

# THE MESSENGER

A Newsletter For Southwick's Senior Community



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# SEPTEMBER

2023

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## Get in Touch

### ADDRESS

454 College Highway  
Southwick, MA 01077  
Website [southwickma.org/coa](http://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 Pocai, 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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Council on Aging](http://www.facebook.com/SouthwickSeniorCenter/CouncilonAging)



**FLU VACCINE CLINIC:** With our partners from Stop and Shop we will have a Flu Vaccine Clinic at the Southwick Senior Center on Thursday October 5th from 9am-12pm. Please call the Senior Center to sign up and make arrangements to fill out the paperwork needed for registration.



[Southwick Legion Post 338](#) will hold their monthly spaghetti dinner on Wednesday September 20th from 5:00pm-7:00pm.

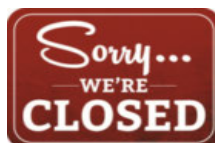
Proceeds for this particular evening will benefit the Friends of the Southwick Senior Center. Please attend if you are able.



Exercise Classes begin on September 11th. Please look on the back of this newsletter for classes, start dates, and fees. We operate under a drop in pay as you go system for all classes except Pickleball. Try something new and have some fun!!!!



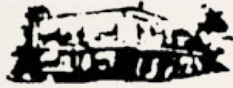
**Thank you** to the Park and Recreation beach staff, The Southwick Police Department and Joe Deedy from Moolicious for offering the Senior Sizzler. We had 60 Seniors who enjoyed the day even though we changed location. We danced to the Rattletones band and had so much fun.



The Senior Center will be closed on  
Mon. Sept. 4th-Labor Day

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### Pickleball:



ue with another 5 week session beginning on Thursday Sept. 14th. The cost will be \$3.00 per class. There will be a class from 12:30pm-1:30pm and 1:30pm-2:30pm. You must pre-register to participate. If you have paddles please bring them and also

bring a lawn chair. Appropriate foot wear is required. Please bring water bottles to stay hydrated. Sign in and pay inside then meet at basketball court outside. There will not be any formal instruction but people have been teaching each other how to play. Very fun non competitive.

**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 to offer you another program. 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 now available to all homeowners in Southwick for a one time fee of \$25.00, but we have funding to help Seniors in our community. Call the Senior Center to sign up!

**FUEL ASSISTANCE INFORMATION:** You must call the office to make an appointment to fill out the fuel assistance application. To help make your application process more efficient please make sure you bring in the following items: All Income (social security, retirement, and 1099 bank statements), Electric Bill, Oil or Gas Bill, Water Bill, Real Estate Tax bill, Homeowners Coverage, Photo ID, and 4 weeks of consecutive employment pay stubs if applicable. Please have document organized and ready to photo copy. These documents are required by Valley Opportunities not the Senior Center. The Senior Center assists you in filling these applications out. We do not make the decisions regarding fuel assistance. Your information remains confidential and a file is not kept in our office it is sent to Valley Opportunities. Please call the office to schedule an appointment at (413)569-5498.



**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 7th– Flower Napkin Holders

September 21st— Leaf Print Coaster



**Peg Smith:** Our long time volunteer Peg Smith passed away. She helped with

our newsletters and was a member of our Friends of the Southwick Senior Center organization. We will miss you Peg may you rest in peace.

### **Monday Morning Movement:**

Walk with Cara and start your busy week off right. Meet outdoors at Miller Road at the Rail trail kiosk at 8:30am. Cara will decide the Route and walk for approximately 45 minutes. Please call the Senior Center to register. We need more people to sign up to keep this going throughout the month.





### 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.

Whist Cards: Whist players are looking for more participants. They play on Tuesdays at 1:00pm



## **Schermerhorn's Seafood Restaurant**

**The Volunteer Van will be going to Schermerhorn's in Holyoke on Tuesday, September 13. The cost is \$4.00. Lunch will be at your own expense. The van will leave the Senior Center at 10:45 am.**

## **Big Band Tribute Luncheon Show**

**The Volunteer Van will be going to see Big Band Tribute Show at the Brass Rail in Southwick on Wednesday, September 20, 2023. The price is \$64 and includes buffet lunch and show. The van will leave the Senior Center at 11:15pm.**

## **The Big E**

**The Volunteer Van will be going to the Big E on Tuesday, September 26, 2023. The cost is \$4.00. Tickets will be purchased on your own at the gate. The van will leave the Senior Center at 9:00 am.**

## **CT Trolley Museum Pumpkin Patch & Cracker Barrel Lunch**

**Take a leisure Trolley ride to the pumpkin patch on Monday, October 9, 2023. The cost is \$16.00. Price includes the Trolley ride. Lunch at Cracker Barrel will be at your own expense. The van will leave the Senior Center at 9:30am.**

## **Jimmy Mazz at Storowton Lunch & Show**

**Tunes from the 20's through 80's. Tuesday, October 17, 2023. The cost is \$53.00 which includes a three course Roast Turkey meal. Payment is due by October 3, 2023. The van will leave the Senior Center at 11:00 am.**

## **Arsenic @ The Westfield Theatre Group**

**The Volunteer Van will be going to see Arsenic play on Saturday, October 21, 2023. Please call the senior center for the cost. The Theatre is closed for the summer once they reopen we can post the cost. The van will leave the Senior Center at 1:00pm.**





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 9th and October 17th. 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.



Senator Paul Mark Office Hours: Senator Mark or a representative from his office will be at the Southwick Senior Center dining room on the 2nd and 4th Monday of every month from 11am-2pm all members of the public are welcome. This may change so call ahead.






























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.



Brown Bag: We will have brown bag on September 12th 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
 <b>NO MEALS</b> 	<b>Key for Symbols:</b> Cat: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) ☉ Local Produce ☉ Vegetarian			
<b>1</b> Choice:  <b>Vegetarian Lasagna Rolls (370)</b> Beef Shepards Pie (442) Carrots (64) Dinner Roll (210) Mixed Fruit (10) <b>Cal: 609 Sodium: 826 Carb: 75</b>	<b>6</b> Choice:  <b>Vegetarian Lasagna Rolls (370)</b> Chicken Parmesan (170) Penne Pasta (1) Broccoli (9) Garden Salad (27) Italian Dressing Packet (119) ☉ Fresh Fruit <b>Cal: 677 Sodium: 428 Carb: 90</b>	<b>7</b> Choice:  <b>Vegetarian Lasagna Rolls (370)</b> Chicken Parmesan (170) Penne Pasta (1) Broccoli (9) Garden Salad (27) Italian Dressing Packet (119) ☉ Fresh Fruit <b>Cal: 677 Sodium: 428 Carb: 90</b>	<b>8</b> Choice:  <b>Vegetarian Lasagna Rolls (370)</b> Asparagus & Cheese (391) Scalloped Potatoes (65) Snack n loaf (160) Orange Juice (5) <b>Cal: 581 Sodium: 627 Carb: 78</b>	<b>1</b> Choice:  <b>Cheesy Baked Ziti (324)</b> White Bean and Chicken Chili (241) Homemade Corn Bread (282) ☉ Zucchini (2) ☉ Fresh Fruit <b>Cal: 581 Sodium: 627 Carb: 78</b>
<b>11</b> Choice:  <b>Vegetarian Chili (333)</b> Spaghetti Bolognese (224) Peas (7) Cauliflower (14) ☉ Fresh Fruit <b>Cal: 750 Sodium: 347 Carb: 102</b>	<b>12</b> Choice:  <b>Vegetarian Chili (333)</b> Chef Salad (378) Italian Dressing Packet (119) Pickled Beets (159) Rye Bread (330) Chilled Peaches (5) <b>Cal: 805 Sodium: 1092 Carb: 69</b>	<b>13</b> Choice:  <b>Vegetarian Chili (333)</b> BBQ Chicken Wings (460) Vegetarian Beans (156) Brussel Sprouts (14) Dinner Roll (210) Gelatin w/ whip topping (61) <b>Cal: 731 Sodium: 1000 Carb: 109</b>	<b>14</b> Choice:  <b>Vegetarian Chili (333)</b> Breaded Flounder Filet (400) Tartar Sauce (85) Green Beans (3) Summer Squash (6) Dinner Roll (210) <b>Cal: 721 Sodium: 946 Carb: 102</b>	<b>15</b> Choice:  <b>Vegetarian Chili (333)</b> Sweet & Sour Pork (179) Steamed brown Rice (84) Carrots (64) Snow peas (3) Fortune Cookie <b>Cal: 578 Sodium: 433 Carb: 75</b>
<b>18</b> Choice:  <b>Vegetarian Chili (333)</b> Spaghetti Bolognese (224) Peas (7) Cauliflower (14) ☉ Fresh Fruit <b>Cal: 750 Sodium: 347 Carb: 102</b>	<b>19</b> Choice:  <b>Vegetarian Chili (333)</b> BBQ Chicken Wings (460) Vegetarian Beans (156) Brussel Sprouts (14) Dinner Roll (210) Gelatin w/ whip topping (61) <b>Cal: 731 Sodium: 1000 Carb: 109</b>	<b>20</b> Choice:  <b>Vegetarian Chili (333)</b> BBQ Chicken Wings (460) Vegetarian Beans (156) Brussel Sprouts (14) Dinner Roll (210) Gelatin w/ whip topping (61) <b>Cal: 731 Sodium: 1000 Carb: 109</b>	<b>21</b> Choice:  <b>Vegetarian Chili (333)</b> Breaded Flounder Filet (400) Tartar Sauce (85) Green Beans (3) Summer Squash (6) Dinner Roll (210) <b>Cal: 721 Sodium: 946 Carb: 102</b>	<b>22</b> Choice:  <b>Vegetarian Chili (333)</b> Sweet & Sour Pork (179) Steamed brown Rice (84) Carrots (64) Snow peas (3) Fortune Cookie <b>Cal: 578 Sodium: 433 Carb: 75</b>
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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.





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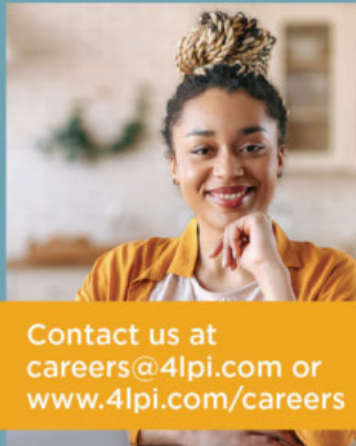
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## Weekly Activity and Exercise Schedule

### **Exercise classes begin the week of September 11th**

**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 9:00am- Aerobics \$2**  
**Tuesday 10:00am- Tai-Chi with Lenny \$2**  
**Tuesday 12:00pm- Cards**  
**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 (starting Oct. 5th)**  
**Thursday 10:30am- Yoga with Renee \$2**  
**Thursday 12:15pm- Cards**  
**Thursday 1:00pm- Crafts with Denise (2X per month)**  
**Thursday 12:30-2:30 Pickleball (must sign up for 1 hour slot) \$3.00**  
**Friday 10:00am- Chair Yoga with Heidi \$2**

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

Corn Hole: If you are interested in playing Corn Hole inside during the winter months please call the Senior Center to sign up. If we have enough interest we will set it up.

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.