

Senior Moments



Springfield Department of Elder Affairs

presents

Women's Luncheon

"Women Who Inspire"

Celebrating strength, spirit & sisterhood

Friday, March 27, 2026

11:00 AM

Honoring Carol Gasque

*In recognition of her outstanding
mentorship, sisterhood, and
commitment.*

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

*Dress in your best purple, green, or white, the signature
colors celebrating women's strength and unity.*

Keynote Speaker:

Malaysia Harrell

**Wellness Mogul | Spiritual
Transformation Coach**

**To register for this event, please see
Kerri & Devine or call 413-787-6785.**

Event sponsored by the Black Men of Greater Springfield



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)

413-787-6503

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!

Our longtime employee, Linda Henley, retired in January after 12 years of dedicated service to the City of Springfield and the Department of Elder Affairs. Linda was a true staple at the Hungry Hill Senior Center, and her commitment, kindness, and hard work made a lasting impact on both staff and members. She will be deeply missed by many, and we thank her sincerely for her years of service.

We are also excited to welcome Ali Haqq, who has been named the new Senior Center Coordinator at the Hungry Hill Senior Center. Ali brings fresh energy and will have the opportunity to introduce new ideas and activities, while continuing to offer many of the programs our members know and love.

As we move into the spring, we are pleased to offer new activities and programs that we believe many will enjoy. As our membership continues to grow, we remain committed to expanding our offerings and finding new ways to bring engaging activities and entertainment to our community.

Have an idea for an activity or entertainment you'd love to see? Let us know! Feel free to share your suggestions with any staff member. While we can't promise we'll be able to do everything, we're always happy to try.

We ended February on a high note with memorable events such as our Valentine's Day Dance, Black History Month Luncheon and entertainment, and our very own Senior Winter Olympics. March and April promise even more excitement, including our Women's Day Luncheon and a special stage-reading performance featuring actors from across the Northeast. Stay tuned for these upcoming events and much more!

Let's work together to make the center a welcoming and enjoyable place for everyone.

See you in the spring.

Respectfully,

Roy Goodman
Executive Director



Rooted In Our Mission!

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

NEW Day & Time

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 ~ 1:00pm - 2:00pm

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

Sewing with Joyce

Mondays

8:30am-10:00am

Thursday

12:30pm-3:30pm

No registration required



COMPUTER LAB

Opened

Monday ~ Wednesday ~ Friday

9:00am - 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

** All programming subject to change. **

Don't Miss Out

at

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:

March 12, 2026 / April 9, 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, March 13, 2026

&

Friday, April 10, 2026

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

MOCKTAIL HAPPY HOUR

Visit Welcome Center for Dates.

12:30pm-1:30pm



Limited Space

Registration required



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



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



Why Home Care?

Learn the benefits of homecare and ways to reduce the chances of being readmitted to the hospital.

Thursday, March 26, 2026



Fall Prevention

w/ Baystate NE Ortho Surgery Center

Educating the community about preventing falls among older adults and encouraging lifestyle changes that reduce risks of falls.

Thursday, April 23, 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!



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, March 19, 2026 & April 16, 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



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>

What a Sweet Celebration!

DEA Dinner	
Buffet Dinner	\$15
Fries	\$4.00
Appetizer	\$4.00
Drinks	\$2.00
Cash Bar	
Drinks	\$4.00
Drinks	\$4.00
Drinks	\$4.00



Thank you to everyone who joined us for dancing, laughter, lots of retro Valentine's vibes!
2/13/2026





Serving the Health Insurance Needs of Everyone

SEEKING BILINGUAL SPANISH COUNSELORS IN THE GREATER SPRINGFIELD AREA

THE COMMITMENT:

- Complete the State Training Course
- Attend a Monthly Volunteer Meeting
- Help Clients 5 Hours a Week
- Complete Program Paperwork

QUALIFICATIONS:

- Reliable Transportation
- Computer Knowledge
- Daytime Availability

**CALL THE SHINE
OFFICE FOR MORE
INFORMATION:
(413) 750-2893**



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.

Save the Dates

The Night We Rode

Friday, April 17, 2026 ~ 1:00pm

Experience a compelling stage reading that brings to life the night of the car accident that changed everything for Teddy Pendergrass — a turning point that reshaped his career and redefined his legacy.

Celebrate Public Health Month with Us!

Friday April 24, 2026

The Department of Elder Affairs invites you to our Tailgate, Health Walk & Chair Exercise Showcase this April in recognition of Public Health Month.

Join us for a lively tailgate gathering, a refreshing walk, and a fun chair exercise demonstration with Tracey Thomas. It's a great way to move your body, connect with others, and celebrate healthy living!

Community Health Fair ~ Friday, May 15, 2026 ~ 10:00am-2:00pm

Visit our Welcome Center or call 413-787-6785 to register or for more information about these upcoming programs.

*Events will be held at At Raymond A. Jordan Senior Center
1476 Roosevelt Avenue, Springfield, MA*

Friendly Reminders



Spring Forward

Sunday, March 8, 2026 ~ 2:00am

*First Day of Spring!
Friday, March 20, 2026
10:46am!!*

Department of Elder Affairs Senior Centers

Will be closed

In Observance of Patriot's Day

Monday, April 20, 2026



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 \$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 aides and services are available upon request to individuals with disabilities.

Sixteen Acres Golden Age Club



Celebrating the season at

Storronton!

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



Sixteen Acres Golden Age Club!

Hello everyone,

We're off to a great start of the new year as we hosted a presentation on Brain Health and Power, have begun to build puzzles together and of course resumed playing table games, including bingo. We are currently planning our quarterly member Birthday and Valentine's celebrations in February, will host comedian Dave Kane from Rhode Island and to round out the quarter, planning a luncheon at Krazy Jake's restaurant in March!

Lastly, if you're interested in learning more about our club, please feel free to visit us any Friday between 12:30pm-2:30pm at the Clodo Concepcion Community Center. Annual membership dues are \$15.00.

Hope everyone is keeping safe and warm this winter,

MaryAnn

Assistant Vice President

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

Hungry Hill Senior Center

Ali Haqq ~ Program Coordinator ~ 773 Liberty Street, Springfield, MA 413-733-9411

Monday	9:00am-11:00am 12:30pm 2:00pm	Computer Help Artful Moments Discussion following artful moments
Tuesday	9:00am-12:00m 11:00am-11:30am 11:00am-11:30am 12:00pm-2:00pm	Knitting & Crafting Golden Age Club Mtg(1st & 3rd Tues.) Trivia (2nd & 4th Tues.) Lunch & Bingo
Wednesday	9:00am 9:30am-12:00pm 10:00am 10:00am 12:00pm-2:00pm	Coffee & Pastries Tech Help (1st & 3rd Wed.) Pitch (2nd & 4th Wed.) Uno (3rd Wed) Lunch & Dominoes
Thursday	9:00am-9:30am 9:30am 10:00am	Greetings & Updates Ice Breaker Games (1st & 4th Thurs) Exercise (3rd Thurs.)
Friday	9:00am-9:30am 9:30am 11:30m 12:30pm-2:30pm	Coffee & Current Events Board Games Morning Stretch TV Land

**LUNCHESES SERVED
TUESDAY AND WEDNESDAY
12:00PM-1:00PM**

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



St. Patrick's Day Annual Celebration Tuesday, March 17, 2026

Call center for details

Birthdays Celebration

~ Thursday, March 26, 2026 & Thursday, April 30, 2026

Bowling and Pizza

~ ***Thursdays, March 3, March 12, March 19, 2026***

~ ***Thursdays, April 2, April 9, April 16, & April 23, 2026***

Brown Bag

~ Thursday, March 19, 2026 & April 16, 2026

Reflexology

~ Wednesday, March 11, & March 25, 2026

~ Wednesdays, April 8, & April 22, 2026

Mobile Library

~ Wednesday, March 11, 2026 & March 25, 2026

~ Wednesday, April 8, & April 22, 2026

Clodo Concepcion Community Center

Alex Martin ~ Program 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)

March

St. Patrick's Day Cards

April

Decorative garden wood post

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 ~ Program 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 10:00am	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Crafts / Manualidades
Wednesday/Miércoles	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
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