

# The Messenger

A Newsletter For Southwick's Senior Community



**May  
2015**

## COA BOARD MEMBERS:

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**COA Staff Members**  
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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.)

## Prom For Senior Citizens

This amazing event will be held at the Southwick Senior Center on **Friday May 8th from 6:30pm-8:00pm**. The cost is \$5.00. Come enjoy appetizers, desserts, music, and dancing. This event is being held by the Southwick High School National Honor Society. Please come and support the students with their



community project. They are very excited to help with entertainment. They will be choosing a King and Queen. Formal dress is not required but acceptable. Single people are welcome or grab a group of friends to attend. Please sign up ASAP in the office but no later than May 5th.

## Opening Day at the Southwick History Museum

Join the Southwick Historical Society on **Opening Day, May 31st, 10AM to 4PM**, at the Southwick History Museum, 86-88 College Highway, for a day full of fun and activities. There will be exhibits, demonstrators of old time activities, children's games, museum tours, door prizes and best of all, hot dogs and refreshments. Hope to see you on the 31st.

**HAPPY Mother's Day**

May 10, 2015

## Volunteer Opportunities

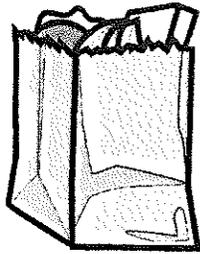
The Southwick Senior Center is looking for volunteers to help with donut pick up in the morning. You do not have to be a senior to volunteer. Training will be provided and a criminal record check will be completed. Please contact the COA office at 569-5498 for more details.

## NOTICE

There will be no lunch served in the dining room on **Wednesday May 20th**. Our volunteer luncheon will be held on this day. This event is by invitation only. Please thank a volunteer for supporting our Senior Center all year.

# ACTIVITIES GOING ON AT THE CENTER

**Brown Bag:** Please make every effort to pick up your Brown Bag on the **2nd Tuesday of every month between 11:00am and 12:15pm.** This is a volunteer run program and we would appreciate your cooperation. Brown bag will be held on May 12th. Thank you.



## Birthday Party

**Thursday May 28th at 11:30am.** We will celebrate birthdays in March, April, and May. 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.



**Hampden County Law Association:** This will be held at the Senior Center on **Friday May 1st from 9:30am-11:30am.** Come and ask the highly qualified panel of lawyer's questions. All are welcome and refreshments will be served.

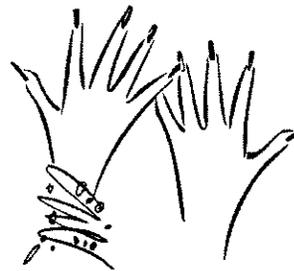
## SAVE THE DATE:

**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.



**Manicures at the Senior Center:** We will be offering this service with a licensed nail technician on

**Monday May 4th from 9:00am-12:00pm.** The cost of this service will be \$12.00 paid directly to the technician. Call the office to schedule your appointment as space is limited.



## A Fall Prevention presentation:

Porchlight VNA/ Home Care will be presenting strategies on how to decrease your risk for falls and how to improve your balance. This program will be held on **Wednesday May 6th at 12:30pm** here at the Senior Center. All are welcome and refreshments will be served.



*Thanks*

*Thank you to The Southwick Lions Club for donating an electronic reading magnifier to the Senior Center.* If you need to use this device it is located in the computer area of the Senior Center.

## Southwick Senior Citizens Inc.

It's that time of year again when Dues are being collected beginning May 1st 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 Thursday of every month at 9:30am at the Senior Center. Please join us and get involved. The next meeting is May 21st. Hope to see you there.

## In Memoriam

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

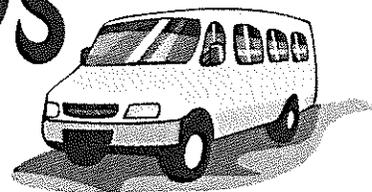
Patricia LaBombard  
Joyce Wilder

Beatrice Whalley  
Russell Watson Sr.



*Senior Center will be Closed*

# 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.***

## Buddy Holly Show and Lobster Feast at the Log Cabin

This trip will be held on **Thursday May 28th**. We will leave the Southwick Senior Center at 10:45am. The cost of the trip is \$54.00. This price includes the price of the show and the Lobster Feast. This trip is currently full, but you can receive the discounted price, follow the bus, and sit with our group if you would like. Call or stop by the center to sign up at 569-5498.

## Forest Park Zoo

This trip will be held on **Tuesday May 12th**. We will leave the center at 10:00am. The cost of this trip is \$7.00. Lunch will be on your own after the Zoo at Friendly's. There is a rain date of Tuesday May 19th.

## Southwick Zoo

This trip will be held on **Wednesday May 27th**. We will leave the center at 9:00am. The cost of this trip is \$19.00 per person. Lunch will be on your own inside the park or you can bring your own cold lunch to eat at the picnic tables outside the park. Please reserve your spot by calling 569-5498 or coming into the office.

## May Calendar

Monday	4	by appt	Manicures
Wednesday	6	12:30	Fall Prevention Presentation
Thursday	7	9:00	Veteran's Representative
Friday	8	6:30pm	Prom for Senior Citizens
Monday	11	1:00	COA Board Meeting
Tuesday	12	10:00	Forest Park Zoo
Tuesday	12	11:00	Brown Bag
Thursday	14	by appt	SHINE
Monday	18	by appt	Foot Nurse
Thursday	21	10:30	Blood pressure
Thursday	21	10:00	Southwick Senior Citizens Inc. meeting
Thursday	21	9:00	Veteran's Representative
Wednesday	27	9:00	Southwick Zoo
Thursday	28	By appt.	SHINE
Monday	25	CLOSED	Memorial Day
Thursday	28	10:45	Buddy Holly Show Log Cabin

## "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>	

COA Office 569-5498 • Dining Center 569-0410

**Note:** Most classes will be ending by the middle of June. Some instructors teach in the summer. Look in the June newsletter for a list of classes. Regular scheduled classes will resume in September.



*Please Forward  
Change Service Requested*

454 College Highway  
Southwick, Massachusetts 01077

**SOUTHWICK COUNCIL ON AGING**

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