

# The Messenger

A Newsletter For Southwick's Senior Community



**October  
2014**

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**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  
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## Family Fun!! OLDE TIME BARN DANCE

**Saturday October 18th at 6:30pm.** This event hosted by the Southwick Senior Citizens Inc (aka—Friends of the Southwick Seniors) will be held in the barn on the property of the Southwick Florist, 636 College Highway in Southwick.



This event is open to all ages. Family Fun for all. Ice cream, hot dogs, soda, and snacks will be for sale. Buy tickets at Moo-licious and Southwick Florist. Individual and family pricing is available.

For more information call 413-569-1572. All proceeds to benefit the Southwick Senior Center.

## Halloween Costume Party

**Thursday October 30th from 11:00am-12:30pm.** Come enjoy a pizza party, games, and a best costume prize. The Southwick children's play group will join us for trick or treating. Donate a bag of candy if you wish. The cost of this activity is \$1.00. Please sign up in the dining room or by calling 569-0410.



## 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!

## Dan Kane's Final Concert



This event is being held at the Holyoke Our Lady of the Holy Cross Church on **Sunday December 14th at 2:00pm**. The cost of this trip is \$18.00. If you would like to attend this event please call the Senior Center ASAP. Andrea needs to reserve the tickets now before they sell out. Call us at 569-5498.

## Tai Chi

Tai Chi (Taijiquan) is an ancient Chinese exercise practiced throughout the world for its many health benefits.



### BEGINNER TAI CHI

Recommended for those with no previous Tai Chi experience as well as anyone who would like to refresh their Yang-style Tai Chi skills. Class is held on Mondays from 11:15 am to 12:15 pm

### ADVANCED TAI CHI

Recommended for those who have completed the Yang-style 24 movement Form. Class is held on Tuesdays from 11:00 am to 12:00 pm

Note that both classes are done standing. Please wear loose-fitting clothing and flat-bottomed shoes or sneakers.

## Southwick Historical Society

The Southwick Historical Society will meet on **Thursday October 23rd at 7:00pm**. This meeting will be at the Christ Church United Methodist Fellowship Hall, 222 College Highway in Southwick. Elliot M. Levy will speak about "Augustus George Hazard and the Hazard Power Co. from 1835-1913 and the Laflin Powder Mill in Southwick." All are welcome!

## Seniors!

### Pass this Quiz and You May Save Money on Medications!

**YES NO** Did you have NEW medications during 2014?

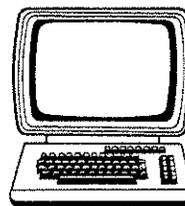
**YES NO** Were you happy with the COST of your medications this year?

**YES NO** Did you know that Medicare drug plans have SPECIAL DEALS with some pharmacies to lower costs?

**YES NO** Did you make an APPOINTMENT with your SHINE counselor yet to find the best drug plan for 2015?

If you answered NO to any of the above, don't miss out on saving money!

Open enrollment to buy or change Medicare drug plans runs from October 15th to December 7th. Call the Council on Aging/Senior Center to schedule an appointment.



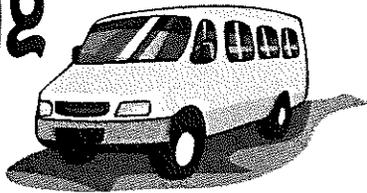
## Beginner Computer Class

This free computer class will be **Thursday mornings from 9:30am-11:30am on October 2, 9, 16, and 23rd**. This class is currently full. Instructor Shirley A. Keech will bring an 8-station mobile mini lab for the onsite training. Seniors with their own laptops are encouraged to bring them to learn on. With over 20 years experience in adult education and online research, Keech was formerly with the Western MA Regional Library System, and is now an independent consultant specializing in online education for adults. This wonderful program is funded with a grant from Sarah Gillett Services for the Elderly of Westfield and by the Friends of the Council on Aging.

## Additional Classes/activities

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.

# Upcoming Trips



## New England Carousel Museum Tour and Lunch



This event will be held **Wednesday October 8th**. We will leave the Senior Center at 9:15am. Tour the Carousel, break for a Hot lunch

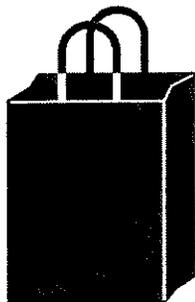
served on the premises then continue the tour. The price of this trip is \$20.00. This price includes a lunch of Chicken, Baked Ziti, Roasted Potatoes, Toss Salad and Bread. Reserve your spot today by calling the COA office at 569-5498.



This trip will be held on **Tuesday October 21st**. 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.

## Holyoke Mall Trip

This trip will be held on **Monday October 27th**. We will leave the Southwick Senior Center at 9:30am. The cost of this trip is free. We will drop you off at the mall for some shopping and lunch on your own. We will leave the mall around 1:00pm. Advance reservation is required. Please call the COA office at 569-5498.



## Tiffany Windows at Battel Chapel Church

See the Tiffany Windows at Battel Chapel Church in Norfolk CT: This trip will be held on **Wednesday November 5th**. We will leave the Senior Center at 9:45am. Lunch will be at your own expense at the Woodcreek Bar and Grill. The cost of this trip is \$3.00. Sign up in the COA office or by calling 569-5498.

## Mark Twain House and Museum

This trip will be held on **Tuesday November 18th**. We will leave the Senior Center at 10:00am. Tour the museum and then enjoy lunch at the Cracker Barrel at your own expense. The cost of this trip is \$14.00 and will include your admission to the museum.



## FREE Flu Clinic

Thursday October 23rd from 12:30pm-3:30pm at the Southwick Senior Center. Sign up by calling the Senior Center at 569-5498. Limited doses available.



## In Memoriam



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

Jackie Holden  
Robert Spillane

Doris Tesini

**William "Bill" Atteridge**—Bill was a long time volunteer at our Senior Center. He was here folding newsletters the day before he passed away. He will be greatly missed, and our deepest sympathy goes out to his family.

# October Calendar

Fri.	3	9:00	Veteran's Representative
Wed.	8	10:00	New England Carousel
		Appt only	Aveda Hearing
Fri.	10	9:30	Mt. Sugarloaf Trip (full)
Tues.	14	11:30	Brown Bag
Thurs.	16	9:00	Mt. Greylock Trip (full)
		10:30	Blood Pressure
Fri.	17	9:00	Veteran's Representative
		9:00	Northfield Mountain (full)
Mon.	20	1:00	COA Meeting
Tues.	21	8:00	Mohegan Sun Casino
Thurs.	23	Appt only	SHINE
		12:30-3:30p	Flu Clinic
Mon.	27	9:30	Holyoke Mall Trip
Thurs.	30	11:00	Halloween Party

## "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>	

Our class schedule will be starting during the first week in September.

COA Office 569-5498 • Dining Center 569-0410



*Please Forward  
Change Service Requested*

454 College Highway  
Southwick, Massachusetts 01077

**SOUTHWICK COUNCIL ON AGING**

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