

# THE MESSENGER

A Newsletter For Southwick's Senior Community



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## August Newsletter

## Get in Touch

### ADDRESS

454 College Highway  
Southwick, MA 01077

**Website** [southwickma.org/coa](http://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:**

**Members:**

Jack Pocai, Donna Charron  
Harvey Holm, Theresa Rogers,  
Donna Foisy

**Associate Members:**

Harriet Fischer,

**COA Director:** Cindy Sullivan

**COA Staff Members:**

Denise Seibert

Heather Perron

**Dining Coordinator**

Denise Hills-McGarry

**SHINE:**

TBD



## Welcome Back Day

On **September 9th** we would like to invite you to our Welcome Back event. Even though we have opened slowly over the past few

months **WE HAVE MISSED YOU!** **For every event you attend throughout the day you will be entered into our gift basket raffle.** The schedule is as follows:

### 8:30am-9:30am

**Coffee Hour**—Come check out the changes at the Senior Center. We have moved things around and would love to see you. You can make sure you are registered in MySeniorCenter. Make sure you bring your green plastic card, if you don't have one this would be a great time to get one. Enjoy a cup of coffee and a Mrs. Murphy's Donut. You can also view our Display of Seniors we have lost since March of 2020, take a seat outside on Benson's Bench, or chat with some new or familiar faces.

### 9:30am-11:00am

**Meet and Greet:** Come and meet newly appointed Police Chief Landis along with Fire Chief Anderson, our new Veteran's Representative, new and returning class and exercise instructors, Friends of the Southwick Senior Center Representative, get info about our congregate dining and transportation programs, and meet our new Benefits/Activity Coordinator (aka SHINE Counselor and Trips Coordinator).

### 11:30am-12:30pm

**Lunch and Ice Cream sponsored by the Southwick Fire Dept and catered by The Launch Restaurant and Moolicious:** You must sign up in advance. Come enjoy a lobster roll and all the fixings while educating yourself on Fire Safety and Awareness. After the brief presentation head outside to the ice cream truck and receive a delicious cup of ice cream

### 1:00pm-2:00pm.

**Open Crafts:** We will have several craft projects available for you to do or use our supplies to create your own project.



Like us on Facebook

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



## Senior Center Info

### SENIOR CENTER MEALS:

Beginning on Monday August 2nd we will be open for congregate dining. Senior Center Grab and Go will also continue for those who would like to take their hot lunch to go. This program runs 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 by the ramp at the sliding glass doors. Congregate dining will begin at 11:45am. People participating in congregate dining are welcome to arrive anytime before 11:30am. Please drive slowly and cautiously through the parking lot.

### BROWN BAG DISTRIBUTION

We will have brown bag on August 10th 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 ONLY. Bags will be available at the garage. Please remain in your vehicle.

### TRANSPORTATION:

Transportation is back in full swing as of this month. We will return to pre-covid operations, which means we have scheduled days we go to certain towns and cities. Please call the Senior Center to book your ride asap. If you are sick please cancel your ride. Per the Governor masks are still required on transportation.



### Foot Nurse Returns on September 28th

Call the Senior Center to book your appointment with the Foot Nurse. The cost is \$30 to paid directly to the Foot Nurse at your appointment.

**SHINE:** Theresa has moved to Maine. Until we are able to hire and train a new SHINE Coordinator please call the Senior Center and we will direct you to the phone number to call for a phone appointment. Sorry for the inconvenience..



### From the Director:

Hello Everyone It is hard to believe we are already half way through 2021. August is going to be a very busy month here at the Center as we bring back many programs and activities. There is a lot that goes into bringing back each program. It is not as simple as just opening the doors. Please bear with us. Morning coffee and in person dining will begin on August 2nd. Just a quick reminder about masks at the Senior Center. Masks are not required; however, we strongly recommend a mask for those that are not fully vaccinated or for those that feel more comfortable wearing one. We also ask that you stay home if you are not feeling well, for the safety of everyone in the building. Also while checking in to an activity on the kiosk please use the hand sanitizer provided. Finally, I am so excited that we will have a new staff person joining our crazy team!. We will welcome a new Benefits/Activity Coordinator in late August so stay tuned for more info on that. As always, we are here! Just give us a call or swing on by!

Peace and Joy,  
Cindy Sullivan– COA Director



## TRIPS ARE BACK

Please call the Senior Center to sign up for a trip. You must pay in order to secure your spot.

**SOUTHWICK SENIOR CENTER**

Come join us for lunch

FRIDAY, AUGUST 13, 2021

VAN LEAVES THE CENTER AT 11:00AM

**COST \$2.00**

**LUNCH AT YOUR OWN EXPENSE**

**BERNIE'S DINING DEPOT**  
STEAKS, PRIME RIB, & SEAFOOD  
HOME-STYLE COOKING  
749 James Street  
Choppee, MA 01920  
Enjoy Your Favorite Cocktail From Our Full Bar

CALL THE SENIOR CENTER FOR DETAILS  
**413.569.5498**

**Southwick Senior Center**

Join us for lunch at

**three figs**  
EST. 2003

**Tuesday, September 7, 2021**

\*\* Van leaves the Senior Center promptly at 11:00 am, and lunch is at your own expense \*\*

Call the Senior Center to sign-up  
**413.569.5498**

Cost: \$2.00 per person for the trip  
(Space is limited)

**Southwick Senior Center**

**Thimble Island Tour**

CRUISE ABOARD THE SEA MIST

**45 minute narrated tour**

**Friday, August 27, 2021**

Van leaves the Center 8:00am

**COST: \$18.00 FOR THE TRIP**

**LUNCH FOLLOWING AT THIMBLEBERRY'S AT YOUR OWN EXPENSE**

CALL THE SENIOR CENTER FOR DETAILS  
**413.569.5498**

**SPACE IS LIMITED**



Please call the Senior Center to register for trips, and find out if there are other trips that have been planned. Trips need to be paid in full shortly after you register. Your money will not be refunded unless we are able to fill the spot with another person.



Chinese Language and Culture Series beginning on Mondays in September. The first class will be held on September 13th from 12:30pm-1:30pm. This will be a six week series and the cost is \$2.00 for materials. We have a lovely lady who has offered her time to teach this class. Below is an example of what you may learn.

Date: 9/13/2021

Time: 12:30pm-1:30pm

- (一) It's not too late to learn Chinese: the benefits of seniors learning Chinese.
- (二) Hello, what's your name (Conversation in Chinese), PPT and Match Game
- (三) Numbers. PPT and Quizlet? Number Game
- (四) Colors . PPT and Color Bingo Game
- (五) Craft (Chinese lunar years of Cow)
- (六) Cooking ( Fried Rice)



We are looking for Van Drivers to drive our Volunteer Van on Day Trips and overflow appointments . You do not need a special license to drive the van, but you must be comfortable to drive.

When you volunteer you receive FREE entry into the activity and if lunch is scheduled with the trip you also receive lunch FREE. You must pass a CORI check and Mass DOT driving record check. You do not need to be a Senior to volunteer. Please call or stop by the Senior Center for more information.



Mary Hadley  
Roberta Haywood  
William Nadeau  
Joan B. Reardon  
Paul M. Guzewicz















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

August 12th—Beach Pot Heads

August 26th— Line Art Frames

**Highland Valley Elder Services Community Dining Menu - August 2021**  
**The suggested donation is \$3.00 per meal. Thank you for investing in this resource!**

The suggested donation is \$2.50 per meal. Thank you for investing in this resource.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div> Spinach and Cheese Quiche (416) Roasted Summer Squash and Zucchini (8) Rice Pilaf (15)  #Cherry Muffin (240) Chilled Peas (5)  Cal: 919 Sodium: 808 Carb: 111</div>	<div>3</div> <div>Cooled Chef Salad w/ Ham, Egg, Cheese (400) &amp; Ranch Dressing (138) Lettuce, Tomato, Cucumber (7) Pasta Salad (117) Oatmeal Bread (142) #Fig Bar (35)  Cal: 869 Sodium: 965 Carb: 111</div>	<div>4</div> <div>Juicy Roast Pork w/ Gravy (60) Steamed Green Beans (4) Homemade Stuffing (279) Whole Wheat Bread (140) Applesauce (24)  Cal: 703 Sodium: 632 Carb: 78</div>	<div>5</div> <div>Baked Cod Loins w/ Crumb Topping and Tartar (425) Stewed Tomatoes (275) Au Gratin Potatoes (174) Rye Bread (150) Fresh Fruit (0)  Cal: 831 Sodium: 1150 Carb: 82</div>	<div>6</div> <div>Chicken Alfredo (422) Steamed Broccoli (11) Spaghetti Noodles (13) Whole Wheat Bread (140) #Birthday Cake (285)  Cal: 761 Sodium: 996 Carb: 92 HIGH SODIUM DAY</div>
<div>9</div> <div>Beefy Sloppy Joe (295) California Blend (24) Red Bliss Potatoes (6) Hamburger Bun (230) Blueberry Yogurt (75)  Cal: 899 Sodium: 756 Carb: 98</div>	<div>10</div> <div>Savory Roasted Turkey w/ Gravy (494) Butternut Squash (5) Whipped Potatoes (276) Wheat Dinner Roll (210) Mandarin Oranges (17)  Cal: 543 Sodium: 1126 Carb: 79</div>	<div>11</div> <div>Chilled Tuna Salad Plate (188) Lettuce, Tomato, Cucumber (7) Tangy Vinaigrette Pasta Salad (117) Whole Wheat Roll (210) Fresh Fruit (0)  Cal: 711 Sodium: 647 Carb: 75</div>	<div>12</div> <div>Chicken Burrito Bowl (320) Lettuce, Tomato, and Corn (14) Brown Rice and Black Beans (275) Whole Wheat Tortilla (236) Chilled Peas (5)   Cal: 831 Sodium: 1150 Carb: 82</div>	<div>13</div> <div>All-Beef Reduced Sodium Hot Dog** (590) Steamed Carrots (78) Baked Beans (174) Hot Dog Roll (210) Fruited Jell-O with Whipped Topping (40)  Cal: 734 Sodium: 1217 Carb: 82</div>
<div>16</div> <div>Swedish Meatballs** (501) Steamed Broccoli (11) Cavatappi Noodles (13) Whole Wheat Bread (140) Fresh Fruit (2)  Cal: 660 Sodium: 792 Carb: 86</div>	<div>17</div> <div>Egg Salad Sandwich (290) Lettuce, Tomato, Cucumber (7) Carrot Raisin Salad (88) Whole Wheat Roll (210) Chilled Peaches (5)   Cal: 760 Sodium: 725 Carb: 66</div>	<div>18</div> <div>Lemon Chicken (344) Steamed Peas (124) Oven Baked Potatoes (38) Whole Wheat Bread (140) #Vanilla Pudding w/ Whipped Topping (197)   Cal: 741 Sodium: 967 Carb: 94</div>	<div>19</div> <div>Yankee Pot Roast w/ Gravy (42) Steamed Green Beans (4) Whipped Potatoes (276) Rye Bread (150) Applesauce (24)  Cal: 773 Sodium: 976 Carb: 115</div>	<div>20</div> <div>Chilled Seafood Salad ** (627) Lettuce, Tomato, Cucumber (7) Macaroni Salad (110) Hot Dog Roll (210) Mixed Fruit (9)  Cal: 801 Sodium: 1088 Carb: 91</div>
<div>23</div> <div>Shepard's Pie (104) Steamed Corn (1) Whipped Potatoes (276) Whole Wheat Roll (210) #Warm Apple Crisp (0)  Cal: 651 Sodium: 717 Carb: 83</div>	<div>24</div> <div>Chicken Salad Cold Plate (251) Lettuce, Tomato &amp; Cucumber (7) Tangy Vinaigrette Pasta Salad (117) Whole Wheat Bread (140) #Chocolate Pudding w/ Whipped Topping (170)  Cal: 849 Sodium: 803 Carb: 79</div>	<div>25</div> <div>All-Beef Homemade Meatloaf w/Gravy (191) Roasted Butternut Squash (5) Whipped Potatoes (276) Rye Bread (150) Mixed Fruit (9)   Cal: 626 Sodium: 756 Carb: 76</div>	<div>26</div> <div>Baked Pollock w/ Lemon Dill Sauce (149) Roasted Brussel Sprouts (8) Brown Rice (23) Whole Wheat Bread (140) Pineapple Chunks (10)  Cal: 542 Sodium: 620 Carb: 66</div>	<div>27</div> <div>Roasted Pepper and Onion Pizza** (565) California Blend (24) Cherry Muffin (240) Fresh Fruit (1)  Cal: 889 Sodium: 956 Carb: 125</div>
<div>30</div> <div>Turkey Gimder (468) Sliced Lettuce, Tomato &amp; Cucumber (7) Marinated Potato Salad (5) Grinder Roll (218) Chilled Peaches (8)   Cal: 561 Sodium: 832 Carb: 78</div>	<div>31</div> <div>Salmon w/ Cream Sauce (86) Steamed Green Beans (4) Roasted Sweet Potato (62) Whole Wheat Bread (140) Fresh Fruit (1)  Cal: 551 Sodium: 418 Carb: 83</div>	<div>Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (&gt;500mg)  Local Produce  Vegetarian</div>		
<div>  </div>				
<div>Funding Sources include the City of Westfield Community Development Block Grant</div>				
<div>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.</div>				

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

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 for guidance on managing your intake to meet your dietary requirements.





# SOUTHWICK COUNCIL ON AGING

454 College Highway

Please Forward  
Change Service Requested

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



**Exercise Classes will resume as pay as you go beginning the week of September 13th.**

**Monday 10:00am- Chi-Gong with Kathleen**

**Tuesday 10:00am- Tai-Chi with Lenny**

**Wednesday 10:00am- Line Dancing with Clara**

**Thursday 9:00am- Zumba with Becca**

**Thursday 10:00am- Chair Yoga with Renee**

**Friday 10:00am- Yoga with Heidi**

**Classes are \$2.00 per class paid at the time of the class**

