The Messenger

A Newsletter For Southwick's Senior Community

September 2014

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Kitchen: 569-0410

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

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Hello Everyone:

Fall is quickly approaching which means several things for our Senior Center. We have added the menu for the dining room into our monthly newsletter. This is exciting for our center, and we have seen an increase in registrations. We are looking to increase our numbers even more. If you would like to participate in our Congregate Dining program please come into the center so we can register you. We also have busing available to the center for lunch, but you must be added in advance. Everyone who would like to join us for lunch will have to call the center by 10:30am 24 hours in advance. If you have any questions please call our new Dining Room Coordinator, Denise Hills-McGarry at 569-0410. She would also like to extend her deepest Thank You for welcoming her into the COA family.

We also have included our FRTA bus schedule with the newsletter this month. If you are scheduling an appointment please use this schedule as a guide so we can assist you with scheduling a ride. We also have our Volunteer Van that we can use occasionally to accommodate our Seniors. If you or someone you know are interested in becoming a volunteer van driver they can come into the center for more information.

Classes will begin the week of September 8th. Please take a look at our Calendar for classes and times. I'm sad to say that our French and Spanish classes have been suspended at this time. Our wonderful instructor has taken a long term substitute position, and can't squeeze us into her schedule. If you know anybody who would be interested in providing this service for us, please contact the Senior Center asap. We would also like to have a Men's cooking class. If you or anyone you know would like to be an instructor for this workshop please call the Senior Center.

In closing I would like to give a big SHOUT OUT to our Board Of Selectmen. The Senior Center purchased a state of the art photocopier with funding from the BOS gift account. This has helped our office run more smoothly, and will save hundreds of dollars on ink cartridges. We will also be utilizing a new office space for our SHINE representative, Foot Nurse, Tax preparers, Veterans Representative, Hearing tests, and blood pressure screenings. We are thankful for the support the BOS and the Town of Southwick residents offer our Seniors. Stop in and check out the Senior Center, I promise you that you will not be disappointed. Have a great September.

Peace and Joy,
Cindy Sullivan and the entire COA staff

Birthday Party

We had a fabulous birthday party here at the Senior Center honoring those that had birthdays in June, July, and August. We had nearly 50 people here to enjoy Pot Roast and birthday cake.

Beginner Computer Class

This free computer class will be Thursday mornings from 9:30am-11:30am on October 2, 9, 16, and 23rd. Participants should be able to attend all 4 sessions and registration is limited to register soon. 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.

Tag Sale

The Southwick Senior Citizens, Inc. (Friends of COA) is having a tag sale. This will take place at the Southwick Senior Center rain or shine. The date of this event is **SATURDAY ONLY September 13, 2014 from 9:00am-3:00pm**. If you have gently used items that you would like to donate you are free to drop it off at the center on September 11th and 12th ONLY between the hours of 10:00am and 1:00pm. DO NOT LEAVE ITEMS OUTSIDE!!!! You MUSTcheck with a staff person before leaving any items for the tag sale. Electronics will be checked before they are left to make sure they are in working order.

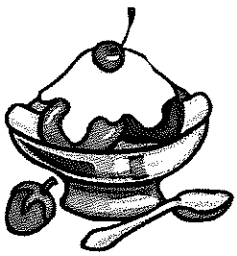
Classes

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

Writer's Workshop:

This fall marks the twentieth year of the Writer's Workshop at the Southwick Senior Center. Facilitated by Elethea Goodkin, this group offers persons with a serious interest in creative writing an opportunity to learn and grow as writers. Classes include developing ideas, writing for a short time, and the option of sharing work with the group for constructive feedback. Writers can choose whatever genre they wish to work in such as memoir, poetry, short story, essay, etc. The group meets on Fridays from 12:30 to 2:00 p.m. in the Land Use Planning Room of the Southwick Town Hall and there are several places open for new members. A small donation is requested. The group begins on Friday, September 12. For more information please call the Southwick Senior Center at 569-5498.

Ice Cream Social

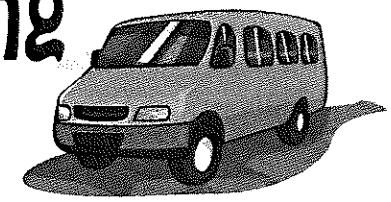


There will be a Free Ice Cream Social at the Southwick Senior Center sponsored by Armbrook Village in Westfield, MA on **Wednesday September 10th at 12:00pm**. Make a reservation for lunch or sign up for the social only by calling Denise Hills-McGarry at 569-0401. Advanced reservation is required.

Mercy Life presentation

Join us after lunch on **September 10th at 12:30pm** as we learn about Mercy LIFE Sisters of Providence Health System's new PACE (Program of All-Inclusive Care for the Elderly). This innovative new model of care is designed to help frail seniors aged 55+ continue to live safely and independently at home rather than enter a nursing home.

Upcoming Trips



GLENDI 2014 Greek Festival:

Saturday September 6, 2014—The bus will leave the Southwick Senior Center at 12:00pm. Come enjoy Greek food, pastries, music, dancing, tours of the historic Cathedral, and Byzantine Chapel. All of this takes place in the North End of Springfield, MA.

Register in the COA office asap. Space is limited. The cost is $2.00. Eating will take place at the festival at your own expense.

USS Slater

This trip will be held on **Wednesday September 17th**. We will leave the Senior Center at 9:00am. The cost of this trip is $10.00 per person. Lunch will be at the Riverfront Bar and Grille at your own expense. Please sign up in the COA office or by calling the COA.

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!

Big E:

This trip will be held on **September 15th**. We will be leaving the Senior Center at 9:00am. The cost of this trip is $2.00. You will need to pay for your own admission at the gate which is $12.00. Please sign up in the office.

Westover Air Force Base Tour and Lunch at Bernie's Restaurant

This trip will be held on **Wednesday September 24th**. You will receive a tour of the C5 Airplane and surrounding facilities. The cost of this trip is cost of this trip is $3.00. Please sign up and pay in the COA office asap.

Northfield Mountain

Friday October 17th, Northfield, MA. Come explore the Connecticut River on a relaxing boat trip. The cost of this trip is $14.00pp which includes the boat trip. Lunch will be at Applebee's Restaurant prior to the boat trip at your own expense. The van will leave the center at 10:00am. The boat launch is scheduled for 1:15pm. Please stop by or call the center to sign up at 569-5498. This trip is limited seating so please call soon.

Mohegan Sun Casino

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.

In Memoriam

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

Roger Talbot
Gertrude Allaire
Bernice Consolini

September Calendar

Friday	5	9:00	Veteran's Representative
Saturday	6	12:00	Greek Festival trip
Monday	8	1:00	COA Board Meeting
Tuesday	9	11:30	Brown Bag
Wed.	10	12:00	Ice Cream Social
Wed.	10	12:30	Mercy Life Presentation
Thursday	11	Appt only	SHINE
Saturday	13	9:00	Tag Sale
Wednesday	17	9:00	USS Slater
Thursday	18	10:30	Blood Pressure
Friday	19	9:00	Veteran's Representative
Thursday	25	Appt only	SHINE

SAVE THE DATE
Free Flu Clinic

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.

"Weekly Calendar"

Mon.	9:00	**Quilting & Needlework**	
	10:00	**Chi-Gong**	$3.00
	11:15	Beginner **Tai-Chi**	$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
Thur.	9:30	**Aerobics**	$3.00
	12:30	**Poker**	
Fri.	9:45	Beginner **Line Dancing**	$3.00
	10:30	**Swimming Aerobics**	$20.00 Pre-Paid for 5 Classes
	11:00	**Chair Yoga**	$3.00
	12:30	**Writer's Workshop**	

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COA Office 569-5498 • Dining Center 569-0410

SOUTHWICK COUNCIL ON AGING
454 College Highway
Southwick, Massachusetts 01077

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