

# Senior Moments

*Springfield Department of Elder Affairs*

## Rock the Runway

FASHION SHOW

FRIDAY, JULY 17, 2026

**1:00 PM**

RAYMOND A. JORDAN SENIOR CENTER  
1476 ROOSEVELT AVE., SPRINGFIELD, MA 01109

*Tickets available now.*

*In Person Registration Required*

Visit the Welcome Center or  
call 413-787-6785 for more info.

City of Springfield  
Department of Elder Affairs





# Department of Elder Affairs ~ Raymond A. Jordan Senior Center

Program Hours: Monday-Friday 7:00am-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)**

413-787-6503

### **S.H.I.N.E.**

413-750-2893

### **Computer Learning Center**

413-750-2090

### **Outreach Program**

413-787-6124

### **Senior Tax Work Off Program**

413-886-5260

### **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



Rooted In Our Mission!

Greetings,

As we welcome the summer months of July and August, we hope everyone is enjoying the sunshine, warmer weather, and opportunities to spend time with family and friends. Summer is a wonderful time to stay active, connected, and involved at the Senior Center.

We are excited to offer a variety of programs, activities, and special events throughout the season. We'll kick off July with our **Summer Kick-Off Event on July 2nd**, followed by our **4th Annual Fashion Show on July 17th**. We encourage everyone to take advantage of these opportunities to stay engaged, make new friendships, and have fun together.

A recent article I read suggested that, as temperatures rise, we should remember... to take extra care during the hot summer days. Stay hydrated by drinking plenty of water, limit outdoor activities during peak heat hours, wear lightweight clothing, and seek air-conditioned spaces whenever possible. The Senior Center is always a welcoming place to cool off, socialize, and participate in activities. During periods of extreme heat, Health and Human Services Commissioner Helen Caulton-Harris may authorize the opening of Cooling Centers throughout the City of Springfield.

We are proud that many of our programs and events are offered free of charge to our members, thanks to the support of Mayor Domenic J. Sarno, his administration, and the support of grant funding. Our staff works hard to provide enjoyable, meaningful, and safe experiences for everyone. We truly appreciate the kindness, patience, and support shown by so many of our members, and we encourage everyone to continue treating one another with respect and appreciation as we work together to make our Senior Centers welcoming places for all.

Thank you for being part of our Senior Center community. We look forward to spending a fun, active, and memorable summer with all of you!

**Wishing you a safe, healthy, and happy summer.**

Sincerely,

**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**

## Healthy Hoops Class

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

**Monday ~ 9:00am-9:45am**

## 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**

## 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.

**Tuesday ~ 2:00pm - 3:00pm**

## 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**

## 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 ~ 8:00am-9:00am**

**Friday ~ 12:00pm-1:30pm**

## **Favorite Pastimes!**

### BILLIARDS ROOM

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

### BOOK CLUB

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

### CROCHET CLUB

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

### BIBLE STUDY

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#

### SEWING WITH JOYCE

**Thursday**

12:30pm-3:30pm

**Friday**

9:30am-11:30am



**No registration required**

### BROWN BAG

3rd Thursday of the Month  
Distribution  
11:00am - 12:00pm

**AVAILABLE NOW!**  
**PRINT & DIGITAL AD SPACES**

Build your business and help us grow a vibrant community!

Heidi Brisson from LPI, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.

**LPI** Heidi Brisson  
860-595-2034  
Hbrisson@4lpi.com

**YOUR AD HERE**

**YOUR AD HERE**

*Friendly Reminder*

**Depart. of Elder Affairs  
Senior Centers**

**Will be closed  
Observing  
Independence Day  
Friday, July 3, 2026**

**\*\* All programming subject to change. \*\***

Funding for many of our programs and activities is provided by Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA, CDBG (Community Development Block Grant) and the Federal Administration for Community Living

**Open Monday-Thursday**

**Monday**

9:00am - 1:30pm

**Tuesday**

9:00am - 1:30pm

**Wednesday**

9:00am. - 1:30pm

**Thursday**

9:00am - 2:00am

**Friday**

Closed

**Computer Instructor**


*Diomaris Gomez*  
413-750-2090



# Computer Lab

Computer Lab is offering new courses taught by Diomaris Gomez, including weekly Computer Basic Skills classes every Tuesday from 9 to 10 AM along with Keyboard Literacy workshops held on Wednesdays including June 3, June 17, July 1, July 15, and July 29, 2026. These sessions help participants learn essential computer fundamentals, improve typing skills, and feel more confident using technology.

The lab also offers one on one assistance for anyone needing help with a specific tech problem, available by appointment. All sessions take place in Computer Room 109.

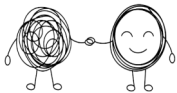
Be sure to stop by the lab for a new edition of 

*Assistance is available in English and Spanish. Se ofrece ayuda en español.*

## CARE, SHARE & CONNECT

*With Libby Overly, M.Ed, M.S.W., LICSW*  
*2nd Thursday of Each Month*

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



**1:00pm**

**Next Meetings:**

*July 9, 2026 / August 13, 2026*

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

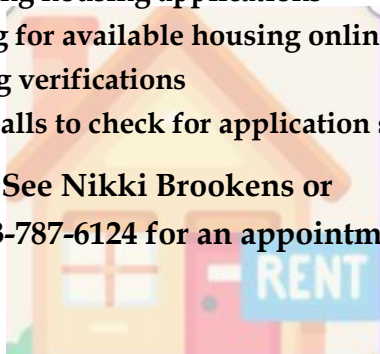


## Looking for Housing Help

We can help with

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

See Nikki Brookens or  
call 413-787-6124 for an appointment.



## MEN'S ROUND TABLE

Every 3rd Wednesday of the month



**10:00am-11:30am**

Light refreshments  
**Registration Required**



## Women's Group



Every 4th Wednesday of the month

**9:30am-11:30am**

**Registration Required**



## Grandparents Raising Grandchildren

*Support Group*

*2nd & 4th Mondays of the Month*

*12:30pm-2:30pm*

*Services include:*

- *Financial Resources*
- *Mental Health & Wellness*
- *School Concerns*
- *Legal Rights & More*



*Light refreshments will be provided*

*Register with Jacquelyne Dawkins at 413-733-7699  
ext. 4551 or 413-472-4688  
jdawkins@gandaracenter.org*

To register or for more information on these programs please visit  
Raymond A. Jordan Senior Center or call 413-787-6785

# CLUBHOUSE GOLF

INDOOR GOLF SIMULATOR



**Tee Off Indoors!**

**A New Way To Play at**

**Raymond A. Jordan Senior Center**

**Registration Required.**

**Tuesdays ~ 1:00pm-2:30pm**

**Wednesdays ~ 1:00pm-2:30pm**

**Thursday ~ 9:00am-11:00am**

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

# Live & Learn Series

**Springfield Assessor's Office**  
Learn about property tax discount  
**Tuesday, July 21, 2026**

## EVERSOURCE

Understanding your electric and gas bill and programs that may help. How to avoid scams and stay safe.

**Tuesday, August 4, 2026**

**&**

**Thursday, August 6, 2026**

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!*



Springfield Department of Elder Affairs - SCSEP  
1476 Roosevelt Avenue, (Blunt Park Rd) Springfield, MA 01109

## 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  
School Cafeteria  
Driver

CNA  
Receptionist  
Food Service

Human Service  
Retail  
... and more

- You must be 55 years of age or older
- You must be UNEMPLOYED
- Resident of Hampden or Hampshire County
- Income Limit (single \$19,950.00\*; married \$27,050.00\*)
- Legally able to work in the US.
- Pass a CORI (Criminal records check)



**Experienced  
Workers Get  
Paid to Train  
While Job  
Searching**

### NOW ACCEPTING APPLICATIONS

For inquiries, please call 413-787-6861 (bilingual assistance available) or 413-750-2092.



# 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 Ciudad 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, July 16, 2026 & August 20, 2026**



## Notice

If you wish to pick up your Brown Bag at the Raymond A. Jordan Senior Center outside the regularly scheduled pick-up time, please call 413-787-6124 prior to the scheduled pick-up date to make arrangements.

**Brown Bags will be held until 4:00pm.**



All volunteers please arrive at 9:00am

To find more information about our programs please visit our website  
[www.springfield-ma.gov/hhs/elderaffairs](http://www.springfield-ma.gov/hhs/elderaffairs) or Facebook page: <https://www.facebook.com/elderaffairsspringfield>



COMING SOON TO MEDICARE!

## **NEW \$50 MEDICARE WEIGHT LOSS BENEFIT ARRIVES JULY 2026**

Medicare will provide eligible Medicare beneficiaries access to certain GLP-1 medications for \$50 per month beginning July 1, 2026, through December 31, 2027.

Get free health insurance counseling: State Health Insurance Assistance Programs (SHIPs) help people with Medicare and their families. VISIT: [shiphelp.org](https://shiphelp.org)

Supported by a \$1,500,000 award from ACLU/HHS. Contents do not necessarily represent the official views of the U.S. Government.

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.



## **PRÓXIMAMENTE PARA MEDICARE!**

### **NUEVO BENEFICIO DE MEDICARE PARA PÉRDIDA DE PESO DE \$50 LLEGA EN JULIO 2026**

Medicare proporcionará a los beneficiarios elegibles de Medicare acceso a ciertos medicamentos GLP-1 por \$50 al mes, comenzando el 1 de julio de 2026 hasta el 31 de diciembre de 2027.

Obtenga asesoramiento gratuito sobre seguro médico: Los Programas Estatales de Asistencia sobre Seguros de Salud (SHIPs) ayudan a las personas con Medicare y a sus familias.

VISITE: [shiphelp.org](http://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 de Medicare (aparte de una cita), llame al 1-800-243-4636, luego presione o diga 3. Una vez que obtenga el contestador automático de SHINE, deje su nombre y número. Un voluntario le devolverá la llamada



# SENIOR TAX WORK-OFF PROGRAM

The Senior Tax Work-Off Program is beginning its second year with fourteen participants representing seven neighborhoods from throughout the City of Springfield. The program continues to provide older adults with a meaningful opportunity to stay active, connected, and engaged while helping reduce their real estate tax burden through community service.

Participants in this year's program bring a diverse range of professional and life experiences, including backgrounds in such industries as healthcare, construction, education, manufacturing, professional services, retail, and hospitality/food service. Their skills and knowledge are helping support a variety of city departments and services that directly benefit Springfield residents.

For many participants, the program offers much more than financial assistance. While the real estate tax abatement is certainly valuable, participants also shared that they were motivated by the opportunity to give back to their community, meet new people, learn new skills, and remain involved in meaningful work. Several participants noted that the program provides a renewed sense of purpose, routine, and connection to the community.

The Senior Tax Work-Off Program is designed to match eligible seniors with part-time assignments in city departments where their experience, reliability, and dedication can make a positive impact. Whether assisting in administrative offices, community programs, or public service initiatives, participants play an important role in supporting the City of Springfield.

Residents who may be considering applying are encouraged to learn more about the program and future opportunities by contact the Raymond A. Jordan Senior Center at 413-886-5260 or email at [Taxworkoff@Springfieldcityhall.com](mailto:Taxworkoff@Springfieldcityhall.com). The program is ideal for seniors who enjoy staying engaged, meeting fellow residents, and contributing their time and talents to the community while receiving financial relief on their property taxes.

Be sure to watch this space in the coming months for participant testimonials and stories highlighting their experiences in the Senior Tax Work-Off Program. Their stories may inspire you to become part of this rewarding and growing initiative.

# Rhythm & Pops DAY PARTY



# Spring Into Wellness Community Fair



# 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



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

## Hungry Hill Senior Center



Members gathering to share games, laughter, and memorable celebrations



<b>Monday</b>	9:00am-12:00pm 12:30pm 12:30pm 2:00pm	Computer Help Artful Moments (Call center for detail project info) Dominoes Discussion following artful moments
<b>Tuesday</b>	9:00am-12:00m 11:00am-11:30am 11:00am-11:30am 12:15pm	Knitting Group Golden Age Club Mtg(1st & 3rd Tues.) Puzzle table / Trivia (check in for dates) Bingo
<b>Wednesday</b>	9:00am 9:30am-12:00pm 10:00am 12:00pm-2:00pm	Coffee & Pastries Tech Help (1st, 3rd & 5th Wed in July) Cards (Pitch, Spades, Uno) Dominoes
<b>Thursday</b>	9:00am-9:30am 10:00am 12:00pm-2:00pm 12:00pm	Greetings & Updates Brain Exercise Bowling & Tabletop games (check in for dates) Karaoke ( July 16 & August 27)
<b>Friday</b>	9:00am-9:30am 10:00am 12:30pm-2:30pm	Coffee & Current Events TV Land Fridays Dominoes/Board Games

**Lunches Served  
Tuesday & Wednesday  
11:30 AM–12:15 PM**

- Reservations required 1 day ahead
- Max 1 week of reservations
- Menu subject to change

Free lunches provided by  
*Palazzo Cafe*



**Please note:**  
Programs are subject to change.

## Featured Activities

<i>Soular Eclipse ~ Live Music</i>	Wednesday, July 8, 2026	12:30pm
<i>New Care Wound Care</i>	Wednesday, July 15, 2026	1:00pm
<i>Info session &amp; ice cream social</i>		
<i>Spades Tournament</i>	Thursday, July 9, 2026	11:00am
<i>Foes of a Minimum Wage Guard/Play</i>	Wednesday, July 22, 2026	1:00pm
<i>Spiritual Wellness Sessions</i>	Fridays, July 10, July 24, & August 14, 2026	11:00am
<i>Ice Cream Sandwich Day</i>	Monday, August 3, 2026	12:00pm
<i>Union Capital Network Day</i>	Thursday, August 13, 2026	11:00am
<i>Golden Age Special Event</i>	Thursday, August 20, 2026	11:00am
<i>Local Author Book Fair</i>	Friday, August 28, 2026	11:00am

### MONTHLY OFFERINGS

<i>Brown Bag</i>	~ Thursday, July 16, 2026 & August 20, 2026	
<i>Birthday Bash</i>	~ Thursday, July 30, & August 27, 2026	12:00pm
<i>Men's Roundtable</i>	~ Monday, July 10, & August 17, 2026	10:00am
<i>Reflexology</i>	~ Wednesday, July 8, & July 22, 2026	9:00am
	~ Wednesday, August 12, & August 26, 2026	
<i>Mobile Library</i>	~ Wednesday, July 8, & July 22, 2026	12:00pm
	~ Wednesday, August 12, & August 26, 2026	

## Clodo Concepcion Community Center

Alex Martin ~ Program Coordinator ~ 1187 1/2 Parker Street, Springfield, MA 413-750-2873



<b>Monday</b>	9:00am 9:30am 1:00pm	<b>Let's Talk</b> Walking Tigers Get Fit Club Access Tech Chess for Beginners
<b>Tuesday</b>	9:00am 9:30am 10:00am 12:00pm	<b>Let's Talk</b> Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) 3rd Tuesday ~ Massachusetts Association For the Blind ~ Support Group
<b>Wednesday</b>	9:00am 10:00am 1:00pm	<b>Let's Talk</b> Line Dancing for beginners Cameo Club
<b>Thursday</b>	9:00am 9:30am 10:00am 11:00am	<b>Let's Talk</b> Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Cornhole
<b>Friday</b>	9:00am 10:00am 1:00pm	<b>Let's Talk</b> Tech Time with Alex (sign up required) Golden Age Club

### LUNCHES SERVED

**Monday, Wednesday & Friday**

**11:15 AM–12:15 PM**

- Reservations required 1 day ahead
- Max 1 week of reservations
- Menu subject to change

Free lunches provided by  
**Palazzo Café**

↔  
**Tech Time with Alex (Fridays)**  
Learn how to use your tablet, computer,  
smartphone and hotspot.

Open to all members

**Wi-Fi Available**

**Arts & Crafts**  
**July ~ Umbrella Art**  
**August ~ Crafting Fun**

#### *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**

#### **NEW—Daily 9:00am-2:00pm**

**Join us for Let's Talk**, a daily gathering to enjoy a cup of coffee, tea, or water while sharing conversation, making connections, and building friendships. Whether you're catching up with familiar faces or meeting someone new, this welcoming social time offers a great opportunity to relax, connect and be part of the community.



**We are collecting pet food for TJ O'Connor pet food initiative.**  
**Call Alex for details - 413-750-2873**

## North End Senior Center

310 Plainfield Street, Springfield, MA 413-886-5240

**Program Hours:** 8:00am-3:00pm

*Doris Rosario ~ Program Coordinator*



<b>Monday/Lunes</b>	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
<b>Tuesday/Martes</b>	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 Billar Crafts / Manualidades
<b>Wednesday/Miércoles</b>	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
<b>Thursday/Jueves</b>	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 Billar Crafts / Manualidades
<b>Friday/Viernes</b>	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

