

# The Messenger

A Newsletter For Southwick's Senior Community



**September  
2013**

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**Kitchen:** 569-0410

**Council On Aging**  
454 College Highway  
P.O. Box 922  
Southwick, MA 01077



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## Southwick Senior Center Luau:



On Thursday August 22nd we held our end of the summer Luau. This event was well attended with over 60+ seniors and many volunteers helping out. We had a lot of fun eating fantastic food, looking at everyone all dressed up in their Luau attire, and playing exciting games. Thank you to the COA staff for

helping put on this great event and preparing and making all the food. There were also many volunteers that made this possible and we appreciate you as well. The chicken was donated in part by The Butcher Block in Westfield. Thank you to Dan Puza for supporting this fantastic event.

## Fall Classes to Begin Sept. 9th

**Returning participants or people who want to try something new** - Fall classes are beginning on September 9, 2013. Our writer's class will begin on September 20th. Please come in and either observe a class or try one out. You can find a list of classes with the days and times on the calendar on the back of this newsletter. We also have other activities that are scheduled throughout the week. We are looking for people that are interested in

starting a Male or Female or Co-Ed Billiard Pool league. Please let a COA staff member know if you are interested in helping us create this great league. We have a brand new pool table and would like to see it being used.

If you are interested in taking a Zumba Gold class please sign up with Andrea. If we have enough interest we will schedule a class to begin in mid-October.



## Birthday Party Celebration

We held a birthday party in July for all of our birthday folks on July 24th. It was well attended with about 27 people celebrating their birthdays. Congratulations to everyone who has celebrated a birthday. We wish you health and happiness in the coming year.

We are having another Birthday Party celebration on September 25th. This will celebrate everyone who has had a birthday in August or has one in September. Please sign up with Nancy so we can be sure to recognize you at the party and count you in for lunch. The meal for that day in the dining room is Roast Turkey.



## ATTENTION COFFEE DRINKERS

Highland Valley is no longer supplying coffee to our Senior Center, but since we feel that this is a crucial part of our socialization, the Southwick COA will be continuing to provide this wonderful service. We will continue to ask for donations to help us defray the cost of the coffee, creamer, sugar, etc. Come on in and enjoy a cup of coffee and a donut by yourself or with a friend. You can also read the daily newspaper.

***We welcome new and returning Seniors.***

We would also like to express our thanks to Mrs. Murphy's Donuts for their generous donation of donuts to our center.

## Guest Speaker Presentation:

On **September 19th at 12:30pm** a representative from the Southwick Police Department will present on the recent SCAMS that have been reported to their department. They will also update us on any new traffic laws and more specifically talk about the new turning lanes that have been constructed in town. Program will be held in the Senior Center dining room.

## Are you interested in taking French or Spanish classes?

We have a retired teacher that is interested in offering French and Spanish classes to our Seniors. We are currently working out the details, however we need to find out if there is an interest in this becoming a program. Please sign up with Andrea if you are interested in participating in this program. The cost of this program has not been determined at this time.

## Senior Sizzler:

The Senior Sizzler was a huge success. A big shout out to Cara and all the Park and Recreation staff for hosting this great event for our Seniors. It was well attended by about 60 Seniors. The food and entertainment was fantastic. Also thank you Art Boissonnault for videotaping the event and airing it on Channel 15.

## Blood Pressure Clinic

The blood pressure nurse will be at the Senior Center on **September 19th at 10:30am**. There is no need to sign up in advance for this service.

## Fuel Assistance Info:

It is that time of year again when you need to think about those cold winter months. Fuel Assistance is available for qualifying Seniors. If you think you are eligible please call to set up an appointment with either Andrea or Denise to get the paperwork started.

## 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 September 10**

**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.

## *In Sympathy*

The Senior Center community would like to send our deepest sympathy out to the family and friends of Dominic DiClementi. Dominic was an active participant here at the senior center for many years. He was also a wonderful volunteer. He helped with our bread program for over a decade, and always was willing to pitch in when needed. He will be deeply missed.

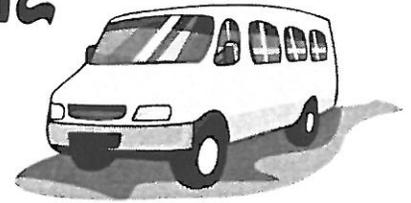
## *In Memoriam*

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

Jean Subotin  
William Johnson

Joseph Lamoreux  
Bernard Currier

## Upcoming Trips



This trip will be held on **Tuesday, September 17th**. We will be leaving the Senior Center at 9:00. 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.



Mystic Aquarium in CT: This trip will be held on **Wednesday, September 18th**. We will be leaving the Senior Center at 9:00am. The cost of this trip is \$25.00pp. Lunch will be at your own expense. Please come into the Senior Center to sign up.

## Apple Picking at Lost Acres Orchard in Granby, CT

This trip will be held on **Friday September 27th**. We will be leaving the center at 10:00am. The cost of this trip is \$2.00. Lunch will be at your own expense at the Lost Acres Farm Kitchen.



## Thank Goodness For Friends!

We would like to thank Barbara Watson for making the Lap Robes. Your generosity and talent has been recognized by all of us.

## September Calendar

Mon.	Labor Day	Senior Center Closed
Fri.	6	9:00 Veterans Representative
Mon.	9	1:00 COA Meeting
Tues.	10	10:00 SNAP Representative
		11:30 Brown Bag
Thurs.	12	9:00 Shine Representative
Tues.	17	9:00 BIG E trip
Wed.	18	9:00 Mystic Aquarium
Thurs.	19	10:30 Blood Pressure Clinic
		12:30 Police Presentation
Fri.	20	9:00 Veterans Representative
Mon.	23	9:00 Foot Nurse
Wed.	25	11:30 Birthday Party
Thurs.	26	9:00 Shine Representative
Fri.	27	10:30 Apple Picking

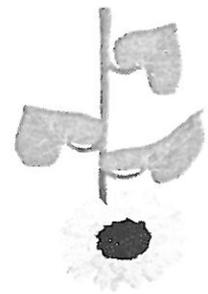
## "Weekly Calendar"

Mon.	9:00	<b>Quilting &amp; Needlework</b>	
	10:00	<b>Chi-Gong</b>	\$3.00
Tues.	9:00	<b>Yoga</b>	\$3.00
	9:30	<b>Bingo</b>	5¢ per card
	11:00	<b>Tai-Chi</b>	\$3.00
	12:00	<b>Painting</b>	\$3.00
	12:30	<b>Poker</b>	
Wed.	10:00	<b>Line Dancing</b>	\$2.00
	12:30	<b>Ladies Poker</b>	
Thur.	9:30	<b>Aerobics</b>	\$3.00
	12:30	<b>Poker</b>	
Fri.	10:15	<b>Swimming Aerobics</b>	\$20.00
		Pre-Paid for 5 Classes	
	11:00	<b>Chair Yoga</b>	\$3.00
	12:30	<b>Writer's Workshop</b>	

*CLASSES WILL RESUME SEPTEMBER 9th*

COA Office 569-5498.

Dining Center 569-0410



*Please Forward  
Change Service Requested*

**SOUTHWICK COUNCIL ON AGING**  
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