

# The Messenger

A Newsletter For Southwick's Senior Community



**June/July  
2015**

## COA BOARD MEMBERS:

**Chairman**  
Roy Benson

**Vice Chairperson**  
Mary Jane Connolly

**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**  
Denise Hills-McGarry

**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.)

## Summer Kickoff Cookout

We will be hosting our Summer Cookout on **Wednesday July 1st in the dining room beginning at 11:00am**. We will have hamburgers and hot dogs and all the fixings. The cost of this event is \$4.00. Advance reservations are required. Please sign up and pay in the dining room. Space will be limited



## Maximize Social Security

*"Making the Most of Social Security - Retirement Income Enhancing Strategies"* This workshop will be held on **June 24th at 8:00am** and will discuss how to maximize social security and survivor benefits. Strategies for those that are married, single, divorced and widowed

will be reviewed. Cost of living adjustments, taxation of benefits and working while collecting social security and more will be explained.  
*Susan Allen, Retirement Advisor*

## Legacy Planning

Chris will be returning on **June 10th at 12:30pm** to discuss Legacy Planning with our Seniors. If you are interested please join us.

## Avada Hearing Ear Masters

Avada will be at the Senior Center on **Wednesday June 10th from 9:30am-12:00pm**.

Ear Masters will be at the Senior Center on **Monday June 22 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. Please call and make an appointment by calling the COA office.

## Manicures

We will be offering this service with a licensed nail technician on **Monday June 8th from 9:00am-12:00pm**. The cost will be \$12.00 paid directly to the technician. Call the office to schedule your appointment as space is limited.



## Balance Assessment

Porch Light Balancing assessment will be returning to assess your Balancing issues. This will be held on **June 24th at 12:30pm**. Please join us if you would like this assessment completed. This workshop is free of charge.

# Volunteer Luncheon



On Wednesday May 20th our Volunteer Luncheon was held at Tucker's Restaurant in Southwick. There were over 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 their time throughout the year in many different capacities. This year our honorees were given light weight jackets for volunteering over 150 hours of service and others were given sweatshirts for between 15 hours and 150 hours. Every hour of service is greatly appreciated, and we are so happy to be able to honor our Seniors that go above and beyond for us.

Thank you to Karl Steinhart, Town Administrator; Russ Fox, Board of Selectmen; Nancy Mathers and Nancy Maynard 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.

## **COA Board Members**

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

## **Bread Drivers and Distributors**

Fran Zenisky  
Newt Lyons  
Bill Magdycz  
Bill Leonard  
Robert Brooks  
Jack Moccio  
Whitey Odell

## **Newsletter**

Trudy Atteridge  
Joan Sabol  
Steve Sabol  
Joan Perkins-Smith  
Ross Rogers  
Theresa Rogers  
George Harvey  
Donna Charron  
Barbara Mickna

## **Dining Center**

Vi Letourneau  
Ross Rogers  
Theresa Rogers  
Bernice Lisella  
Nan Hout  
Barbara Mickna

## **SHINE**

Marilyn Riddle

## **Bingo**

Newton Lyons  
Darlene Handy

## **Brown Bag**

Lorraine Lawrence  
Herb Pace Jr.  
Shirley Odell  
Whitey Odell  
Marie Alamad  
Chester Olson  
Rebecca Perron  
Charlene Goodwin  
Sam Goodwin

## **Meals on Wheels Drivers**

Al Maiorino  
Michael  
Bertoncelli

## **Income Taxes**

Judy Tomaso  
Larry Cellili  
Richard Mazinski

## **Van Drivers**

Ernie Burt  
Steve Olbris  
Sam Goodwin  
Peter Barton  
Richard Maheux  
Charlie Orcutt

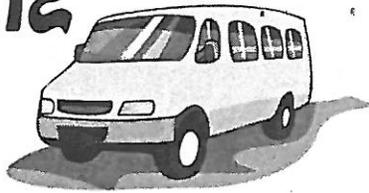
## **Donut Delivery**

Gary Allen

## **HVES, Inc Board Member**

Mary Jane Connolly

# 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 Casino Trip

This trip will be held on **Monday June 15th**. The cost of this trip is \$20.00. Enjoy \$10.00 slot play and \$10.00 voucher good for all you can eat buffet or \$10.00 credit at any restaurant. We will leave the center at 8:00am. Please sign up and pay in the COA office.

## Holyoke Mall

The volunteer van will be heading to the Holyoke Mall **Monday, June 15**, for a day of shopping. The van will leave the center at 9:30am and return at 1:00pm. Please call or come to the office if you would like to reserve a seat.

## Barnes Air National Guard

This trip will be held on **Wednesday June 24th**. We will leave the center at 8:30am. The cost of this trip is \$2.00pp. We will confidentially collect your Social Security number or drivers license number and date of birth. This is for security purposes of the Air Force base not for our use. Lunch will be onsite at Papps Bar and Grill at your own expense. We have limited seating so please sign up by calling the Senior Center or coming into the COA office.

## In Memoriam

*Our Condolences to Family and Friends*

Raymond Johnson  
Mary Breor  
Teddy Cieplinski

Florence Prentice  
Shirley Desmond  
Esther Letourneau

## Gillette Castle State Park

This trip will be held on **Tuesday July 14th**. The castle looks like a medieval fortress, but a step inside the stone castle reveals the built-in couches, table track way, and woodcarvings that all point to the creative genius that was William Gillette. We will leave the Senior Center at 9:00am. Lunch will be at your own expense at a restaurant near Gillette Castle. We have limited seating so please sign up by calling the Senior Center or coming into the COA office.

## Elizabeth Park Flower Gardens

This trip will be held on **Wednesday July 22nd**. We will leave the Southwick Senior Center at 9:00am and go to breakfast at Mo's Restaurant at your own expense. Then we will visit the beautiful flower gardens at Elizabeth Park. The price of this trip is \$2.00. Call or stop by the COA to sign up and pay for this event.

## Museums/Lunch Trips

We are happy to announce that we for the third summer we will be offering trips to Local Museums. Below is the list of trips throughout the summer. All trips are \$2.00 each and lunch is at your own expense. Stop in the office or call 569-5498. When you sign up we will tell you departure time from Senior Center.

### JUNE 26th:

Edith Wharton Estate ~ Friendly's

### JULY 10th:

Volleyball Hall of Fame ~ Bernie's

### JULY 31st:

Eric Carle Museum ~ Hangar Pub & Grill

### AUGUST 7th:

Hancock Shaker Village ~ Flo's Diner

### AUGUST 14th:

Historic Deerfield ~ Fitzwilly's

### AUGUST 21st:

Jacob's Pillow Dance Festival ~ Russell Inn

### AUGUST 28th:

Old Sturbridge Village ~ Old Sturbridge Pizza & Restaurant

## June Calendar

Thursday	4	9:00	Veteran's Representative
Monday	8	1:00	COA Board Meeting
Tuesday	9	11:30	Brown Bag
Monday	15	8:00am	Mohegan Caisno Trip
Thursday	18	9:00	Veteran's Representative
	18	10:30	Blood pressure
Wednesday	24	8:30am	Barnes Air National Guard
Friday	26	TBA	Edith Whorton Estate

## July Calendar

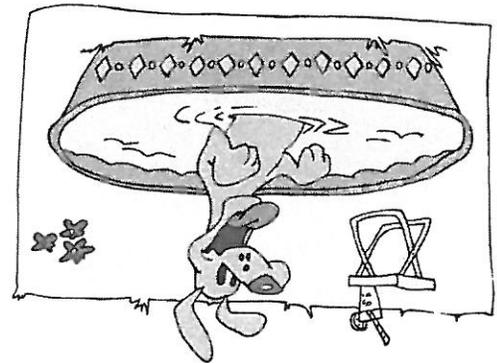
Wednesday	1	11:00	Summer Kick off BBQ
Friday	3	CLOSED	Independence Day
Thursday	7	11:30	Brown Bag
Friday	10	TBA	Volleyball Hill of Fame
Monday	13	1:00	COA Board Meeting
Tuesday	14	9:00	Gillette Castle
Thursday	16	10:30	Blood pressure
Wednesday	22	9:00	Flower Garden
Friday	31	TBA	Eric Carle Museum

COA Office 569-5498 • Dining Center 569-0410

## "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
Thur.	9:30	<b>Aerobics</b>	\$3.00
	10:45	<b>Zumba</b>	\$4.00
	12:30	<b>Poker</b>	
Fri.	9:45	<b>Beginner Line Dancing</b>	\$3.00
	10:30	<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>	

**Classes will be ending in mid June.**  
**Some instructors teach in 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.**



*Please Forward  
 Change Service Requested*

454 College Highway  
 Southwick, Massachusetts 01077

**SOUTHWICK COUNCIL ON AGING**

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