

# Senior Moments



## *You're Invited!* **Senior Center Open Houses**

*Stop by our and discover all that we have to offer.  
Explore programs, meet staff and members, and learn  
how our centers can be part of your active, social lifestyle.*

***Membership is free!***

***Bring a Friend! We can't wait to welcome you!***

### **Raymond A. Jordan Senior Center**

1476 Roosevelt Avenue, Springfield, MA ~ 413-787-6785

***Friday, September 12, 2025 9:00am-2:00pm***

### **Clodo Concepcion Center**

1187½ Parker Street, Springfield, MA ~ 413-750-2873

***Friday, September 26, 2025 10:00am-2:00pm***

### **Hungry Hill Senior Center**

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

***Wednesday, October 8, 2025 10:00am-12:00pm***

### **North End Senior Center**

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

***Friday, October 24, 2025 10:00am-1:00pm***

**Please call our centers  
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)**

413-787-6785

#### **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!

We all know that change can sometimes feel unsettling, especially when we've grown comfortable with the way things are. But as we all know, not all change is a bad thing—in fact, many changes can bring new opportunities, challenges, friendships and experiences we never would have expected.

Let's think of some changes you've already embraced in life, such as a new home, new neighbors, even a new hobby. Often, those moments brought growth and joy we couldn't have imagined beforehand. Change can be fresh programs, such as Sewing with Joyce and chair exercise class with Tracey Thomas.

Change can also bring new people into our centers, such as Lori, our new fitness instructor, and Ethan, our new computer instructor. We have also added a golf simulator in the facility, which will bring a different type of activity. Each of our senior centers will have an open house either in September or October, where we will be able to showcase some of our great programs and attract new people to our centers, adding their own stories and warmth.

With change, it is natural to feel hesitant, therefore, let's approach the future with open minds and hopeful hearts. Together, we can make every change a step forward to an even better Senior Center.

God bless us all.

**Roy Goodman**  
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**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**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**Fit & Fierce Dance Camp

This 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, breath and mind together. Every Body is welcome.

**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 ~ 8:30am-9:30am****Friday ~ 12:00pm-1:30pm**

## COMPUTER LAB

**Opened Monday ~ Friday**  
**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**

## Friendly Reminders



**Department of Elder Affairs**  
**Senior Centers**

**Will be closed**

**Monday, September 1, 2025**  
**&**  
**Monday, October 13, 2025**

**Tuesday ~ 10:15am-11:15am \*\* 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 Meetings:**

***September 11, 2025 / October 16, 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, September 19, 2025***

**&**

***Friday, October 10, 2025***

**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

## Welcome Back!

**American International College  
Nursing Students**



***Blood Pressure, Glucose Screenings,  
Healthy Teaching***

Raymond A. Jordan Senior Center

**Thursdays**

**September 18, 2025 ~ December 4, 2025**

**10:30am-1:00pm**

***All Welcome, no registration required.***

## 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**

**(September 17th & October 15th)**

**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

at Raymond A. Jordan Senior Center



## Budgeting & Bingo!



**Tuesday, September 16, 2025**

**1:00pm**

Enjoy a relaxed setting with Bingo and simple tips on creating a spending plan, predicting income and expenses, and avoiding overspending  
Fun, helpful and stress-free!

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



Department of Elder Affairs and Springfield Fire Department  
Presents

## **COMMUNITY EMERGENCY PREPAREDNESS** **EVENT**

**Thursday, September 25, 2025**

**3:00 PM - 5:00 PM**

- Prepare for an emergency & stay informed
- Build a supply kit
- Get tips on evacuation
- First Aid Basics
- Protect your loved ones

*Local experts will be on site to answer questions and share resources to help you be ready for anything.*

*Visit our Welcome Center or call 413-787-6785 to register or 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, September 18, 2025 & October 16, 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>



## **Medicare Open Enrollment Season**

Most Medicare beneficiaries have just one opportunity a year to evaluate and change their coverage—from October 15th to December 7th. Every year, the “open-enrollment” period allows seniors and others on Medicare to change their part D (prescription-drug) coverage, enroll or change enrollment in a Medicare Advantage program, such as an HMO or PPO plan, and generally reevaluate their healthcare package. Many seniors disregard this opportunity and enroll in the same plans they did the year before, assuming that as long as a plan has not changed dramatically, there is no need to switch. People should review their plans, however, because even if their plans have not changed, their needs may have. If a Medicare beneficiary has been prescribed new medications or dropped old ones, there may be a new (and perhaps less expensive) Part D plan that suits them better.

SHINE is available for a limited number of *in-person appointments as well as by PHONE* to help look at coverage options.

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 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.



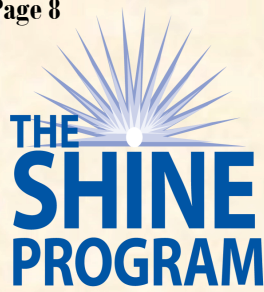
*We are announcing a new SHINE Counseling Site at  
Greater Springfield Senior Services at 66 Industry Avenue in Springfield.*

*To schedule an appointment there, call (413) 781-8800.*

***SHINE Counselors will be available***

***starting September 16, 2025.***





## Inscripción Abierta de Medicare

La mayoría de los beneficiarios de Medicare tienen solo una oportunidad al año para evaluar y cambiar su cobertura, del 15 de octubre al 7 de diciembre. Cada año, el período de "inscripción abierta" permite que las personas mayores y otras personas con Medicare cambien su cobertura de la Parte D (medicamentos recetados), se inscriban o cambien la inscripción en un programa Medicare Advantage, como un plan HMO o PPO, y, en general, reevalúen su cobertura. Muchas personas mayores ignoran esta oportunidad y se inscriben en los mismos planes que hicieron el año anterior, asumiendo que mientras un plan no haya cambiado drásticamente, no hay necesidad de cambiar. Sin embargo, las personas deben revisar sus planes, porque incluso si sus planes no han cambiado, sus necesidades pueden haberlo hecho. Si a un beneficiario de Medicare se le han recetado nuevos medicamentos, o se le han quitado medicamentos, puede haber un nuevo (y quizás menos costoso) plan de la Parte D que se adapte mejor a ellos.

*SHINE está disponible para un número limitado de citas en persona, así como por TELÉFONO para ayudar a buscar opciones de cobertura.*

**Los Voluntarios Capacitados de SHINE ofrecen asesoramiento gratuito y confidencial sobre todos los aspectos del seguro de salud a cualquier persona que tenga Medicare. Para asuntos relacionados de Medicare (aparte de una cita), llame al 1-800-243-4636, luego presione o diga 3. Una vez que obtenga el contestador automático de SHINE, deje su nombre y número. Un voluntario le devolverá la llamada lo mas pronto posible.**





City of Springfield ~ Department of Elder Affairs

# **FITNESS CENTER**

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

**EXCITING NEWS!**  
**NO APPOINTMENTS NEEDED**

**DROP IN AT THE FITNESS CENTER,  
7:00AM- 3:00PM  
AND GET YOUR WORKOUT IN!**

**COME IN AND MEET OUR  
NEW HEALTH & WELLNESS COORDINATOR  
LORI CHARTIER**

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

*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.*



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.



**★**

**NEED HELP GETTING YOUR  
PUERTO RICAN  
BIRTH CERTIFICATE?**

North End Senior Center  
310 Plainfield St., Springfield • 413-886-5240  
October 24, 2025 • 10 AM-1 PM

Many elders born in Puerto Rico have trouble getting official birth certificates to get a REAL ID. If you think a free lawyer's help can make a difference, **sign up today** to chat with a **Community Legal Aid** attorney!

Not sure we can help? Sign up and ask your questions at the clinic. CLA's services are **free** to Western MA elders, but please **sign up** in advance at the Senior Center.

 **Community  
Legal Aid**



**★**

**¿NECESITA AYUDA PARA OBTENER SU  
CERTIFICADO DE NACIMIENTO  
DE PUERTO RICO?**

North End Senior Center  
310 Plainfield St., Springfield • 413-886-5240  
24 de octubre de 2025 • 10 AM-1 PM

Muchas personas mayores nacidas en Puerto Rico tienen problemas para obtener certificados de nacimiento oficiales para obtener una REAL ID. Si cree que la **ayuda gratuita de un abogado** puede hacer la diferencia, inscribase hoy para conversar con un abogado de Servicios Legales (CLA).

¿No está seguro de que podamos ayudarlo? Inscribise y haga sus preguntas en la clínica. Los servicios de CLA son **gratuitos** para las personas 60+ del oeste de Massachusetts, pero inscribise con anticipación en el Centro Para Personas de la Mayor Edad.

 **Community  
Legal Aid**

## In Loving Memory of Our Friend Yolanda Daley

*We are deeply saddened to share the passing of our dear friend and long-time member, Yolanda Daley.*

*Yolanda was more than just a familiar face at our center—she was a source of kindness, generosity, laughter, and friendship to all who had the privilege of knowing her. Whether it was sharing a warm smile, lending a helping hand, or brightening the room with “Good Mornin’ Everybody”!*



*May we all carry forward the warmth and kindness that Yolanda so freely gave.*

*Memorial Service ~ Saturday, September 20, 2025  
St. Michaels Cathedral ~ 10:00am  
Please wear red, it was her favorite color  
Dress to impress*





## 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**

Independence House-Community Room

**Hungry Hill Branch ~ 1:00pm**

1st & 3rd Tues.

Hungry Hill Senior Center

773 Liberty Street

#### **FRIDAYS**

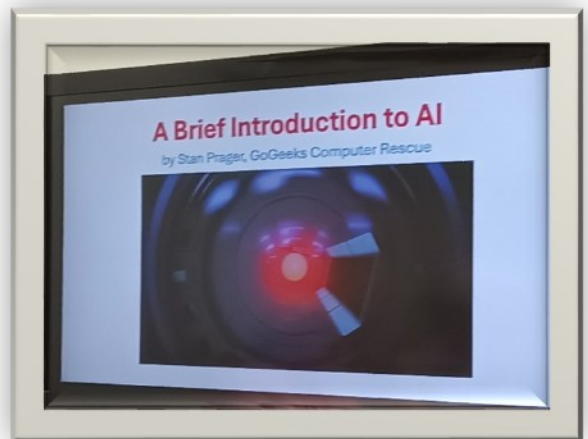
**Sixteen Acres Branch ~ 1:00pm**

Clodo Concepcion Center

1187 ½ Parker Street

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

## 16 Acres Golden Age Club Introduction to AI



Join us Friday, September 19, 2025  
For a laughing good time with  
Father Misgivings.

Tickets available  
Call Don Roberts 413-636-6906

# Hungry Hill Senior Center

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

<b>Monday</b>	9:00am-12:00pm 10:30am-11:30am 12:00pm-3:00pm	Social Hour, Coffee 1 Mile Walk Social/Puzzle
<b>Tuesday</b>	9:00am-12:00m 10:00-10:30am 1:00pm-3:00pm	Knitting & Crafting Golden Age Club Mtg 1st & 3rd Tues. Bingo
<b>Wednesday</b>	9:00am-12:00pm 1:00pm-3:00pm	Social/Coffee Social/Games/Puzzles
<b>Thursday</b>	9:00am-10:30am 10:30am-12:00pm 10:30am-11:30am	Social /Coffee Bingo Exercise Group (2nd Thursday)
<b>Friday</b>	9:00am-3:00pm 10:00m-11:00am 11:45am-1:45pm	Social Walking Club Eating Healthy on the Hill (last Friday of the month)

## 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.

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*Mobile Market ~ Wednesdays*  
10:30am-11:30am

### ***Birthday Celebration***

~ Thursday, September 25, 2025

### ***Brown Bag***

~ Thursday, September 18, 2025 & October 16, 2025

### ***Collage Creations***

~ Friday, October 10, 2025

### ***Reflexology***

~ Wednesdays, September 10, 2025 & September 24, 2025

~ Wednesdays, October 8, 2025 & October 22, 2025

### ***Movie Matinee***

~ Thursday, September 18, & Thursday, October 9, 2025

***Better Business Bureau ~ Thursday, October 23, 2025 - 10:00am***



***Halloween Fun w/Zanetti School ~ Thursday, October 30, 2025***

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



## Clodo Concepcion Community Center

Alex Martin ~ Center Coordinator 1187 ½ 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>sign up required -10/6/2025</b>
<b>Tuesday</b>	9:00am 9:30am 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	Improvers Line Dancing Cameo Club
<b>Thursday</b>	9:00am 9:30am 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Spanish for Beginners / sign-up required
<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**

*Join us*

**Open House - The Beauty is in the Magic ~ 10:00am-2:00pm**

**Friday, September 26, 2020**

**Clodo Concepcion Center 1187½ Parker Street, Spfld**



**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



## 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 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
<b>Tuesday/Martes</b>	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
<b>Wednesday/Miércoles</b>	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
<b>Thursday/Jueves</b>	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
<b>Friday/Viernes</b>	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