

# The Messenger

A Newsletter For Southwick's Senior Community



June/July  
2016

## COA BOARD MEMBERS:

**Chairman**  
Roy Benson

**Vice Chairperson**  
Herbert Pace Jr.

**Secretary**  
Joan Plancon

**Board Members**  
Rebecca Perron  
Mary Alice Martin  
Harriet Fischer  
Mary Jane Connolly

**Associate Members**  
Donna Charron  
Carol Laughlin  
Paula LeBlanc

**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



## 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. Volunteers were served 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. 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 Town Administrator Karl Stinehart and Select Board Members Russ Fox and Doug Moglin 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  
Herb Pace: Vice Chairperson  
Joan Plancon: Secretary  
Mary Alice Martin  
Harriet Fischer  
Mary Jane Connolly  
Rebecca Perron

### **Associate Members:**

Carol Laughlin, Donna Charron,  
Paula LeBlanc

### **Newsletter**

Trudy Atteridge  
Joan Sabol  
Steve Sabol  
Ross Rogers  
Theresa Rogers

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on page 2***

## Volunteers cont.

George Harvey  
Donna Charron  
Barbara Mickna  
George Harvey  
Kathy McBride  
Flo Shaffer  
Peg Smith

### Bread Drivers and Distributors

Fran Zenisky  
Newt Lyons  
Bill Magdycz  
Bill Leonard  
Robert Brooks  
Jack Moccio  
Donald Nemec

### Dining Center:

Vi Letourneau  
Ross Rogers  
Theresa Rogers  
Bernice Lisella  
Nan Hout  
Barbara Mickna  
Maria Gallo  
Pat McMahan

### Bingo

Newton Lyons

### Brown Bag

Lorraine Lawrence

Shirley Odell  
Marie Alamad  
Chester Olson  
Rebecca Perron  
Charlene Goodwin  
Sam Goodwin  
Margaret Burt  
Carol Olson  
Sharon Olson

### Meals on Wheels Drivers

Al Maiorino  
Michael Bertoncelli

### Income Taxes

Judy Tomaso  
Larry Cellili  
Richard Mazinski

### Van Drivers

Ernie Burt  
Steve Olbris  
Sam Goodwin  
Richard Maheux  
Charlie Orcutt  
Beth Reneris

### Donut Delivery

Gary Allen  
Bill Leonard  
HVES, Inc Board  
Members

Mary Jane Connolly

**GOLD AWARD:** Abigail Howe is currently a senior at Southwick High School. She is also a girl scout belonging to troop 40049. She is trying to obtain her Gold Award. In order for her to complete this award she needs our help. She has been making Breast Cancer Pillows and she needs to involve the community in some way. She would like to visit the senior center and spend some time sewing and making pillows with everyone. She will teach you the way she makes the pillows while fulfilling her requirements. These pillows would be donated to Baystate's Cancer Center. She will be coming several times throughout the next few months. She will be at the Senior Center on Thursday June 23rd at 9:30am. Please join us if you can.

**Birthday Party: Wednesday June 15th at 11:30am.** We will celebrate birthdays in March, April, May, and June. 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.

**LUAU: Wednesday July 6th from 11:00am-1:00pm.** Come enjoy our **SPECIAL SURPRISE ENTERTAINMENT!!!** The cost of this great activity will be \$5.00. Come enjoy snacks, food, and lots of fun. We will have prizes for best Luau outfit and prizes for winning games. Please sign up for this event in the dining room. Space is limited so sign up soon!!!



**Southwick Senior Citizens Inc. :** It's that time of year again when Annual Dues are being collected for this group. Please stop into the office or contact one of the Board Members/Officers to pay your dues. ***This group meets on the 3rd Wednesday of every month at 9:30am at the Senior Center. Please join us and get involved.***

**Ask the Pharmacist:** This event will be held at the Southwick Senior Center on **Wednesday, June 15th at 10:30am.** The pharmacist Katie from Rite Aid Pharmacy will be here to answer any questions you may have.

**ABC's of Annual Annuities: Come in on Wednesday June 22nd at 8:15am for a workshop regarding Annual Annuities.** Topics that will covered include Annuity Myths and Truths, the difference between fixed, variable and fixed index annuity, can an annuity help with long term care, and creating a retirement annuity. Susan Allan from Annuity and Insurance Solutions will be our presenter on these issues.

## In Memoriam

*Our Condolences to Family and Friends:*

Joyce Zippee

Marilyn Chunglo

Eleanor Shaver

# 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.*

**Holyoke Mall:** The volunteer van will be heading to the Holyoke Mall **Monday, June 13th**, 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. This is a free ride and seats are limited.

**Mt. Greylock:** This trip will be held on **Tuesday June 14th.** **We will leave the Senior Center at 9:00am.** The cost of this trip is \$2.00pp. Lunch will be at Bob's Country Kitchen at your own expense. Sign up in the office.

**Berkshire Scenic Railroad and Museum:** This trip will be held on **Saturday July 9th.** **We will leave the Senior Center at 10:30am.** **The cost of this trip is \$11.50pp.** Lunch will be before the train departure at Boston Seafood Restaurant at your own expense. Please sign up in the office.

**The Hartford Yard Goats Baseball Game:** This trip will be held on **Wednesday July 20th.** The cost is \$14.00. This price includes ticket to the game and lunch pack of a Hot Dog, chips, and bottled water. **We will leave the Senior Center at 10:30am.** Please sign up in the office.

**"Sister Play" Chester Theater in Chester, MA:** This trip will be held on **Thursday August 4th.** **We will leave the Senior Center at 11:00am.** The cost of this trip is \$34.00. The money is due no later than June 20th. Lunch will be at the Chester Common Table at your own expense. Please sign up in the office asap.

**Northfield Mountain:** This trip will be held on **Friday August 19th.** Come explore the Connecticut River on the Quinnetucket II relaxing boat trip. The cost of this trip is \$14.00pp which includes the boat trip. Lunch will be at The Four Leaf Clover Restaurant prior to the boat trip at your own expense. **The van will leave the center at 9:45am. The boat launch is scheduled for 1:15pm.** Please stop by or call the center to sign up at 569-5498. This trip is limited seating so please call soon.

## LOCAL MUSEUM TRIPS

We are happy to announce that we will be offering trips to Local Museums for our 4th summer. 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 24th:

MA Museum of Contemporary Art ~ The Hub

### JULY 22nd:

Eric Carle Museum ~ Hangar Pub & Grill

### AUGUST 5th:

Historic Deerfield ~ The Wok

### AUGUST 12th:

The Mahaiwe Art Center ~ Baba Louie's

### AUGUST 26th:

Norman Rockwell Museum ~ Sullivan Station Restaurant

## CHRISTMAS SPECTACULAR

**at Radio City Music Hall in New York City**

This trip to see the Rockettes will be held on **Friday November 11th.** The cost of this trip is \$99.00 per person. We will leave the Southwick Senior Center at 7:00am. Trip includes: Luxury Coach Transportation to NYC and Orchestra Seating at the Show. Dinner at Blue Colony Dinner (Not Included in Ticket Price). Due to the need to purchase tickets in advance we need a deposit of \$60.00 by June 15th. The balance of \$41 will be due no later than October 15th. Space is limited so sign up soon by calling the COA or coming in. Please make checks payable to Janine Queenin.

## June Calendar

Thursday	9	9:00am	Veteran's Representative
Monday	13	1:00pm	COA Board Meeting
Monday	13	9:00am	Holyoke Mall
Tuesday	14	11:30am	Brown Bag
Tuesday	14	9:00am	Mt. Greylock
Wednesday	15	10:30am	Ask the Pharmacist
Thursday	16	10:30am	Blood pressure
Wednesday	22	8:15am	Annuity presentation
Thursday	23	9:00am	Veteran's Representative
Thursday	23	9:30am	Abigail in for Quilting
Friday	24	TBA	MA Museum of Contemp. Art

## July Calendar

Monday	4	Closed	Independence Day
Wednesday	6	11:00am	Luau \$5.00
Monday	11	1:00pm	COA Board Meeting
Tuesday	12	11:30am	Brown Bag
Thursday	14	10:00am	Brunelle's Marina \$16.50
Thursday	16	10:30am	Blood pressure
Wednesday	20	10:30am	Yard Goats Baseball game
Friday	22	TBA	Eric Carle Museum

## CLASS SCHEDULE

Mon.	9:00	<b>Quilting &amp; Needlework</b>	
	10:00	<b>Chi-Gong</b>	\$3.00
	11:15	<b>Beg./Int. Tai-Chi</b>	\$3.00
Tues.	9:30	<b>Aerobics</b>	\$3.00
	9:30	<b>Bingo</b>	5¢ per card
	11:00	<b>Advanced 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.	9:00	<b>Yoga</b>	\$3.00
	10:15	<b>Zumba</b>	\$4.00
	12:30	<b>Poker</b>	
Fri.	10:30	<b>Swimming Aerobics</b>	\$20.00
Pre-Paid for 5 Classes Held at Wilderness Experience			
	10:30	<b>Chair Yoga</b>	\$3.00
	12:30	<b>Writer's Workshop</b>	

**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

COA Office 569-5498 • Dining Center 569-0410



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454 College Highway  
Southwick, Massachusetts 01077

**SOUTHWICK COUNCIL ON AGING**

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