The Messenger

A Newsletter For Southwick's Senior Community

October 2015

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Kitchen: 569-0410

Council On Aging
454 College Highway
Southwick, MA 01077
www.southwickma.org/COA

Paid In Part By
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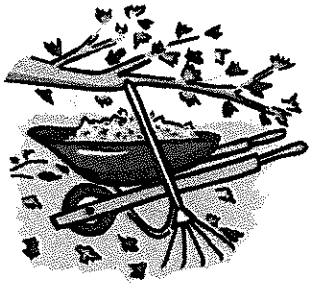
Happy Fall Everyone:



Our Senior Center has been enjoying an increase in our participation both in our Congregate Dining Room and our activities. Our new computer software is working and people are realizing it is easier to use than they originally thought. This has saved the COA staff valuable time with data entry and has allowed us to capture everyone who is coming into the Senior Center. If you have a MySeniorCenter card from another Senior Center we are happy to put that card into our system so you are only carrying one card. Just come into the office and we will take care of it.

Andrea Holmes is now our SHINE representative. She is fully trained, but is still in the learning stages of this new endeavor. Andrea is taking appointments on the second and fourth Thursday of the month. Please call the office to schedule an appointment.

Thank you all for your continued support of the Senior Center. Have a great fall.

Peace and Joy,
Cindy Sullivan and the entire COA staff

SHINE: It's that time of year again!

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!

Halloween Craft
With Denise Hills-McGarry

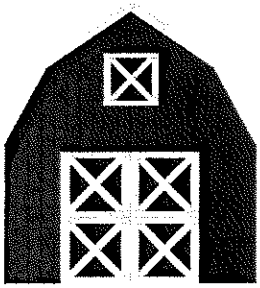
This will be held on **Wednesday October 21st at 12:15pm**. The cost of this craft is $2.00. You must sign up in advanced by calling the Senior Center at 569-5498. Space is limited.

SNAP Program

A representative from the SNAP department at The Food Bank of Western Massachusetts will be at the Southwick Council on Aging/ Senior Center on **Tuesday October 13th from 10:00am-12:00pm** to assist people with Supplemental Nutrition Assistance (SNAP) applications. If interested, please bring proof of identity, proof of residency (a utility bill or other recent documents), proof of home ownership or rental costs, and proof of income (current paystubs, social security statement and or pension statements. People are strongly encouraged to bring proof of medical costs as well.

Second Annual
Barn Dance

Now at the RANCH!!-- **Saturday October 31st** from 7:00pm-9:30pm. This event hosted by the Southwick Senior Citizens Inc (aka—Friends of the Southwick Seniors) will be held at The Ranch Golf Club. This event is open to all ages. Join us for line dances, circle dances, or just sit on the sidelines and clap your hands and tap your feet. Dances are being called by a Professional caller. Admission includes light appetizers. Cash Bar is available. Family Fun for all. Individual ticket price is $12.00 and family pricing is $30.00. Tickets available at Moolicious, The Senior Center, or at the door. All proceeds to benefit the Southwick Senior Center. The Senior Center will be providing transportation to anyone in Southwick. Please call the Senior Center to sign up by October 23rd to schedule your pick up time.



Free Flu Clinic

Thursday October 15th from 12:00pm-1:30pm at the Southwick Senior Center. Sign up by calling the Senior Center at 569-5498. Limited doses available.

Fall/Halloween Breakfast

This thrilling breakfast will be held on **Wednesday October 28th from 8:30am-10:00am.** Come enjoy a pancake and sausage breakfast and best costume prize (costumes are optional). The cost of this activity is $2.00. Please sign up in the dining room or by calling 569-0410.

Geriatric Care Presentation

Presentation by Choices Elder Support, LLC on **Thursday October 15th** at 11:00am.

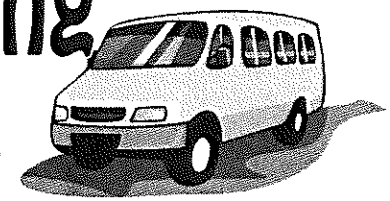
What can a Geriatric Care Manager do for you, or someone you know?

Sharon Connor, owner of Choices Elder Support, LLC, is a master's educated social worker, with over 20 years experience working with older adults who are facing changes and challenges to their health and independence. As a Geriatric Care Manager, Sharon partners with her clients and their families to find the best support possible in dealing with these challenges. To learn more, please attend her presentation on Thursday October 15th.

From Purgatory to Purdunk

The Southwick Historical Society will present "From Purgatory to Purdunk" at the Southwick Town Hall Auditorium on **Sunday, October 18, 2015, at 1:00PM** in the afternoon. On a whim, Debbie and Pete Lincoln decided to travel through all of the cities, towns and villages of Massachusetts in 2007. This turned into a major endeavor with photographs and a mountain of compiled information from which they have created this presentation. The Society is pleased to have this wonderful program here in town and we invite everyone to this free afternoon of entertainment and refreshment.

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.

LEE PREMIUM OUTLETS
A SIMON CENTER

Shopping Trip

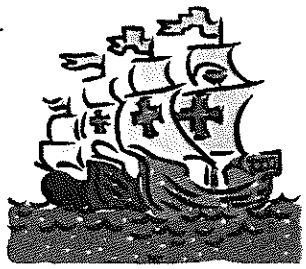
This event will be held on **Thursday October 29th.** We will leave the Senior Center at 9:00am. Start your Christmas shopping early and enjoy the Fall weather. The price for this trip is $2.00. Lunch will be at your own expense at the Food Court. Please sign up in the office.

Mohegan Sun Casino

This trip will be held on **Monday November 16th.** Enjoy $20.00 bet and $15.00 meal credit or a free buffet. We will leave the center at 8:00am. The cost of this trip is $21.00. Please sign up and pay in the COA office no later than November 2nd. Please make sure that you are registered with the COA and have received a MySeniorCenter card. This will make check in easier in the morning.

Columbus Day Monday October 12th

Center is Closed



Cabela's

Outlet Shopping

This trip will be held on **Tuesday November 10th.** We will leave the Senior Center at 10:00am. 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.

American Hero Play at Holyoke Community College

This trip will be held on **Saturday November 21st.** The cost of this trip is $10.00. We will leave the Senior Center at 1:00pm. After the play we will go to Bernie's restaurant at your own expense. This play is a comedy that addresses corporate greed, the plight of the service worker, and the difficulty of attaining even the most basic form of the American Dream. Please sign up in the office.

Special Thanks

Thank you to **Mildred Smith** for all your generous donations to our Senior Center. **Thank you** to **Brzoska Farms** and **Jeannet Brozoska** for the donation of Watermelon for our Luau, and **Thank you** to **Bob Povelari** and his **granddaughter Ashley** for the donation of corn for our Luau. *We appreciate all of your support.*

In Memoriam

Our Condolences to Family and Friends

Donald Desmond
Shirley Ligarski
Elaine Phillips
Betty Wolfe

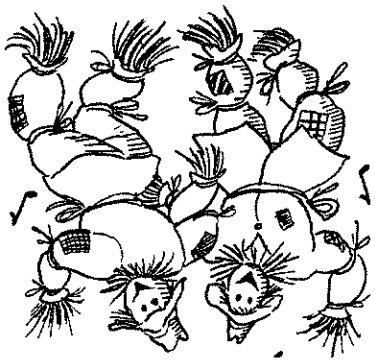
October Calendar

Saturday Oct. 3	9:00am	Craft Fair
Thurs. Oct. 8	by appt	SHINE
Friday Oct. 9	9:00am	Veteran's Representative
Friday Oct. 9	9:45am	Northfield Mt trip (full)
Mon. Oct. 12	Columbus Day - Center Closed	
Tues. Oct. 13	10:00am	SNAP Representative
Tues. Oct. 13	11:00am	Brown Bag
Wed Oct. 14	by appt	Aveda Hearing
Thurs. Oct. 15	10:30am	Blood pressure
Thurs. Oct. 15	11:00am	Speaker
Thurs. Oct. 15	12:00-1:30pm	Flu Clinic
Mon. Oct. 19	1:00pm	COA Meeting
Weds. Oct .21	9:00am	Southwick Zoo (full)
Thurs. Oct. 22	by appt	SHINE
Friday Oct. 23	9:00am	Veteran's Representative
Wed. Oct. 28	8:30am	Fall Breakfast
Sat. Oct. 31	7:00pm	Barn Dance

CLASS SCEDULE

Mon.	9:00	**Quilting & Needlework**	
	10:00	**Chi-Gong**	$3.00
	11:15	Beg./Int. **Tai-Chi**	$3.00
Tues.	9:00	**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.	9:30	Beginner **Line Dancing**	$3.00
	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



SOUTHWICK COUNCIL ON AGING
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