

# The Messenger

A Newsletter For Southwick's Senior Community



**November  
2014**

**COA BOARD MEMBERS:**

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Cindy Sullivan

**COA Staff Members**  
Denise Seibert  
Andrea Holmes

**Office: 569-5498**

**Dining Coordinator**  
Denise Hills-McGarry

**Kitchen: 569-0410**

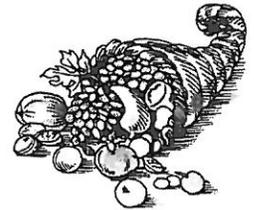
**Council On Aging**  
454 College Highway  
Southwick, MA 01077  
[www.southwickma.org/COA](http://www.southwickma.org/COA)



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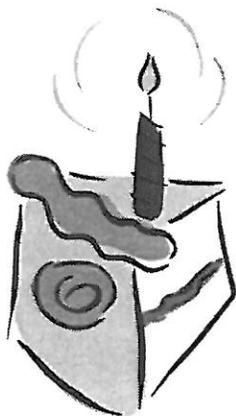


*Happy  
Thanksgiving!*



## Van Schedule

We are pleased to announce that we have extended our daily Van Schedule in the afternoon. We will now be operating our FRTA/Hulmes transportation until 4:00pm three days a week. This includes 2 of our Springfield days to allow for some early afternoon appointments. You will find the schedule on the back of your menu that is inserted in this newsletter. Please call the office to schedule a ride by calling the office at 569-5498. We thank Hulmes Transportation for working with the COA to better service our Seniors.



## Birthday Party

Friday No-  
vember 21st  
we are hav-  
ing a birthday  
party in the  
dining room at  
11:30am. Sign  
up in the dining

room for lunch with Denise Hills-McGarry and let us know if your birthday was in the month of September, October, or November. We will have cake and a small gift for birthday people. Yankee Pot Roast is being served in the dining room that day.



**Daylight Savings  
is on November 2,  
2014.** Please remember to set your clocks back one hour. This is also when you should change your batteries in your smoke detectors.

# Zumba Gold Class

We would like to try a Zumba Gold class at our Senior Center. Amy Thompson is a certified Zumba Gold instructor. She has taught many Zumba classes in Southwick and surrounding areas. We will start the first week in January. The cost will be \$4.00 per class. This class will be held in our Fitness room on Thursdays at 10:45am. What is Zumba you might ask? Zumba is based on quick-paced dance moves, choreographed to Latin and international music. How is Zumba Gold Different? Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults who may have limited capabilities. We need commitments from people to run this class. If this time works for you and you are interested in participating please sign up in the office or by calling us at 569-5498 asap. We will decide by mid-December if the class will begin.



# Cribbage Group



There has been some interest in beginning a cribbage group at the Southwick Senior Center. If you are interested please call the COA office to be added to a list. If there is a large enough interest we will schedule this activity.

# Brown Bag Volunteers Needed

We are looking for volunteers of all ages to help us on our Brown Bag days here at the Senior Center. Brown Bag is typically on the second Tuesday of the month. We look for volunteers to come in from 10:00am-12:00pm. If you are able to volunteer please call the office so we can sign you up as a volunteer. **NOTE: Brown Bag for November is on Monday November 10th** due to the Holiday on Tuesday.

# MooLicious Thanksgiving Dinner

MooLicious will be serving a Turkey Dinner with all the fixings on Thanksgiving Day Thursday November 27th free of charge. If you would like to enjoy this wonderful meal please call MooLicious at 569-1700 to make a reservation. They will be serving at 1:00pm. MooLicious is located at 258 Feeding Hills Road in Southwick. Our approved Homebound clients can receive a delivered meal that day by calling the COA office at 569-5498 to sign up.

# Flu Clinic

Flu Clinic on **Thursday November 6th from 12:00pm-1:00pm**. Please sign up by calling 569-5498.

# SNAP

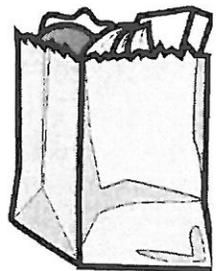
(Supplemental Nutrition Assistance Program)

*The Food Bank of Western Massachusetts is working with the Southwick Council on Aging to help older residents stretch their budget and buy healthy food by applying for SNAP (formerly Food Stamps).*

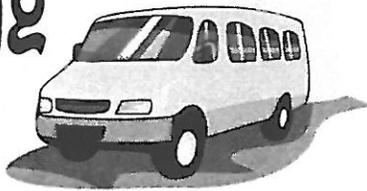
SNAP recipients use a card that can be swiped at the register in grocery stores, convenience stores, and some farmer' markets. Eligibility is based on household size, income and other expenses. You may still be eligible even if you own a home and a car and collect Social Security or a pension.

**WHEN CAN WE HELP:** Monday November 10th from 10:00am-12:00pm (during Brown Bag)

A representative from The Food Bank will pre-screen you, and if eligible, help you sign up for SNAP. To help facilitate the process, please bring proof of identity: license or birth certificate, Social Security Number, and proof that you live in Massachusetts: a driver's license, utility bill, or tax forms.



# 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.**

## Cabela's

### in East Hartford, CT

This trip will be held on **Wednesday November 12th**. Enjoy shopping in a unique place. We will be leaving the center at 10:00am. Lunch will be on your own. The cost of this trip is \$2.00.

## South Pacific Classic Musical Play



This trip will be held on **Sunday November 23rd**. We will leave the Senior Center at 12:30pm and the show begins at 2:00pm. Please eat lunch prior to arriving to the trip. The cost of this trip is \$27.00. Please sign up and pay in the office with Andrea.

## In Memoriam



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

Constance Frasco  
Daniel Moraski

Richard Gunn

**Edward Nitsch**—Ed was a long time volunteer and COA Board Member at our Senior Center. He will be missed, and our deepest sympathy goes out to his family.

## “Fez”tival of Trees

This trip will be held on **Wednesday December 3rd**. We will leave the Senior Center at 11:00am and have lunch at Red Rose Pizzeria at your own expense. Then we will view The Melha Shriners “Fez”tival of trees in a Victorian house located in Springfield. The cost of this trip will be \$3.00. Please sign up with Andrea in the office.



## Gingerbread House Festival

This trip will be held on **Thursday, December 11th**. We will leave the Senior Center at 10:45am. You will enjoy looking at all the Gingerbread houses and then go to Henry's Pizzeria for lunch. The cost is \$15.00 and includes lunch.



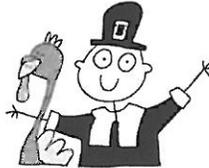
**Remember our Veterans  
Tuesday, November 11th  
CENTER CLOSED**

## November Calendar

Sun.	2	2:00am	Daylight Savings
Thurs.	6	by Appt.	SHINE
Fri.	7	9:00	Veteran's Representative
Mon.	10	11:30	Brown Bag
Mon.	10	1:00	COA Meeting
Tues	11	CLOSED	Veteran's Day
Thurs.	20	10:30	Blood Pressure
Fri.	21	9:00	Veteran's Representative-
Fri.	21	11:30	Birthday Party
Sun	23	12:30	Classical Musical Play
Thurs.	27	CLOSED	Thanksgiving
Fri.	28	CLOSED	Thanksgiving Break

### WE WILL BE CLOSED

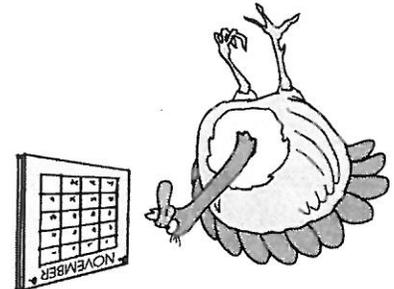
Thursday, November 27th and  
Friday, November 28th  
for Thanksgiving



## "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
	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



*Please Forward  
Change Service Requested*

Southwick, Massachusetts 01077  
454 College Highway

**SOUTHWICK COUNCIL ON AGING**

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