

The Messenger

A Newsletter For Southwick's Senior Community



November 2016

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Council On Aging

454 College Highway

Southwick, MA 01077

www.southwickma.org/COA

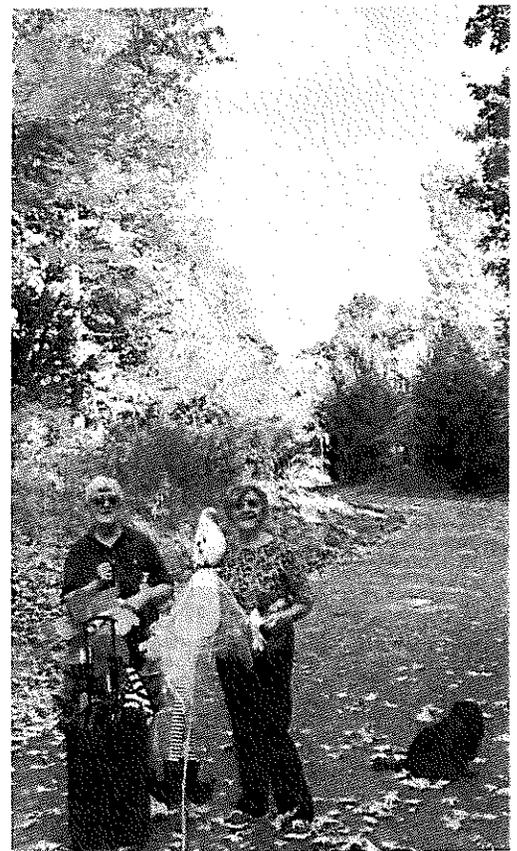


Paid In Part By
Executive Office Of Elder Affairs

The first annual Senior Scavenger Hunt

The first annual Senior Scavenger Hunt took place on Monday, October 17th. Hunters gathered at the senior center for instructions and entry forms, then proceeded to the starting point. Leading off from the entry to the rail trail on Depot Street in Southwick, the entrants enjoyed a leisurely walk on the paved path that was formerly the railway line that ran through Southwick. Fall foliage was at its peak, but the weather was more like late spring. Some of the items to be found were: a watering can, an octopus, a ski pole, an American flag, a pinwheel, a yellow submarine, a turtle, a ghost, a red hat, a teddy bear, and a butterfly. The walk lasted just under one hour, and the hunters returned to the Senior Center just in time for lunch. The winner was

announced, first place prize was awarded to Dee Girard. Each person received a thank-you packet containing an apple and some candy. Hunt organizer, Joan Perkins-Smith hopes to do this again next fall, so watch for the announcement in September.



MooLicious Thanksgiving Dinner!

MooLicious will be serving a Turkey Dinner with all the fixings on Thanksgiving Day Thursday November 24th 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. If you would like to attend the meal at MooLicious and need a ride please call the Senior Center at 569-5498 to be placed on the ride list. Our approved Homebound clients can receive a delivered meal that day by calling the COA office at 569-5498 to sign up.

Upcoming Activities:

BINGO

We will be having a special guest Bingo caller from Visiting Angels on **Tuesday November 14th**. There will be prizes for some of the games played. Come in and join us from **9:30am-11:30am**. Bingo Cards are 5 cents each. Winner takes the pot! This activity is held in the activity room at the Senior Center.

“How to Protect Your Assets From Nursing Home Costs Even Without Long Term Care Insurance”

Dramatic changes in the law may require your attention if you want to protect your assets. While long term care insurance is your best option, not everyone can afford or qualify for it. There are alternatives. Learn how to preserve your wealth for you and your loved ones on **November 14th at 1:00pm here at the Senior Center**.

With special guest Elder Law Attorney Abbe McLane. Presented by: John G. Dee President, Wealth Preservation Group and the author of: Retirement Income-Are you on the Right Path?

Cooking Demonstrations

Westfield Technical Academy students and Chef Rogers will be here in the early part of December to demonstrate how to make homemade ravioli and a diabetic pastry. The cost of this demonstration is \$5.00. At the end of the demonstration you sample the recipes that they make and receive a copy of the recipe used. Sign up in advance is required. Call the office for the date of this wonderful intergenerational opportunity.

Daylight Savings

Daylight Savings is on **November 6, 2016**. Please remember to set your clocks back one hour. This is also when you should change your batteries in your smoke detectors.

Holiday Spectacular

Our holiday luncheon will be held at the Senior Center on Wednesday December 14th from 11:00am-1:00pm. Tucker's Restaurant will be catering this event. More details will be coming up in November and signups will begin after Thanksgiving. Watch for our December Newsletter for more details.

SHINE

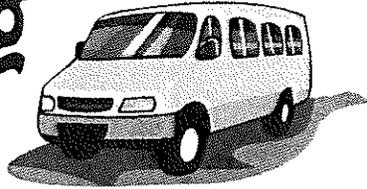
It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: it is important to review, understand and save this information.

During Medicare Open Enrollment, from **October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center now! SHINE appointments are typically held every other Thursday, but you must have an appointment

Thank You

Thank you to Elthea Goodkin from the Writer's Group. Elthea has been running our writer's group for 21 years. We appreciate all of your hard work and dedication to our Senior Center. She has turned her class over to Sarah Meiklejohn. This wonderful group meets on Fridays at the Senior Center at 12:30pm. If you are interested in joining this group everyone is welcome.

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.



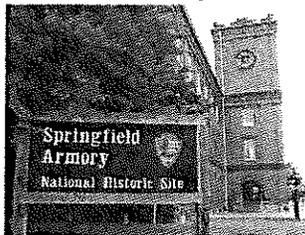
This trip will be held on **Thursday November 10, 2016**. We will leave the Senior Center at **10:15am**. The cost of this trip is \$2.00. Lunch will be at your own expense. Please sign up in the office.

Holyoke Mall Trip

This trip will be held on **Monday November 14th**. We will leave the Senior Center at **9:30am**. There is no charge for this trip. The van will drop you off at the mall and pick you up around 1:00pm or an agreed upon time by the group. Please call the office to sign up.

Springfield Armory

This trip will be held on **Wednesday November 16, 2016**. We will leave the Senior Center at **9:15am**. The cost of this trip is \$3.00. Stop for lunch at the Red Rose Pizzeria at your own expense. Please sign up in the office.



Cabela's Shopping

This trip will be held on **Monday November 21st**. We will leave the Senior Center at **9:30am**. Shop at Cabela's and enjoy lunch at your own expense at their restaurant. The cost of this trip is \$2.00. Please sign up in the office.

Buckland Hills Mall

This trip will be held on **Thursday December 8th**. We will leave the Senior Center at **10:00am**. The cost of this trip is \$2.00. Lunch will be at your expense at the mall. Please call the office to sign up.

Majestic Theater Home for the Holiday Show

This trip will be held on **Saturday December 17th**. We will leave the center at **12:30pm**. The cost of this trip is \$28.00. Enjoy lunch at the Café if you wish at your own expense. Show starts at 2:00pm. Please call the Senior Center to sign up.



The Senior van will be going to Bright Nights **Monday December 5th** and **Monday December 12th**. We will be

leaving the center at **4:30pm**, cost is \$2.00pp. Call the center to reserve a seat, Southwick residents will have first priority as seats are limited.

Meals on Wheels

Volunteer Drivers needed

We are in need of a permanent driver on Tuesdays and someone able to substitute on occasion. Time commitment varies from 1- 1 ½ hours per day. Please call Denise in the dining room at 569-0401 or stop in to the office. CORI form and Driving record are checked before work can begin.

In Memoriam

Our Condolences to Family and Friends

Maureen Rankin
Elizabeth Bourassa

Donna Parker
Frank Sledziewski

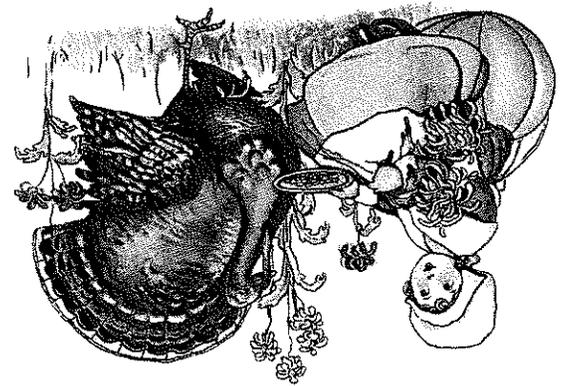
November Calendar

Friday	4	9:00am	Veteran's Representative
Sunday	6	2:00am	Daylight savings
Tues.	8	11:00am	Brown Bag
Thurs.	10	10:15am	Bernie's
Fri.	11	CLOSED	Veteran's Day
Mon.	14	10:00am	COA Meeting
Mon.	14	9:30am	Holyoke Mall
Mon.	14	1:00pm	Financial presentation
Wed.	16	9:15am	Springfield Armory
Thurs.	17	10:30am	Blood pressure
Friday	18	9:00am	Veteran's Representative
Mon.	21	9:30am	Cabella's Store
Thursday	24	CLOSED	Thanksgiving break
Friday	25	CLOSED	Thanksgiving break
Wed.	30	11:00am	Comedy at Academy of Music

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$3.00
	11:15	Intermediate 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.	8:30	Beginner Tai-Chi	\$3.00
	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



*Please Forward
Change Service Requested*

SOUTHWICK COUNCIL ON AGING
454 College Highway
Southwick, Massachusetts 01077

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