

# The Messenger

A Newsletter For Southwick's Senior Community



**June/July  
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](http://www.southwickma.org/COA)



Paid In Part By  
Executive Office Of Elder Affairs  
(HVES, INC.)

## Coming in July

Summer Kick off **Thursday July 3rd**. Come kick off the summer at the Southwick Senior Center with a Golden Oldies Singer. Mr. Calum Shand will be performing for us at the center from 10:30am-11:30am. Enjoy the performance and sign up for lunch in the dining room af-

ter the show. Advanced reservations are required for lunch. This program is supported in part by a grant from the Southwick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



## Classes

Classes will be ending in mid-June. Some classes may be continuing throughout the summer. Please check with your instructor to determine when your class is ending, and if and when the class will be continuing throughout July and August. If the class is continuing the drop in fee will be between \$3.00-\$5.00 unless an instructor sets up a specific price per class.

## Thank You!

We would like to send a special thank you to Southwick Forastiere Funeral Home and Cremation Services for their generous donation of a 50 inch TV to our Senior Center. We appreciate your donation and can't thank you enough.

## Rock Cats Baseball Game Trip

**Rock Cats VS Altoona at New Britain Stadium. On Wednesday June 25th** enjoy a good old fashion baseball game have a hot dog, chips, soda or water. The cost is \$15.00. The price includes ticket and food voucher. The van leaves the center at 10:30. Sign up by calling the COA office at 569-5498 or stopping by the office. Hurry! Only limited seats available on the van.





## Volunteer Luncheon:

Our Volunteer Luncheon was held at the Tekoa Country Club in Westfield on Wednesday May 7th. There were nearly 40 volunteers honored at this event. They served our volunteers a delicious meal, and everyone had a wonderful time. This day is dedicated to our many volunteers that help us by volunteering 30 hours of their time throughout the year in many different capacities.

Thank you to Nancy Mathers from Highland Valley Elder Services Inc. for attending this event and supporting our Seniors. The following is a list of our volunteers that we thank from the bottom of our hearts for their dedication and support of our Senior Center throughout the year.

### COA Board Members

Mary Jane Connolly:  
Chairperson  
Roy Benson:  
Vice Chairperson  
Joan Plancon: Secretary  
Mary Alice Martin  
Harriet Fischer  
Herb Pace  
Rebecca Perron:  
Associate Member

### FRTA Board Members

Ruth Preston

### Newsletter

Trudy Atteridge  
Bill Atteridge  
Joan Sabol  
Steve Sabol  
Joan Perkins-Smith  
Alice Bond  
Peg Smith

### Newsletter (cont)

Joyce Zippe  
Claire Kotowicz  
Ross Rogers  
Theresa Rogers

### Bread Drivers

Fran Zenisky  
Newt Lyons  
Newt Thompson  
Bill Magdycz  
Leo Gagnon  
Bill Leonard

### Dining Center

Violet Letourneau  
Ross Rogers  
Theresa Rogers  
Betty West  
Bernice Lisella  
Nan Hout  
Claire Kotowicz

### Bingo

Newt Lyons  
Lorraine Masciadrelli

### Brown Bag

Lorraine Lawrence  
Herbert Pace Jr.  
Shirley Odell  
Whitey Odell  
Marie Alamed  
Newton Thompson  
Chester Olson  
Rebecca Perron  
Charleen Goodwin  
Sam Goodwin

### SHINE

Marilyn Riddle

### Meals on Wheels

Al Maiorino  
Michael Bertocelli  
Rich Gurka

### Income Taxes

Judy Tomaso  
Larry Cellili  
Richard Mazinsky

### Van Drivers

Ernie Burt  
Steve Olbris  
Lionel Fry  
Sam Goodwin  
Rhae Devery

### HVES, Inc.

#### Nutrition Board

Lionel Fry  
Betty West

#### Donut Delivery

Dick Laptik

#### HVES, Inc Board Members

Mary Jane Connolly  
Harriet Fischer

## Upcoming Trips in June:

**It's Showtime at the Log Cabin:** This trip will be held **Tuesday June 3rd**. We will leave the center at 10:45am. The cost of this trip is \$6.00pp. Come and have a wonderful lunch of Chicken Cordon Blue and enjoy three entertainers beginning at 2:00pm. This is a great meal and show for an inexpensive price. We have limited seating so please sign up by calling the Senior Center or coming into the COA office.

**Show at Cheney Hall in Manchester,CT:** "The Mythical Town of Almost Maine" This trip will be held on **Sunday June 8th**. We will leave the Southwick Senior Center at 12:45pm. The price of this trip is \$19.00. Call or stop by the COA to sign up and pay for this wonderful event.



**Essex Steam Train and Riverboat:** This trip will be held **Monday June 23rd**. We will leave the center at 9:00am. The train leaves the station at 11:00am. There is a full Snack Bar available on the boat to purchase your lunch or you can bring a bagged lunch. The cost for this trip which includes the train ride and the boat ride is \$26.00. Please sign up in the COA office with Andrea or call the center at 569-5498.

**Mohegan Sun Casino Trip:** This trip will be held on **Monday June 16th**. 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 \$19.00. Please sign up and pay in the COA office asap.

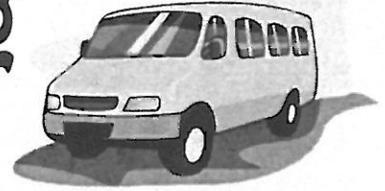
## In Memoriam

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

Jandra Parent  
John Solek  
Burton Koch

John Hanson  
Lane Serre

## Upcoming Trips



## Upcoming Trips in July:

**Barrington Stage Company presents "Kiss Me Kate":** This trip will be held on **Wednesday July 9th** in Pittsfield, MA. This is a musical comedy paradise and sure to entertain you. The cost of this trip is \$34.00pp. This only includes the price of the show. If you would like to have lunch in The Southwick Senior Center dining room before departure for a \$2.00 donation you are welcome to sign up. Please sign up for this great show by calling the center or coming into the COA office.

**MoFroYo Frozen Yogurt:** This trip will be held on **Tuesday July 15th**. \$2.00 Tuesday is a special day for Senior Citizens. This will be held from 1:00pm-3:00pm. You will receive a cup to fill with frozen yogurt and then put toppings that you would like. There are many variety's including sugar free flavors and a frozen Greek yogurt flavor. The van will leave the center at 12:45pm. You can also drive yourself and receive the same discount. MoFroYo Frozen Yogurt is located at 617 E. Main St. in Westfield. If you would like to ride the van please call the COA office to reserve your seat. Hope to see you all there.

**Bridge of Flowers:** This trip will be held on **Thursday July 17th**. Come stroll across the Bridge of Flowers in Shelburne Falls, MA. Enjoy shopping in the small shops if you would like. Lunch will be at your own expense and choice in the Shelburne shops. We will leave the center at 9:00am. The cost of this trip is \$2.00. Sign up for this beautiful trip in the COA office..

**Cabaret LULU presents "Who Put The Rainbow In The Wizard Of Oz.":** This trip will be held on **Thursday July 24th** at the theatre in Old Sturbridge Village. The price is \$48.50 and includes lunch and the show. We will leave the Southwick Senior Center at 10:00am. Please sign up and pay in the COA office.

## June Calendar

Tuesday	3	10:45	Log Cabin
Sunday	8	12:45	Almost Maine
Monday	9	1:00	COA Board Meeting
Tuesday	10	11:30	Brown Bag
Thursday	12	By appt	SHINE
Thursday	12	9:00	Veteran's Representative
Monday	16	8:00	Mohegan Casino Trip
Thursday	19	10:30	Blood pressure
Thursday	23	9:00	Essex Train and Riverboat trip
Wednesday	25	10:30	Rock Cats Baseball
Thursday	26	By appt.	SHINE
Thursday	26	9:00	Veteran's Representative

## July Calendar

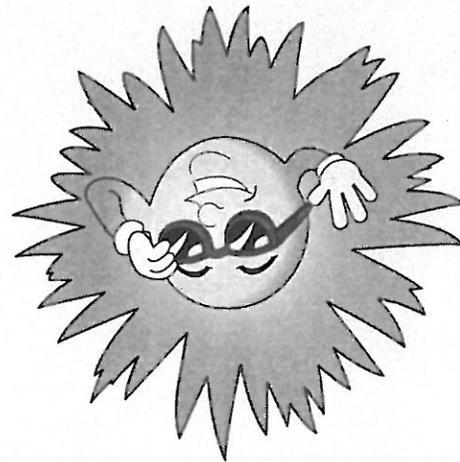
Thursday	3	10:30	Golden Oldies Singer
Friday	4	Closed	Independence Day
Tuesday	8	11:30	Brown Bag
Wed.	9	9:00	Kiss Me Kate
Thursday	10	by appt	SHINE
Monday	14	1:00	COA Board Meeting
Thursday	17	cancelled	Blood pressure
Thursday	17	9:00	Bridge of Flowers trip
Wednesday	24	10:00	Wizard of Oz Theatre Show
Thursday	24	By appt.	SHINE

## "Weekly Calendar"

Mon.	9:00	<b>Quilting &amp; Needlework</b>	
	10:00	<b>Chi-Gong</b>	\$3.00
	11:15	<b>Beginner Tai-Chi</b>	\$3.00
Tues.	9:00	<b>Yoga</b>	\$3.00
	9:30	<b>Bingo</b>	5¢ per card
	11:00	<b>Tai-Chi</b>	\$3.00
	12:00	<b>Painting</b>	\$3.00
	12:30	<b>Poker</b>	
Wed.	10:00	<b>Line Dancing</b>	\$2.00
	12:30	<b>Ladies Poker</b>	
	1:15	<b>French</b>	\$3.00
Thur.	9:30	<b>Aerobics</b>	\$3.00
	12:30	<b>Poker</b>	
	1:15	<b>Spanish</b>	\$3.00
Fri.	9:45	<b>Beginner Line Dancing</b>	\$3.00
	10:15	<b>Swimming Aerobics</b>	\$20.00
		Pre-Paid for 5 Classes	
	11:00	<b>Chair Yoga</b>	\$3.00
	12:30	<b>Writer's Workshop</b>	

COA Office 569-5498.

Dining Center 569-0410



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**SOUTHWICK COUNCIL ON AGING**  
454 College Highway  
Southwick, Massachusetts 01077