

The Messenger

A Newsletter For Southwick's Senior Community



**October/November
2013**

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Council On Aging

454 College Highway

Southwick, MA 01077

www.southwickma.org/COA



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Happy Fall Everyone:

These past few months have been filled with excitement here at the Southwick Council on Aging. We have been on many exciting trips that included the Mystic Aquarium, Northfield Mountain, The Norman Rockwell Museum, Mohegan Sun, The Big E, and Apple Picking to name a few. We have been fortunate to have some new drivers step forward to volunteer to drive to these amazing destinations. Andrea has been working hard to schedule trips that are entertaining and cost effective. The volunteer van as well as the FRTA van has been filling up fast. Denise is busy juggling everyone's requests. Our apologies if there are times when you are waiting longer than you would like, but Denise has done an excellent job accommodating nearly all requests that have come up.

We have a busy fall ahead of us. Please join us for our Halloween Dance party on Friday evening October 25th from 6:00-8:00pm. More information is below. Nancy is trying to increase participation in the dining room. She will be offering special snacks from time to time so be sure to sign up for a

meal that you like. The menus and newsletter are now available on line at www.southwickma.net/COA. You still need to call Nancy to register by 10am the day before you would like to come in for a meal. A \$2.00 donation for each meal is appreciated but not required.

Daylight Savings is on November 3, 2013. Please remember to set your clocks back one hour. This is also when you should change your batteries in your smoke detectors. Thank you all again for the warm welcome and wonderful ideas you have shared. Stay tuned for more exciting opportunities.

Peace and Joy,
Cindy Sullivan
Director COA

Town News:

Southwick Cemetery: Cemetery prices will be increasing beginning in the Spring of 2014. Please contact the cemetery office for more details.

Flu Clinic: The Southwick Senior Center in collaboration with the Board of Health will be offering a flu clinic this season. Please stay tuned to Channel 15 for date, time, and cost.

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:

Tuesday October 8, 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.

Language Classes

French and Spanish classes will begin in October at the Senior Center.

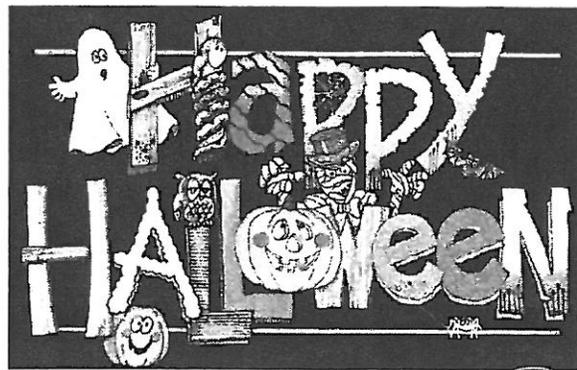
French classes **Wednesday October 9th** at 1:15-2:15 the cost is \$3.00 per person per class

Spanish classes **Thursday October 10th** at 1:15-2:15 the cost is \$3.00 per person per class

The classes will run for 5 weeks. If you have not already done so please sign up with the COA staff.

Zumba Gold Classes

Zumba Gold with Otila will be offered beginning on **Monday October 21st** at 9:00am. The price of this class is \$4.00. Please sign up with Andrea to insure your spot.



Halloween Dance and Costume Party:

Friday October 25th we will be having a Halloween Party. This event will be held from 6:00pm-8:00pm. Come join us at this fun filled event. Wear your costume or come as you are. We will have appetizers and desserts. The cost of this activity is \$3.00. Please sign up in the dining center. This event will include a parade from the Southwick Park and Recreation children. We are asking for bags of candy donations to give the kids a treat as they walk by you. Please bring in bags of candy to the Senior Center before October 23rd so we are sure to have enough. (No hard candy please). If you need a ride we may have the volunteer van doing trips. Please let us know when you sign up.

Thank Goodness For Friends!

Special Thanks

Thank you to Emila Broska for the donation of the garden fresh veggies throughout the summer. They were yummy and appreciated.

Thank You:

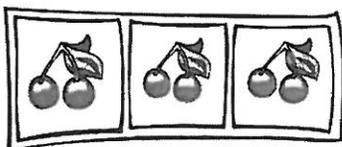
Thank you to The Southwick Police Department Representatives for a wonderful presentation on recent SCAMS effecting seniors on September 19th. They also updated us on the new turning lanes in town. This presentation was well attended and much appreciated.

Upcoming Trips



Mount Greylock:

This trip will be held on **Wednesday October 16th**. We will be leaving the Senior Center at 9:00am. The cost of this trip is \$2.00. Lunch will be at your own expense at Bob's Country Kitchen. Please sign up in the office with Andrea



Mohegan Sun:

This trip will be held on **Monday October 21st**. We will be leaving the Senior Center at 8:00am and leaving the casino at 3:00pm. The cost of this trip is \$18.00 this includes \$15.00 food ticket and \$15.00 gambling card. Please sign up in the office with Andrea.

Evergreen Walk and L.L. Bean:

Start your holiday shopping early. Evergreen walk has a wide variety of stores to choose from. This trip will be held on **Tuesday October 29th**. We will be leaving the Senior Center at 10:00am. The cost is \$2.00 per person, and lunch is on your own. Please sign up with Andrea in the office.

In Memoriam

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

Simone Ward-Horner
William Fisher

Stanley G. Heaton Sr.
Louis M. Gdula

Magic Wings Butterfly Conservatory:

This trip will be held on **Wednesday November 14th**. We will be leaving the Senior Center at 9:00am. The cost of this trip will be \$24.00. This price includes entrance



fees, a one hour guided tour, and a buffet lunch. Please sign up with Andrea in the office.

Yankee Candle and Final Markdown:

This trip will be held on **Thursday November 21st**. We will be leaving the Senior Center at 9:00am. The cost of this trip will be \$2.00. Lunch will be at your own expense at Fillin Station Diner. Please sign up with Andrea in the office.

"Fez" tival of Trees:

Come and view The Melha Shriners "Fez" tival of trees in Springfield. You will be treated to refreshments of tea, coffee, and cookies. Please eat lunch before the trip. This may be a great time to eat in our dining center. This trip is being held on **Wednesday December 4th**. We will leave the center at 12:15pm. The cost of this trip will be \$2.00. Please sign up with Andrea in the office.



Honor Our Veterans Nov. 11

October Calendar

Fri.	4	9:00	Veterans Representative
Mon.	7	10:00	COA Board meeting
Tues.	8	10:00	SNAP Representative
Tues.	8	11:30	Brown Bag
Thurs.	10		SHINE (Appointment needed)
Mon.	14		Columbus Day—COA closed
Wed.	16	9:00	Mount Greylock trip
Thurs.	17		SHINE (Appointment needed)
		12:00	Ice Cream Social \$1.00 Sign Up at Office
Mon.	21	8:00	Mohegan Sun trip
Thurs	24		SHINE (Appointment needed)
Fri.	25	6:00-8:00	Halloween Dance Party
Tues.	29	10:00	Evergreen Walk trip

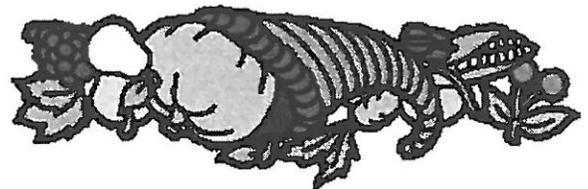
November Calendar

Fri.	1	9:00	Veterans Representative
Mon.	4	10:00	COA Board meeting
Mon.	11		Veterans Day—COA closed
Tues.	12	11:30	Brown Bag
Wed.	13	9:00	Magic Wings
Thurs.	14		SHINE (Appointment needed)
Fri.	14	9:00	Veterans Representative
Mon.	18		Foot Nurse by appt.
Thurs.	21	9:00	Yankee Candle
	21		SHINE (Appointment needed)
Thurs.	28		Thanksgiving COA Closed

“Weekly Calendar”

Mon.	9:00	Quilting & Needlework	
	9:00	Zumba Gold (Oct 21)	\$4.00
	10:00	Chi-Gong	\$3.00
Tues.	9:00	Yoga	\$3.00
	9:30	Bingo	5¢ per card
	11:00	Tai-Chi	\$3.00
	12:00	Painting	\$3.00
	12:30	Poker	
Wed.	10:00	Line Dancing	\$2.00
	12:30	Ladies Poker	
	1:15	French (Oct. 9)	\$3.00
Thur.	9:30	Aerobics	\$3.00
	12:30	Poker	
	2:15	Spanish (Oct 10)	\$3.00
Fri.	10:15	Swimming Aerobics	\$20.00
		Pre-Paid for 5 Classes	
	11:00	Chair Yoga	\$3.00
	12:30	Writer’s Workshop	

COA Office 569-5498.
Dining Center 569-0410



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Southwick, Massachusetts 01077
454 College Highway

SOUTHWICK COUNCIL ON AGING

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