

THE MESSENGER

A Newsletter For Southwick's Senior Community



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April Newsletter

Get in Touch

ADDRESS

454 College Highway
Southwick, MA 01077

Website southwickma.org/coa

Phone (413) 569-5498

Office Hours

Monday 8:00am - 2:00pm

Tues.-Thurs. 8 am - 4 pm

Friday 8:00am-1:00pm

Center Staff

COA BOARD MEMBERS:

Chairperson: Paula LeBlanc

Vice Chairperson: Carol Laughlin

Secretary: Patti Phillips

Members:

Jack Pocai, Donna Charron

Harvey Holm, Theresa Rogers

Associate Members:

Harriet Fischer, Donna Foisy

COA Director: Cindy Sullivan

COA Staff Members:

Denise Seibert

Heather Perron

Dining Coordinator

Denise Hills-McGarry

SHINE:

Theresa Bessette

The Tents are going back up and some fun activities are being planned for outside. The weather is getting warmer and we are so excited. We will continue to have BINGO Virtually and Grab and Go Lunches as we have been. We hope to invite everyone in soon.....please be patient. We miss you and can't wait to see what the warm weather brings.



Like us on Facebook

[www.facebook.com/
Southwick Senior Center/
Council on Aging](http://www.facebook.com/SouthwickSeniorCenter/CouncilonAging)



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Senior Center Info

SENIOR CENTER MEALS:

Senior Center Grab and Go lunches are available Monday through Friday. You must call the Senior Center the day before you would like a meal by 10:00am at 569-5498. You can also sign up for the entire month by turning in a circled menu with your name on it. We highly recommend this for our most popular meals as space may be limited. Grab and Go begins at 11:30am and will be distributed the ramp at the sliding glass doors instead of the garage. Follow the signs and please drive slowly and cautiously through the parking lot.

BROWN BAG DISTRIBUTION

We will have brown bag on April 13th you must be pre-approved through the Food Bank in order to receive a brown bag. You may pick up your bag of groceries on a drive through basis between 12:00pm and 12:30pm ONLY. Bags will be available at the garage. Please remain in your vehicle.

TRANSPORTATION:

Rides are available for routine doctor appts and trips to Big Y, Ocean State Job Lot, and The Dollar Tree in Southwick only. We will also go to Stop and Shop in Westfield only. We will continue to go to the pharmacies for prescription drug pick in Southwick only. Exact change is needed at time of transportation, no change will be given. If you are sick please cancel your ride. Call the senior center to schedule your appt.



Jan Argiro: Jan worked here at the Senior Center for 4 years retiring for the second time in February 2019. She was a huge part of our Center and we will never forget her wonderful smile and all of the events she made amazing.

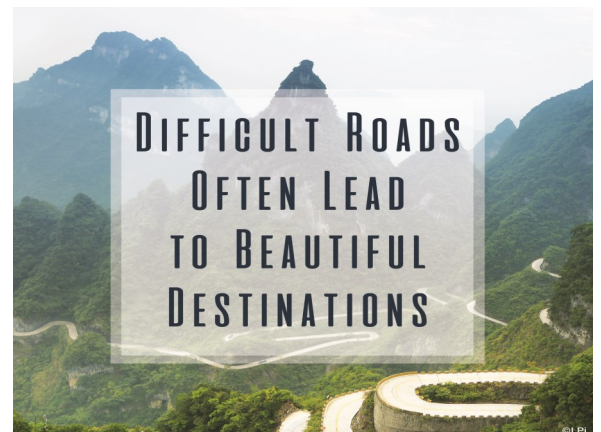
Lawrence Bregol
Walter Johnson
Jean Wroblewski
Donald U. Girard

Thomas Brzezinski
Walter Johnson
Suzanne Davis



From the Director:

Hello Everyone: Spring is upon us and we are looking forward to the warm weather. More and more of us are being vaccinated and we are hoping we will be able to gather soon both indoors and outdoors. There are no plans at this time to open the Senior Center for indoor activities, but keep an eye out for outdoor activities. We are still practicing mask wearing and social distancing. This is not only to keep yourself safe but to keep your neighbors, friends, and family safe. Please continue to support your local business as much as possible. Call the Senior Center if you are in need of assistance. Peace and Joy



Upcoming Events

Crafty Creations:

April 15th: Take home and Paint a Wooden Flower/ Picture holder pick up is 11:30am. Sign up required.



Paint and Snack:

April 29th at 12:30pm come to the Senior Center and paint under the tents outside. This program will be guided by Mary Beth Reed a professional in the Canvas Painting programming. The cost to you is \$10.00 and the Senior Center will pay the rest. A 11X14 Canvas and All supplies and snacks included. In the price. You must sign up in advance. Trust me everyone can do this project Mary Beth is amazing and you will not believe the results. Spring into Spring with a us!!!



Virtual Bingo Bash Info

Zoom, Channel 15, and Conference Call

Wednesdays 1:00pm-3:00pm

Pick-up cards and chips Mondays at lunchtime-11:30am (two card max)

Live Stream in Southwick on Channel 15

If you have free long distance on your land line

Call 1- 929-205-6099 to connect via phone to the game

Enter ID Number: 83798571638#

Pass Code: 754026

No long distance no problem

Call 413-333-5104

When prompted enter the

Conference ID Number: 296170#

Keep phone connected the entire Bingo Session

You'll have audio of the live games so when you call BINGO! we'll all hear you

****Remember to turn your TV volume all the way down

Join VIA Zoom on your computer or Smartphone

Click on the link in the e-mail we send you. If you are unable to connect, type in:

<https://southwickma.zoom.us/j/83798571638>

Pass Code: 754026

Launch Meeting

You'll have audio and video of the live games via your computer or Smartphone

Honor system and prizes will be mailed to winners

DONATIONS ARE APPRECIATED AND WELCOMED



EXERCISE CLASSES will resume under the tents outside beginning the week of April 12th. We will continue to offer Yoga via Zoom on Fridays at 10am. The zoom info for Yoga only is

Meeting ID: 831 3703 2764

Passcode: 001077

The info on registering for the classes is below.

Southwick Senior Center Exercise Class:

We are running classes in 5 week sessions. You must register and pre pay for the entire session. The cost will be \$10.00 per session. Southwick residents will be able to register first until April 6th. Beginning on April 7th people from out of town can register and pay for the session. Payment should be dropped off at the Senior Center no later than Friday April 9th. You can leave payment in the secure mailbox outside the **Senior Center** sliding glass doors. Space is limited and we must have at least 7 participants per class to run the class that session.

Monday– Chi Gong 10:00am

Wednesday– Line Dancing 10:00am

Thursday– Zumba 9:00am

Thursday –Chair Yoga 10am

Friday– Yoga (zoom only) 10am







History Presentation: The Constitution with Gerald Perkins:

Thursday April 8th at 1:00pm. Sign in to listen to and interact on Zoom while Mr. Perkins discussing the ins and outs of the United States Constitution. This presentation can also be viewed on Channel 15. Mr. Perkins taught high school American History for over 30 years and also has been an adjunct professor at Holyoke Community College and Westfield State University. He enjoys teaching American history, especially to Seniors because he believes the older generation enjoys and appreciates history. The zoom information for this conversation is

Meeting ID: 848 5118 0275

Passcode: 001077

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (>500mg) ☺ Local Produce 🌱 Vegetarian				HAPPY EASTER 
5 Chicken Chef Salad (393) Lettuce, Tomato & Cucumber (7) Pasta Salad (172) Rye Bread (150) Fiq Bar (35) Cal: 957 Sodium: 881 Carb: 94	6 Baked Cod w/Tartar Sauce (425) Creamy Asparagus Soup (76) Genelli Noodles (13) Whole Wheat Bread (140) Chilled Peaches (5) Cal: 794 Sodium: 784 Carb: 89	7 Sweet and Sour Pork (165) Oriental Blend (27) Steamed Brown Rice (23) Pumpkin Muffin (135) Mandarin Orange (17) Cal: 677 Sodium: 492 Carb: 86	8 Homemade Meatloaf w/ Gravy (191) Steamed Carrots (78) Red Bliss Potatoes (6) Oatmeal Bread (142) Spiced Pear Compote (8) Cal: 650 Sodium: 550 Carb: 95	9 Roasted Red Pepper & Mushroom Pizzad** (565) California Blend (24) Cherry Muffin (240) Fresh Fruit (1) Cal: 853 Sodium: 955 Carb: 124
12 Chilled Turkey Salad Sandwich** (697) Lettuce, Tomato & Cucumber (7) Creamy Potato Salad (135) Whole Wheat Roll (210) Chilled Mixed Fruit (9) Cal: 795 Sodium: 1183 Carb: 71	13 Shepard's Pie (104) Steamed Corn (1) Whipped Potatoes (98) Whole Wheat Bread (140) Fresh Fruit (0) Cal: 710 Sodium: 539 Carb: 93	14 Pollock Crunch w/Tartar Sauce (423) Steamed Green Beans (0) Au Gratin Potatoes (174) Cranberry Orange Muffin (102) Chilled Pears (5) Cal: 823 Sodium: 829 Carb: 87	15 Tender Roast Pork w/Gravy (60) Winter Blend (43) Homemade Stuffing (294) Whole Wheat Bread (140) Applesauce (24) Cal: 706 Sodium: 685 Carb: 86	16 Savory Chicken w/Gravy & Cranberry Sauce (446) Butter Nut Squash (5) Rice Pilaf (15) Oatmeal Bread (142) #Patriotic Jello w/ Whipped Topping (29) Cal: 771 Sodium: 762 Carb: 102
19 PATRIOT DAY Turkey Pepperoni Pinwheel w/ Marinara ** (835) Red Potato Salad (96) Creamy Cole Slaw (56) Blueberry Muffin (160) Chilled Pears (5) Cal: 958 Sodium: 1277 Carb: 120	20 Cheese Omelet w/ Sausage** (611) Steamed Broccoli (11) Orange Juice (0) French Toast Stick (300) Applesauce (24) Cal: 633 Sodium: 1070 Carb: 72	21 Chef Salad w/ Ham, Egg, Cheese (400) Lettuce, Tomato & Cucumber (7) Macaroni Salad (110) Whole Wheat Bread (140) Blueberry Yoquirt (75) Cal: 674 Sodium: 857 Carb: 78	22 Yankee Pot Roast w/Gravy (42) Butter Nut Squash (5) Over Roasted Potatoes (38) Whole Wheat Bread (140) #Tapioca Pudding w/ Whipped Topping (189) Cal: 670 Sodium: 538 Carb: 88	23 Breaded Pollock Sandwich w/ Tatar Sauce (343) Steamed Spinach (120) Giam Chowder (186) Hamburger Roll (230) Chilled Mixed Fruit (9) Cal: 771 Sodium: 1014 Carb: 104
26 Turkey Pepperoni Pinwheel w/ Marinara ** (835) Red Potato Salad (96) Creamy Cole Slaw (56) Blueberry Muffin (160) Chilled Pears (5) Cal: 958 Sodium: 1277 Carb: 120	27 Vegetable Lasagna w/Primavera (401) Italian Blend (52) Apple Juice (5) Whole Wheat Roll (210) #Birthdav Cake (285) Cal: 771 Sodium: 1078 Carb: 114	28 Baked Pollock w/Lemon Dill (326) Brussel Sprouts (8) Rice Pilaf (15) Rye Bread (150) #ruit Crunch Bar (80) Cal: 973 Sodium: 704 Carb: 121	29 Chicken Cacciatore** (558) Split Pea Soup (50) Cavatappi Noodles (13) Rye Bread (150) Chilled Peaches (5) Cal: 633 Sodium: 797 Carb: 93	30 Roast Turkey w/Gravy & Cranberry Sauce (416) Glazed Carrots (78) Whipped Potatoes (98) Whole Wheat Bread (140) #Chocolate Pudding w/ Whipped Topping (170) Cal: 697 Sodium: 1027 Carb: 98
Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (). all meals include milk w/ 125 mg sodium. If you have a special concern regarding the menu, contact the Nutritionist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.				



To order a meal you must call the Senior Center at 569-5498 by 10:00am the day before you would like a meal.

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SOUTHWICK COUNCIL ON AGING
454 College Highway

Please Forward
Change Service Requested

Non-Profit Org.
U.S. postage
PAID
SoutPhwick,
MA 01077

SOUTHWICK SENIOR CENTER

SOUTHWICK
FIRE AWARENESS
AND SAFETY
DAY



NAME:

THURSDAY APRIL 22ND
YANKEE POT ROAST LUNCH

CIRCLE TWO FLAVORS:

- HONEY DIP
- JELLY
- CINNAMON
- PLAIN

PICK-UP AT THE
SOUTHWICK SENIOR
CENTER - 11:30AM

***YOU MUST BE SIGNED-UP
FOR GRAB-N-GO LUNCH

CALL THE SENIOR CENTER FOR DETAILS
413.569.5498

