

# THE MESSENGER

A Newsletter For Southwick's Senior Community



## What's Inside

Crafts .....	03
Trips and Events .....	04
Lunch Menu.....	06
Exercise Schedule.....	08



## 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: Donna Foisy

### Members:

Jack Pocai, 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



Like us on Facebook

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



## COA TEMPORARILY MOVING

Beginning on Monday June 5th all Senior Center activities will be held in the Community Center/Park and Recreation area on the lower level of Town Hall. You can access the area by using the South Side lower entrance. You can also access the area by using the entrance near the garage. Lunches will be in person and grab and go pick up will be on the south side entrance as well. All exercise classes will take place in the auditorium beginning on Friday June 2nd. Staff will be available to help people find their way throughout the building. Please be patient with us as our HVAC system is being upgraded.

Senior Center Closed on June 2nd– Only grab and go lunches and exercise classes will be held.



## Benson's BBQ/Hoe Down

Whalley Park Wed. June 14th  
11:00am-1:00pm

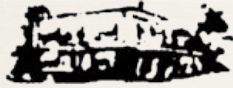
Summer Country Western Hoedown

Come kick off the summer with us. This

event is being generously sponsored by Roy and Marlene Benson's Family Contribution and the Southwick Fire Department. There will be music and line dancing! The cost of this great activity will be \$3.00. Come enjoy food, snacks and lots of fun. You will not want to miss this event. Please sign up and pay for this event at the Senior Center. Transportation will be provided for Southwick residents if needed. Space is limited so sign up soon!!! Dress up in country western theme and bring your dancing boots!!!!

# Firtion Adams

FUNERAL SERVICE



FUNERAL SERVICE

76 Broad Street, Westfield, Mass. 01085

FIRTIONADAMS.COM • 562-6244

James R. Adams • Joshua J. Adams



# Heritage Lawns

OF WEST SPRINGFIELD, INCORPORATED

Offering Lawn Care  
Programs for the  
2022 Season

*"Quality & Service Still Count"*

**413-731-0004**

Servicing the local  
communities for  
over 25 years!

**Trained Professionals • Granular Products • Grub Control  
Lime • Aeration • Tree & Shrub Program**

Hearing Difficulties?  
Call for a FREE test!

**New Ears**  
AFFORDABLE HEARING CARE

*"Southwick's Hometown  
Hearing Center"*

**413-519-3367**



SOUTHWICK  
VILLAGE  
RESIDENTIAL LIVING

A HONORICARE MANAGED COMMUNITY

*Life Reimagined*

Call to schedule your visit  
413.798.8668

southwickvillage.com

A 55+ Active Adult Residential Community



*Atria Retirement*

All Inclusive Independent

*Retirement Living Made Simple*

**413-786-9688**

quailrunestates.com

50 Cardinal Drive, Agawam, MA

*Call for a Tour and a  
Complimentary Meal Today!*

**SOUTHWICK  
FORASTIERE**  
FUNERAL & CREMATION



Pre-Planning | Burial  
Cremation | Bereavement  
Serving Southwick for Over 30 Years

**413-569-5306**

www.forastiere.com

Member of Forastiere Family Funeral Service, Inc.  
45 Locust Street, Springfield MA 01108 • 413-733-5311

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



lpicommunities.com/adcreator

*Silver Linings*  
HOME CARE

*Where Quality Meets Compassion*



Housekeeping  
Meal Preparation  
Companionship • Errands  
Personal Care  
Respite • RN Evaluations  
Blood Pressure Checks

**413-363-2575**

SilverLiningsHomeCare.com

**SUPPORT OUR ADVERTISERS!**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Southwick Council on Aging, Southwick, MA 06-5364



## Senior Center Info



**The Senior Brown Bag**

We will have brown bag on June 13th and July 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.



**Crafts with Denise:** The cost is \$3.00 per class. Crafts will begin at 1:00pm.

June: No crafts in June

July 13th Nature Bird Collage

July 27th- Open class coloring

**YOU'RE INVITED!!**

### Assisted Living 101-What Level of Care We Can Provide

Come join us for a short presentation about what assisted living communities provide and how we can enhance your lives!

We might even have time for a game or two 🎮

We will be providing a \$25.00 gift card to Village Pizza Restaurant!

**Where:** Southwick Council on Aging  
454 College Highway  
Southwick, Ma.

**When:** July 11<sup>th</sup> at 11:30am



### Emergency House Number Sign Program

Are the Fire and Police Departments able to find your house in an emergency? Let us help The Southwick Senior Center and The Southwick Fire Department are continuing our partnership to offer you another program. We are trying to make the homes in our community easier for Emergency Services to respond to 911 calls. We have reflective signs with house numbers that will go on homeowner's lawns that will reflect their house number day or night. This program is now available to all homeowners in Southwick for a onetime fee of \$25.00, but we have funding to help Seniors in our community. Call the Senior Center to sign up!



### Senior Sizzler at the Town Beach:

Sponsored by The Park and Rec

When: Tuesday August 8th

Time: 11:00am-1:00pm

Location: Southwick Town Beach

This event is FREE of charge for Senior Citizens 60 years or older

Entertainment, Hamburgers, Hot Dogs, and lots of fun!!!

Transportation can be provided

-Swim wear is optional

You must sign up by calling the Senior Center at 569-5498.

### **Southwick Park and Recreation**

#### **Summer Fun at Whalley Park**

Paid for in part by grant funding from the Southwick Cultural Council

10:00am Thurs June 29th- Wildlife of Wheels

10:00am Thurs July 13th The Puppet People presents Firebird

10:00am Thurs. Aug 3rd Henry the Juggler

All ages welcome—bring your grandchildren!

### Upcoming Events



#### Friday Morning Movement:

Walk with Cara and start your busy weekend off right. Meet outdoors at the ramp entrance to the Senior Center at 8:30am.

Cara will decide the Route and walk for approximately 45 minutes. Please call the Senior Center to register. Free to participate.

**Pickleball:** We will begin pickleball outside on June 8th. Session will run for 5 weeks and the cost will be \$20.00. We will have several one hour sessions in the afternoon depending on interest. Your time slot will be one hour. We have to determine which time slot the new/beginner class will be held. Please call to register. If you have paddles please bring them and also bring a lawn chair. Appropriate foot wear is required. Please bring water bottles to stay hydrated.



#### Lee Premium Outlets

The Volunteer Van will be going shopping at the Lee Premium Outlets on Thursday, June 8, 2023. The cost is \$4.00. The van will leave the Senior Center at 9:30 am.

#### Longhi's Mini Golf & Moolicious

The Volunteer Van will be going to Longhi's Mini golf on Friday, June 16, 2023. The cost is \$13.00. The price includes a round of mini golf. Lunch will be at your own expense. The van will leave the Senior Center at 10:30 am

#### Thimble Island Cruise

The Volunteer Van will be going to Thimble Island on Thursday, June 22, 2023. The cost is \$20.00. Lunch will be at your own expense. The van will leave the Senior Center at 9:00am.

#### Thimble Island Cruise & USS Chowder Pot

The Volunteer Van will be going to Thimble Island Monday July 10, 2023. The price is \$20. Lunch will be at your own expense. The van will leave the Senior Center at 9:00am.

#### Bridge of Flowers

The Volunteer Van will be going to the Bridge of Flowers on Tuesday, July 18, 2023. The cost is \$4.00. The van will leave the Senior Center at 9:00 am.

#### Lavender Pond Farm & Cohen's Bagel

The Volunteer Van will be going to Lavender Pond Farm on Thursday, July 27, 2023. The cost is \$5.00. Lunch will be at your own expense. The van will leave the Senior Center at 8:45 am.

### GARDENING CLUB COMING SOON!!!

We will be starting a gardening club here at the Senior Center. If you would be interested in joining this great club using raised gardening beds with vegetables in collaboration with another great organization please call the Senior Center to sign up.



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 June 20th and July 18th. You must call the Senior Center and schedule an appointment.



### BLOOD PRESSURE SCREENINGS

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.



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 to call ahead of your arrival.



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 11am-2pm all members of the public are welcome. This may change so call ahead.



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.**

## COMPANION PROGRAM



























The Southwick Senior Center has created a Companion Program. The program will assist frail, home-bound adults aged 60 and older. Program services will include transportation to medical appointments for a small fee, grocery shopping assistance, errands, and companionship. These services are provided to recipients by dedicated volunteers who receive reimbursement for their gas mileage. The reward for the companion volunteer is knowing that you are making a difference in the life of a Senior Citizen who needs assistance. If you are interested in becoming a volunteer or if you feel you may qualify to be a client in this program please call the Senior Center. There will be required training for the volunteer and a criminal background check will be completed. Companions do not have to be Seniors. Please call the Senior Center to sign up.







July menu on line at  
www.southwickma.org/coa

Highland Valley Elder Services Community Dining Menu - June 2023 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <b>Highland Valley ELDER SERVICES</b> Choice:  Macaroni and Cheese (324) Teniyaki Chicken** (581) over Lo Mein noodles (260) Oriental Blend Vegetables (9) Sugar Snap Peas (3) Fortune Cookie (2) Cal: 576 Sodium: 981 Carb: 70	Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert ** Higher Sodium Item (>500mg) Local Produce Vegetarian Choice:  Macaroni and Cheese (324) Breaded White Fish (322) Summer Squash (5) Carrots (54) # Lemon Bars (142) Cal: 716 Sodium: 659 Carb: 75	 Choice:  Macaroni and Cheese (324) American Chop Suey (316) Spinach (76) Cauliflower (14) Chilled Pears (4) Cal: 648 Sodium: 535 Carb: 77	Choice:  New England Chicken Salad (323) Pasta Primavera** (521) Green Beans (3) # Fruit Crisp (11) Cal: 676 Sodium: 660 Carb: 101
5 Choice:  Macaroni and Cheese (324) Teniyaki Chicken** (581) over Lo Mein noodles (260) Oriental Blend Vegetables (9) Sugar Snap Peas (3) Fortune Cookie (2) Cal: 576 Sodium: 981 Carb: 70	6 Choice:  Macaroni and Cheese (324) Breaded White Fish (322) Summer Squash (5) Carrots (54) # Lemon Bars (142) Cal: 716 Sodium: 659 Carb: 75	7 Choice:  Macaroni and Cheese (324) American Chop Suey (316) Spinach (76) Cauliflower (14) Chilled Pears (4) Cal: 648 Sodium: 535 Carb: 77	8 Choice:  New England Chicken Salad (323) Pasta Primavera** (521) Green Beans (3) # Fruit Crisp (11) Cal: 676 Sodium: 660 Carb: 101
12 Choice:  Veggie Egg Frittata (389) Philly Cheese Steak (318) on a grinder roll (218) Onions and Peppers (43) Broccoli (9) Fresh Fruit Cal: 626 Sodium: 650 Carb: 70	13 Choice:  Veggie Egg Frittata (389) Pesto Chicken (159) over Penne (5) Stewed Tomatoes (12) Brussel Sprouts (14) # Chocolate Chip Cookie (60) Cal: 647 Sodium: 350 Carb: 53	14 Choice:  New England Chicken Salad (323) Greek Salad (126) Street Corn Salad (197) Garlic Hummus (202) 1/2 Pita Bread (161) # Yogurt (50) Cal: 687 Sodium: 993 Carb: 83	15 Choice:  Veggie Egg Frittata (389) Pulled Pork (84) Rice and Beans (86) Sweet Green Peas (58) Chilled Peaches (334) Cal: 675 Sodium: 884 Carb: 79
19 Choice:  Vegetable Lo Mein (213) Turkey Tetrazzini (407) over Linguini (1) Green Beans (3) Carrots (54) Chilled Pears (4) Cal: 590 Sodium: 578 Carb: 94	20 Choice:  New England Chicken Salad (323) Egg Salad (246) Cucumber Tomato Salad (4) Pumpkin Bread (154) # Pudding w/whip topping (195) Cal: 848 Sodium: 699 Carb: 57	21 Choice:  Vegetable Lo Mein (213) BBQ Chicken (399) Corn (6) Mashed Potato (58) Dinner Roll (210) Fresh Fruit Cal: 750 Sodium: 775 Carb: 108	22 Choice:  Vegetable Lo Mein (213) Ginger Teriyaki Salmon (307) Quinoa Pilaf (56) # Asparagus (4) # Birthday Cake (276) Cal: 756 Sodium: 334 Carb: 82
26 Choice:  New England Chicken Salad (323) Cottage Cheese & Fruit Platter** (529) including peaches and pineapple Snack n Loaf (160) Cal: 591 Sodium: 790 Carb: 85	27 Choice:  Baked Ziti (340) French Meat Pie (297) Brussel Sprouts (14) Cauliflower (14) # Ambrosia (3) Cal: 774 Sodium: 428 Carb: 68	28 Choice:  Baked Ziti (340) Pork Chopette w/gravy (500) Sweet Potato (35) Spinach (76) Dinner Roll (210) Chilled Mixed Fruit (5) Cal: 762 Sodium: 926 Carb: 101	29 Choice:  Baked Ziti (340) Curry Chicken (62) over Brown Rice (18) Summer Squash (6) Peas (58) Fresh Fruit Cal: 554 Sodium: 246 Carb: 72
23 Choice:  Vegetable Lo Mein (213) Beef Macaroni Casserole (258) Zucchini (2) Garden Salad (14) Dressing Packet (110) Warm Fruit Compote (110) Cal: 564 Sodium: 528 Carb: 70	24 Choice:  Vegetable Lo Mein (213) Stuffed Pepper Casserole (189) Italian Blend Vegetables (19) Dinner Roll (210) Applesauce (9) Cal: 564 Sodium: 528 Carb: 70	25 Choice:  Vegetable Lo Mein (213) Stuffed Pepper Casserole (189) Italian Blend Vegetables (19) Dinner Roll (210) Applesauce (9) Cal: 564 Sodium: 528 Carb: 70	30 Choice:  Baked Ziti (340) Eggplant Parmesan (349) over Spaghetti (2) Roasted Broccoli (9) French Bread (256) # Strawberry Shortcake (269) Cal: 767 Sodium: 984 Carb: 101

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized  
Provider

SafeStreets

833-287-3502

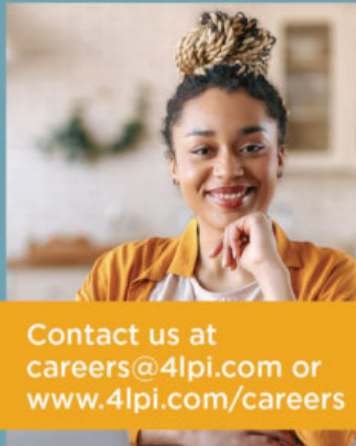
## WE'RE HIRING!

### AD SALES EXECUTIVES



BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Susanne Carpenter**

[scarpenter@lpicommunities.com](mailto:scarpenter@lpicommunities.com)  
(800) 477-4574 x6348

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# SOUTHWICK COUNCIL ON AGING

454 College Highway

Southwick, Massachusetts 01077

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

Please Forward

Change Service Requested

## EXERCISE CLASSES END AT THE END JUNE AND RESUME IN SEPTEMBER– details in June to come

Monday 9:00am–	Quilting and Sewing Social Group
Monday 10:00am–	Chi-Gong with Kathleen \$2
Monday 11:00am–	Writers Workshop (Conference Rm 3)
Monday 12:30pm–	Chinese Language and Culture Class
Tuesday 9:00am	<b>NEW</b> Aerobics with Donna \$2
Tuesday 10:00am–	Tai-Chi with Lenny \$2
Tuesday 1:00pm–	Cards, Cribbage, Whist Card Game, more
Wednesday 10:00am–	Line Dancing with Clara \$2
Wednesday 1:00pm–	Scrabble
Wednesday 1:00pm–3:00pm–	BINGO with Cara
Wednesday 12:00pm–	Cards
Thursday 9:00am–	Zumba with Becca \$2
Thursday 10:30am–	Yoga with Renee \$2
Thursday 1:00pm–	Crafts with Denise (2X per month)
Thursday 12:00pm–3:00pm–	Pickelball (pre-registration required) 3 1 hour sections (\$20 for 5 wk session)
Friday 9:00am	<b>NEW</b> Aerobics with Donna \$2
Friday 10:30am–	Chair Yoga with Heidi \$2

**Some instructors teach in July and August for a different fee**



## Technology Support for Seniors :

The last Tech time until September will be held on **Thursday June 8th** 10:00am-11:30am upper classmen from Westfield Technical Academy are offering in-person one-to-one computer/smartphone assistance. They can help with setting up and using e-mail on smartphones or computers; how to use smartphones to text, call, and browse the internet; how to use Zoom, Google Meet, or Face-Time; and troubleshooting a variety of computer problems. If you are having problems or would like to learn how to use your device, this is for you. Please call the Senior Center to sign up so we know how many people are interested. Drop ins are welcome as long as there is time.