

The Messenger

A Newsletter For Southwick's Senior Community



September 2016

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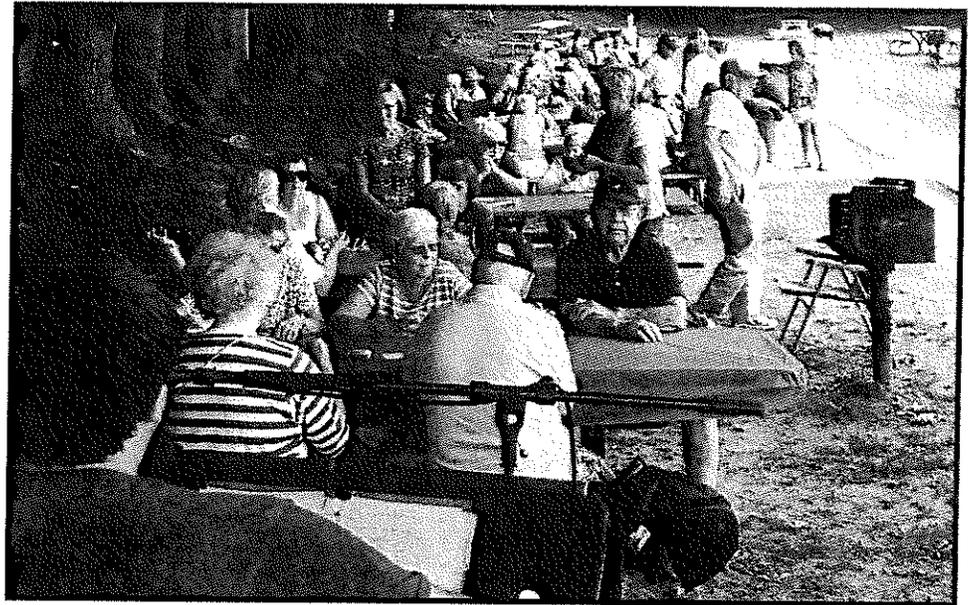
454 College Highway

Southwick, MA 01077

www.southwickma.org/COA



Paid In Part By
Executive Office Of Elder Affairs



Try Classes for Free!

The Senior Center is able to offer five FREE fitness classes in all our groups at the startup of our season. This would be a great time to try different classes and see which ones you would like to continue throughout the rest of the year. **The free dates are as follows:**

Monday: Chi-Gong and Intermediate Tai-Chi - Sept. 12, 19, 26, Oct. 3 and 17

Tuesday: Aerobics, Advanced Tai-Chi and Painting - Sept. 13, 20, 17, Oct. 4 and 11.

Wednesday: Beginner Tai-Chi and Line Dancing - Sept. 14, 21, 28, Oct. 5 and 12

Thursday: Yoga and Zumba - Sept. 15, 22, 29, Oct. 6 and 13

Friday: Chair Yoga - Sept. 16, 23, 30, Oct. 7 and 14.

Water Aerobics: please call the office to pre-register; dates are still to be determined.

Antique and Unique Car Display!

September 10, from 11am-3pm!

Antique and unique car display courtesy Jack Moccio! Over 15 artfully restored vehicles. Stop by and see these restored cars and hot rods - grab a bite to eat and enjoy the afternoon. The car display will be free with donations gratefully accepted. Hot dogs, chips, soda, cookies will be available for a small donation. This activity is provided by Southwick Senior Citizens, Inc. (known as Friends of the Southwick Senior Center) in cooperation with the Southwick Senior Center.

Fuel Assistance

You must call the office to make an appointment to fill out the fuel assistance application. We are currently scheduling appointments on Monday and Wednesday mornings and Friday if necessary. To help make your application process more efficient please make sure you bring in the following items:

All Income (social security, retirement, and 1099 bank statements), Electric Bill, Oil or Gas Bill, Water Bill, Real Estate Tax bill, Homeowners Coverage, Two Forms of Identification, and 4 weeks of consecutive employment pay stubs if applicable. These documents are required by Valley Opportunities not the Senior Center. The Senior Center assists you in filling these applications out. We do not make the decisions regarding fuel assistance. Your information remains confidential and a file is not kept in our office it is sent to Valley Opportunities. Please call the office to schedule an appointment at (413)569-5498.

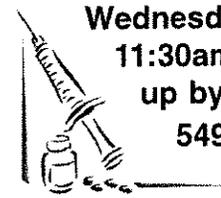
SNAP Pre Screening

A SNAP Coordinator from The Food Bank will be at the Southwick Council on Aging on **Tuesday, October 11th from 10:00am- 12:00am** to pre-screen you, and if eligible, help you sign up for SNAP.

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 (Supplemental Nutrition Assistance Program - formerly known as the Food Stamp program). In Massachusetts many residents age 60 or older have not signed up because they think they're not eligible.

SNAP recipients use a card that can be swiped at the register in grocery stores, convenience stores, and some farmers' 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 or both. If you have any questions, call Beth Ziemba, The Food Bank of Western MA SNAP Coordinator, at 413-247-9738.

FREE FLU SHOTS: Flu Clinic will be held at the Southwick Senior Center. Representatives from Rite Aid Pharmacy will be here to administer FREE flu shots. You will need to bring in your insurance card. They will be here on



Wednesday October 5th from 9:30am-11:30am. We encourage advance sign up by calling the COA office at 569-5498, but are welcoming walk-ins.

Birthday Party

Wednesday September 28th at 11:30am. We will celebrate birthdays in July, August, and September. If your birthday was during one of these months come join us for a small celebration. Sign up for lunch and let us sing happy birthday to you. Call the dining center to sign up at 569-0410.

Skin Cancer Awareness Presentation

This event will be held on **Thursday September 22nd at 10:00am.** Rite Aide will be here at the Senior Center to speak about Skin Cancer. There will be a Question and Answer session to following the presentation.

Griswold Home Care

Cheryl Provenzano will be here on **Wednesday September 7th at 12:15pm** to discuss planning for coming home after a hospitalization. This is for Seniors, caregivers

EZ-Pass Transponders

EZ-Pass transponders will be available September 16th from 10:00am-2:00pm in the Auditorium at the Southwick Town Hall. This event is open to the public and surrounding communities. MassDot representatives will be here to get you set up. You will need to bring your car registration, a \$20.00 check, or a credit card to set up you EZ-Pass account. Beginning October 28th the State of MA is moving to an electronic system to use the Mass Pike.

No appointment is necessary.

September Calendar

| | | | |
|-----------|----|---------|--------------------------|
| Tuesday | 1 | 9:00am | Veteran's Representative |
| Monday | 5 | Closed | Labor Day |
| Wednesday | 7 | 12:15pm | Griswold Health Care |
| Thursday | 8 | 10:30am | Lupa Zoo |
| Saturday | 10 | 9:00am | Historic Wethersfield |
| Saturday | 10 | 11:00am | Antique Car Show |
| Monday | 12 | 10:00am | COA Board Meeting |
| Monday | 12 | 11:00am | Pappas Pizza |
| Tuesday | 13 | 11:00am | Brown Bag |
| Wednesday | 14 | by appt | SHINE Representative |
| Thursday | 15 | 10:30am | Blood Pressure |
| Thursday | 15 | 9:00am | Veteran's Representative |
| Thursday | 15 | 12:15pm | Farmers Market |
| Monday | 19 | 9:15am | BIG E |
| Wednesday | 21 | by appt | SHINE Representative |
| Thursday | 22 | 10:00am | Skin Cancer Presentation |
| Wednesday | 28 | 11:30am | Birthday Party |

CLASS SCHEDULE

| | | | |
|--|-------|----------------------------------|-------------|
| Mon. | 9:00 | Quilting & Needlework | |
| | 10:00 | Chi-Gong | \$3.00 |
| | 11:15 | Beg./Int. 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 | |

Classes will be beginning either the first or second week in September. There will be a list posted in the COA by the end of August with dates classes are beginning.

COA Office 569-5498 • Dining Center 569-0410



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Change Service Requested*

454 College Highway
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

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