

The Messenger

A Newsletter For Southwick's Senior Community



October 2019

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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



Paid In Part By
Executive Office Of Elder Affairs



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.**



Halloween Costume Lunch

We will be having our Halloween party during our regular lunch time beginning **at 11:00am on**

October 31st. We

will be serving appetizers along with what is on the menu. You must sign up in the dining room so we can order lunch for you. The suggested donation for lunch is \$3.00 you will pay the day of the lunch. Best costume prize will be awarded.



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.** This will make the process go a lot quicker. 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 with setting up an account on Tuesday and Thursday afternoons from 2:00pm-3:30pm.**



Yoga Dancing

Yoga Dancing
held by Renee
Rix will be held on
Monday October

28th at 11:30am. Please join us.

Learn New Cooking Ideas

The Culinary Arts Students from Westfield Technical Academy and the Head Chefs will present a series of cooking skills and classes. The Basics to Main dishes will be taught. Our first demonstration will be on **Wednesday November 6th from 9:30am-11:00am.** The cost for the class will be \$5.00. The students will be preparing. **This class will be held in Park & Rec.** Please sign up in advance.



Crafts with Denise!!!!

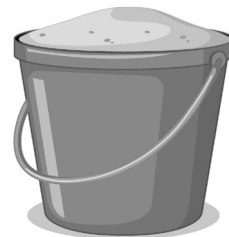
We will have classes twice a month. The classes listed below **will be \$2.00** and will be from **9:00am until 11:00am.** Sign up in advance as class is limited.

October 9th: Wolf Drawings

October 23rd: Horseshoe Craft

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.



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.

**Protect!
Detect!
Report!**

Open Enrollment

Open enrollment for medical insurance will **start on Oct. 15 and will end Dec. 7th.** Anyone wishing to do a check up or a policy change will need to do so in that time frame. **For the time being Andrea will be setting up appointments for every Tuesday & Thursday through open enrollment season.** Call the center to set up an appointment 549-5498.



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.

Flu Clinic



Flu Clinic will be held at the Southwick Senior Center. You will need to bring in your insurance card.

CVS will be here on **Thursday October 3rd from 9:30am-12:00pm.**

We encourage advance sign up by calling the COA office at 569-5498, but are **welcoming walk-ins.**

Dan Kane Singers and Friends

Come and watch this great music show performed by amazing singers. We will head out from the Senior Center on Sunday October 20th at 12:30pm. We will eat lunch at the Crepe House at your own expense and then go to the show which begins at 2:00pm. The cost of the trip is \$12.00. Please sign up and pay as soon as possible.



Brattleboro VT Foliage Ride

We will look at the beautiful foliage in VT on Thursday October 10th. The van will leave the Senior Center at 9:00am. We will stop at Whetstone Restaurant for lunch and do a little shopping at the Outlets at your own expense. The cost is \$2.00.

Bernie's Restaurant



Everyone's favorite place. We have planned a Bernie's trip for Wednesday October 16th. We will leave the Senior Center at 10:45am and head to Chicopee. The cost is \$2.00 and lunch is at your own expense.

Mt. Greylock

We have planned a trip to Mt. Greylock for Tuesday October 22nd. We will leave the Senior Center at 9:00am. The cost is \$2.00 and breakfast at Bob's Country Kitchen will be at your own expense.



Cousins Maine Lobster Food Truck

This amazing food truck is coming to town. They will be located in the back parking lot on Thursday October 24th from 11am-2:30pm. The options are great and the food delicious. This event is open to the public. No sign ups necessary.

In Memoriam



Our Condolences to Family and Friends

Rose Ellen Sweeney

Mary C. Ruscio

October Calendar

Thurs.	3	9:30am-12pm	Flu Clinic
Fri.	4	9:00am	Veteran's Representative
Tues.	8	11:00am	Brown Bag
Wed.	9	9:00am	Craft with Denise
Thurs.	10	9:00am	Brattleboro VT Foliage Ride
Mon.	14	Closed	Holiday
Mon.	15	10:00am	COA Meeting
Wed.	16	10:45am	Bernie's Restaurant
Fri.	18	9:00am	Veteran's Representative
Sun.	20	12:30pm	Dan Kane Singers and Friends
Mon.	21	12:30pm	COA Board Meeting
Tues.	22	9:00am	Mt. Greylock Trip
Wed.	23	9:00am	Craft with Denise
Thurs.	24	11:00am-2pm	Cousins Lobster Food Truck
Mon.	28	11:30am	Yoga Dancing
Thurs.	31	11:00am	Halloween Party

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	\$20.00
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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