

Senior Moments

Rock the Runway

Fashion Show

Friday, July 11, 2025

1:00pm- 2:30pm

Raymond Jordan Senior Center

1476 Roosevelt Ave. Springfield, MA 01109

Tickets are available
Monday, June 23, 2025.

Registration in person required

Visit the Welcome Center or call for more information.

Program sponsored by the Springfield Department of Elder Affairs,
Council on Aging and CDBG (Community Development Block Grant)

City of Springfield
Department of Elder Affairs



Department Of Elder Affairs ~ Raymond A. Jordan Senior Center

1476 Roosevelt Ave, Springfield, MA 01109 Main: 413-787-6785 Fax: 413-750-2698



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

413-787-6785

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

John Jordan

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!

Summer has arrived, which means, it's vacation time. More and more older adults will travel during the summer than any other time of the year. While you are traveling, it is important to be vigilant of your surroundings, as you may be in unfamiliar places. While getting away on a nice vacation can be peaceful, preparing for a trip can be stressful.

The National Council on Aging recently printed an article regarding safe travel tips for older adults. Those tips included:

1. Follow public health guidance
2. Choose a hotel that meets your needs
3. Don't publicize your trip on social media
4. Know the TSA rules
5. Stay healthy in route to, and on, the plane
6. Don't be a target for theft
7. Keep important documents on hand

To learn more about each of these tips, please visit www.ncoa.org

The Department of Elder Affairs will have more educational events coming soon. If you have any suggestions on topics you would like to learn about, please contact our Welcome Center.

As we battle the heat this summer, it's imperative that we all do our best to stay cool and hydrated. It is well document that heat exposure can lead to health issues for many older adults. I recently read an article by Stephanie Dutchen, she is with Harvard Medical School Office of Communications and External Relations. In her article she noted, "age intersects with socioeconomic factors to compound heat vulnerability. Older adults who are poor or live-in cities are more likely to become sick from excessive heat. Having air conditioning at home isn't enough if a person can't afford to run the air conditioner.

When we have extreme weather, lets make sure we look out for each other. If you know that your neighbor or family member is at home without any fans or AC, reach out to them and see how you can help. The City of Springfield has cooling centers open throughout the city during the summer when the heat index is very high and uncomfortable. Watch the local news or check out the city website to find out if the cooling centers are open during the day.

We look forward to seeing you at one of our local centers this summer. Leave the grandkids at home and come enjoy yourself! Spend time with friends, take part in activities. And a message to our dedicated pickleball players, yes, you will get your ice cream.

Have a safe and blessed summer.

Respectfully,
Roy Goodman
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! **By appointment only!**

Daily ~ 7:00am-3:00pm

WALK & STRENGTH

Warm-up consists of 30 minutes of walking, followed by 30 minutes of standing & seated stretching & strength exercises with resistance bands. Work at your own pace and ability.

**Tuesday & Thursday
1:00pm-2:00pm**

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 ~ 9:00am - 11:00am

Friday ~ 9:00am - 11:00am

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 - 10:00am

See you in September

Dance Camp
The 1-hour class will be exercise, dance/movement & fun! Dancing with the oldies, R&B, gospel and the rhythmic beat of native African Drums.

Wednesday ~ 9:15am - 10:15am

Gentle Chair Yoga

This yoga class offers a focused series of movements and poses that bring body, mind and spirit together.

See you in September

Wednesday ~ 10:30am - 11:30am

Cornhole

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 ~ 9:30am-1:00am

Friday ~ 12:00pm-1:30pm



Department of Elder Affairs

Senior Centers

Will be **closed**

Friday July 4, 2025

COMPUTER LAB

Opened Monday ~ Thursday

9:00am-12:00pm

Closed Fridays

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

By Appointment

Monday-Friday

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

**** 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



Out on

at

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

Upcoming Events

CARE, SHARE & CONNECT

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

2nd Thursday of Each Month



1:00pm

Next Meeting:

August 14, 2025

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

2nd Friday of the month

10:00am

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! Birthdays of the Month

Last Wednesday of each month

12:00pm-1:00pm

MENS ROUND TABLE

**Every 3rd Wednesday of the month
(July 16th & August 20th)**

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**



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

Live & Learn Series



Is Your Grocery Budget Tight?

Snap May Be Able To Help.

Find out if you're eligible and apply!

Thursday, July 24, 2025 ~ 11:30am



Home Energy

Interested in improving your home energy?

Looking for a home energy assessment?

Revitalize CDC & HomeWorks Energy

will be here to help.



Thursday, July 31, 2025 ~ 11:30am

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

**Visit our Welcome Center or call 413-787-6785
for more information.**

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 17, 2025 & August 21, 2025**



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



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



Why the Health Plan your friend or neighbor has may not be the plan for you

Things you should be thinking about include:

- * What is it about your friend's plan that you find appealing? Is it the company offering the plan? Is it the cost for the plan? Is it the benefits? Do you understand how that plan "works?" These are important factors for you to consider when choosing your coverage.
- * Medications. If you and your friend are taking different medications, there's a good chance the drug coverage offered by your friend's plan will not mirror what it offers to you. It's important to identify plans that cover **your** medications and evaluate which of those plans works best for you from a financial and over-all plan design perspective. For example, can you manage a higher monthly premium to get a lower annual deductible? Might a higher-cost medication you are taking now be discontinued in a month or two? These are things to think about that may not be pertinent to your friend.
- * Do you and your friend have the same general over-all health? Does one of you have a chronic illness that requires regular care throughout the year (scans, x-rays, labs, physical therapy, infusions, etc), while the other doesn't? These factors are important in your decision making. What will the financial cost be to you if your needs are not the same as your friend's?
- * Some of your friends' plans are available to them through a retirement benefit plan from their former employers. Often, those plans are negotiated with the insurer and are NOT the same as the plans available to the public. If your friend is a former teacher, police officer, firefighter, municipal administrator, or even a linesman for a utility company, they are likely to have a negotiated plan that is simply not available to you.
- * Is your friend receiving assistance with her coverage through a Medicare Savings Plan, or a MassHealth program? Might you qualify for such help?

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



Por qué el plan de salud que tiene su amigo o vecino puede no ser el mejor plan para usted

Las cosas en las que deberías pensar incluyen:

¿Qué tiene el plan de tu amigo que te resulta atractivo? ¿Es la compañía que ofrece el plan? ¿Es el costo del plan? ¿Son los beneficios? ¿Entiendes cómo "funciona" ese plan? Estos son factores importantes que debe considerar al elegir su cobertura.

Medicamentos. Si usted y su amigo están tomando medicamentos diferentes, es muy probable que la cobertura de medicamentos ofrecida por el plan de su amigo no refleje lo que le ofrece. Es importante identificar los planes que cubren sus medicamentos y evaluar cuál de esos planes funciona mejor para usted desde una perspectiva financiera y de diseño general del plan. Por ejemplo, ¿puede administrar una prima mensual más alta para obtener un deducible anual más bajo?

¿Usted y su amigo tienen la misma salud general? ¿Uno de ustedes tiene una enfermedad crónica que requiere atención regular durante todo el año (exploraciones, radiografías, laboratorios, fisioterapia, infusiones, etc.), mientras que el otro no? Estos factores son importantes en su toma de decisiones. ¿Cuál será el costo financiero para usted si sus necesidades no son las mismas que las de su amigo?

Algunos de los planes de sus amigos están disponibles para ellos a través de un plan de beneficios de jubilación de sus antiguos empleadores. A menudo, esos planes se negocian con la aseguradora y NO son los mismos que los planes disponibles para el público. Si su amigo es un ex maestro, oficial de policía, bombero, administrador municipal o incluso un juez de línea para una compañía de servicios públicos, es probable que tenga un plan negociado que simplemente no está disponible para usted.

¿Su amiga está recibiendo asistencia con su cobertura a través de un Plan de Ahorros de Medicare o un programa de MassHealth? ¿Podría calificar para tal ayuda?

¡Los voluntarios de **SHINE** (Serving Health Insurance Needs of Everyone... on Medicare/ sirviendo las necesidades de seguro de salud de todos... en Medicare) te pueden ayudar! Ellos ofrecen consejo confidencial gratis sobre todos los aspectos del seguro de salud a cualquier persona que tenga Medicare. Para una cita de SHINE, llame a la oficina regional de SHINE dentro de Elder Affairs al 413-750-2893. Por favor deje su nombre y número y un voluntario lo llamará lo más pronto posible.



Kerri & Devine *Unplugged*

"One Hour Just for You!"
Join us for an hour of engaging and
informative discussion about all things
happening at the
Raymond A. Jordan Senior Center!



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 a equal opportunity program. Auxillary aides and services are available upon request to individuals with disabilities.

Oh What Fun!

Summer Kick-off Party



**To our awesome volunteers,
Thank you!**



HAPPY RETIREMENT



We're excited (and a little sad) to announce that Kerry Welch has retired. It's hard to imagine the fitness room without his presence and his "Off My Lord"! We'll miss him but wish Kerry W. all the best for a relaxing and fun-filled retirement!

Springfield Golden Age Club

GOLDEN AGE CLUB

Top Officers

President

Donald Roberts

1st Vice President

Oliver Cart

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

@ Raymond A, Jordan Senior Ctr

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

BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



STAY COOL

Stay somewhere with air-conditioning



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses



EAT LIGHT

Avoid hot foods and heavy meals



STAY SAFE

Never leave infants, pets or children in parked cars



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar



COOL DOWN

Take a cool shower or bath

Stay Cool During Hot Weather!

- ◆ Drink plenty of water
- ◆ Seek out air-conditioned spaces
- ◆ Wear light color, loose fitting clothes
- ◆ Avoid strenuous activity during peak hours
- ◆ Take cool showers, use fans to circulate air and stay in the shade



Hungry Hill Senior Center

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

Monday	10:30am 11:00am	Social Hour, Coffee YouTube Dancercise
Tuesday	9:00am 1:00pm	Knitting & Crafting Golden Age Club Mtg 1st & 3rd Tues. Bingo
Wednesday	10:30pm	Social/Games
Thursday	10:30am	Social Hour Exercise Group
Friday	10:00am	Walking Club (DVD) 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

Music by Keir White

~ Friday, July 11, 2025 - 2:00pm-3:00pm

Ice Cream Social

~ Monday, July 14, 2025

Reflexology

~ Wednesdays, July 9 & July 23, 2025

~ Wednesdays, August 13, & August 27, 2025

BINGO

~ Thursday July 10 & Thursday, August 7, 2025

Birthday Celebration

~ Thursday, July 17, 2025

Brown Bag

~ Thursday, July 17, 2025 & Thursday, August 14, 2025

1-Mile Walk

~ Mondays in August - 10:30am

Movie Matinee

~ Thursday, August 21, 2025 / TBD

Summer Barbecue Bash ~ Thursday, August 14, 2025

Louise Baldini 101 Years Young ~ Friday, August 29, 2025

Keep an eye for upcoming trips July and August

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 Craft Class ~ sign up required
Tuesday	9:00am 9:30am 11:00am 12:00pm 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Dancing for the fun of it 3rd Tuesday ~ Massachusetts Association For the Blind ~ Support Group Line Dancing
Wednesday	9:30am 1:00pm 1:00pm	Improvers Line Dancing Cameo Club Movie Time
Thursday	9:00am 9:30am 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Learn how to play Chess, Canasta, Tri-ominos & Mexican Train
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.

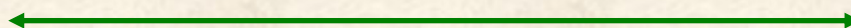
Wi-Fi Available



Spanish for Beginners

1:00pm ~ Thursday, May 8, 2025 ~ Thursday, August 28, 2025

Utilizing Creative Learning Through Movement Method



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 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Tuesday/Martes	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Wednesday/Miércoles	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Thursday/Jueves	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billard
Friday/Viernes	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm 11:30am-12:30pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Arts & Crafts / Manualidades