

The Messenger

A Newsletter For Southwick's Senior Community



**MAY
2016**

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Council On Aging
454 College Highway

Southwick, MA 01077
www.southwickma.org/COA



Paid In Part By
Executive Office Of Elder Affairs

Prom for Senior Citizens May 19th, 6:00-8:00 p.m.

This amazing event will be held at the Southwick Senior Center on Thursday **May 19th from 6:00pm-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. 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 16th.**

Talent Show May 4th

Come watch our wonderful Talent Show **May 4th at 1:00pm**. We have singers, dancers, poetry reading, and other acts scheduled to perform. 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. This is going to be a great event!!! This event is free and open to the public.

4th Annual Luau



Come kick off the summer with our 4th Annual LUAU, Wednesday July 6th from 11:00am-1:00pm.

The cost of this great activity will be \$5.00. Come enjoy food, snacks and lots of fun. We will have prizes for best Luau outfit and prizes for winning games. Surprise entertainment will be provided!!!! You will not want to miss this event. Please sign up for this event in the dining room. Space is limited so sign up soon!!!



Memorial Day

May 30th

Center Closed

Upcoming Events:

Mass Senior Action Council: This presentation is being held on **Thursday May 12th at 12:15pm**. Mass Senior Action Council is a grassroots senior-run organization; empowering seniors to promote the rights and well being of all people. This organization fight to keep and improve our rights to social security, health care, safe communities, decent housing, access to transportation and to have our voice heard by the state and federal government in all matters effecting our lives.

Learn New Cooking Ideas: The Culinary Arts Students from Westfield Technical Academy and the Head Chefs will present a series of cooking skills and classes. The Basics to Main dishes will be taught. The next class will be held on **May 17th at 9:30am to 11:30am**, with different sausages being made. The cost for the class will be \$5.00. This program will return in the Fall with dates to be determined. If you would like to join this exciting program please sign up in the office. This class will be held in Park & Rec. Space is limited so please sign up by Friday May 13th.

Ear Masters: Ear Masters will be at the Senior Center on **Monday May 23rd 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.



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. Rite Aid personnel will also be gathering information to see how much your insurance will charge you for a shingles vaccine to be scheduled at a later date. This information will only be collected if you wish to have a shingles shot.

Mark Your Calendars

BEGINNER TAI CHI

Tai Chi has been at the Southwick Senior Center for over a decade, and now we are pleased to offer a class especially for beginners. If you've been meaning to give Tai Chi a try, this class is "just what the doctor ordered". Today more and more physicians are recommending Tai Chi to their patients because of its numerous healing benefits. Slow, circular movements combined with concentration and breathing result in increased flexibility, better balance, and an enhanced immune system.

Please join Judy Laiuppa (Tai Chi Instructor) for a free introductory class on **Wednesday, September 14, 2016 at 8:30am**. Participants should wear loose-fitting clothing, flat bottomed shoes or sneakers, and be able to stand and move unassisted for at least one hour. Beginning in the Fall Intermediate Tai-Chi will be held on Mondays, Advanced Tai-Chi on Tuesdays, and Beginner Tai-Chi on Wednesdays.

Tag Sale

Southwick Seniors, Inc aka Friends of the Southwick Senior Center is seeking Tag Sale Participants, Crafters, and Vendors.

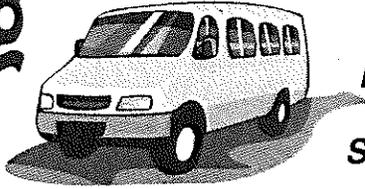
Space is \$10.00 and will be on the Grounds of the Town Hall to be held **May 14th 9:00am-2:00pm**. To reserve a space please call Pat McMahan at 569-6531. Rain Date is May 21st.

In Memoriam 

Our Condolences to Family and Friends

Donald Sullivan

Upcoming Trips

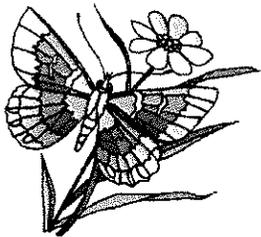


Please note all trips must be paid one week prior to the event. If this is not done you will lose your seat on the van. Southwick residents will receive seating first.

Nippon Grill Buffet: This trip will be held on **Friday May 20th**. The cost of this trip is \$2.00. The buffet will be at your own expense. We will be leaving the Senior Center at 11:00am. Please sign up in the office.



Mohegan Sun Casino Trip: This trip will be held on **Monday May 23rd**. The cost of this trip is \$23.00. Enjoy \$20.00 bet and \$15.00 meal credit or free. We will leave the center at 8:00am. Please sign up and pay in the COA office.



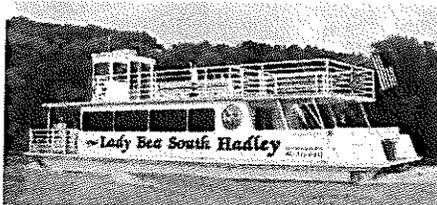
Magic Wings and Bluebonnet Diner

This trip will be held on **Wednesday May 25th**. The cost of this trip is \$12.50. Lunch will be after visiting

Magic Wings at the Bluebonnet Diner at your own expense. We will leave the Senior Center at 9:00am. Please sign up in the office.

Brunelle's Marina

This trip will be held on **Thursday July 14th**. Take a cruise down the Connecticut River



on the Lady B. Call the office at 569-5498 in late May to find out cost and time of departure from Senior Center. You will eat at The Dock Side Restaurant at your own expense.

Take Me Out To The Ball Game

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.

Saratoga Race Track Day Trip

This trip will be held on **Monday August 22nd**. The cost of this trip is \$75.00 per person. We will leave the Southwick Senior Center at 8:00am. Ticket Includes: Luxury Motor coach Transportation, Admission, Race Program, a Hot Dog & Drink at the Track, Dinner at Golden Corral Buffet. Please sign up for this trip in the COA office or by calling 569-5498.



Due to the need to purchase tickets in advance we need a deposit of \$30.00 by May 1st. The balance of \$45.00 is due by August 1st. Checks should be made payable to Janine Queenin.

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.

May Calendar

Wed.	4	1:00pm	TALENT SHOW
Mon.	9	1:00pm	COA Meeting
Tues.	10	11:15am	Brown Bag
Thurs.	12	9:00am	Veteran's Representative
Thurs.	12	by appt	SHINE
Thurs.	12	12:15pm	Mass Senior Action Council
Tues.	17	9:30am	Cooking Class
Wed.	18	9:30am	Southwick Senior Citizens Inc. meeting
Thurs.	19	6:00pm	Prom For Seniors
Thurs.	19	10:30am	Blood pressure
Fri.	20	11:00am	Nippon Grill Buffet
Mon.	23	8:00am	Mohegan Sun Trip
Mon.	23	by appt	Ear Masters
Wed.	25	9:00am	Magic Wings and Bluebonnet Diner
Thurs.	26	9:00am	Veteran's Representative
Mon.	30	CLOSED	Memorial Day
Thurs.	26	By appt.	SHINE
Fri.	27	9:00am	Veteran's Representative

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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Change Service Requested*

SOUTHWICK COUNCIL ON AGING
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Southwick, Massachusetts 01077

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