve on each of these elements using easy to follow, comfortable, movement and exercises. And best of all - it is set to great music! No complicated choreography or dangerous equipment... Just a fun time getting fit!

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 8th, to prepare federal and state tax returns. Call the office at 569-5498 to make your appointment beginning on January 3, 2017.

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 2016 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.

Classes:

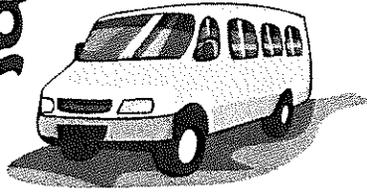
Due to the holiday schedule and carpet installation **there will be no classes from December 24th-January 6th.** Classes will resume as scheduled on Monday January 8th.

In Memoriam

Our Condolences to Family and Friends

Myron Czerapowicz Robert Barnes Sr.
Alvin Fields Charles T Ferris Sr.

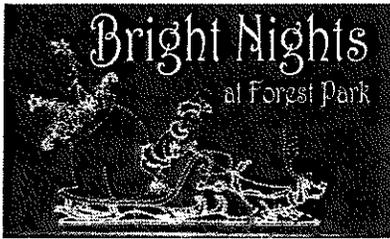
Upcoming Trips



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

Buckland Hills Mall

This trip will be held on **Thursday December 8th**. We will leave the Senior Center at **10:00am**. The cost of this trip is \$2.00. Lunch will be at your expense at the mall. Please call the office to sign up.



The Senior van will be going to Bright Nights **Monday December 5th** and **Monday December 12th**. We will be leaving the center at

4:30pm, cost is \$2.00pp. Call the center to reserve a seat, Southwick residents will have first priority as seats are limited.

Singing Christmas Tree at Bethany Church

This trip will be held on **Sunday December 11th**. We will leave the Senior Center at **12:30pm**. The cost of this trip is \$2.00. We will eat at Parthenon Pizzeria before going to the show. This will be at your own expense. Please sign up in the office as soon as possible.

Majestic Theater Home for the Holiday Show

This trip will be held on **Saturday December 17th**. We will leave the center at **12:30pm**. The cost of this trip is \$28.00. Enjoy lunch at the Café if you wish as your own expense. Show starts at 2:00pm. Please call the Senior Center to sign up.

Railroad Hobby Show at Eastern States Expo

This trip will be held on Saturday January 28th. We will leave the Senior Center at 10:00am. The cost of this trip is \$17.00. We will stop for lunch at your own expense after the exhibit at Take 5 Restaurant. Please sign up in the office as soon as possible.

Little Theater of Manchester at Cheney Hall

This trip will be held on Sunday February 5th. We will leave the Senior Center at 11:00am. The cost of this trip is \$20.00. We will stop at Hartford Road Pizza at your own expense before the show. This show is a comedy about a girl that wanted to raise money to buy some things for a hospital. Please sign up in the office as soon as possible.

Mohegan Sun Casino Trip

This trip will be held on Tuesday February 14th. 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 \$24.00. Please sign up and pay in the COA office. If there are not enough people then the trip will be cancelled.



Meals on Wheels

Volunteer Drivers needed

We are in need of a permanent driver on Tuesdays and someone able to substitute on occasion. Time commitment varies from 1- 1 ½ hours per day. Please call Denise in the dining room at 569-0401 or stop in to the office. CORI form and Driving record are checked before work can begin.

December Calendar

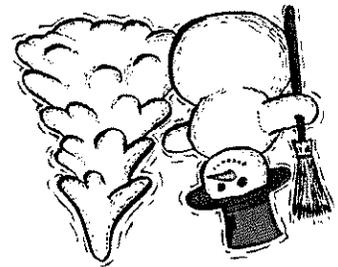
Monday	5	4:30pm	Bright Nights
Wed.	7	8:30am	Social Security presentation
Thurs.	8	10:00am	Buckland Hills Mall
Thurs.	8	8:30am	Select Board Coffee Hour
Friday	9	9:00am	Veteran's Representative
Sun.	11	12:30pm	Singing Christmas Tree
Mon.	12	4:30pm	Bright Nights
Mon.	12	10:00am	COA Board Meeting
Tues.	13	11:15am	Brown Bag
Wed.	14	11:00am	Candy Cane Extravaganza
Thurs.	15	10:30am	Blood pressure
Sat.	17	12:30pm	Majestic Theater
Mon.	26	Closed	Town Hall Closed

January Calendar

Mon.	2	Closed	Town Hall Closed
Mon.	9	10:00am	COA Board Meeting
Friday	6	9:00am	Veterans Representative
Tues.	10	11:15am	Brown Bag
Mon.	16	Closed	Martin Luther King Day
Thurs.	19	10:30am	Blood Pressure checks
Friday	20	9:00am	Veterans Representative
Sat. Jan. 28		10:00am	Railroad Hobby Show trip

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
	11:15	Intermediate Tai-Chi	\$3.00
Tues.	9:30	Aerobics	\$3.00
	9:30	S.A.F.E for Seniors	\$3.00
	9:30	Bingo	5¢ per card
	11:00	Advanced Tai-Chi	\$3.00
	12:00	Painting	\$3.00
	12:30	Poker	
Wed.	8:30	Beginner Tai-Chi	\$3.00
	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
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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