

The Messenger



September 2019

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Denise Seibert
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Jan Argiro

Office: 569-5498

Dining Coordinator
Denise Hills-McGarry

Kitchen: 569-0410

(Office Hours beginning July 1st)

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

A Newsletter For Southwick's Senior Community

Bingo and Board Games:



On Wednesday September 4th from 1:30pm -4:00pm Bingo will be resuming weekly play in the Activity room!! Come and have fun winning gift cards and small items for winning some rounds. Cost per card is 5 cents. If you would like to play a board game bring in the board game and we will see who is willing to play. If there is an interest in a particular board game the Senior Center will purchase the game for all to enjoy. We look forward to seeing you all on September 4th.

Fall Classes

Classes will begin on Monday September 9th. Please take a look at the back of this newsletter for a complete listing of times and fees. Swimming Aerobics will be \$20 per session this must be paid in advance and Thursdays Quilting Class is \$4.00. All other classes will be \$2.00 from this September through June only.

They are drop in classes so payment is due on the day you take the class. All classes must be paid in cash.



Flu Clinic



Flu Clinic will be held at the Southwick Senior Center. You will need to bring in your insurance card. They will be here on Thursday October 3rd from 9:30am-11:30am.

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

ATTENTION: There are new Low Cost Brand Name Insulin available, offered through Wal-Mart pharmacy. If you would like more information call Andrea at the senior center at 569-5498.

Activity Day/Meet the Instructor

**September 5th from
10:30am-11:30am.**

Come into the Senior Center and meet the instructors of the classes that will be offered beginning on September 9th. This event is for current participants and of course new faces. Sometimes there is confusion about what the class is like and how it differs from other classes. Take advantage

of the opportunity to meet the instructors of the classes to see if it is something you might be interested in participating in. I'm hoping all of the instructors will be available for this great event. Light

refreshments will be served. Take advantage of the opportunity to meet the instructors of the classes to see if it is something you might be interested in participating in.



Pen Pals and Readers



Our program with Woodland Elementary was a great success for the third year. We would love to offer this program again this year. We partner with a 1st grade class and exchange short notes throughout the year. We also would like volunteers that enjoy reading and can commit to driving to the Woodland Elementary School every other week to read to a student.

If you are interested in participating in either of these programs please call the office to sign up. There will be a meeting in early September to explain the programs in more details.

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.



Wednesday September 11th-

Coloring Butterflies and Birds

Wednesday September 25th-

Stuffed Pumpkins Project

Emergency House Number Sign Program

Are the Fire and Police Departments able to find your house in an emergency? Let us help! The Southwick Senior Center and The Southwick Fire Department are continuing our partnership. We are trying to make the homes in our community easier for Emergency Services to respond to 911 calls. We have reflective signs with house numbers that will go on homeowner's lawns that will reflect their house number day or night. This program is available to all homeowners in Southwick. We continue to have funding so Seniors will be free and other residents will pay a fee of \$25. The Fire Department installs them on your lawn at no additional cost. We have placed over 200 signs throughout Town. Please call the Senior Center to sign up!

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.



Upcoming Trips



Trips: All trips must be paid in cash. You must sign up and pay in advance 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.



Happy Days Family Fun Spot

Come and enjoy some fun on Wednesday September 18th. The van will leave at 10:30am. Have lunch at a 50's themed diner and maybe even play a round of mini-golf. The cost is \$3.00 and lunch and mini golf are at your own expense.

Thimble Islands Cruise

This trip will be held on Thursday October 3rd. We will go to Branford CT for a cruise on the Sea Mist to see the Islands. The boat departs @ 11:00am. We will leave the center at 8:30am. The cost will be \$15.00pp. Stop for lunch at the Chowder Pot at your own expense.



Birthday Party

Friday
September 20th

at 11:30am. We will celebrate birthdays in June, July, August, and September. If your birthday was during one of these months come join us for a small celebration. Sign up for lunch and let us sing happy birthday to you. Call the dining center to sign up at 569-0410.



The Big E

The Senior Van will be going to the Big E, Monday Sept 16th and Monday Sept. 23rd. We will leave the center at 9:30am, return time will be 2:30pm. Cost for this trip is \$1.00 with entrance tickets purchased on your own at the gate. Please call the center to reserve a seat.



A Night Out With The Legends

Come watch Singing Impersonators with Elvis, Neil Diamond, Lady Gaga and Cher!



Westfield State University on Saturday September 28, 2019. We will leave the center @ 5:00pm. The cost will be \$12.00. Payment needs to be in by Sept. 9th in order to get advanced pricing. Dinner will be served at your own expense.



SPRINGFIELD MUSEUMS
ART • HISTORY • SCIENCE • SEUSS IN SPRINGFIELD

We will be leaving the Senior Center on Tuesday September 17th at 10:00am. The cost of the trip is \$19.50. Lunch will be at the Black House Cafe' at your own expense.

In Memoriam

Our Condolences to Family and Friends

Anthony DeCaro
Clara S. Brown
Norman H. Crowley
Doris J. Denis

Kenneth I. Lapan
Mary Mastroianni
Polly Ann Cunningham
Shirley G. Wilcox

September Calendar

Mon.	2	CLOSED	Labor Day
Wed.	4	1:30-4pm	Bingo and Board Games
Thurs.	5	10:30-11:30am	Activity Information Day
Mon.	9	10:00am	COA Board Meeting
Mon.	9	ALL DAY	CLASSES BEGIN
Tues.	10	11:00am	Brown Bag
Wed.	11	9:00am	Crafts with Denise
Thurs.	12	8:30am	Thimble Islands (FULL)
Fri.	13	9:00am	Veteran's Representative
Mon.	16	9:15am	BIG E
Tues.	17	10:00am	Springfield Museum
Wed.	18	by appt	Hearing Screening
Wed.	18	10:30am	Happy Days Family Fun/Diner
Fri.	20	11:30am	Birthday Party (June-Sept)
Mon.	23	9:15am	BIG E
Wed.	25	9:00am	Crafts with Denise
Wed.	25	11:30am	Welcome Fall Baked Potato Lunch
Fri.	27	9:00am	Veteran's Representative
Mon.	30	by appt	Foot Nurse

CLASS SCHEDULE

Mon.	9:00	Quilting & Needlework	
	10:00	Chi-Gong	\$2.00
	11:30	Yoga Dancing	
		3rd Monday of the month	
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
Thur.	9:00	Quilting Class wJoanne	\$4.00
	9:30	S.A.F.E for Seniors	\$2.00
	12:30	Poker	
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
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454 College Highway
Southwick, Massachusetts 01077

SOUTHWICK COUNCIL ON AGING

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