

The Messenger

A Newsletter For Southwick's Senior Community



**March
2016**

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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



Hello Everyone:

March is upon us which means that SPRING is getting closer!! Mother Nature has been kind to us for the most part, but we are thankful that warmer weather is on the way.

We have been using **MySeniorCenter** to keep track of our volunteers, checking into Senior Center activities, and scheduling rides. If you receive a phone call from 617-440-3507 that is The Southwick Senior Center calling with an important message regarding a trip, cancelled class, or closing.

I hope you all enjoy reading our newsletter and will make this the year you try something new at the Senior Center.

Peace and Joy - COA Staff

We're Looking For Talent!

Do you or a group of your friends have a talent you would like to show us?

The Southwick Senior Center is going to host a Talent Show **May 4th at 1:00pm**. The President and Owner of the Westfield News, Patrick Berry, will be our event MC. This event will be held at the Southwick Town Hall in the Auditorium. Advance sign up and rehearsal time is required. Come show us your singing ability, poetry talent, dance skills, magic trick, or another great talent. Skits should be no longer than 5 minutes long. **We will have**

a mandatory screening for your talent on Wednesday March 30th at 1:00pm and a rehearsal on Wednesday April 27th at 1:00pm. You will need to provide all music on a CD, costumes, and additional props for your skit. Please sign up in the office asap. This is going to be a great event!!!

**Happy
Easter**
March 27th



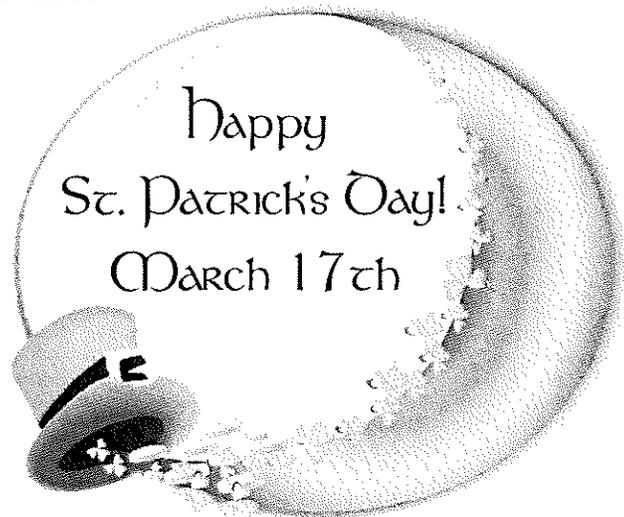
Southwick Public Library's Books-on-the-Go for the Homebound

In April, the Southwick Public Library plans on rolling out its Books on the Go for the Homebound program. If you are a Southwick resident and unable to visit the library because of a permanent disabilities, temporary physical limitation that prevents an individual from the visiting the library and will last three weeks or longer, you may qualify for this program. In March, an application form will be available. You may either call the library at 569-1221 ext. 3 and we will mail you an application, or you may have someone pick-up an application for you at the library's Circulation Desk.

Volunteers will deliver materials to you every three weeks. All books, books on CDs and music CDs owned by the Southwick Public Library will be available for delivery

Dining Room News

Denise Hills-McGarry and our dining room volunteers have been working hard to welcome people into the dining room. We have enjoyed the new patrons who have been signing up and brightening our day with conversation and laughter. The new chef at Highland Valley has made many improvements to the menu and taste of the meals. If you would like to sign up for a meal please call the dining room at 569-0410 at least 24 hours in advance.



Upcoming Events:

St Patrick's Day Waffle Breakfast

Come join us on **Thursday March 17th** for waffles, sausage, fresh fruit, and coffee/tea. This will be from 8:30am-10:00am. The cost of this breakfast is \$3.00. Sign up in advance as seating is limited. Wear your Irish colors and you may even win a prize for Most Festive!!!



Ear Masters

Ear Masters will be at the Senior Center on **Monday March 28th 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. If you would like to schedule an appointment please call the COA office.



Travel Group Meeting

This group is having their second meeting. 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 March 15th at 9:30am** in the community room. We would love to hear your ideas. The obligation would be to bring your ideas and we will do the rest.

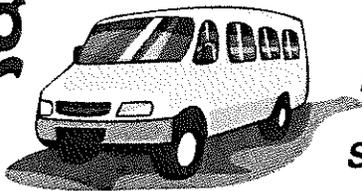
In Memoriam 

Our Condolences to Family and Friends

Gladiys Pickreign

Barbara Miffert

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.

Old Deerfield Spring Craft Fair

This trip is being held at the Eastern States Exposition on **Saturday March 5th**. We will leave the center at 10:00am. The cost is \$7.00 pp. After the fair we will stop at Take 5 in Feeding Hills for a late lunch. Lunch will be at your own expense. Please call the COA office asap to sign up for this trip.

The U.S. Navy Band at Symphony Hall

This trip will be held on **Saturday March 5th**. We will leave the Southwick Senior Center at 3:45pm. We will have an early dinner at Red Rose Pizzeria before the performance. The cost of this trip is \$10.00 which includes your dinner at Red Rose. Please call the COA at 569-5498 asap to reserve your spot.

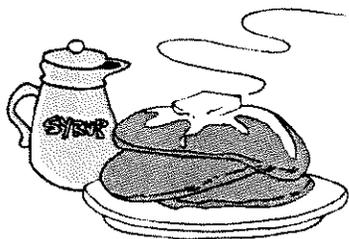


We will have an early dinner at Red Rose Pizzeria before the performance. The cost of this trip is \$10.00 which includes your dinner

at Red Rose. Please call the COA at 569-5498 asap to reserve your spot.

Maple Corner Farm

This trip will be held on **Saturday March 19th**. Take a break and go for breakfast at the sugar house. Visit the barn and see how maple sugar is made. We will leave the center at 9:00am. The cost of this trip is \$2.00. Breakfast will be at your own expense. Please sign up in the COA office or by calling Andrea at 569-5498.



Elizabeth Park Spring Greenhouse Bulb Show

This trip will be held on **Thursday March 24th**. We will leave the Southwick Senior Center at 9:00am. The cost of this trip is \$2.00 and breakfast will be at your own expense at Mo's Midtown before the exhibit. Stop by or call the Senior Center at 569-5498 to sign up.

Yale New Haven Peabody Museum

This trip will be held on **Wednesday March 23rd**. 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.



Visit Boston

This trip will be held on **Saturday June 11th**. We will be taking a King Ward Bus to this venue. This trip includes:
Round-trip Bus Transportation
A visit to the Kennedy Library Museum
A bag Lunch at the Museum
A 45-minute Boston Harbor Cruise past the U.S.S. Constitution
Dinner will be at your own expense at the World Famous Kelly's Roast Beef in Natick. The cost of this trip is \$75.00pp. The bus will leave the Southwick Senior Center at 8:00am. Money is due by April 13th. Please sign up in the COA office.

March Calendar

Sat.	5	10:00am	Old Deerfield Spring Craft Show
Sat.	5	3:45pm	The U.S. Navy Band
Tues.	8	11:15am	Brown Bag
Thurs.	10	by appt	SHINE
Fri.	11	9:00am	Veteran's Representative
Mon.	14	1:00pm	COA Board Meeting
Mon.	16	by appt	Foot Nurse
Thurs.	17	8:30am	St. Patrick's Day Breakfast
Thurs.	17	10:30am	Blood pressure
Sat.	19	9:00am	Maple Corner Farm
Wed.	23	9:30am	Peabody Museum
Thurs.	24	9:00am	Elizabeth Park Bulb Show
Thurs.	24	by appt	SHINE
Fri.	25	9:00am	Veteran's Representative
Mon.	28	by appt	Ear Master screening

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 COUNCIL ON AGING

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