

THE MESSENGER

A Newsletter For Southwick's Senior Community



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NOVEMBER 2020 NEWSLETTER

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 Poci, Donna Charron

Harvey Holm, 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



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



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 Day

Wed. Nov 11th- Veteran's Day

Thurs. Nov. 26th Thanksgiving

Fri. 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 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 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.



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
for your generosity

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

TURKEY FEAST

26th of November

ENJOY A FULL TURKEY DINNER WITH ALL THE FIXINGS, COMPLIMENTS OF 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.



Sudoku

								9
		7						
	8		4			1	5	
			9				1	7
1								
	4	3			5	2		
	5		7					
		4			2	9	8	3
	2			8	3			

DIFFICULTY: ★★☆☆

— HCJ JL ITSBI

4	3	6	2	5	1	8	7	9
5	1	7	8	9	6	4	3	2
2	8	9	4	3	7	1	5	6
8	6	5	9	2	4	3	1	7
1	9	2	3	7	8	5	6	4
7	4	3	1	6	5	2	9	8
3	5	8	7	4	9	6	2	1
6	7	4	5	1	2	9	8	3
9	2	1	6	8	3	7	4	5

A graphic with a light green background. At the top, a brain shape is filled with several interlocking puzzle pieces in various colors (yellow, orange, red, teal, blue). Below the brain, the word "Exercise" is written in a large, red, cursive script. Underneath that, the words "YOUR BRAIN!" are written in a large, bold, teal, sans-serif font. In the bottom right corner, there is a small copyright notice: "©LPI".

ACROSS

1 Ruler of Tunis
4 Today (Ital.)
8 Part of QED
12 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 Frenzy
31 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

1 Nemesis
2 Earthly paradise
3 Votes
4 Decree

- 1 Nemesis
- 2 Earthly paradise
- 3 Votes
- 4 Decree

E	P	A		R	I	M	A	S	L	H	A
D	A	H		O	N	T	A	U	T	P	R
A	A	A		T	A	N	F	A	F	K	A
D	C	O	L	D	C	U	B	E	N		
				S	O	C	E	T	A	R	G
				N	A	B				F	L
				D	C	A	L	K	M	O	A
				J	A					I	C
				T	A	V		N	O	M	D
				I	M	A		I	D		
				A							
				D	A	E	N	S	A		
				O	A	R	D	E	N	A	
				P	I	C	A				
				E	R	A	T				

Command
(abbr.)
19 Cozy retreat
20 Dept. of Motor
Vehicles
(abbr.)
22 Adjective-
forming (suf.)
23 Geological
epoch
24 Asian desert
25 Foolish
26 E. Indian
tanning tree
27 Sad
28 Flap
31 Grimalkin
32 Male person
34 Pen point
35 Physician
37 Scand. people
38 Branch of
Muslim
40 Heddles of a
loom
41 US dam
42 Eucalyptus
secretion
43 French art
group
44 Kilometers per
hour (abbr.)
45 Military macaw
46 School
organization
(abbr.)

1	2	3		4	5	6	7		8	9	10	11	
12				13					14				
15				16					17				
18				19				20					
				21				22			23	24	
25	26	27					28			29			
30							31			32			
33									35				
36				37				38					
		39					40				41	42	43
44	45									47			
48							49			50			
51							52			53			

A26

SOUTHWICK COUNCIL ON AGING
454 College Highway

Please Forward
Change Service Requested

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

Class Schedule Channel 15

Monday	11:00 am	Chi Gong
Tuesday	10:00am	Yoga
	11:00am	Zumba
	2:30 pm	Line Dancing
Wednesday	11:00 am	Chair Yoga
	1:00pm–3:00pm	BINGO (Hopefully)
Thursday	10:00am	Yoga
	11:00 am	Zumba
	1:00pm	Chi Gong
Friday	2:30 pm	Getting Your Will, Health Care Proxy, And Durable Attorney Done Atty Palmer
	11:00am	Chair Yoga
	3:15pm	WTA Cooking Class

