

# Senior Moments



City of Springfield ~ Department of Elder Affairs

2nd Annual

## Spring Into Wellness

Community Health Fair

Build Resilience. Live Fully. Boost Your Well Being.

**FRIDAY, MAY 15, 2026**

at

**Raymond A. Jordan Senior Center**

1476 Roosevelt Avenue, Springfield, MA 01109

**10:00am-2:00pm**

Bringing together healthcare professionals, wellness experts, and neighbors to support healthier, happier living at every age.

*Lunch Sponsored by ~ SHINE*

(Serving the Health Insurance Needs of Everyone)

Lunch will be available 12:30pm-1:30pm



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

*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)**

413-787-6503

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

413-750-2893

#### **Computer Learning Center**

413-750-2090

#### **Outreach Program**

413-787-6124

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

413-886-6503

#### **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!**

As the days grow longer and the warmth of spring settles in, we are excited to welcome the months of May and June at the Raymond A. Jordan Senior Center! This vibrant season is the perfect time to reconnect with friends, enjoy the outdoors, and take part in the many programs and activities we have planned just for you.

Spring is a time of renewal—and with renewal often comes change. We recognize that changes, whether in schedules, programs, or policies, can affect everyone differently. While not every decision may be popular, please know that each one is made thoughtfully, with the goal of supporting the well-being, safety, and overall experience of our entire community, not just a few. We kindly ask for your understanding and respect as we continue working to serve everyone in the best way possible. Open communication and mutual respect help keep our center welcoming and enjoyable for all.

We encourage everyone to embrace the energy of the season. Whether you're interested in staying active, exploring new hobbies, or simply socializing, there's something for everyone at our centers. From fitness classes like our popular *Move and Groove Chair Exercise with Tracey Thomas*, yoga, pickle ball, hula-hoops and walking groups, to creative workshops such as arts and crafts, sewing, and more - we are proud to offer opportunities that support both wellness and fun.

In May, we look forward to our Health Fair and other special events. We'll also be hosting educational workshops focused on health and wellness, along with group games and social events designed to bring our community together.

As we move into June, the excitement continues with the arrival of early summer. Join us for seasonal activities, outdoor events (weather permitting), and special themed days that highlight the joy of the season.

We encourage you to stop by the front desk or check our monthly calendar for a full schedule of events, times, and any registration details. Our staff is always happy to help you find programs that match your interests.

Thank you for being such an important part of our community. We look forward to sharing a wonderful spring season with you at the Department of Elder Affairs.

Warm regards,  
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

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

## Sewing with Joyce

Mondays

8:30am-10:00am

Thursday

12:30pm-3:30pm

No registration required



## 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

### Friendly Reminders

Depart. of Elder Affairs  
Senior Centers

Will be closed

Memorial Day

Monday, May 25, 2026

Juneteenth

Friday, June 19, 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

# Computer Lab



## Stop in to meet our New Computer Instructor: Diomaris Gomez

Diomaris Gomez joins the Computer Learning Center with a strong commitment to helping older adults build confidence with computers and everyday technology. She provides instruction, personal guidance, and small workshops designed to support learners at every level. Assistance is available in English and Spanish.

We are excited to share that the Computer Learning Center now publishes its own monthly magazine called **TECHeasy**. Inside, you will find easy tech tips, updates on what's new in the digital world, and a special spotlight section to highlight our amazing members. Available at the **Raymond A. Jordan Senior Center** or online at: [www.springfield-ma.gov/hhs/seniornet](http://www.springfield-ma.gov/hhs/seniornet)



Assistance is available in English and Spanish. Se ofrece ayuda en español.  
**413-750-2090**

- Monday**  
9:00am - 3:00pm
- Tuesday**  
9:00am - 2:00pm
- Wednesday**  
9:00am. - 3:00pm
- Thursday**  
9:00am - 2:30am
- Friday**  
9:00am - 11:00am

### Computer Instructor

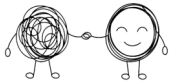
Diomaris Gomez  
Mon.-Thurs

### Computer Volunteer

Frank Holmes  
Mon, Wed, & Fri

## CARE, SHARE & CONNECT

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



1:00pm

Next Meetings:

May 7, 2026 / June 11, 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, June 12, 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

## 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](mailto: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**

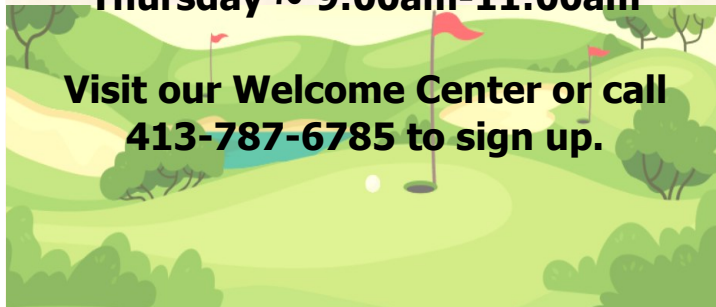
**Registration Required.**

**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*

**Importance of Wound Care  
w/New England Wound Care**

**Thursday, June 11, 2026**

**Transportation Access  
w/Pioneer Valley Transit Authority**

**Tuesday, June 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!*



City of Springfield  
Department of Elder Affairs

Are you ready to..  
**WALK THE RUNWAY?**

# **MODEL**

# **CALL**

Seeking Models for our  
July 2026 Fashion Show

**We're seeking male  
and female star  
members to own this  
year's runway!**

If interested visit the Welcome  
Center or call (413) 787-6785 to  
sign up!

# 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, May 21, 2026 & June 18, 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](http://www.springfield-ma.gov/hhs/elderaffairs) or Facebook page: <https://www.facebook.com/elderaffairsspringfield>



## Medicare Coverage while Traveling

Summer is here and before you pack your bags for that long-awaited trip, remember to check your Medicare Advantage plan to review emergency coverage and in network vs. out of network costs. This information is easy to find in plan summary documents received at enrollment. Also keep in mind that original Medicare does not cover health care outside the fifty states, D.C., and U.S. territories, except for limited emergencies near the Canadian/Mexican borders, or if a foreign hospital is closer to your U.S. home than a U.S. hospital. Supplemental (Medigap) plans may cover foreign emergency care, but you should buy dedicated travel insurance for trips outside of the U.S.

## Cobertura de Medicare Mientras Viaja

El verano ya está aquí y, antes de hacer las maletas para ese viaje tan esperado, recuerde revisar su plan Medicare Advantage para verificar la cobertura de emergencias y los costos dentro y fuera de la red. Esta información es fácil de encontrar en los documentos resumidos del plan que recibió al inscribirse.

También tenga en cuenta que el Medicare original no cubre la atención médica fuera de los cincuenta estados, Washington D.C. y los territorios de EE. UU., excepto en emergencias limitadas cerca de las fronteras con Canadá o México, o si un hospital extranjero está más cerca de su hogar en EE. UU. que un hospital estadounidense.

Los planes suplementarios (Medigap) pueden cubrir emergencias médicas en el extranjero, pero se recomienda adquirir un seguro de viaje específico para viajes fuera de Estados Unidos.

Para programar una cita con su consejero local de SHINE, comuníquese con su centro para personas mayores.



# 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. Auxillary aides and services are available upon request to individuals with disabilities.



# Women's Luncheon 2026





# Mark your calendars.....

## A Walk in Their Shoes

Tuesday, June 16, 2026 10:30am

Learn key facts and insight about dementia and take part in an immersive experience that lets you “step into their shoes” and see the world through the lens of someone living with dementia

### *Ms. Massachusetts Senior America Pageant Club*

Variety Showcase: Singers, Dancing and Comedy

Tuesday, May, 19, 2026

11:30am-12:30pm

These talented women, all age 60+ truly shine with style, grace and attitude

### Save the Date ~ Summer Bash

Thursday, July 2, 2026

Food, Music, Etc. More details to come.

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

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



# 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'd love to have you join us on Friday's at 12:30 p.m. at the Clodo Concepcion Community Center, located at 1187½ Parker Street in Springfield!

Annual membership dues are just \$15.00.

We have plenty of exciting activities, programs, and events coming your way—so stay tuned and come be part of the fun.

We can't wait to welcome you!



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 ~ 73 Liberty Street, Springfield, MA 413-733-9411

<b>Monday</b>	9:00am-12:00pm 12:30pm 12:30pm 2:00pm	Computer Help Artful Moments 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.) Word Search (2nd & 4th Tues) Bingo
<b>Wednesday</b>	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 Dominoes
<b>Thursday</b>	9:00am-9:30am 10:00am 12:00pm-2:00pm	Greetings & Updates Brain Exercise (3rd Thurs 4th.) Bowling & Pizza (check in for dates)
<b>Friday</b>	9:00am-9:30am 10:00am 12:30pm-2:30pm	Coffee & Current Events TV Land Fridays Board Games

### LUNCHESES SERVED TUESDAY AND WEDNESDAY 11:30AM-12:15PM

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



## Featured Activities

**Golden Age Club Mother's Day Breakfast** ~ Thursday, May 7, 2026 - 11:00am

**Soap Making with Shanndoll's Beauty Lounge** ~ Friday, May 8, 2026 - 9:30am-11:30am

**Mocktails & Learn**

**Self Care Sensory Workshop** ~ Thursday, May 14, 2026 - 10:00am

**Brown Bag**

~ Thursday, May 21, 2026 & June 18, 2026

**Birthday Bash**

~ Thursday, May 28, 2026 - 12:00pm-2:00pm

**Scalp Treatment w/Shanndoll's**

~ Thursday, June 5, 2026 - 9:30am-11:30am

**Beauty Lounge**

### MONTHLY OFFERINGS

**Reflexology**

~ Wednesday, May 13, & May 27, 2026

~ Wednesdays, June 11, & June 25, 2026

**Mobile Library**

~ Wednesday, May 13, & May 27, 2026

~ Wednesday, June 11, & June 25, 2026

## Clodo Concepcion Community Center

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



<b>Monday</b>	9:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Access Tech Chess for Beginners
<b>Tuesday</b>	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
<b>Wednesday</b>	9:30am 1:00pm 1:00pm	Improvers Line Dancing Cameo Club Arts & Crafts - Sign-up required
<b>Thursday</b>	9:00am 10:00am 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Games
<b>Friday</b>	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**  
*May ~ Card creation in celebration of women*  
*June ~ Card creation in celebration of men*

**Ready to move? Join *Fitness First* our exciting new program to get you up & active, Cornhole, pickleball, tennis and walking trails.**  
Contact Alex Martin, Program Coordinator at 413-750-2873

**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*

<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 Billard 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

**Breath & Bloom Workshop**  
**Scent & Self Care Workshop**  
**Thursday, May 21, 2026**  
**10:00am**



- ◆ Fun scent guessing activity
- ◆ Relaxing breathing exercises
- ◆ Exploration of essential oils
- ◆ Hands-on self-care product making – create two personalized items to take home

Please call center at 413-886-5240 if you are interested coming to this self-care workshop.

Sponsored by: Department of Elder Affairs and MA Cultural Council Grant

