

# The Messenger

*A Newsletter For Southwick's Senior Community*



## November 2019

### COA BOARD MEMBERS:

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Cindy Sullivan

### COA Staff Members:

Denise Seibert  
Andrea Holmes

Office: 569-5498

Dining Coordinator  
Denise Hills-McGarry

Kitchen: 569-0410

### Office Hours

Monday 8:00am-2:00pm  
Tues.-Thurs. 8:00am-4:00pm  
Friday 8:00am-1:00pm

**Council On Aging**  
454 College Highway

**Southwick, MA 01077**  
[www.southwickma.org/COA](http://www.southwickma.org/COA)



Paid In Part By  
Executive Office Of Elder Affairs

## Drug Take Back Day



The Southwick Council on Aging in partnership with the Southwick Police Department will be holding a Drug Take Back Day accepting unused and unwanted prescription medications at the Southwick Senior Center from 9a.m. to 1 p.m. on Wednesday November 13th.

Those who are unable to make it during the take-back hours can visit the Southwick Police Department at 11 Depot Street Southwick, 24 hours a day seven days a week, where a permanent MEDRETURN drop location has been established.

The Southwick Council on Aging and the Police Department are very committed to fighting the drug epidemic in and around our community and getting drugs off the streets." Please see the below lists for accepted and Not Accepted items related to this program for proper disposal.

### Accepted:

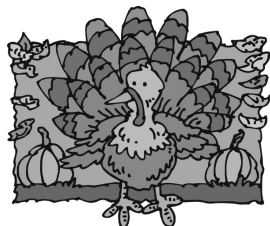
- Prescriptions
- Prescription Patches
- Prescription Medication
- Over the Counter Medications
- Vitamins
- Samples
- Pet Medications

### Not Accepted:

- Sharps (needles)
- Liquids/ Lotions
- Aerosols
- Inhalers



**IMPORTANT: Daylight Savings is on November 3rd 2019. Please remember to set your clocks back one hour. This is also when you should change your batteries in your smoke detectors.**



## Thanksgiving Dinner

MooLicious will be serving a Turkey Dinner with all the fixings on Thanksgiving Day Thursday November 28th free of charge. If you would like to enjoy this wonderful meal please call MooLicious at **569-1700 to make a reservation**. They will be serving at 12:00pm. MooLicious is located at 258 Feeding Hills Road in Southwick. If you would like to attend the meal at MooLicious and **need a ride please call the Senior Center at 569-5498** to be placed on the ride list. Our approved Homebound clients can receive a **delivered meal that day by calling the COA office at 569-5498 to sign up**.

## Mindfulness and Compassion Workshop

Renee Rix will run a FREE workshop. We will hold the workshop in the Land Use Room on **Friday November 15th from 10:45-11:30am**. Please join us if you can.

## Sand for Seniors

Please call the Senior Center to sign up for one or both of these programs. In the winter months there is a significant number of Seniors falling on the ice. The fire department will deliver a bucket with sand and scooper in it. If you received a bucket last year please call for a refill of sand. **Distribution of sand and buckets will begin in early November.**

## Crafts with Denise!!!!

Sign up in advance as class is limited.

**Nov. 13th:** Christmas/Winter Craft

**Nov. 27th:** Finish Crafts or Adult Coloring

## Jingle Bell Jubilee

Our holiday luncheon will be held at the Senior Center on **Wednesday December 18th from 11:00am-1:00pm**. More details will be coming up in November and signups will begin after Thanksgiving. Watch for our December Newsletter for more details.

## Shine

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. During Medicare Open Enrollment, from **October 15th to December 7th**, you will be able to change your plan for next year. Andrea will be setting up appointments for every Tuesday & Thursday through open enrollment season. **Call the center to set up an appointment 569-5498.**

**IMPORTANT:** New this year is that everyone will need a MyMedicare account. Please set up that account before you come in for your SHINE appointments. **Go to MyMedicare.gov and follow the directions on the screen.** We have computers here at the Senior Center. A staff person will be able to assist you on **Tuesday and Thursday afternoons from 2:00pm-3:30pm**. You must also remember to bring all documents to your appointment. If you do not have the correct information we will have to re-schedule your appointment for another day.

## Senior Medicare Patrol Program

Empowering Seniors to Prevent Healthcare Fraud. A representative will be here at the Senior Center on **Tuesday November 19th at 11:00am** for this very important presentation.

## Bingo

We started BINGO on **Wednesdays from 1:15pm - 4:00pm**. We are holding it in the Activity Room, and would love for you to join us. Come and have fun winning gift cards and small items for winning some rounds. **Cost per card is 5 cents.**

## Learn New Cooking Ideas

The Culinary Arts Students from Westfield Technical Academy and the Head Chefs will present a cooking class. We will have a class here at the Senior Center on **Wednesday November 6th at 9:30am**. The menu will be Classic Chicken Marsala and pumpkin spice cheesecake with a gingersnap cookie crust. **The cost for the class will be \$5.00.** If you would like to join this exciting program please sign up in the office. This class will be held downstairs in Town Hall in Park and Rec area.

## Next Swimming Session

**Session will be Nov. 22, 29, and Dec. 6, 13, 20th.** Next Session will not be until Mid-March as instructor will be out of the country. Price of the session will be \$25

## Yoga Dancing

Yoga Dancing will be held on **Monday November 18th at 11:30am**. The price is \$5 paid directly to Renee

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*In Memoriam* 

*Our Condolences to Family and Friends*

Beverly Demers  
Charles Condron

Lillian Valois  
Patricia DeGray

## Upcoming Trips



**IMPORTANT INFO REGARDING TRIPS:** All trips must be paid in cash. You must sign up in advance and pay in full within a week of signing up. If you have not paid we will take your name off of the list. Sign up for all trips by calling or coming into the office at 569-5498. Please arrive 15 minutes before the scheduled departure time. If you are not here at departure time we will need to leave without you with no refund.



The volunteer van will be heading to the Holyoke Mall **Monday Nov 18th**, for a day of shopping. We'll leave the center at **9:30am and return at 1:00pm**. Please call or stop by the office to reserve a seat.



The volunteer van will Leave the center at **11:00am on Thursday November 7, 2019**. The cost of the trip is \$3.00. Enjoy Lunch at your own expense.

## WESTBROOK OUTLET SHOPS

We will leave the Senior Center on Thursday November 21, 2019 at 9:00am . The cost is \$3.00.



## November Calendar

Fri.	1	9:00am	Veteran's Representative
Sun.	3	2:00am	Daylight savings
Wed.	6	9:30am	WTA Cooking Class
Thurs.	7	11:00am	Steaming Tender
Mon.	11	CLOSED	Veteran's Day
Tues.	12	11:00am	Brown Bag
Wed.	13	9am-1pm	Drug Drop Off Program
Wed.	13	9:00am	Christmas/Winter Craft
Fri.	15	10:45am	Mindfulness & Compassion Workshop
Fri..	15	9:00am	Veteran's Representative
Mon.	18	12:30pm	COA Board Meeting
Mon.	18	9:30am	Holyoke Mall
Mon.	18	11:30am	Yoga Dancing
Tues .	19	11:00am	Senior Medicare Patrol
Thurs.	21	9:00am	Westbrook Outlet
Wed.	27	9:00am	Make up Craft or Adult Coloring
Thurs.	28	CLOSED	Thanksgiving break
Fri.	29	CLOSED	Thanksgiving break

## CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$2.00
Tues.	9:30	Yoga	\$2.00
	11:00	Tai-Chi	\$2.00
	12:00	Painting	\$2.00
	12:30	Cards	
	1:00	Cribbage	
Wed.	10:00	Line Dancing	\$2.00
	1:15	Bingo	
Thur.	9:00	Quilting Class wJoanne	\$4.00
	9:30	S.A.F.E for Seniors	\$2.00
	12:30	Cards	
Fri.	9:45	Chair Yoga	\$2.00
	10:30	Swimming Aerobics	\$25.00
Pre-Paid for 5 Classes Held at Wilderness Experience			
	11:00	Zumba	\$2.00

COA Office 569-5498 • Dining Center 569-0410

Please Forward  
Change Service Requested

454 College Highway  
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

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