

THE MESSENGER

A Newsletter For Southwick's Senior Community



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ActivitiesCALENDAR

Check out other special visitors and outreach opportunities on Page 5

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: Donna Foisy
Members:
Jack Poci, Carol Smith
Harvey Holm, Theresa Rogers
Associate Members:
Harriet Fischer, Elaine Boucher

Director: Cindy Sullivan
Assistant Director: Cara Cartello
COA Staff Member:
Denise Seibert

Dining Coordinator
Denise Hills-McGarry
SHINE: Cara Cartello



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

Monday 9:00am-
Monday 10:00am-
Monday 11:00am-
Monday 12:30pm-

Tuesday 10:00am-
Tuesday 12:00pm-
Tuesday 1:00pm-

Wednesday 10:00am-
Wednesday 1:00pm-
Wednesday 1:00pm-3:00pm-
Wednesday 12:00pm-

Thursday 9:00am-
Thursday 10:30am-
Thursday 1:00pm-
Thursday 1:00pm-3:00pm-

Friday 10:30am-

Quilting and Sewing Social Group
Chi-Gong with Kathleen \$2
Writers Workshop (Conference Rm 3)
Chinese Language and Culture Class

Tai-Chi with Lenny \$2
Cards
Cribbage, Whist Card Game, and Pitch

Line Dancing with Clara \$2
Scrabble
BINGO with Cara
Cards

Zumba with Becca \$2
Yoga with Renee \$2
Crafts with Denise (2X per month)
Pickelball (pre-registration required)

Chair Yoga with Heidi \$2

Meet and Greet

The Southwick Senior Center invites you to come in and give a friendly welcome to the Town of Southwick's newly hired

Assistant Chief Administrative Officer/HR Director

Nadine Cignoni

We will provide coffee and pastries.

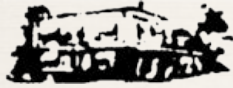
When: Thursday April 13th

Time: 9:00am-10:00am

Community Members of all ages are welcome to attend

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Senior Center Info



Crafts with Denise: Denise will be doing craft projects twice a month. You must sign up in advance and the cost is \$3.00 per class. Crafts will begin at 1:00pm

April 6th — Coloring Easter Eggs

April 20th — Dandelions Board



The Do Re Mi Chorus

Thursday, April 27 12:30PM - 1:30pm

A group of energetic, fun-loving singers from the Westfield Senior Center. Under the direction of Catherine Berry and accompanied by Camilla Crick, these 25+ members have grown into a harmonious chorus with one simple mission - to bring joy to others through their music. They are ready to entertain others with a new program of Broadway songs, including favorites like "Hello Dolly", "The Impossible Dream", "Whistle a Happy Tune", and more. This variety of songs promises to have you smiling, swaying to the beat, and maybe even joining in to sing!



Canvas Painting: Tuesday April 18th at 10:00am: The cost of this event is \$20.00 to be paid when you sign up. There is a minimum number needed to hold this activity. Join us to create a beautiful, 11 x 14, acrylic painting of a mason jar of daisies! In this fun class you will create a painting with guided step by step directions. No art experience required! All sup-

plies are included. Please bring an apron or some type of cover to protect your clothing. Duration: 1- 2 hours Your instructor, Nina has been an artist since childhood. With a college degree in Art and Design, she enjoys sharing her love of art and the joy that it brings to so many people.

FRIENDS TAG SALE 03

CELEBRATE SPRING! ANNUAL VENDOR TAG/CRAFT SALE

FRIENDS OF THE
SOUTHWICK SENIOR CENTER
SATURDAY, MAY 20, 2023
9:00 AM – 3:00 PM
ON THE FRONT LAWN OF
SOUTHWICK TOWN HALL
454 COLLEGE HIGHWAY, SOUTHWICK

*CLEAN OUT YOUR ATTICS, CELLARS, GARAGES!
SELL THOSE ITEMS YOU FOUND DURING
SPRING CLEANING! AN OPPORTUNITY TO SELL
CRAFTS OR OTHER ITEMS! HELP SOMEONE
TAKE YOUR TREASURES HOME!*

*SPACES ARE APPROXIMATELY 10X10, \$20 EACH
VENDORS TO SUPPLY THEIR OWN TABLES,
CHAIRS, CANOPY TENTS*

REFRESHMENTS WILL BE AVAILABLE

**TO RESERVE YOUR SPACE AND
OBTAIN APPLICATION:**

Contact: Joyce Bannish - 413-569-3232

Email: jjbannish48@comcast.net

SEND APPLICATION AND PAYMENT TO:
SOUTHWICK SENIORS
SOUTHWICK TOWN HALL
454 COLLEGE HIGHWAY
SOUTHWICK, MA 01077

*YOU MAY ALSO LEAVE APPLICATION/PAYMENT
AT SOUTHWICK SENIOR CENTER
ALL RESERVATIONS MUST BE RECEIVED BY
MAY 12, 2023*

NO REFUNDS FOR CANCELLATIONS OR NO
SHOWS

FOR FURTHER INFORMATION, CONTACT:
JOYCE BANNISH, 413-569-3232
THERE IS NO RAIN DATE

IN EVENT OF RAIN CANCELLATION, PAYMENTS WILL BE
RETURNED



Little George's Restaurant

The Volunteer Van will be going to Little George's on Tuesday, April 4, 2023. The cost is \$4.00. Meal will be at your own expense. The van will leave the Senior Center at 11:00 am.

MossLife Shop & Lunch

Visit MossLife Shop in Tariffville, CT with us on Thursday, April 13, 2023 for a terrarium workshop that you will design and take home. The cost is \$34.00. Lunch at Cracker Barrel Pub will be at your own expense. [The van will leave the Senior Center at 9:30am.](#)

Quilt Show, Hampshire

College Amherst: The Volunteer Van will be going to the "Hands All Around 18 Quilt Show" on Saturday, April 22, 2023. The cost is \$14.00. The van will leave the Senior Center at 9:00am.

Jimmy Mazz at Storowton Lunch & Show

Frankie & Dean together again! Tunes from Frank Sinatra & Dean Martin. Tuesday, April



25, 2023. The cost is \$50.00 which includes a three course chicken francaise meal. Payment is due by April 11, 2023. The van will leave the Senior Center at 11:00 am.

Captain Jimmy's

Restaurant: The Volunteer van will be going to Captain Jimmy's in Agawam for lunch on Thursday May 4, 2023. The cost is \$4.00. Lunch will be at your own expense. The senior van will leave the Senior Center at 11:00am.

Foxwoods: The Volunteer Van will be going to Foxwoods Casino on Friday, May 12, 2023. The cost is \$6.00. The van will leave the Senior Center at 8:00am.

Butterfly Museum &

Whatley Diner: Visit the Butterfly Museum with us on Thursday, May 25, 2023. Lunch at Whatley Diner after the museum. The cost is \$19.00. Lunch will be at your own expense. The van will leave the Senior Center at 9:15am.



Elms College

Nursing Students: They will be at the Senior Center on two Wednesdays from 10:00am-1:00pm. They will be doing presentations at 11:45am.

April 12th: Home Safety

April 19th: Sun Danger

They are also happy to take your blood pressure.



SAVE THE DATE

TOWN OF SOUTHWICK

HEALTH AND

WELLNESS FAIR

MAY 17TH 9:30AM-3:30PM

SOUTHWICK TOWN HALL

AUDITORIUM



Select Board Office/Coffee Hour: Select Board Member Doug Moglin will be at the Southwick Senior Center on Tuesday April 11th from 11:45am-1:00pm. Please come into the Senior Center and say Hello and bring any questions or concerns you might have. No appointment is necessary.



Senator Paul Mark Office Hours: Senator Mark or a representative from his office will be the Southwick Senior Center dining room on the 2nd and 4th Monday of every month from 1pm-4pm all members of the public are welcome. This may change so call ahead.



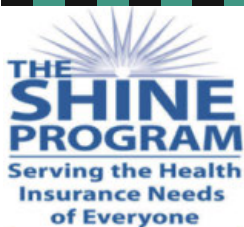
Veteran's Representative: Southwick's Veteran's Representative will have office hours at the Southwick Senior Center on the second Thursday of the month from 9:00am-11:00am. If you have any questions or need assistance please come by the Senior Center during this time. It's always a good idea



Blood Pressure screenings : The Fire Dept. will be doing a blood pressure screenings It will be held every Monday from 11:00am-12:00pm. This screening should not take the place of your regular doctor visit. This is a drop in screening so no appointments are necessary.



Foot Care Clinics will be held at the Southwick Senior Center by our new Foot Nurse Debra J. Deane, RN,BSN. The cost of this service is \$40.00 paid directly to the nurse. Appointments will be held every month. We are currently scheduling appointments for April 18th. You must call the Senior Center and schedule an appointment.



The SHINE Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs. You must call to schedule an appointment.



We will have brown bag on April 11th. 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 11:30am and 12:00pm. Bags will be available at the garage. Please remain in your vehicle.

Highland Valley Elder Services Community Dining Menu April 2023

The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
3	Choice: Baked Ziti (340) Pork Chop spiced with Pears (64) Sweet Green Peas (58) Mashed Sweet Potato (91) Dinner Roll (210) Fresh Fruit		4	Choice: Baked Ziti (340) Chicken Pot Pie (362) Broccoli (9) Cinnamon Apples (20) #Chocolate Brownie (149)		5	Choice: Baked Ziti (340) Beef Burger on a Bun (430) Lettuce and Tomato (46) Vegetarian Baked Beans (140) Green Beans (3) Chilled Pears (4)		6	Choice: Baked Ziti (340) Vegetarian Chili (333) Cauliflower (14) Corn Bread (454) #Yogurt (75)		7	Choice: Baked Ziti (340) Salmon with Lemon Dill Sauce (108) Rice Pilaf (12) Corn (6) French Bread (256) #Fruited Gelatin w/whip topping (89)	
10	Cal: 752 Sodium: 550 Carb: 115 Choice: Pulled Pork (40)		11	Cal: 727 Sodium: 513 Carb: 79 Choice: Pulled Pork (40) Spaghetti & Meat Sauce** (516) Italian Blend Vegetables (19) French Bread (256) Fresh Fruit		12	Cal: 696 Sodium: 784 Carb: 83 Choice: Pulled Pork (40) Cheese Pizza** (853) Parmesan Spinach (173) Roasted Cauliflower (32) #Pudding w/whip topping (195)		13	Cal: 569 Sodium: 1001 Carb: 92 Choice: Pulled Pork (40) Veal Chop w/gravy (383) Mashed Potatoes (58) Ginger Carrots (86) Dinner Roll (210) #Fruit Crisp (11)		14	Cal: 724 Sodium: 550 Carb: 106 Choice: Pulled Pork (40) Chilled Egg Salad (246) Pita Bread (322) Pickled Beets (247) #Chocolate Chip Cookie (70)	
17	NO MEALS PATRIOT DAY		18	Cal: 645 Sodium: 902 Carb: 35 Choice: Patriot Day		19	Cal: 772 Sodium: 1001 Carb: 83 Choice: Patriot Day		20	Cal: 610 Sodium: 748 Carb: 81 Choice: Patriot Day		21	Cal: 798 Sodium: 1001 Carb: 80 Choice: Patriot Day	
24	Choice: Lasagna Roll (294) Breaded White Fish Sandwich** (544) Tartar Sauce (85) Summer Squash (6) Capri Blend Vegetables (22) Chilled Pears (4) Cal: 683 Sodium: 786 Carb: 71		25	Choice: Tuna Salad in a Pita (514) High Sodium Meal Chilled Ham and Pickle Salad** (731) Cucumber and Tomato Salad (71) Macaroni Salad (238) Rye Bread (150) #Gelatin w/whip topping (61) Cal: 696 Sodium: 1368 Carb: 75		26	Cal: 814 Sodium: 644 Carb: 87 Choice: Lasagna Roll (294) Shepherd's Pie (152) Spinach (76) Dinner Roll (210) Applesauce (9)		27	Cal: 819 Sodium: 523 Carb: 135 Choice: Lasagna Roll (294) American Chop Suey (316) Broccoli (9) Carrots (53) #Pudding w/whip topping (195)		28	Cal: 770 Sodium: 985 Carb: 115 Choice: Lasagna Roll (294) Chicken Teriyaki (436) over Steamed Brown Rice (84) Oriental Vegetable Blend (9) Corn (6) Chilled Mandarin Orange Slices (6) Cal: 698 Sodium: 790 Carb: 94	
Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian			April			April			April			April		
United Way			Funding Sources include the City of Westfield Community Development Block Grant			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 413-582-9301 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.			Highland Valley ELDER SERVICES		

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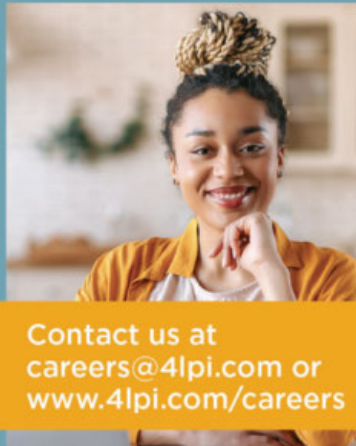
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SOUTHWICK COUNCIL ON AGING

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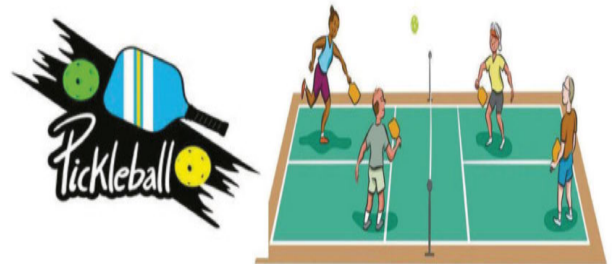
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Town of Southwick Senior Citizen Tax Work-Off Program

Earn up to \$1500.00 off your tax bill by working 105 hours in a Town Department or school environment must qualify to participate

All interested applicants can request a packet by coming to the Senior Center beginning on Tuesday May 16th. Appointments with Cindy must be scheduled on May 30th or 31st to go over applications. Applications MUST be completed when you come for this appointment. These dates are strictly enforced. There will be (10) available positions on a lottery basis. There will be a lottery if there are more than 10 eligible applicants on June 9th. Applicants are eligible for one year unless there are positions that remain open. Placements can begin as early as July 1st depending on the Department. The qualifications for the program can also be found on our website at www.southwickma.org/



Pickleball coming to the Southwick Senior Center!!!

We will have beginner Pickleball with instruction from Randy White

WHERE: Basketball Courts behind Town Hall 454 College Highway

WHEN: Thursdays 4/12, 4/20, 4/27, and 5/4

TIME: 1:00pm-3:00pm

COST: \$20 for the 4 week session

Space is limited so you must sign up and pay in advance

No prior experience is necessary.

Bring paddles if you have them. We will have some for people to borrow.

Call the Senior Center at 569-5498 to sign up