

THE MESSENGER

A Newsletter For Southwick's Senior Community



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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:

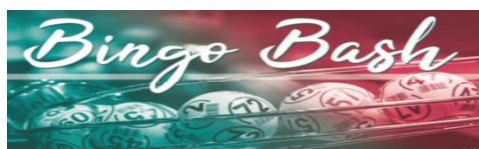
Chairperson: Paula LeBlanc
Vice Chairperson: Carol Laughlin
Secretary: Donna Foisy
Members:
Jack Pocai, Carol Smith
Harvey Holm, Theresa Rogers
Associate Members:
Harriet Fischer, Elaine Boucher

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

Dining Coordinator
Denise Hills-McGarry
SHINE: Cara Cartello



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



March Madness BINGO STYLE

We have BINGO every Wednesday 1:00pm-3:00pm. Special Guest BINGO callers and Special Prizes will happen March 8th, 15th, and 22nd!! Each week you participate during the month of March you will be entered into a raffle prize being drawn at the end of the month. Come join us! 5 cents a card per game is all you need!!!!



The Haverston Mills Town Meeting By Steve Henderson

The citizens of Haverston Mills June range from sensible to eccentric to downright zany, but they are invariably fun to watch. And now the town faces a very important decision and everyone has an opinion. If only the Town Moderator can keep it together. A thoroughly fun comedy performance. Free and open to the public.



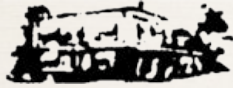
Southwick Senior Center
454 College Highway
Southwick, MA
Date: March 20, 2023
1:00 p.m.



This program is supported in part by a grant from the Southwick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

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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

March 9th — **St Patrick's Day Craft**

March 23rd — **Felt Flower Pot Project**



Forastiere Funeral Home Lunch and Learn: **"To Bury Or To Cremate? That Is The Question"**

Friday March 10th at 11:45am

Join Pre-Planning Director, Gary Szewczyk from Forastiere Smith Funeral & Cremation for a free lunch as he answers one of the most frequently asked questions to come up during the pre-planning process. He will discuss the options that are available to you for burial, cremation, and both to help you make the best decisions for yourself and your loved ones.



School of Nursing

Join the Elms Senior Nursing Students for educational presentations at the Southwick Senior Center!

February

8th Nutrition

15th Specialty Diets



March

1st Urinary Tract Infection

8th Choking and Aspiration

15th Polypharmacy

22nd Mental Health



April

12th Home Safety

19th Sun Danger



In collaboration with our town nurse, Tricia, the board of health, and Elms College Nursing students we will be hosting 4 nursing students on Wednesdays from 10am-1pm at the Senior Center now through the middle of April. The nurses will be doing weekly presentations in the lunch room at 11:45am on topics of interest to Seniors. They will also be available to answer basic questions, but are not there to replace an office visit with your primary care physician. Please do not come to the Senior Center if you are not feeling well.

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**

UPCOMING TRIPS



Westfield Technical Academy St. Patrick's Buffet

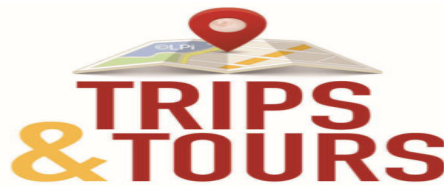
The Volunteer van will be going to the Westfield Technical Academy for their amazing St. Patrick's Buffet on March 17th. The cost is \$16.00.

Smith College Flower Show & Bluebonnet Diner

The Volunteer Van will be going to Smith College Flower Show on Tuesday, March 14, 2023. The cost is \$9 and includes admission. Lunch will be at your own expense. The van will leave the Senior Center at 9:15 am.

Foxwoods

The Volunteer Van will be going to Foxwoods Casino on Friday, March 31, 2023. The cost is \$6.00. The van will leave the Senior Center at 8:00am.



Maple Harvest Day Pancake Breakfast

The Volunteer van will be going to Storowton Village Museum for Pancake Breakfast on Saturday, March 11, 2023. The cost is \$8.00 and includes pancakes, sausage and a beverage. Visitors can learn how maple syrup is made and watch 19th century open hearth cooking demonstrations of maple recipes. There is also a craft area and farmers market to visit. The van will leave the Senior Center at 9:30 am

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 Barrell Pub will be at your own expense. [The van will leave the Senior Center at 9:30am.](#)

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.

Van Driver's Needed:

If you would like to volunteer to drive our Van on any of these trips or any future trips please call the Senior Center. Volunteers receive free lunch and admission to the venue. We are also looking for volunteers to do some medical appointments and other small rides throughout town. You do not need a CDL license to drive this vehicle. Criminal background checks are completed. Please call us at 569-5498.



Select Board Office/Coffee Hour: Select Board Member Doug Moglin will be at the Southwick Senior Center on Wednesday March 8th from 11:30-1:00pm. 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.



VETERAN'S PROGRAMS

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



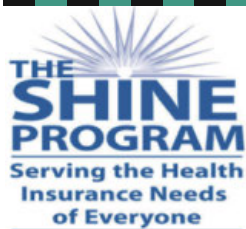
BLOOD PRESSURE SCREENINGS

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 CLINIC

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 March 21st. 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 March 14th. 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 - March 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian				
6 Choice:  Macaroni & Cheese (496) Swedish meatballs (375) Penne Pasta (5) Parmesan Spinach (173) Stewed Tomatoes (12) Chilled Diced Peaches (6) Cal: 590 Sodium: 637 Carb: 62	7 Choice:  Macaroni & Cheese (496) BBQ Chicken Wings (453) Cauliflower au Gratin (107) Carrots (64) Dinner Roll (210) #Gelatin w/whip topping (61) Cal: 619 Sodium: 972 Carb: 66	8 Choice:  Macaroni & Cheese (496) Meatloaf (120) Mashed Potato (58) Sweet Green Peas (58) Dinner Roll (210) Fresh Fruit Cal: 632 Sodium: 1088 Carb: 89	9 Choice:  Macaroni & Cheese (496) Sweet and Sour Pork (303) Lo Mein Noodles (260) Oriental Blend Vegetables (18) Chilled Pineapple (1) Cal: 773 Sodium: 981 Carb: 88	10 Choice:  Macaroni & Cheese (496) Cheese & Bean Enchiladas (446) Spanish Rice (34) Sweet Yellow Corn (15) Chickpeas, Tomatoes & Onion (79) #Yogurt (50) Cal: 789 Sodium: 874 Carb: 90
13 Choice:  Cinnamon Glazed French Toast Slicks (300) Low Sodium Hot Dog** (550) on a bun (210) Roasted Potatoes (49) Green Beans (3) Applesauce (14) Cal: 742 Sodium: 946 Carb: 82	14 Choice:  Cottage Cheese & Fruit Platter (180) Greek Salad (126) Garlic Hummus (202) Pita bread (292) #Chocolate Brownie (149) Cal: 672 Sodium: 395 Carb: 91	15 Choice:  Cinnamon Glazed French Toast Slicks (300) Chicken Parmesan (170) over Penne Pasta (1) Roasted Broccoli (15) Zucchini (2) Chilled Peas (4) Cal: 609 Sodium: 311 Carb: 76	16 Choice:  Cinnamon Glazed French Toast Slicks (300) Stuffed Pepper Casserole (189) California Blend Vegetables (17) French Bread (256) #Pudding w/whip topping (195) Cal: 632 Sodium: 708 Carb: 84	17 Choice:  Cinnamon Glazed French Toast Slicks (300) Corned Beef** (560) Steamed Cabbage (20) Boiled Red Potatoes (5) Irish Soda Bread (370) Fresh Fruit Cal: 648 Sodium: 1082 Carb: 90
20 Choice:  Lasagna Roll ups (370) Meatball Grinder** (531) Marinara Sauce (235) Zucchini (2) #Fruit Crisp (11) Cal: 667 Sodium: 995 Carb: 70	21 Choice:  Lasagna Roll ups (370) Brown Sugar Glazed Baked Ham** (582) Mashed Potato (58) Spinach (76) Dinner Roll (210) #Pumpkin Bars (118) Cal: 672 Sodium: 395 Carb: 91	22 Choice:  Lasagna Roll ups (370) Hungarian Beef Goulash (89) Cabbage (20) Beets (185) French Bread (256) Fresh Fruit Cal: 640 Sodium: 658 Carb: 72	23 Choice:  Lasagna Roll ups (370) Chicken Teriyaki** (674) over Brown Rice (21) Sugar Snap Peas (3) Sweet Yellow Corn (15) Fortune Cookie (2) Chilled Mandarin Orange Slices (6) Cal: 683 Sodium: 833 Carb: 81	24 Choice:  Lasagna Roll ups (370) Baked Ziti (340) Green Beans (3) Roasted Cauliflower (32) Garlic Bread (239) #Yogurt (50) Cal: 698 Sodium: 790 Carb: 94
27 Choice:  Breaded Catfish (294) Grilled Chicken Fillet (400) on a Bun (230) Lettuce and Tomato (82) Broccoli (9) Butternut Squash (36) Chilled Diced Peaches (6) Cal: 730 Sodium: 952 Carb: 86	28 Choice:  Breaded Catfish (294) Lentil Stew** (658) Roasted Root Vegetables (37) French Bread (256) #Yogurt (50) Cal: 685 Sodium: 1001 Carb: 101	29 Choice:  Cottage Cheese & Fruit Platter (180) Chef Salad w/ham & cheese** (589) Vinaigrette Pasta Salad (8) Corn Salad (52) Chilled Mixed Fruit (3) Cal: 788 Sodium: 897 Carb: 76	30 Choice:  Breaded Catfish (294) Sloppy Joes on a bun (310) Mashed Sweet Potato (91) Sweet Green Peas (58) Fresh Fruit Cal: 894 Sodium: 586 Carb: 118	31 Choice:  Breaded Catfish (294) Salmon w/dill sauce (114) Rice Pilaf (356) Asparagus (6) Dinner Roll (210) #Pudding w/whip topping (195) Cal: 857 Sodium: 1006 Carb: 88



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 413-582-9361 for guidance on managing your intake to meet your dietary requirements.



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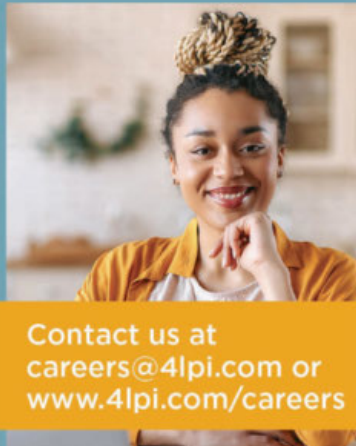
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Activities **CALENDAR** ©LPI

Monday 9:00am- Quilting and Sewing Social Group
Monday 10:00am- Chi-Gong with Kathleen \$2
Monday 11:00am- Writers Workshop (Land Use Room)
Monday 12:30pm- Chinese Language and Culture Class

Tuesday 10:00am- Tai-Chi with Lenny \$2
Tuesday 12:00pm- Cards
Tuesday 1:00pm- Cribbage, Whist Card Game, and Pitch

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 (no class 3/2)
Thursday 12:15pm- Cards and Board Game Afternoon
Thursday 1:00pm- Crafts with Denise (2X per month)

Friday 10:30am- Chair Yoga with Heidi \$2
Yoga Dancing on Friday 3/17 at 11:45am



Technology Support for Seniors :

On March 2nd at 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.

