

Senior Moments

Hello 2026!

Join us as we welcome a new year filled with exciting activities, classes, and community moments.

Here's to a bright new year!

Day Party Dance

Craft Classes

Live & Learn Sessions

Get Fit
Classes

Computer Learning

Health Fair

Please visit our Welcome Center or
call 413-787-6785 for more information!





Department of Elder Affairs ~ Raymond A. Jordan Senior Center

Program Hours: Monday-Friday 7:30am-3:30pm ~ Office Hours: 8:00am-4:00pm ~ 413-787-6785

Director of Elder Affairs

Roy Goodman

Golden Age Club

413-787-6486 / 413-886-5104

Senior Community Service Employment Program (SCSEP)

413-787-6785

S.H.I.N.E.

413-750-2893

Computer Learning Center

413-750-2090

Outreach Program

413-787-6124

Notary Public

Call 413-787-6633 for details

Dashima Washington Ortiz

Hungry Hill Center

413-733-9411

Clodo Concepcion Center

413-750-2873

North End Center

413-886-5240

Council on Aging Board Members

Maurita Bledsoe

Magda Colon

Teresa Concepcion

Olga Ellis

Donald Evans

Donald Roberts

Greater Springfield Senior Services

413-781-8800

PVTA

413-781-7882

Domestic Violence

1-877-785-2020

24/7 Crisis Behavioral

Health Network

413-733-6661

National Distress Hotline

1-800-985-5990



Greetings!

The holiday season is over — did you find yourself overspending? It happens to a lot of us. Our hearts are big, and sometimes our generosity outweighs what our wallets can realistically handle. Many people end up stretching their budgets, convincing themselves that a sale is too good to pass up or that every gift needs to be impressive. The result? Months of financial stress paying off purchases made in the spirit of giving — sometimes for people who did not even expect a gift in the first place.

Now that Santa is gone, guess who is still here and overstays is welcome much longer than Santa, you guessed it, “Old Man Winter”. Santa visits for a night and brings gifts. Old Man Winter stays for months and brings cold hand, icy roads, and heating bills.

As winter settles in, more and more people in our community are struggling to meet their basic needs. Across the country—and right here at home—families and older adults are facing difficult challenges with housing, food, clothing, and access to essential medications.

Local organizations are working tirelessly to help; hosting charity events and food drives throughout the city. But the need continues to grow. When people are unable to afford food or medication, other health issues arise. Anxiety and high blood pressure are becoming increasingly common as individuals feel the intense pressure of trying to care for themselves. Many of our neighbors, especially seniors, are being forced to make impossible choices: food, medication, or heat. No one in our community should have to decide between their next meal and their wellbeing.

We’re asking residents to come together and support all local organizations working on the front lines. Whether it’s donating non-perishable food, gently used clothing, winter coats, or contributing to a local charity, every act of kindness helps.

Together, we can ensure that no one faces the cold season alone. Please feel free to share community events with the Elder Affairs Department, as we will share information with all of our members.

If you feel you are struggling and need help, please don’t hesitate to reach out to any Elder Affairs staff member. Your privacy matters, and we are here to support you in every way we can.

Until next time, stay thankful, stay warm and most importantly, stay blessed.

Roy Goodman

Executive Director

Mission Statement

The Department of Elder Affairs: where we encourage everyone to create their own handbook for aging well via services and programs that support living better.

Health & Wellness

TOTALLY YOU!

(Fitness Room)

Our fitness instructor will guide you along to achieve your ultimate wellness goals!

No appointments required
Daily ~ 7:00am-3:00pm

STRENGTH & STRETCH

Chair class with resistance bands. Increase strength, flexibility and balance with the emphasis on maintaining ability to perform.

Activities of Daily Living (ADLS)
Tuesday & Thursday
1:00pm-1:45pm

Pickle Ball

A fun and social sport that is easy to play that mixes tennis, badminton, and ping-pong.

Monday & Wednesday
1:00pm-3:00pm

Thursday ~ 8:00am - 10:00am
Friday ~ 9:00am - 11:00am



Move & Groove Chair Exercise

A fun, low-impact workout set to music! Improve strength, flexibility, and balance, all while moving at your own pace

Monday ~ 10:00am-11:30am

Tai-Chi

An Ancient Chinese Tradition & Graceful Form of Exercise. Tai Chi can improve: Balance, Weight, Cholesterol, Blood Pressure, Diabetes and Calming of the mind. For All Abilities.

Tuesday ~ 9:00am - 10:00m

Self Defense

Learn techniques to stay safe and confident in everyday situations. Our Senior Self-Defense class focuses on awareness, simple movements, and strategies designed for all abilities.

Tuesday ~ 10:15am-11:15am



Step & Slide Line Dance

Join us for a fun, low impact line dance class with today's hottest songs and easy to follow moves.

Wednesday ~ 9:15am - 10:15am

Gentle Chair Yoga

This yoga class offers a focused series of movements and poses that bring body, breath and mind together. Every Body is welcome.

Wednesday ~ 10:30am - 11:30am

Corn hole

Time for some free play cornhole! The boards are open, so bring you're A-game or just have a blast with friends

Let's get tossing!

Monday ~ 8:30am-9:30am
Friday ~ 12:00pm-1:30pm

Healthy Hoops Class

45 minute class of hula hooping and music. Bring your own hoop.

Monday ~ 9:00am-9:45am

Sewing with Joyce

Mondays

8:30am-10:00am

Thursday

12:30pm-3:30pm

No registration required



** All programming subject to change. **

COMPUTER LAB

Opened Monday ~ Friday
8:30am-12:00pm

Expand Your Knowledge

- ◆ **Basic Computer**
- ◆ **Laptops**
- ◆ **Microsoft Word ~ Basic**
- ◆ **Smart Phones**
- ◆ **Tablets**
- ◆ **Zoom Conferencing**

Call 413-787-6785
for more information

A FEW OF MY favorite things

BILLIARDS ROOM

Monday-Friday
7:00am-3:00pm

BOOK CLUB

3rd Thursday
10:00am - 11:00am

BROWN BAG

3rd Thursday
Distribution
11:00am - 12:00pm

CROCHET CLUB

Tuesday & Thursday
9:30am-11:30am

DEVOTIONAL MOMENTS

Mondays
10:30am

**If you're unable to attend in-person,
you're welcome to us join by phone.**

Call 1-978-990-5000
Access code: 294099#

DOMINOS

Monday ~ Friday
12:00pm - 3:00pm

Don't Miss Out out on Upcoming Events

Raymond A. Jordan Senior Center ~ 1476 Roosevelt Avenue, Springfield, MA 01109

CARE, SHARE & CONNECT

With Libby Overly, M.Ed, M.S.W., LICSW

2nd Thursday of Each Month

1:00pm

Next Meetings:

January 8, 2026 / February 12, 2026

Join our support group for your well-being, self-care, encouragement, shared experiences and helpful resources

Please visit our Welcome Center or call 413-787-6785 to register or for more information.

Housing Help Hub

Friday, January 9, 2025

&

Friday, February 13, 2025

12:30pm-2:30pm

We will help you with

- Completing housing applications
- Searching for available housing online
- Gathering verifications
- Making calls to check for application status

Registration Required

See Nikki Brookens or call 413-787-6124

Let's Celebrate! 

Last Friday of each month

12:00pm-1:00pm

MEN'S ROUND TABLE

Every 3rd Wednesday of the month

10:00am-11:30am



Light refreshments
Registration Required

MOCKTAIL HAPPY HOUR

Visit Welcome Center for Dates.

12:30pm-1:30pm

Appetizers ~ Music ~ Trivia

Limited Space

Registration required



Women's Group

Every 4th Wednesday of the month

9:30am-11:30am

Registration Required



To register or for more information on any these programs
please visit our Welcome Center or call 413-787-6785 .

CLUBHOUSE GOLF



INDOOR GOLF SIMULATOR

Tee Off Indoors!



A New Way To Play All Winter Long!

at

Raymond A. Jordan Senior Center

Tuesdays ~ 1:00pm-2:30pm

Wednesdays ~ 1:00pm-2:30pm

Thursday ~ 9:00am-11:00am

Registration Required.

Visit our Welcome Center or call 413-787-6785 to sign up.

Live & Learn Series



Stay Tuned!

We're excited to bring you a fresh lineup of informative and engaging programs in the new year.

Keep an eye out for announcements—our next series is coming soon!

All series are at

Raymond A. Jordan Senior Center ~ 1476 Roosevelt Avenue, Springfield, MA

All Live and Learn programs begin at 11:30am. No registration required

Learn to live ~ Be an open book!



Need a Hand... Let Our Outreach Division Help!



*Our goal is to keep individuals as independent as possible while living at home or with loved ones.
For those in need, we will advocate and make connections to in-home services.*

We offer many services for Springfield residents.
Requirements vary.

- ◆ Assistance with housing search and applications
- ◆ Brown Bag Distributions
- ◆ Education Workshops
- ◆ Fuel Assistance
- ◆ Real Estate Abatements (Income Eligible)
- ◆ Referrals to community programs such as (but not limited to):
 - Meals on Wheels
 - In-home service
 - Transportation options
- ◆ SNAP (Food Stamps)

City of Springfield discount programs

- Property tax exemptions
- Trash Discount Fee & more
- Water and Sewer Discount

Contact us at:

**City of Springfield~ Department of Elder Affairs
1476 Roosevelt Ave, Springfield, MA
413-787-6124.**

The Outreach Division is supported through the Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.

Ofrecemos estos servicios para adultos de 55 en Adelante:

- ◆ Asistencia con la búsqueda y solicitud de vivienda
- ◆ Asistencia con el programa de nutrición suplementaria (SNAP)
- ◆ Referencias a programas comunitarios como (pero no limitado a):
 - Comidas sobre ruedas
 - Servicios a domicilio
 - Opciones de transporte
- ◆ Despensa de compra las ubicaciones
- ◆ Asistencia con aplicaciones de ayuda de calefacción
- ◆ Descuentos De La Cuidad de Springfield de estos programas:
 - Exenciones de impuestos sobre la propiedad
 - agua y alcantarilla
 - y tarifa de basura y otras
- ◆ Taller de Educación y Información

**Ciudad de Springfield
Departamento de Asuntos de la Tercera Edad
Contáctenos al:
(413)787-6124
1476 Roosevelt Ave. Spfld., MA 01109**

La División de Extensión cuenta con el apoyo de la Oficina Ejecutiva de Asuntos de la Tercera Edad de Massachusetts y la Administración Federal para la Vida Comunitaria



**Pick-up
11:00am-12:00pm**

**Next Brown Bag
Distribution At Raymond A. Jordan Senior Center
1476 Roosevelt Avenue, Springfield, MA
Thursday, January 15, 2026 & February 19, 2026**

Important Notice

*Brown bags will no longer be held at front desk.
Bags will be stored under the stairs.
Bags will only be held until the end of brown bag day.*



All volunteers please arrive at 9:00am
For more details call 413-787-6124





Did you miss the Fall Open Enrollment?

**Medicare Advantage Open Enrollment ends
March 31, 2026**

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

Switch to a different Medicare Advantage Plan

Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

If you switch Medicare Advantage Plans, your new coverage will start the first day of the next month.

The Medicare Plan Finder can help you find, compare, and enroll in a new Medicare Advantage Plan or a Medicare drug plan in your area. You can also call 1-800-MEDICARE (1-800-633-4227) for help. TTY users can call 1-877-486-2048.

The Medicare Advantage Open Enrollment Period isn't for people who already have Original Medicare. It's important to understand and be confident in your Medicare coverage choices. If you have a Medicare Advantage Plan and want to change your plan, check out your options today. Remember, this Medicare Advantage Plan Open Enrollment Period ends March 31.

To schedule a phone appointment with a SHINE Volunteer Counselor for free and unbiased Medicare Counseling, please call MassOptions at 1-800-243-4636. For information on other State Health Insurance Programs in other states and territories please visit- www.shiphelp.org

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call MassOptions 1-800-243-4636, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



Serving the Health Insurance Needs of Everyone

**¿Olvidaste la inscripción abierta de otoño?
La Inscripción Abierta de Medicare Advantage
Finaliza el 31 de Marzo**

¿Sabes que si no está satisfecho con su Plan Medicare Advantage (Medicare Parte C), tiene opciones? Cada año, hay un período de inscripción abierta de Medicare Advantage del primer de enero al 31 de marzo. Durante este tiempo, si está en un plan Medicare Advantage y desea cambiar su plan de salud, puede hacer una de las siguientes:

Cambie a un plan Medicare Advantage diferente.

Vuelva a Medicare Original y, si es necesario, también únase a un Plan de Medicamentos (Parte D) de Medicare.

Si cambia el Plan de Medicare Advantage o regresa a Medicare Original, su nueva cobertura comenzará el primer día el próximo mes.

El Buscador de Planes de Medicare puede ayudarle a encontrar, comparar e inscribirse en un nuevo Plan Medicare Advantage o un plan de medicamentos de Medicare en su área. También puede llamar al 1-800-MEDICARE (1-800-633-4227) para obtener ayuda. Los usuarios de TTY pueden llamar al 1-877-486-2048.

El Período de Inscripción Abierta de Medicare Advantage no es para personas que ya tienen Medicare Original.

Es importante entender y tener confianza en sus opciones de cobertura de Medicare. Si tiene un plan Medicare Advantage y desea cambiar su plan, consulte sus opciones hoy mismo. Recuerde que este período de inscripción abierta del plan Medicare Advantage finaliza el 31 de marzo.

Para programar una cita telefónica gratuita con un consejero imparcial voluntario de Medicare, llame a MassOptions al 1-800-243-4636 para una cita de SHINE. Para obtener información sobre los programas estatales de seguro médico en otros estados y territorios, visite www.shiphelp.org

Los voluntarios capacitados de SHINE ofrecen asesoramiento gratuito y confidencial sobre todos los aspectos del seguro de salud a cualquier persona que tenga Medicare. Para asuntos relacionados con Medicare (aparte de una cita), llame a MassOptions al 1-800-243-4636, luego presione o diga 3. Una vez que obtenga el mensaje de SHINE, deje un su nombre y número. Un voluntario le devolverá la llamada lo antes posible.

IMPORTANT

In the event of a winter storm it is important to listen to your local news:

WWLP-22 NEWS

WESTERN MASS NEWS

(ABC 40, CBS 3 FOX 6)

For delays and cancellations.

Please remember when **Springfield Public Schools** are **Closed** there are **NO Activities** **at the Department Of Elder Affairs, All Senior Centers and Golden Age Clubs.**

The closings will show listings as:

Springfield Senior Centers

Council on Aging and Golden Age Clubs.

If you are unsure please call 413-787-6785.

Friendly Reminders

**Department of Elder Affairs
Senior Centers**

Will be **closed**
Monday, January 19, 2026

&

Monday, February 16, 2026



Springfield Department of Elder Affairs ~ SCSEP



Senior Community Service Employment Program

The Senior Community Service Employment Program (SCSEP) is the nation's oldest job training program to help unemployed individuals age 55 and older find work.

Admin. Assistant

CNA

Human Service

School Cafeteria

Receptionist

Retail

Driver

Food Service

... and more

- You must be 55 years of age or older
- You must be UNEMPLOYED
- Resident of Hampden or Hampshire County
- Income Limit (single \$15,613.00*; married \$21,138.00*)
- Legally able to work in the US.
- Pass a CORI (Criminal records check)

NOW ACCEPTING APPLICATIONS

To inquire about SCSEP please call 413-787-6785.



*Experienced
Workers Get
Paid to Train
While Job
Searching*



The center for workforce inclusion's Senior Community Service Employment Program (SCSEP) is funded by a grant from the U.S. Department of Labor Employment and Training Administration. SCSEP is an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities.



OH WHAT FUN

2025



Springfield Golden Age Club

GOLDEN AGE CLUB

Top Officers

President

Donald Roberts

1st Vice President

Oliver Kerr

Treasurer

Maureen Whitehead

Secretary

Betty Wallace

Hungry Hill Vice President

Martha Kelliher

Sixteen Acres Vice President

Don Roberts

Winchester Square Vice President

Vivian Brantley

JOIN A MEETING

Mondays

Winchester Sq. Branch ~ 1:00pm
Independence House-Community Room

Hungry Hill Branch ~ 1:00pm

1st & 3rd Tues.
Hungry Hill Senior Center
773 Liberty Street

FRIDAYS

Sixteen Acres Branch ~ 1:00pm
Clodo Concepcion Center
1187 ½ Parker Street



Happy 2026 from the Sixteen Acres Golden Age Club!

We ended 2025 on a high note—visiting East Village Place for a cooking demo and luncheon, welcoming State Rep. Angelo Puppolo to discuss current proposals impacting our community, enjoying a festive Christmas gathering at Storrtown in West Springfield, and hosting therapists from the Holyoke Health Physical Therapy Department for an informative session on fall prevention and recovery strategies.

As we move into the new year, we're excited to continue offering engaging programs during our Friday meetings at the Clodo Concepcion Community Center (Greenleaf) from **12:30pm–2:30pm**. January will feature a presentation on *Brain Health & Power* by Ed Walters Zucco, RN, a return visit from comedian Dave Kane to discuss his book *41 Signs of Hope*, and an introduction to the benefits of Reiki with Andrea Bailey.

More activities are currently being planned—stay tuned!

Thank you,
MaryAnn,
Vice President
Sixteen Acres Golden Age Club

For more information or questions on becoming a Golden Age Club member please call 413-787-6486

Hungry Hill Senior Center

Linda Henley ~ Center Coordinator 773 Liberty Street, Springfield, MA 413-733-9411

Monday	9:00am-12:00pm 10:30am-11:30am 12:00pm-2:00pm	Social Hour, Coffee 1 Mile Walk Music
Tuesday	9:00am-12:00m 11:00-11:30am 12:00pm-2:00pm	Knitting & Crafting Golden Age Club Mtg 1st & 3rd Tues. Lunch & Bingo
Wednesday	9:00am-12:00pm 1:00pm-3:00pm	Social/Coffee Social/Games/Puzzles
Thursday	10:30am-11:30am 12:00pm-2:00pm	Exercise Group Social Hour
Friday	10:00m-11:00am 11:00am-2:00pm	Walking Club Social Hour

**LUNCHES SERVED
TUESDAY AND WEDNESDAY
12:00PM**

Free Lunches provided by Palazzo
Café Schedule subject to change

Reservations required 1 Day in
advance can only be reserved for
the maximum of (1) Week at a time.

**Mobile Market ~ Wednesdays
10:30am-11:30am**

*We extend our heartfelt thanks to Linda, who is retiring after 12 + years
of caring service at the Hungry Hill Senior Center.
Best wishes for a happy and relaxing next chapter!*



**Greater Springfield Senior Services Inc ~ Presentation
Thursday, January 22, 2026 10:15am**

Snowman Mason Jar Craft and Hot Chocolate

Monday, January 26, 2026 ~ 9:30am-11:30am

Please register with Ali Haqq - 413-787-6487



Mocktails & Learn

Wednesday, January 28, 2026 ~ 1:00pm-2:00pm



New Program ~ Bowling & Pizza ~ 12:00pm-2:00pm

See Ali Haqq for details.

**Brown Bag
Reflexology**

~ Thursday, January 15, 2026 & February 19, 2026

~ Wednesday, January 14, & January 28, 2026

~ Wednesdays, February 11, & February 25, 2026

~ Wednesday, January 7, 2026 & January 21, 2026

~ Wednesday, February 11, & February 25, 2026

~ Thursday, January 26, 2026 (movie TBA)

Mobile Library

Movie Matinee

Clodo Concepcion Community Center

Alex Martin ~ Center Coordinator 1187 ½ Parker Street, Springfield, MA 413-750-2873



Monday	9:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Access Tech Chess for Beginners ~ sign up required
Tuesday	9:00am 10:00am 12:00pm 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) 3rd Tuesday ~ Massachusetts Association For the Blind ~ Support Group Line Dancing - Advanced Class
Wednesday	9:30am 1:00pm 1:00pm	Improvers Line Dancing Cameo Club Arts & Crafts - Sign-up required
Thursday	9:00am 10:00am 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Games
Friday	10:00am 1:00pm	Tech Time with Alex (sign up required) Golden Age Club

Lunch Served
Monday, Wednesday and Friday
11:15am-12:15pm

Free Lunches provided by
Palazzo Café

Menu subject to change.
Reservations required 1 Day in
advance can only be reserved for
the maximum of (1) Week at a time.

Tech Time with Alex (Fridays)
Learn how to use your tablet, computer,
smartphone and hotspot.
Open to all members at
Clodo Concepcion Community Center.

Wi-Fi Available

Arts & Crafts (Registration Required)



January

Vision Boards for 2026

February

Valentine's Day Bookmarks ❤

We are collecting water bottle caps for
Shriners Children's Hospital
(Springfield, MA)
The caps are recycled to help make
prosthetics for kids.

Access Tech with Jerry Feliz-Access Technology Director

Access technology includes apps and devices that help individuals who are blind or
have low vision increase their independence.

Training is provided by appointment. Call 1-857-443-6636

Program sponsored by the Massachusetts Association for the Blind and Visually Impaired

North End Senior Center

310 Plainfield Street, Springfield, MA 413-886-5240 ~ Program Hours: 8:00am-3:00pm
Doris Rosario ~ Center Coordinator

Monday/Lunes	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Tuesday/Martes	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Wednesday/Miércoles	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm 11:00am	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Hot
Thursday/Jueves	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm 10:00am-11:30am	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billard Crafts / Manualidades
Friday/Viernes	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm 11:00am-1:00pm	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Arts & Crafts / Manualidades