# 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: Patti Phillips

Members:

Jack Pocai, Donna Charron Harvey Hollm, Theresa Rogers

Associate Members:

Harriet Fischer, Donna Foisy

COA Director: Cindy Sullivan COA Staff Members:

Denise Seibert

**Dining Coordinator** 

Denise Hills-McGarry

SHINE:

Theresa Bessette



Like us on Facebook www.facebook.com/ Southwick Senior Center/ Council on Aging

# **NOVEMBER 2020 NEWSLETTER**



#### VIRTUAL BINGO BEGINNING IN NOVEMBER

Join us for Virtual BINGO on Wednesdays from 1:00pm-3:00pm beginning on November 4th. You will need either Southwick Channel 15 or a Zoom Account. We are still working out the details about how this will work. Please call the Senior Center to sign up and we will give you instructions on how to play along!! All are Welcome!



# **Center Updates**

#### **SENIOR CENTER MEALS:**

Senior Center Grab and Go lunches are available 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. *The center is closed and there will be no meals on:* 

Tues. Nov. 3rd Election DayWed. Nov 11th- Veteran's DayThurs. Nov. 26th ThanksgivingFri. Nov. 26th Closed

Look for this month s menu online at www.southwickma.org/COA or call us.

#### **BROWN BAG DISTRIBUTION**

We will have brown bag on November 10th. you must be preapproved 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 12:pm and 12:30pm ONLY. Bags will be available at the garage. Please remain in your vehicle.

#### TRANSPORTATION:

Rides are available for routine doctor appts and trips to Big Y,, Ocean State Job Lot, and The Dollar Tree in Southwick only. We will also go to Stop and Shop in Westfield only. We will continue to go to the pharmacies for prescription drug pick in Southwick only. There will be only two riders per trip, you must wear a mask at all times while riding the van. Exact change is needed at time of transportation, no change will be given. If you are sick please cancel your ride. Call the senior center to schedule your appt.



#### From the Director

#### OUR BUILDING IS CLOSED BUT WE ARE STILL HERE FOR YOU:

The Senior Center will remain closed during the month of November. As you read the newsletter you will see everyone has been working hard to continue to bring our usual services to you either virtually, over the phone, or planning drive thru activities. We want to stay connected and we all miss the hustle and bustle of having you all here in person. Please join us for some of our activities.

Peace and Joy—Cindy Sullivan

# **FUEL ASSISTANCE:**We are NOT



taking in person appointments. Please call the Senior Center to review documents needed and make sure you sign the back of the application. You will be scheduled a time to drop off your

documents. Ring the door bell at the slider entrance. If we are unable to make copies at that time we will notify you when your items are ready for pick up.

SHINE: Open Enrollment 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 have received a notice from your plan During Medicare Open Enrollment from October 15th to December 7th, you will be able to change your plan for next year. Theresa will be setting up phone appointments for every Tuesday & Thursday through open enrollment season. Call the center to set up an appointment 569-5498. You will receive a letter in the mail on how to prepare for your phone appointment. Please follow the instructions carefully and completely.

#### 04 | EVENTS





Upcoming **Events** 

SAND FOR

**SENIORS:** 

Please call the Senior Center to sign up for this program.

In the winter months there is a significant number of Seniors falling on the ice. The fire department or a volunteer will deliver a bucket with sand and a 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 November.



Thank you to Blossoming Acres, Ray's Farm, Outlook Farm, and Big Y for making our Thursday Fun Days so successful.



Frank Pollard Louise Brassard

MOOLICIOUS AND OUR SOUTHWICK PARTNERS ARE HELPING US AGAIN THIS YEAR. THIS YEAR IS COVID STYLE.....read below for details



MOOLICIOUS FARM AND YOUR LOCAL SOUTHWICK PARTNERS

Reservations are required, and dinner is delivery only. Seniors 60+ please call the Southwick Senior Center 413 569 5498

\* DELIVERY BETWEEN 12:00PM - 2:00PM
Made with PosterMyWall.com

#### Crafty Creations:

Sign up for our Take Home Craft Projects being held twice this month. On Thursday November 12th and Thursday November 19th. We will put together a craft with instructions for you to do at home. Space is limited so please sign up asap. Pick up your craft on the day of the event between 11:45am & 12:00pm at the garage.

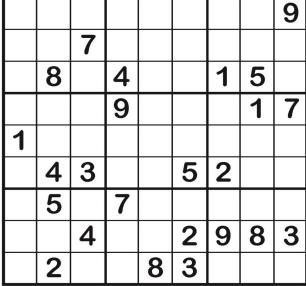
Please tell us what you are thankful for this year. This year has been so challenging for many of us, but we would love to hear what you are Thankful For. Please drop off your leaf at the Senior Center so we can hang them for everyone to see.



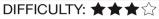
# PUZZLES OF THE MONTH

#### Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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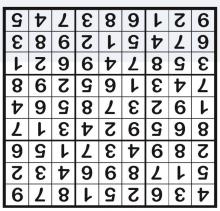


Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "L" = "Y"

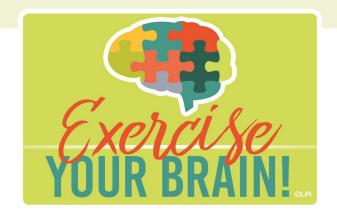
"BSBJLNKTIU PNCJNP CP PGXBWGVL'P VCLVJBCX."

HCJJL ITSBI

PREVIOUS SOLUTION: "Everything starts as somebody's daydream." — Ları



Answer to Sudoku



# CROSSWORD PUZZI

A|A|B

**D**AH

A A A

I CH

A I I M A

ONAT

TMA9

A N O O B A N O J

NEBCNCKOLD

200

A D A L A D

T | A | A | M | I

TIUIAIA

K|A|E|A

A M O K

A B M

BEX

Command

(abbr.) 19 Cozy retreat 20 Dept. of Motor

Vehicles

(abbr.)

22 Adjective-

TBBBAT

VAT NOMAG

OID

ENSNARE DNA

BOIL

**ACROSS** Ruler of Tunis Today (Ital.) Part of QED

Soft drink 13 Stir up

14 Geophagy 15 Nat'l **Endowment for** 

the Arts (abbr.) 16 Togs 17 Org. or Petroleum Exporting

Countries (abbr.) 18 Net

20 Genetic letters 21 Like (suf.) 22 Turk. inn

25 Friend of Pythias

28 Hebrew letter 29 I (Ger.)

30 Frenzied Wolframite

32 Jackfruit 33 Illness

34 Grab 35 Germanic gods 36 Goal 38 Old-Eng

jurisdiction 39 Beak 40 Ram

44 Cushitic lang. 46 Breathe rapidly 47 Proportional shoe width

48 Danube tributary 49 Pueblo Indian 50 Possessed

51 Dutch painter 52 Afghan title 53 Environmental

Protection Agency (abbr.)

DOWN

Nemesis Earthly paradise 3 Votes

Decree

T A A B 0 6 6 1 Squash Fr. author

OPEC

PICA

Fr. pronoun Goddess of horses 9 Growing by a riverbank

10 Unit 11 Tactical Air

forming (suf.) 23 Geological epoch 10 24 Asian desert 25 Foolish 26 E. Indian tanning tree 27 Sad 28 Flap

> 34 Pen point 35 Physician 37 Scand. people 38 Branch of Muslim

40 Heddles of a loom

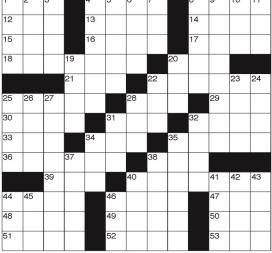
31 Grimalkin 32 Male person

41 US dam 42 Eucalyptus secretion 43 French art

group 44 Kilometers per hour (abbr.) 45 Military macaw

46 School organization (abbr.)

A26



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#### SOUTHWICK COUNCIL ON AGING

454 College Highway

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# Class Schedule Channel 15

Monday	II:00 am	Chi Gona

Tuesday 10:00am Yoga 11:00am Zumba 2:30 pm Line Dancing

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Wednesday	11:00 am	Chair Yoga
	1:00pm- 3:00pm	BINGO (Hopefully)
Thursday	10:00am 11:00 am	3
	1:00pm	Chi Gong
	2:30 pm	Getting Your Will, Health Care Proxy, And Durable Attorney Done Atty Palmer
Friday		
	11:00am	Chair Yoga

3:15pm WTA Cooking Class

