

The Messenger

A Newsletter For Southwick's Senior Community



**MAY
2014**

COA BOARD MEMBERS:

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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.)

Mother's Day is on Sunday May 11th.

*Happy Mother's Day to all the Mother's and Grandmother's.
We hope you have a wonderful day.*



My Mother A Rose

© Sue Horley

A ROSE SO RARE,

ONE OF ITS KIND,

LOVE AND BEAUTY A MOTHER,

YES!

MINE.

A ROSE WITHOUT THORNS,

NOT A PETAL WAS TORN,

A PERFECT ROSE STOOD STRAIGHT AND TALL,

MY MOTHER WAS THE MOST PRECIOUS OF ALL.

A ROSE THAT SURVIVED THE WORST KIND OF WEATHER

AND YET THE MOST DELICATE EVER,

A ROSE WITH A FRAGRANCE,

THERE COULD BE KNOW OTHER,

YOU SEE THIS ROSE IS MY MOTHER.

A ROSE IS PICKED AND PUT TO DRY,

THE BEAUTY IS STILL THERE,

IT NEVER DIES.



Red White & Blue Waffle Breakfast

Red White and Blue Waffle Breakfast: This activity will be held on **Friday May 23rd**. We will be serving Waffles with strawberries, blueberries, and whipped cream. The cost of this breakfast is \$3.00pp. To

honor our Troops for Memorial Day any Veteran will be free. You must sign up in the dining room no later than May 19th, this includes all Veterans and paying Seniors. Space is limited so please sign up soon.

UPCOMING EVENTS:

Elder Law Information Program

This program will be held at the Southwick Senior Center on **May 23rd at 10:30am**. Attorney Cynthia Lee Andersen will be here to discuss a variety of topics affecting our Seniors. These topics include Power of Attorney, Health Care Proxy, Protecting your home and many other issues. No reservation required.

Southwick Senior Citizens Inc.

Another meeting will be held on **Wednesday May 21st at 10:00am**. This wonderful non-profit organization helps the Southwick Senior Center raise money and organizes events. They have established a new Board of Directors, and have some dedicated members that are excited to help plan activities for our Seniors in Southwick. They are open to additional members. You must be 55 years old to participate. If you only have a small amount of time to give to this organization that is all they need. I would like to thank past members of this fantastic organization for your vision and helping to establish this organization. A special thank you to Mary Alice Martin for her dedication and her continued commitment to this organization. Stay tuned for more activities and information with this organization.

Important

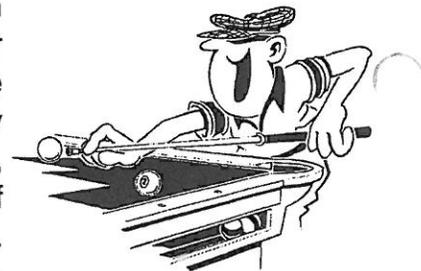
There will be no lunch served in the dining room on Wednesday May 7th.

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.

Pool Table

The pool table is in a new location of our Senior Center. Come down to the center by yourself, with a friend, or with a group of friends to play pool.

The table is now located across the hall near the offices. The hours of operation are Monday through Friday from 8:00am-2:00pm. If you need extended afternoon hours please speak to a COA staff member.



Highland Valley Services 1st Meals on Wheels Walkathon

Saturday May 17th from 8:30am-12:00pm

Highland Valley Elder Services is hosting a Walkathon to benefit the Senior Meals on Wheels Program! This event will take place at Northampton High School track. Walkers will be treated to free horse drawn wagon rides, face painting, and more! Items donated by local businesses will become part of a Silent Auction. Donations for the walk are being suggested at \$1.00-\$100.00. If you are interested in riding the van from the Southwick Senior Center please call the office or stop in. If we have enough people we will make every effort to secure a driver and have the van go to this event. All proceeds donated for this event will benefit our Meals on Wheels program. For more information about this walk please visit www.highlandvalley.org.

In Memoriam

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

Dennis Day
Barbara Donnachie

Ludwig Goldsmith
Linda Howesh

Upcoming Trips



Holyoke Mall Trip

The volunteer van will be heading to the Holyoke Mall **Monday, May 12th** for a day of shopping. We 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.

Groton Submarine Museum

This trip will be held on **Wednesday May 14th**. We will leave the center at 9:00am. The cost of this trip is \$3.00pp. Lunch is at your own expense at The 99 Restaurant. Please sign up in the COA office or by calling 569-5498.



MoFroYo Frozen Yogurt

MoFroYo has a \$2.00 Tuesday special for Senior Citizens that is held every Tuesday. The time is 1:00pm-4:00pm. The Senior Center will occasionally run a trip. 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. You can also drive yourself and receive the same discount. MoFroYo Frozen Yogurt is located at 617 E. Main St. in Westfield. Hope to see you all there.

Applebee's and MoFroYo Frozen Yogurt for dessert

This trip will be held on **Tuesday May 20th**. We will leave the Southwick Senior Center at 11:30am and eat at Applebee's. The van will then take you to MoFroYo to have dessert on their \$2.00 Tuesday Senior Citizens day. There will also be entertainment provided by MoFroYo while you enjoy your tasty treat. The ride is free you pay for your meal and dessert. Please sign up in the COA office or by calling us as 549-5498.

Berkshire Botanical Gardens

This trip will be held on **Thursday May 29th**. We will leave the center at 9:30am. The cost of this trip is \$14.00pp. Lunch is at your own expense at Theresa's Café. Please sign up in the COA office or by calling the center at 569-5498.

Upcoming Trips in June:

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.



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.

MEMORIAL DAY

May 26, 2014

Center will be Closed

May Calendar

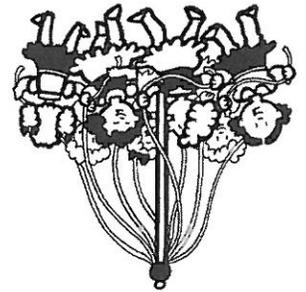
Thursday	8	by appt	SHINE
Thursday	8	9:00	Veteran's Representative
Monday	12	9:00	Holyoke Mall Trip
Tuesday	13	11:30	Brown Bag
Wed.	14	9:00	Groton Submarine Museum
Monday	12	1:00	COA Board Meeting
Thursday	15	10:30	Blood pressure
Tuesday	20	11:30	Applebee's and MoFroYo
Wednesday	21	10:00	Southwick Senior Citizens
Thursday	22	By appt.	SHINE
Thursday	22	9:00	Veteran's Representative
Friday	23	8:30	Waffle Breakfast
Friday	23	10:30	Elder Law information
Monday	26	CLOSED	Memorial Day
Thursday	29	9:00	Berkshire Botanical
Monday	June 16	8:00	Mohegan Casino Trip

"Weekly Calendar"

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
	11:15	Beginner 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.	9:45	Beginner Line Dancing	\$3.00
	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



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Change Service Requested*

Southwick, Massachusetts 01077
454 College Highway

SOUTHWICK COUNCIL ON AGING

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