

The Messenger

A Newsletter For Southwick's Senior Community



**February
2016**

COA BOARD MEMBERS:

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Mary Jane Connolly

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COA Director
Cindy Sullivan

COA Staff Members
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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



Paid In Part By
Executive Office Of Elder Affairs



Happy New Year!!! Winter has set in and it is cold outside.

Our Christmas Spectacular was held on December 16th. We had about 100 people attend this wonderful event. The food was catered by Tucker's Restaurant, and they did a fantastic job. We were also entertained by Jerry Noble and his friend Bob. We would like to thank the entire COA board for their hard work for this event. Mary Jane Connolly and Mary Alice did a wonderful job making the baskets for our raffle, and we appreciate it very much. We had appetizers provided by COA board members and our COA staff. We would also like to thank Donna Charron for her hard work with soliciting wonderful prizes from our local businesses. We were blessed with nearly 30 donations of a variety of items. We had a poster displaying everyone's names and contributions. Serving our wonderful meal were Selectmen Joe Deedy and Doug Moglin, CAO Karl Stinehart, Police Chief Ricardi, and DPW Director Randy Brown. We must not forget our Custodial and Maintenance staff for helping set up and clean up after all of the people left. This event was a true example of our community supporting our Seniors and our Senior Center. It was nice to have so many people attend and share their holiday cheer.

We would like to congratulate Rebecca Peron for being appointed as a member of our COA Board. Rebecca has been an active associate member since 2010. The COA board with the approval of the BOS also added 3 associate members to the board. Welcome and congratulations to Donna Charron, Carol Laughlin, and Paula LeBlanc, we look forward to working with you.

Upcoming Events:

Birthday Party

Tuesday February 23rd at 11:30am. The holidays have been busy, but we must not forget those who have turned another year older. We will celebrate birthdays in December, January, and February. If your birthday was during one of these months come join us for a small celebration. This event is being sponsored by Quail Run Estates. They will be providing us with a delicious birthday cake. Sign up for lunch and let us sing happy birthday to you. Call the dining center to sign up at 569-0410.

Valentine's Day Ice Cream Social

Friday February 12th at 12:00pm. The cost for this event will be \$1.00. This event will be sponsored by Acti-Kare Responsive In-Home Care. Come make your own Ice Cream Sundae. Please sign up in the dining room.

Whitney's Auto Presentation

On **Tuesday February 9th at 12:15pm** a gentleman will be here to give our Seniors basic information on car maintenance etc. He will answer questions you have regarding your vehicle to the best of his ability.

In Memoriam

Our Condolences to Family and Friends

Kathleen Jarret	Walter Solek
Annita Piccirillo	Minnie King
Julius Holl	June Henderson

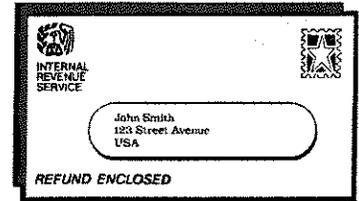
Lionel T. Fry Jr. - Lionel delivered Homebound Meals to our elderly residents for many years. He also advocated for his friends in the dining center while serving on the Highland Valley Nutrition Board. His true passion was driving the Volunteer Van bringing residents to numerous appointments and a variety of trips.

Lionel's smile and zest for life will truly be missed by everyone at the Senior Center.

Tax Season Has Arrived

It's not too early to get ready for tax season. Once again volunteers from AARP will be at the Southwick Senior Center to help prepare your 2015 federal or state income tax returns.

Appointments will be scheduled each Wednesday from February 3 through April 6, 2016.



The AARP Tax Aide program is a free service designed primarily to help seniors over 60 or low income individuals who have relatively simple tax returns. While they will provide more information to help us get ready as we get closer to tax season, it is important now to reserve your spot and to remember the following when preparing for your appointment.

*You must present valid identification. Even if you are well known to our volunteer preparers it is an AARP/IRS requirement this year. If you are filing a joint return both spouses must be present unless one is ill or disabled.

*You should bring your prior year's tax return with you whether it was prepared by AARP or someone else. This can both simplify and speed up your appointment.

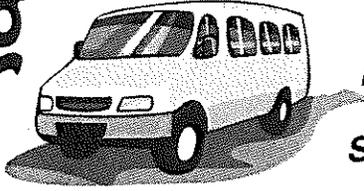
*Please call the office at 569-5498 to reserve your spot.

H&R Block is partnering with the Southwick Senior Citizens Inc. They have agreed to give SSCI \$20.00 for every new person who has their taxes completed at H&R Block. Look for the promotional information on Channel 15 or at several locations including the Senior Center in Southwick.

A word of Thanks:

We would like to extend our heartfelt thanks to our Monday morning Quilting and Needlework group. They handmade beautiful quilted placemats for our Homebound Clients. Your generosity and caring is appreciated by our clients and the COA staff.

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.

Mohegan Sun Bus Trip

This trip will be held on **Tuesday February 9th**. We will be leaving the center at 8:00am. The cost of this trip is \$24.00. Please sign up with Andrea in the office.

Basketball Hall of Fame

This trip will be held on **Wednesday February 17th**. We will leave the center at 9:30am. Visit the museum and then go to lunch at UNO's Pizzeria and Grill at your own expense.

The cost of this trip:

Veteran with Service ID card: \$2.00pp. Spouse of a Veteran: \$15.00pp. Non-Veteran: \$19.00pp

Please sign up in the COA office as soon as possible.

Salem Cross Inn

This trip will be held on **Thursday February 25th**. We will leave the center at 10:30am. Sit in an Old New England atmosphere by the fireplace, and enjoy a wonderful lunch. The cost of this trip is \$2.00. Lunch will be at your own expense. Please sign up as soon as possible in the COA office.

GOLD AWARD

Abigail Howe is currently a senior at Southwick High School and a girl scout belonging to troop 40049. She is trying to obtain her Gold Award and needs our help. She has been making Breast Cancer Pillows and needs to involve the community. She would like to visit the senior center and spend some time sewing and making pillows with everyone. She will teach you to make the pillows while fulfilling her requirements. The pillows would be donated to Baystate's Cancer Center. She will be coming several times throughout the next few months, and will be at the Senior Center on **Thursday February 18th at 9:30am**. Please join us if you can.

Agawam Bowl Candlepin (small ball)

This trip will be held on **Monday February 29th**. We will leave the center at 11:00am. Get yourself out of the house on a cold winter day and have some fun!!! Lunch will be at your own expense at Friendly's before bowling. The cost of this trip is \$12.00pp. Please sign up in the COA office as soon as possible.

Yale New Haven Peabody Museum

This trip will be held on **Wednesday March 9th**. We will leave the center at 9:30am. The cost of this trip is \$12.00pp. Lunch will be at your own expense before The Museum at Café Romeo for your choice of breakfast or lunch. Please sign up for this great trip in the COA office.

Upcoming trips

TJC Travel is partnering with the Southwick COA/ Senior Center to plan longer day trips using King Ward transportation. Trips in the works include the Kennedy Museum in Boston, MA in June and Saratoga Race Course in New York in late August early Sept. The cost of these trips will be in the \$65.00-\$85.00 price range. Watch our newsletters and Channel 15 for more information. If you are interested you can let us know so we have an idea of how many people may participate. This would not commit you to the trip.

Travel Group

We are forming a travel group. If you are interested in giving input on trips (long day trips, overnights, or trips closer to home) you would like to see happen at the Senior Center please join us for light refreshments on **Tuesday February 23rd at 9:30am** in the community room. Bring your ideas and we will do the rest.

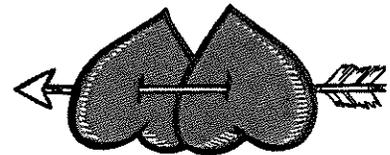
February Calendar

Thurs. Feb. 4	by appt	SHINE
Mon. Feb. 8	1:00pm	COA Board Meeting
Tues. Feb. 9	11:30am	Brown Bag
Tues. Feb. 9	8:00am	Mohegan Sun Trip
Tues. Feb. 9	12:15pm	Whitney's Auto presentation
Wed. Feb. 10	by appt	AVADA Hearing
Fri. Feb. 12	9:00am	Veteran's Representative
Fri. Feb. 12	12:00pm	Valentine's Ice Cream Social
Mon. Feb. 15	Holiday	Senior Center Closed
Wed. Feb. 17	9:30am	Basketball Hall of Fame
Thurs. Feb. 18	9:30am	Abigail Howe sewing
Thurs. Feb. 18	10:30am	Blood Pressure
Tues. Feb. 23	9:30am	Travel Group meeting
Tues. Feb. 23	12:00pm	Birthday Party
Thurs. Feb. 25	by appt	SHINE
Thurs. Feb. 25	10:30am	Salem Cross Inn
Fri. Feb. 26	9:00am	Veteran's Representative
Mon. Feb. 29	11:00am	Agawam Bowling

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	

COA Office 569-5498 • Dining Center 569-0410



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Southwick, Massachusetts 01077

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