

# Senior Moments

## *A Season of Gratitude and Joy*

*As we wrap up another wonderful year filled with programs, friendship, and fun, we're deeply grateful for our members and volunteers who make our community so special.*

*We're looking forward to another exciting year ahead, filled with new programs, events, and opportunities to come together.*

*Wishing you a cozy, healthy, and happy holiday season!*

*Your friends from the  
Department of Elder Affairs ~ Raymond A. Jordan Senior Center*



## 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

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!*

As we approach the winter months of November and December, with cooler air, the holidays are here, and our Senior Centers begin to shine with seasonal cheers. It's that time for connection, celebrations and thankfulness, however it is also time that we all become vigilant.

Unfortunately, the holiday season can bring an increase in scams and identity theft targeting older adults. It could come from phone calls, a fake charity request, or a too good to be true online deal, scammers often prey on someone's generosity.

After doing some research, here are a few tips to keep in mind:

**Be cautious with unfamiliar calls or emails.** Never share personal information unless you're absolutely sure who you're speaking with.

**Watch out for fake gift card or sweepstakes offers.** If it sounds too good to be true, it probably is.

**Protect your identity.** Shred sensitive documents, use strong passwords, and monitor your bank statements regularly.

**Verify charities before donating.** Use trusted websites to confirm legitimacy.

Here at the Raymond A. Jordan Senior Center, we continue to have informational Live & Learn Series on a monthly basis, a big thank you to our staff members that bring in outside vendors to educate us all on these topics.

Let's look out for one another this season—check in on neighbors, share a warm drink, and spread kindness. If you ever feel unsure about something, don't hesitate to reach out to the senior center staff. We're here to help.

God Bless you all and Happy Holidays!!!

**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

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-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**

## Sewing with Joyce

### Intermediate Class

**Mondays**

**8:30am-10:00am**

### Beginners Class

**Thursday**

**1:00pm-3:00pm**

**No registration required**



## COMPUTER LAB

**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**

**\*\* All programming subject to change. \*\***  
**Opened Monday - Friday**

**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**

# Don't Miss Out out on Upcoming Events

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:

*November 13, 2025 / December 11, 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

*Friday, November 14, 2025*

*&*

*Friday, December 12, 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!** Birthdays of the Month

Last *Friday* of each month

**12:00pm-1:00pm**

## MEN'S ROUND TABLE

Every 3rd Wednesday of the month

Men's Breakfast ~ November 19th

*&*

December 17th

**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



## Holiday Spirit Week



With Ali & Ari

Week of

December 15 through

December 19, 2025

Details coming soon!

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



## Women's Group

### Women's Giving

*Celebrate the season and hour and appreciate the amazing women we are*

**November 14, 20204**

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

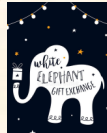
**Pot Luck  
Registration Required!**

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### White Elephant Gift Exchange

**December 10, 2025**

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



**Bring a wrapped, funny, festive, or practical gift (Value \$10.)  
Registration Required!**

**Visit our Welcome Center or call  
413-787-6785 for more information or to register  
for either of these events!**

## Art Group With Ali

### Fall Leaves Snow Globe

**November 7, 2025**

**9:30am**

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### Holiday Tree Ornament

**December 5, 2025**

**9:30am**



**Refreshments will be served**

**Registration required  
for each craft!**

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

## Live & Learn Series

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

***Estate Planning  
with Attorney Marie T. Jablonski  
Thursday, November 6, 2025***

***Scam Education with  
Springfield Police Department,  
FBI and IRS  
Wednesday, November 19, 2025***

**All Live and Learn programs begin at  
11:30am.**

**No registration required**

## CLUBHOUSE

**INDOOR GOLF SIMULATOR**

## GOLF



**Swing into fun at  
Raymond A. Jordan Senior Center  
Our newest addition to programming.  
Experience golf like never before.**

**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.**

# 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, November 20, 2025 & December 18, 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](http://www.springfield-ma.gov/hhs/elderaffairs) or Facebook page: <https://www.facebook.com/elderaffairsspringfield>



***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 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](http://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.**



**¿Olvidaste la inscripción abierta de otoño?  
La Inscripción Abierta de Medicare Advantage  
Finaliza el 31 de Marzo 2026**

¿Sabes que si no estás 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](http://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**

**Tuesday, November 11, 2025  
Thursday, November 27, 2025  
Thursday, December 25, 2025  
&  
Thursday, January 1, 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 a equal opportunity program. Auxillary aides and services are available upon request to individuals with disabilities.

Friday, October 17, 2025

Walk for  
Breast Cancer



***Our Breast Cancer Healthy Walk was a wonderful success!  
Thank you to everyone who joined us in raising awareness,  
supporting survivors, and celebrating community strength.***

***Together, we walked with purpose, hope, and heart.***



Pink & Denim Day!



Thursday, October 16, 2025

## Springfield Golden Age Club

### JOIN A MEETING

#### 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

##### **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

### SIXTEEN ACRES GOLDEN AGE CLUB

The Sixteen Acres Golden Age Club has enjoyed a busy and exciting season! We recently welcomed presenters from the Sixteen Acres Library, the Kelsey & Ireland Realtor Team, and a UMass professor who entertained us with spooky tales of "*Witches in Ancient Greece and Rome.*" We also shared plenty of laughs during a comedy show, celebrated members' birthdays with cake and ice cream, enjoyed an outing to the "Little E" in East Longmeadow, played bingo and table games, and relaxed with movie afternoons.

Looking ahead, we're gearing up for a fun-filled fall! Upcoming activities include a **Halloween Bingo** on October 31, a **cooking demonstration** at East Village Place, a presentation on **Outsmarting Scammers**, a visit with **Representative Puppolo**, and plans for our **Christmas Luncheon**. More events are already in the works!

**Happy Holidays from all of us at the Sixteen Acres Golden Agers!**

# Hungry Hill Senior Center

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

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

***Golden Age Club ~ Friendsgiving Lunch ~ Thursday, November 20, 2025***

***Thanksgiving Read Along w/Zanetti School ~ Friday, November 21, 2025-10:00am-11:30am***

***Golden Age Christmas Lunch ~ Thursday, December 18, 2025***

***Hot Cocoa ~ Holiday Celebration ~ Monday, Tuesday December 22, 2025***

***Pizza Party & Keir Patrick Christmas Concert ~ Friday, December 19, 2025***

***Birthday Celebration*** ~ Thursday, November 13, 2025

***Brown Bag*** ~ Thursday, November 20, 2025 & December 18, 2025

***Cooking Healthy on the Hill*** ~ Friday, December 12, 2025

***Reflexology*** ~ Wednesday, November 12, 2025

~ Wednesdays, December 3, & December 17, 2025

***Mobile Library*** ~ Wednesday, November 5th & 19th

~ Wednesday, December 10th & 24th

***Tree Decorating*** ~ Wednesday, November 26, 2025 - 1:00pm-3:00pm

### ***Keep an eye for upcoming trips***

*Randall's Fruit Farm, Via Appia Restaurant, Maggie McFly's,  
Carriage House Storowton and More. Call center for details.*

## Clodo Concepcion Community Center

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



|                  |                                       |                                                                                                                                                                                   |
|------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>    | 9:00am<br>11:00am<br>1:00pm           | Walking Tigers Get Fit Club<br>Access Tech<br>Chess for Beginners ~ <b>sign up required</b>                                                                                       |
| <b>Tuesday</b>   | 9:00am<br>9:30am<br>12:00pm<br>1:00pm | Walking Tigers Get Fit Club<br>Walk & Strength (low impact aerobics)<br>3rd Tuesday ~ Massachusetts Association For the Blind<br>~ Support Group<br>Line Dancing - Advanced Class |
| <b>Wednesday</b> | 9:30am<br>1:00pm<br>1:00pm            | Improvers Line Dancing<br>Cameo Club<br>Learn how to loom (form of knitting/sign-up required)                                                                                     |
| <b>Thursday</b>  | 9:00am<br>9:30am<br>1:00pm            | Walking Tigers Get Fit Club<br>Walk & Strength (low impact aerobics)<br>Games                                                                                                     |
| <b>Friday</b>    | 10:00am<br>1:00pm                     | Tech Time with Alex (sign up required)<br>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.

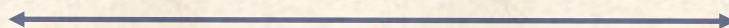
**Wi-Fi Available**



### November & December

#### Giving back to our community!

**We are collecting water bottle caps for Shriners Children's Hospital.**  
**The recycled caps are used 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

|                            |                                                                      |                                                                                                                                     |
|----------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday/Lunes</b>        | 8:00am-3:00pm<br>10:00am-3:00pm<br>10:00am-3:00pm                    | Fitness Room / Sala de Ejercicio<br>Dominoes Club / Club De Dominoes<br>Pool Table / Mesa De Billar                                 |
| <b>Tuesday/Martes</b>      | 8:00am-3:00pm<br>10:00am-3:00pm<br>10:00am-3:00pm                    | Fitness Room / Sala de Ejercicio<br>Dominoes Club / Club De Dominoes<br>Pool Table / Mesa De Billar                                 |
| <b>Wednesday/Miércoles</b> | 8:00am-3:00pm<br>10:00am-3:00pm<br>10:00am-3:00pm                    | Fitness Room / Sala de Ejercicio<br>Dominoes Club / Club De Dominoes<br>Pool Table / Mesa De Billar                                 |
| <b>Thursday/Jueves</b>     | 8:00am-3:00pm<br>10:00am-3:00pm<br>10:00am-3:00pm                    | Fitness Room / Sala de Ejercicio<br>Dominoes Club / Club De Dominoes<br>Pool Table / Mesa De Billard                                |
| <b>Friday/Viernes</b>      | 8:00am-3:00pm<br>10:00am-3:00pm<br>10:00am-3:00pm<br>11:30am-12:30pm | Fitness Room / Sala de Ejercicio<br>Dominoes Club / Club De Dominoes<br>Pool Table / Mesa De Billar<br>Arts & Crafts / Manualidades |