

The Messenger

A Newsletter For Southwick's Senior Community



October 2016

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

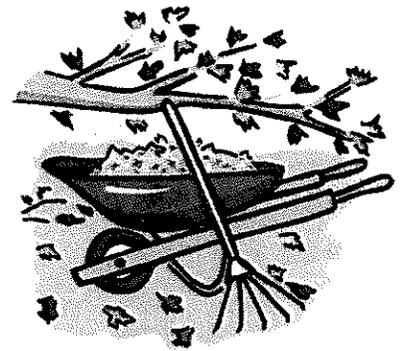


Paid In Part By
Executive Office Of Elder Affairs

Happy Fall Everyone!

We have been enjoying people coming into the Senior Center and experiencing our classes for free. This is a limited program with our teachers continuing to receive their regular payment, but our Seniors having the opportunity to try something new. We have partnered this month with the Fire Department and the Red Cross to do smoke detector installations in older homes. We are also looking into a program to make sure that Emergency Personnel and our Meals on Wheels Drivers can find your home. There will be more on this program in the coming months. We are hoping to make this a community event with our focus remaining on Seniors, but making sure areas are easily identified for Emergency Services.

The COA is partnering with the Southwick -Tolland-Granville Regional School District for activities for intergenerational interactions. We will be participating in a Pen Pal program with Woodland Elementary School. If you are interested in becoming a Pen Pal please contact the office at 569-5498. Thank you all for your continued support of the Senior Center. Have a great fall.



Peace and Joy,
Cindy Sullivan and the COA staff

Halloween Costume Lunch

We will be having our Halloween party October 31st during our regular lunch time beginning at 11:00am. We will be serving Appetizers, Meatloaf, and desserts (costumes are optional). You must sign up in the dining room so we can order lunch for you. The suggested donation for lunch is \$3.00 you will pay the day of the lunch. Best costume prize will be awarded.

Special Thanks

Thank you to the Southwick Senior Citizens Inc, The Summer House, and Jack Moccio for hosting the Antique Car Show. It was a great success and we appreciate your dedication to our Senior Center. We look forward to doing this again in the future.

Thank you to Coward's Farm and Stanley Broszka for donating the bows and cornstalks for our fall decorations.

Upcoming Activities:

SHINE

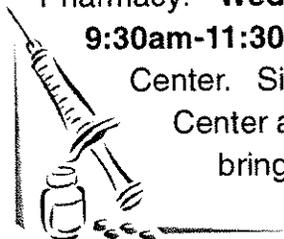
It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: it is important to review, understand and save this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

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 11th 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.

Free Flu Clinic presented by Rite Aide Pharmacy: **Wednesday October 5th from 9:30am-11:30am** at the Southwick Senior Center. Sign up by calling the Senior Center at 569-5498. You will need to bring your insurance information with you.



Automotive Advice

This presentation will be on Wednesday **October 11th at 11:00pm**. A gentleman from Whitney's Auto will be here to give our Seniors basic information on car maintenance etc. He will answer questions you have regarding your vehicle to the best of his ability.



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. We will have our first class on **Tuesday October 25th at 10:00am**. We will be making a Fall Soup to help us get through the cool Fall Days. The cost for the class will be \$5.00. 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 October 19th.



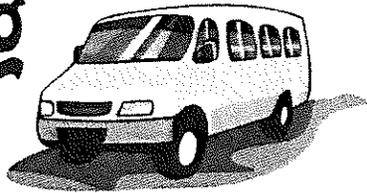
Protecting Your Assets

How do you protect your assets from nursing home costs 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 **November 14th at 1:00pm**.

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

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.

ALL TRIPS MUST BE PAID IN CASH. WE ARE NO LONGER ACCEPTING CHECKS UNLESS SPECIFICALLY NOTED. Thank you!

Quabbin Reservoir: This trip will be held on **Thursday October 6, 2016**. We will stop at the visitor center and have a person speak about the History of the reservoir. We will then enjoy a scenic drive through the reservoir. This trip is leaving the Senior Center at 9:00am. The cost is \$3.00pp. After the reservoir we will stop for lunch at Ware Cafe' at your own expense. Please call the office to sign up.

Dream Lovers Jimmy Mazz and

Janice Dee: This trip will be held on **Sunday October 9th** at the Storrowton Tavern. The cost of this trip will be \$27.00. This price includes the show and a wonderful Roast Turkey lunch. We will leave the Senior Center at 10:45am. Please sign up in the office.



Laughter Workshop

This wonderful program will be offered by Trevor Smith and Blue sky Consulting Corp. We will be learning about how laughing is good for your health. Please join us at the Senior Center on **Friday October 7th at 10:00am**. This program is free and is made possible by the Sarah Gillette Services For the Elderly, Inc.

East Windsor Trolley Museum: This trip will be held on **Friday October 14th**. The cost of this trip is \$11.00 which covers the trolley ride. We will leave the Senior Center at 10:30am. We will stop for lunch at the Cracker Barrel prior to going to the museum at your own expense. The trolley museum is having their October Fest. Pick out a pumpkin and visit the gift shop, at your own expense.

Senior Hike and Scavenger Hunt on the Rail Trail: This event will be held on **October 17th**. You will need to be able to walk on a paved level surface for about 45 minutes to 1 hour in order to participate. We will leave from the Senior Center at 10:00am and be dropped off at the trail and picked up at the other end of the trail. Participants are also asked to sign up for lunch in the dining room after the event for a cost of \$3.00. Advance sign up for this event is required. Please call the Senior Center to sign up and for more information.

In Memoriam

Our Condolences to Family and Friends

John Bednaz Jr.

Lorraine Lawrence

Remembering Lorraine Lawrence

Lorraine dedicated 17 years on the COA Board, and only retired last December. Over the years she could be found at the Senior Center on a daily basis having lunch or volunteering her time serving meals, delivering meals on wheels, folding newsletters, and years ago as an Outreach Worker. We thank her for her commitment to our Senior Center and our community. Lorraine's laugh and smile will be missed in the dining room.

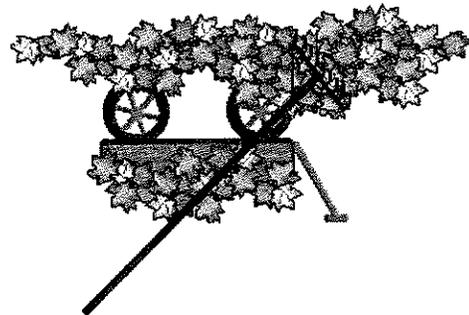
October Calendar

Wed.	5	9:30am	Flu Clinic
Thurs.	6	9:00am	Quabbin Reservoir
Thurs.	6	by appt	SHINE
Friday	7	9:00am	Veteran's Representative
Friday	7	10:00am	Laughter Workshop/presentation
Sunday	9	10:45am	Dream Lovers Jimmy Mazz
Tues.	11	11:00am	Brown Bag
Tues.	11	10:00am	SNAP Representative
Wed	12	by appt	Aveda Hearing
Fri.	14	10:30am	E. Windsor Trolley Museum
Mon.	17	10:00am	COA Meeting
Mon.	17	10:00am	Scavenger Hunt
Thurs.	20	10:30am	Blood pressure
Friday	21	9:00am	Veteran's Representative
Tues.	25	10:00am	WTA Cooking Class
Mon.	31	11:00am	Halloween Gathering

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



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454 College Highway

SOUTHWICK COUNCIL ON AGING

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