

THE MESSENGER

A Newsletter For Southwick's Senior Community



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2022
SEPTEMBER
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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: Donna Foisy
Members:
Jack Poci, Carol Smith
Harvey Holm, Theresa Rogers
Associate Members:
Harriet Fischer, Elaine Boucher

Director: Cindy Sullivan
Assistant Director: Cara Cartello
COA Staff Member:
Denise Seibert

Dining Coordinator
Denise Hills-McGarry
SHINE: Cara Cartello



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

You're
Invited!

Fall Welcome
Back Event being
held Sept. 7th

For every event you attend throughout the day you will be entered into our gift basket raffle.

The schedule is as follows:

8:30am-9:30am

Pancake Breakfast: Come enjoy 2 pancakes and 2 sausage with orange juice and coffee and maybe some extra treats for \$2.00. Sign up is required and space is limited.

9:30am-11:00am

Meet and Greet: Come and meet with some public officials and town department heads, try out our demonstration of cooking safely, meet our new and returning class and exercise instructors, Friends of the Southwick Senior Center Representative, and receive info about our congregate dining, transportation, trips, and our SHINE programs.

11:30am-12:30pm

Sign up for Highland Valley Lunch and enjoy and Ice Cream Social: You must sign up in advance. At time of printing we are not sure what is on the menu, but we will have extra snacks to go with it.

1:00pm-3:00pm

BINGO: Come play BINGO and win some great prizes.

Senior Center Info

"Pre-Planning Lunch & Learn:"



Join Southwick Forastiere Funeral & Cremation on Thursday September 20th for a free lunch as they discuss the benefits and steps to pre-planning funeral arrangements. This is an

opportunity to address any questions that you've been afraid to ask regarding pre-planning! Not only will you receive lunch by attending this seminar, but you will also have a chance to win a raffle!" You must call to sign up for lunch.



FLU VACCINE CLINIC: With our partners from Park and Recreation and Stop and Shop we will have a Flu Vaccine Clinic at the Southwick Senior Center on Thursday October 20th from 9am -12pm. Please call the Senior

Center to sign up and make arrangements to fill out the paperwork needed for registration.

Friends of Southwick Senior Center

Join us for our **Fall Tag and Craft Sale!**

When: October 1st, 2022 9 am- 3 pm

Where: Front Lawn of Southwick Town Hall

Cost: \$20 for approx. 10'x10'
(Vendors supply own tables, chairs, and tents)
Refreshments will be available for purchase

To **reserve space**, send your name, and contact information along with payment to:

Southwick Seniors
P.O. Box 263
Southwick, MA 01077
Reservations must be received by
September 26, 2022

For further info contact Joyce Bannish at
(413) 569-3232

No refunds for cancelations for no shows



Crafts with Denise: Denise will be doing craft projects twice a month. You must sign up in advance and the cost is \$3.00 per class. Crafts will begin at 1:00pm

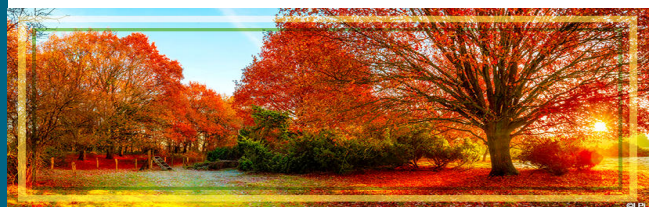
September 8th– Sunflowers

September 22– Toothbrush feather painting



An amazing food truck is coming to town. They will be located in the back parking lot on Friday Sep-

tember 16th from 11am-2:00pm. The options are great and the food is delicious. This event is open to the public. No sign ups necessary.



The Senior Center will be closed on the following days
Mon. Sept. 5th–Labor Day
Tues. Sept. 6th– Voting Day

04 | TRIPS

We don't stop playing because we grow old. We grow old because we stop playing.

—GEORGE BERNARD SHAW

Game Day Thursdays

Beginning on September 8th from 1:00pm-3:45pm. Come into the Senior Center on Thursdays and enjoy playing some

board games such as Yahtzee, Dominos, Parcheesi, and any other games you would like. Bring a friend, friends, or just stop in to see who is here playing.



DEALERS CHOICE:

On Tuesdays, Wednesdays, and Thursdays we have Dealers Choice cards games. Friendly group of individuals looking for more players. They play from 12:15pm-3:45pm all three days. Check it out!!!

We also have a variety of card games on Tuesdays including Cribbage, Pitch, and Whist. We would love to have you.



Billiards and Foosball Table:

We have a pool table and foosball tables you can enjoy everyday during our regular business hours. Bring a friend or a group of friends. The tables are located on the lower level you need to check in before you go downstairs.



Lady Bea River Cruise & Lunch at Brunelle's Marina

The Volunteer Van will be going to Brunelle's Marina on Thursday, September 1, 2022. The cost is \$27.00. Reservation and payment is due by August 16, 2022. Lunch at Brunelle's Marina will be at your own expense. The van will leave the Senior Center at 10:30am.

Foxwoods Casino

The Volunteer Van will be going to Foxwoods Casino on Friday, September 9, 2022. The cost is \$5.00. Lunch will be at your own expense. The van will leave the Senior Center at 8:00am. They are not giving out vouchers at this time.

Little George's Restaurant

The Volunteer Van will be going to Little George's on Tuesday, September 13, 2022. The cost is \$3.00. Lunch will be at your own expense. The van will leave the Senior Center at 11:00 am.

The Big E

The Volunteer Van will be going to the Big E on Tuesday, September 21, 2022. The cost is \$3.00. Tickets will be purchased on your own at the gate. The van will leave the Senior Center at 9:00 am.

Lee Premium Outlets

The Volunteer Van will be going shopping at the Lee Premium Outlets on Tuesday, September 27, 2022. The cost is \$3.00. The van will leave the Senior Center at 9:30 am.

New England Botanic Garden

The Volunteer Van will be going to The New England Botanic Garden in Boylston on Tuesday, October 4, 2022. The cost is \$19.00. Lunch will be at your own expense. The van will leave the Senior Center at 8:30 am.

Take a musical journey across the Un

Jimmy Mazz at Storrowton Lunch & Show

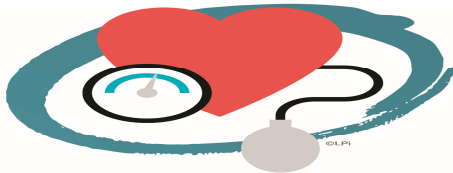
Take a musical journey across the United States and enjoy all types of music with Jimmy Mazz. Tuesday, October 11, 2022. The cost is \$44.00 and due by September 26, 2022. The van will leave the Senior Center at 11:00 am.

Essex Steam Train and Riverboat Lunch Excursion

Trip includes a leisurely ride on the steam train, boat ride up river and a three course meal on Monday, October 17, 2022. The cost is \$70.00. Payment is required by September 19, 2022. The van will leave the Senior Center at 9:15 am.



Back by popular demand: Foot Care Clinics will be held at the Southwick Senior Center by our new Foot Nurse Debra J. Deane, RN,BSN. The cost of this service is \$40.00 paid directly to the nurse. Appointments will be held every month. We are currently scheduling appointments for September 20th and October 18th. You must call the Senior Center and schedule an appointment.



BLOOD PRESSURE SCREENINGS

Blood Pressure screenings will be held every Monday from 11:00am-12:00pm. This screening should not take the place of your regular doctor visits, and the nurse will not be giving out medical recommendations. This is a drop in screening so no appointments are necessary.



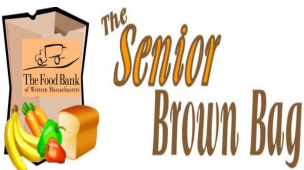
Veteran's Representative: Southwick's Veteran's Representative will have office hours at the Southwick Senior Center on the second Thursday of the month from 9:00am-11:00am. If you have any questions or need assistance please come by the Senior Center during this time.






The SHINE Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs. Limited appointments being scheduled on 9/8. other dates TBD. You must have appointment.



COMPANION PROGRAM: The Southwick Senior Center has created a Companion Program. The program will assist frail, homebound adults aged 60 and older. Program services will include transportation to medical appointments for a small fee, grocery shopping assistance, errands, and companionship. These services are provided to recipients by volunteers who receive reimbursement for their gas mileage. If you are interested in becoming a volunteer or if you feel you may qualify to be a client in this program please call the Senior Center. A criminal background check will be completed. Companions do not have to be Seniors. Please call the Senior Center to sign up.



We will have brown bag on September 13th 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 11:30am and 12:00pm. Bags will be available at the garage. Please remain in your vehicle.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Highland Valley ELDER SERVICES  NO MEALS	Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian	 Choice: Pork Chopette (588) Penne Alfredo (88) Steamed Spinach (113) Chickpeas, Tomato, Onion (79) French Bread (256) Fresh Fruit	Choice: Pork Chopette (588) Homemade Cheese Pizza (440) Garlic Green Beans (3) Caesar Salad (295) # Chocolate Brownie (149) Cal: 842 Sodium: 1191 Carb: 84	Choice: Pork Chopette (588) Homemade Cheese Pizza (440) Garlic Green Beans (3) Caesar Salad (295) # Chocolate Brownie (149) Cal: 842 Sodium: 1191 Carb: 84
NO MEALS	NO MEALS	Choice: Pesto Chicken (159) Spaghetti with Meat Sauce** (516) Roasted Broccoli (15) Summer Squash (6) French Bread (256) Fresh Fruit Cal: 806 Sodium: 1089 Carb: 92	Choice: Pesto Chicken (159) Chicken Stew (238) over Mashed Potatoes (58) Sweet Yellow Corn (15) Dinner Roll (210) # Oatmeal Raisin Cookie (75) Cal: 806 Sodium: 771 Carb: 101	Choice: Sliced Turkey on a Grinder Roll (893) Chef Salad w/ chicken & cheese (276) Ranch Dressing (138) Tomato Cucumber Salad (4) Snack n Loaf (120) # Fruited Gelatin w/whip topping (89) Cal: 729 Sodium: 753 Carb: 71
Choice: Chicken Cordon Bleu (550) Chicken Enchiladas (375) Peppers and Onions (3) Sweet Yellow Corn (15) # Rice Pudding (110) Cal: 749 Sodium: 862 Carb: 77	Choice: Chicken Cordon Bleu (550) Pasta Primavera** (521) Brussel Sprouts (38) French Bread (256) # Chilled Apricots (10) Cal: 756 Sodium: 926 Carb: 119	Choice: Sliced Turkey on a Grinder Roll (893) Chilled Tuna Salad on bed of Lettuce (435) Broccoli Raisin Salad (38) Dill Pickle Slices (91) 1/2 pita bread (161) Fresh Fruit Cal: 736 Sodium: 852 Carb: 66	Choice: Chicken Cordon Bleu (550) Asparagus & Cheese Quiche (391) Carrots (64) Snack n Loaf (120) # Pudding w/whip topping (195) Cal: 911 Sodium: 1035 Carb: 98	Choice: Chicken Cordon Bleu (550) Savory Beef Meatloaf (271) Whipped Potatoes (58) Sweet Green Peas (66) Wheat Dinner Roll (210) Mixed Fruit (3) Cal: 790 Sodium: 734 Carb: 91
Cinnamon Glazed French Toast Sticks (300) # Oven Roasted Sweet Potatoes (63) Warm Cinnamon Apples (20) # Yogurt (75) Cal: 654 Sodium: 583 Carb: 110	Choice: Beef Wellington (210) Cinnamon Glazed French Toast Sticks (300) # Oven Roasted Sweet Potatoes (63) Warm Cinnamon Apples (20) # Yogurt (75) Cal: 654 Sodium: 583 Carb: 110	Choice: Beef Wellington (210) Homemade Macaroni & Cheese (496) Stewed Tomatoes (446) Steamed Spinach (113) # Chilled Diced Peaches (6) Cal: 755 Sodium: 1183 Carb: 89	CHOICE: Sliced Turkey on a Grinder Roll (893) Chilled Chicken Salad on bed of Lettuce (251) Croissant (152) Three Bean Salad (280) Fresh Cherry Tomatoes (2) Fresh Fruit Cal: 704 Sodium: 745 Carb: 93	Hamburger on a Bun ** (530) Vegetarian Baked Beans (140) Roasted Potatoes (4) # Chilled Peas (5) Cal: 788 Sodium: 886 Carb: 94
Choice: Sliced Turkey on a Grinder Roll (893) HIGH SODIUM MEAL Ham & Pickle Salad** (731) Pasta Salad (220) Fresh Cucumber Slices (2) Rye Bread (150) Fresh Fruit Cal: 772 Sodium: 1230 Carb: 83	Choice: Breakfast Tac Go w/ Turkey Sausage & Cheese (410) Split Pea Soup (265) German Potato Salad (180) French Bread (256) # Chocolate Chip Cookie (60) Cal: 699 Sodium: 887 Carb: 102	Choice: Breakfast Tac Go w/ Turkey Sausage & Cheese (410) Chicken Pot Pie (484) Sweet Yellow Corn (15) Wheat Dinner Roll (210) Fruit Crisp (11) Cal: 694 Sodium: 831 Carb: 84	Choice: Breakfast Tac Go w/ Turkey Sausage & Cheese (410) Low Sodium Hot Dog (338) on a bun (210) Vegetarian Baked Beans (140) Roasted Butternut Squash (36) Mixed Fruit (3) Cal: 690 Sodium: 853 Carb: 88	GLOBAL TABLE Eggplant Parmesan ** (925) over Spaghetti w/ Marinara Sauce (51) Zucchini (2) Applesauce (9) Cal: 833 Sodium: 1113 Carb: 107



Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (), all meals include milk w/ 125 mg sodium. If you have a special concern regarding the menu, contact the Nutritionist at 413-582-9301 for guidance on managing your intake to meet your dietary requirements.



To order a meal you must call the Senior Center at 569-5498 by 10:00am the day before you would like a meal.

Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (), all meals include milk w/ 125 mg sodium.

If you have a special concern regarding the menu, contact the Nutritionist for guidance on managing your intake to meet your dietary requirements.

SOUTHWICK COUNCIL ON AGING

454 College Highway

Southwick, Massachusetts 01077

Please Forward

Change Service Requested

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

Weekly Activity and Exercise Schedule

Exercise classes begin the week of September 12th

Monday 9:00am- Quilting and Sewing Social Group

Monday 10:00am- Chi-Gong with Kathleen \$2

Monday 12:30pm- Chinese Language and Culture Class

Tuesday 10:00am- Tai-Chi with Lenny \$2

Tuesday 12:00pm- Cards

Tuesday 12:30pm- Painting Class with Carolyn \$2

Tuesday 1:00pm- Cribbage, Whist Card Game, and Pitch

Wednesday 10:00am- Line Dancing with Clara \$2

Wednesday 1:00pm- Scrabble

Wednesday 1:00pm-3:00pm- BINGO with Cara and Special Guests

Thursday 9:00am- Zumba with Becca \$2

Thursday 10:30am- Yoga with Renee \$2 (beginning Sept 22nd)

Thursday 12:15pm- Cards and Board Game Afternoon

Thursday 1:00pm- Crafts with Denise (2X per month)

Friday 10:00am- Chair Yoga with Heidi \$2

Aerobics: If you are interested in taking an Aerobics class please call the Senior Center. If we have at least 10 people who are committed we will look for an instructor.

Let your Yoga Dance: Tuesday September 27th from 11:15am-12:15pm. The cost is \$5.00 paid directly to Renee. Let Your Yoga Dance is a movement based practice that combines yoga, dance, and all genres of music. It is a celebration of spirit, mind, body, and heart. Try this class with Renee or come back if it's been awhile.

Monday Morning Movement:

Walk with Cara and start your busy week off right. Meet outdoors at the ramp entrance to the Senior Center at 8:30am. Cara will decide the Route and walk for approximately 45 minutes. Please call the Senior Center to register.