

The Messenger

A Newsletter For Southwick's Senior Community



**January/February
2014**

COA BOARD MEMBERS:

Chairperson
Mary Jane Connolly

Vice Chairperson
Roy Benson

Secretary
Joan Plancon

Board Members
Lorraine Lawrence
Mary Alice Martin
Harriet Fischer
Herbert Pace Jr.

Associate Members
Rebecca Perron

COA Director
Cindy Sullivan

COA Staff Members
Denise Seibert
Andrea Holmes

Office: 569-5498

Dining Coordinator
Nancy Cortesi

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
(HVES, INC.)

Happy New Year!



Christmas Spectacular

Our Christmas Spectacular was held on December 18th. We had almost 100 people attend this wonderful event. The food was catered by Memo's Restaurant. We would like to thank the entire COA board for their hard work for this event. Mary Jane Connolly did a wonderful job making the baskets for our raffle, and we appreciate it very much. We had appetizers provided by The Armbrook Village and cookies provided by Renaissance Manor. The American Inn donated a beautiful gift basket for our raffle. We also were honored with our newly elected State Senator Donald Humason, Selectwomen Tracy Cesan, and Selectman Joe Deedy. It was nice to have so many people attend and share their Christmas cheer with everyone. We wish you all a Happy New Year full of laughs, happiness, and peace

Valentine's Day Ice Cream Social



Friday February 14th at 12:00pm.
The cost for this event will be \$1.00.
Come make your own Ice Cream Sundae. Please sign up in the dining room.

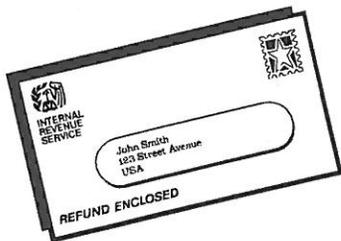
If you are moving: Please notify our office at 569-5498 if you are going to be moving. We like to keep our records up to date. We need to know if you will have a new address or if you are permanently leaving the area. This will help to keep our postage costs accurate as well. Thank you.

New Breakfast Program at Senior Center

We will be introducing a new breakfast program beginning in January. We will be offering oatmeal, muffins, and a frozen drink. This program is free. It will be offered on **Thursday January 16th, January 30th, and February 20th.** It will be from 8:30am-9:00am. We will see how the program goes to include future dates. There is no advanced registration required.



Tax Preparation Help Available



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 2013 federal or state income tax returns. **Appointments will be scheduled each Wednesday from February 5 through April 9, 2014.**

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.

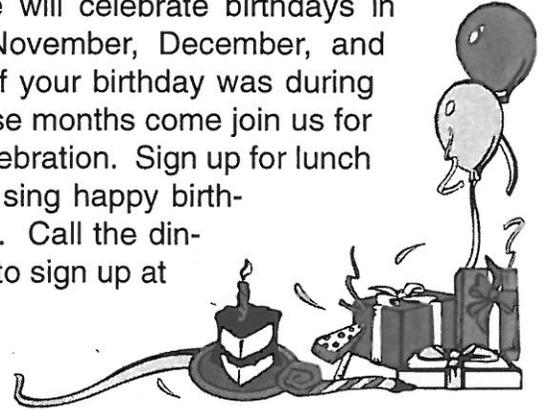
- You should bring your prior year's tax return with you whether it was prepared by AARP or someone else. This can both simplify and speed up your appointment.

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

UPCOMING EVENTS:

Birthday Party

Wednesday January 22nd 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 October, November, December, and January. If your birthday was during one of these months come join us for a small celebration. Sign up for lunch and let us sing happy birthday to you. Call the dining center to sign up at 569-0410.



The Westfield Historical Society

The Westfield Historical Society welcomes all to its meeting on **Thursday January 23, 2014 at 12:30pm.** This meeting will be held at the Southwick Town Hall Auditorium. The program will be "Civil War Hit Parade" presented by Richard Spencer. Mr. Spencer will have stories and songs from the civil war. Refreshments will be served in the Senior Center following the program.

Thank You!

Barnum and Buckley Farm donated eggs to our Seniors.

Newt Thompson for his donation of Coffee Creamers

Vicki Hickey donated our 7 foot Christmas Tree and decorations for our new activity room.



*The Center will be
CLOSED
February 17th for
President's Day*





Highland Valley Elder Services provided the following information to help when and if the nasty weather arrives. If the meals are canceled it will be broadcast on Channel 22 and 40 early in the morning. It will also be broadcast on

the radio stations 1400 AM, 99.3 FM, 5600 AM, 93 FM and Westfield 640 AM.

The following is a list of emergency foods you should keep on hand throughout the year. They can be prepared when there is no electricity, gas or even water available.

- 3 or 4 six-oz. cans fruit juice. (100%)
- 3 or 4 pkgs. dry cereal (fortified or whole grain)
- 1 small jar peanut butter (low sodium if needed)
- 1 small jar regular or diet jelly
- 1 pkg. unsalted crackers
- 3 or 4 cans prepared meats or fish, beef hash, beef stew, spam, luncheon meat or tuna fish (low sodium if needed & available)
- 3 or 4 eight-oz. cans vegetables, baked beans too
- 3 or 4 eight-oz. cans fruits or diet fruit or packaged dry fruits
- 1 or 2 small cans evaporated milk
- 1 or 2 pkgs. dry milk
- Bottled water
- Shelf-stable cheese
- Loaf of bread (in freezer)

Upcoming Trips



Mohegan Sun

Mohegan Sun Bus Trip

Park and Recreation is planning this trip. It will be **Monday January 13, 2014**. The bus will leave Southwick Town Hall at 8:00am. The cost is \$18.00pp. To reserve a seat please contact CARA at Park and Rec at 413-569-5701.

Mohegan Sun Bus Trip

This trip will be held on **Tuesday February 18th**. We will be leaving the center at 8:00am. The cost of this trip is \$18.00. Please sign up with Andrea in the office.

NOTE: Look for other trips posted as they were not ready before press time.

CHI-GONG

Our Chi-Gong classes will be cancelled the month of January and most of February. We will resume classes on Monday February 24th at 10:00am.

In Memoriam

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

Peter Thompson
Kenneth Keighley
Beverly Kingsley
Santa Molta

Florence Morgan
Robert Prouty
William Burlingham

The Center will be
CLOSED

January 20th for
Martin Luther King Day



January Calendar

Fri.	10	9:00	Veterans Representative
Mon.	13	1:00	COA Board meeting
Tues.	14	11:30	Brown Bag
Thurs.	16	8:30	Breakfast Program
Thurs.	16	10:30	Blood Pressure
Mon.	20		Martin Luther King Day - Center Closed
Weds.	22	11:30	Birthday Party (Oct, Nov, Dec, Jan.)
Fri.	24	9:00	Veterans Representative
Mon.	27	8:00	Foot Nurse (appt. needed)
Thurs.	30	8:30	Breakfast Program

February Calendar

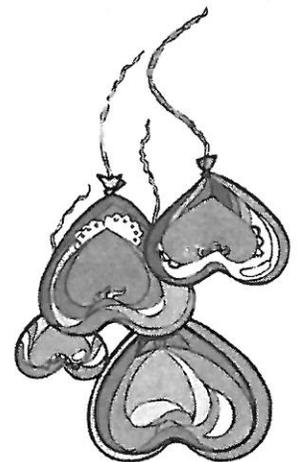
Fri.	7	9:00	Veterans Representative
Mon.	10	1:00	COA Board meeting
Mon.	11	11:30	Brown Bag
Fri.	14	12:00	Valentine's Ice Cream Social
Mon.	17		President's Day - Center Closed
Tues.	18	8:00	Casino Trip
Thurs.	20	8:30	Breakfast Program
Fri.	21	9:00	Veterans Representative
Thurs.	27	10:30	Blood Pressure

PLEASE NOTE: When Southwick Schools are cancelled due to inclement weather there will be no classes held that day.

"Weekly Calendar"

Mon.	9:00	Quilting & Needlework	
	9:00	Zumba Gold	\$4.00
	10:00	Chi-Gong	\$3.00
		Cancelled until Feb 24	
	11:15	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
	12:30	Ladies Poker	
	1:15	French	\$3.00
Thur.	9:30	Aerobics	\$3.00
	12:30	Poker	
	1:15	Spanish	\$3.00
Fri.	10:15	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



*Please Forward
Change Service Requested*

Southwick, Massachusetts 01077
454 College Highway

SOUTHWICK COUNCIL ON AGING

Non-Profit Org.
U.S. Postage
PAID
Southwick, MA
01077
Permit #20