



March / April 2019

# Springfield Campanile



**A publication of the City of Springfield  
Department of Elder Affairs**

*Mayor Domenic J. Sarno*

## **Department of Elder Affairs Staff**

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*Director of Elder Affairs*

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*Fiscal Administrative Manager*

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*Senior Program Coordinator*

**Madeline Cofield**

**Kerri Jahn**

**Charles Markham**  
*Program Coordinators*

**Misha Mayers**

*Administrative Assistant*

**Suzette Livingston**

*Senior Employment Coordinator*

**Alicia Germain**

*SHINE Program Coordinator*

**Irene Kenison**

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**Eliana Gutierrez**

*Adult Outreach Liaison*

**Frank Holmes**

*Computer Learning Center*

**Darrell Mickey**

*Transportation Coordinator*

**Kerry Welch**

*Health and Wellness  
Coordinator*

**Medita Lewis**

*RN, BSN*

**1476 Roosevelt Ave  
Springfield, MA 01109**

### **Hours of Operation:**

Monday-Friday

8:00am - 4:00pm

413-787-6785

**Chapin Center**  
A NOT FOR PROFIT FACILITY  
presents

**a new  
adventure  
awaits!**

**JOIN US**

COME JOIN US FOR A TOUR AROUND THE WORLD,  
MEET VENDORS FROM ALL DIFFERENT INDUSTRIES,  
ENJOY FREE LIVE ENTERTAINMENT, REFRESHMENTS  
AND THE OPPORTUNITY TO WIN AMAZING RAFFLE PRIZES.

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

Date: 3/8/2019  
Time: 10:00am - 2:00pm

**For more information contact  
Claudia Lora at: 413-378-3769**

[www.chapincenter.com](http://www.chapincenter.com)

## **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.***



**Dept. of Elder Affairs ~ RAJ Center / Council on Aging***Main: 787-6785**Fax: 750-2694***Golden Age Club**

787-6486/886-5104

**Senior Community Service Employment Program (SCSEP)**

787-6124

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

750-2893

**Computer Learning Center**

750-2090

**Outreach Program**

750-2896/ 886-5260

**COA Board Members**

Maurita Bledsoe

Magda Colon

Teresa Concepcion

Olga Ellis

Donald Evans

John Jordan

Annemarie Pajer

*Funding for many of our wonderful programs  
and activities is provided by  
Council on Aging grants from the Executive  
Office of Elder Affairs  
at the Commonwealth of MA.*

***Dear Readers,***

HAPPY SPRING!!!!!! I always smile when spring arrives. It is the season of hope...of rebirth...of NO SNOW! I love to see the snow melt away, and replaced with new buds on the trees and that incredible shade of green that adorns tender new blades of grass. Are you smiling too? I sure hope so.



This winter we introduced "It's Finally Friday," a fun day of crafts, wii, ping pong, corn hole and wall-to-wall smiling! We also have Yoga classes, Tai Chi, Dance and a book club!

The Department of Elder Affairs wishes to thank our community partners from AARP for helping to make tax season an affordable one for our members. We were so pleased that so many of you took advantage of this FREE opportunity to have your taxes prepared by knowledgeable folks at AARP.

With all of the growth around us, it only seems fitting that the Department of Elder Affairs is taking its cues from Mother Nature. We have developed an extremely creative program roster that is sure to impress. Our family has been working very hard to bring new programming to all of you, as well as new experiences. Now we are getting into drumming, creative dance, Yoga, a "World Tour" Health & Wellness Fair, Outdoor Adventure and so much more! What are you waiting for? *Visit* the Ray Jordan center and *stay* for the fun of it!

*Sandy*





# Springfield Golden Age Travel 2019

## Golden Age Top Officers

*President*  
Annemarie Pajer  
*1st Vice President*  
Agnes Gallerani  
*Treasurer*  
Pearl Defilio  
*Secretary*  
Joanne Lucas

*St. James Ave. Vice President*  
Joanne Lucas

*Mayflower Vice President*  
Cecile Benoit

*Pine Point Vice President*  
Eveline Malbouef

*Sixteen Acres Vice President*  
Dick Sitnik

*Tri-Towers Vice President*  
Marilyn Hallas

*Winchester Square Vice President*  
Earnestine Johnson

### Mondays

**Winchester Sq. Branch ~ 1:00pm**  
Independence House  
1475 Roosevelt Avenue

### Tuesdays

**Tri-Towers Branch ~ 1:00pm**  
Tri-Towers Community Room  
18 Saab Court

### Wednesdays

**Bi-Monthly 1st & 3rd**  
**Mayflower Branch ~ 10:00am**  
@ Raymond A. Jordan  
Senior Center / 2nd Floor Multi  
Purpose Room

### Thursdays

**St. James Ave. Branch ~ 10:30am**  
Jenny Lane  
1122 St James Avenue

**Pine Point Branch ~ 1:00pm**  
@ Raymond A. Jordan Senior Ctr  
2nd Floor Multi Purpose Room

### FRIDAYS

**Sixteen Acres Branch ~ 1:00pm**  
Clodo Concepcion Center  
( Greenleaf )  
1187 ½ Parker Street

For more trip information or questions on becoming a Golden Age Club member, please call 413-787-6486 or visit the Golden Age Office at the Raymond A. Jordan Senior Center 1476 Roosevelt Ave, Springfield, MA 01109



**WEDNESDAY, MARCH 20, 2019**

**\$2.00 Entry Fee \$1.00 Cards**



Join us for SIMPLY BINGO at Raymond A. Jordan Senior Center, where we'll have a 50/50 raffle and 10 games of Bingo! Lunch is available before Bingo from 11:30am - 12:30pm. \$3.50 Reservations Required.

Coffee will be sold during BINGO for \$1.00

**All Tickets Sold at the door Bingo Starts at 1:00pm**



**WEDNESDAY, APRIL 17, 2019**

**Historical and Modern Heroes**

**GAC \$24.00  
NON GAC \$29.00**

You will enjoy a few hours of fun, viewing more than a dozen themed galleries and over 100 sculpted figures at New England's premier wax museum. Then you'll be driven to the Harbor where you'll enjoy lunch on your own.

**Only 18 Seats Available**

**BUS LEAVES: 8:30AM RETURNS: 4:00PM**



**WEDNESDAY, MAY 8, 2019**

**\$5.00 Entry Fee \$1.00 Cards**



Come have some fun at our Festive Spring event filled with Door Prizes, 50/50 raffle and 10 games of BINGO! Lunch is available before Bingo from 11:30am - 12:30pm. \$3.50 Reservation Required. Coffee will be sold during BINGO for \$1.00. Tickets are for sale at every GAC meeting and at the Welcome Center at the Raymond Jordan Senior Center.

**BINGO STARTS at 1:00PM**



**WEDNESDAY, JUNE 5, 2019**

**at Newport Playhouse**

**GAC \$63.00  
NON GAC \$68.00**

In this hilarious comedic romp, four friends have sworn to keep the promise they made on the night of their Senior Prom: to be in each other's weddings...no matter what. Thirty years later, these Southern friends-for-life are still determined to honor that vow.

*Enjoy a great buffet, a funny play and a fun-filled cabaret!*  
**Only 18 Seats Available**

**BUS LEAVES: 9:00AM RETURNS: 6:30PM**



**TUESDAY, JULY 30, 2019**

**GAC / NON GAC \$84.00**

**BUS LEAVES: 9:00AM  
RETURNS: 5:00PM**

This two hour cruise on Boston's historic harbor is perfect for an afternoon getaway! One price includes everything except drinks and photos. As you pull away from the dock, grab a streamer and a drink and join our Spirit staff in a festive Bon Voyage toast. Next you'll be invited to endless visits to our grand buffet. Once the buffet closes you can stretch your legs and head out to a large patio deck where you can listen and dance till they dock!





## Volunteer for SHINE !

If you have a desire to help people and an interest in knowing the technical aspects of Medicare and health insurance, we invite you to apply to become a **SHINE** volunteer. Call Alicia Germain at (413) 750-2093 for more information. Classes forming soon!

*'Many hands make light work'*



## Need A Hand...



### Let Our Outreach Division Help!

We offer the following services for anyone 60 years of age and older:

- ◆ Assistance with search for housing and housing applications
- ◆ Supplemental Nutrition Assistance Program (SNAP)
- ◆ Referrals for meal programs such as Meals on Wheels
- ◆ Brown bag distributions
- ◆ Fuel Assistance applications
- ◆ City of Springfield discount programs
  - \* property tax exemptions
  - \*water & sewer discounts
  - \*trash fee discount & more
- ◆ Connections to in-home services
- ◆ Education workshops
- ◆ Additional referral services

Contact us at:  
**(413) 886-5260**  
or  
**(413) 750-2896**

The Outreach Division is supported through the Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.



*Welcome to* Department of Elder Affairs *Imagine All The Wondrous Things...*

**HEALTH & WELLNESS**

<b>Totally You!</b> Our fitness instructor will guide you along to achieve your ultimate wellness goals!	Monday thru Friday	7:00am-3:00pm	2nd Floor Fitness Ctr
<b>Tai-Chi</b> 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	9:30am-10:30am	1st Floor Banquet Room
<b>Fit &amp; Fierce Dance Camp!</b> With Kim Norrington. 8-week session. The focus of this 1-hour class will be exercise, dance/movement & fun! 15 minute warm up and exercise. Dancing w/ the oldies, r & b, gospel & rhythmic beat of native African drums.	Wednesday	9:30am-10:30am	1st Floor Banquet Room
<b>Walk &amp; Strength</b> 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 & ability.	Monday & Thursday	1:00pm-2:00pm	1st Floor Banquet Room
<b>Mat Yoga</b> for every-body with Cheryl Whalen. Reduce your stress! Relax your body! Mats are available if needed.	Monday	9:30am-10:30am	1st Floor Banquet Room
<b>Public Health Nurse</b> Medita Lewis, RN, BSN Blood Pressure, Oxygen Saturation Checks, Temperature Check, Weight/Height Checks, Medication Education & Health/Disease Questions. <i>Stay Healthy!</i>	Thursday	8:00am-4:15pm	Nurse's Office 2nd Floor

**NUTRITION**

<b>Hot, fresh cooked meals served daily.</b> Tossed salad w/ dressing, whole grain roll & promise served with every meal. Fresh fruit, chilled fruit, pudding and Jell-O offered daily. <b>House made desserts every Thursday!</b>	Mon-Fri	11:30am-12:30pm	1st Floor Banquet Hall
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**RESERVATIONS REQUIRED**

**MEETING FACE TO FACE**

<b>"One Night I Dreamed A Dream"</b> ~ Bible study. Prayer and Meditation. All welcome!	Monday	10:15am	2nd Floor Multi Purp. Room
<b>Technograys</b> ~ Seniors that embrace technology	Monday thru Thursday	9:00am-1:30pm	1st Floor Comm. Room
<b>GAC Vice President's Meeting</b>	1st Friday/month	9:30am-10:30am	2nd Floor Multi Purp. Room

IT'S ALL FOR FUN

<b>Deal Me In</b> All impromptu card games you asked for: Triominos, Skipbo, Bridge, etc.	Monday - Friday	Open	2nd Fl Multi Purpose Room (subject to change)
<b>Pick-up the Pieces</b> Love to solve those puzzles? Jigsaws that is! This is for you!	Monday - Friday	Open	2nd Fl Multi Purpose Room
<b>Game On</b> 2 regulation size pool tables, flat screen TV, card tables, all with a panoramic view.	Monday - Friday	Open	2nd Fl Billiards Room
<b>Billiards League</b>	Monday	12:00-3:30pm	2nd Fl Billiards Room
<b>Learn to shoot billiards with Bob Davis</b>	Thursday	10:00-12:00pm	2nd Fl Billiards Room
<b>The Domino Effect</b> The Mexican Train and Chicken Foot	Friday	12:30pm	2nd Fl Multi Purpose Room
<b>Bridge Players</b>	Thursday	12:30-3:00pm	2nd Fl Billiards Room

THE ART IN YOU!

<b>Sew U Say</b> Finish up the unfinished, make a no-sew quilt. Feel inspired to create.	Tuesday - Thursday	1:00pm-3:00pm 10:00am-12:00pm	2nd Fl Multi Purpose Room
<b>Color Your Stress Away</b> De-stress. Clear your mind and create. No rules, just your own creativity!	Open		2nd Fl Multi Purpose Room
<b>Oil Painters</b> Ready, paint, relax and be social.	Tuesday	10:00am-1:00pm	2nd Fl Multi Purpose Room

Welcome to the Computer Lab

<b>Mondays</b>	9:00am-11:00am	General Public Use
	11:00am-1:15am	Basic Computer
	11:00am-1:00pm	<b>See calendar</b> USB Drive/Smart Phone
<b>Tuesdays</b>	9:00am-1:15pm	Basic Computer
	9:00am-11:00am	<b>See calendar</b> USB Drive/Smart Phone
<b>Wednesdays</b>	9:00am-12:00pm	Basic Word
	12:00pm-1:15pm	Basic Computer
<b>Thursdays</b>	9:00am-1:00pm	Basic Computer
	9:00am-11:00am	<b>See Calendar</b> USB Drive/Smart Phone
	11:00am-1:15pm	Basic Computer
<b>Fridays</b>	<b>Lab Closed</b>	SCSEP Job Club 8:00am-2:30pm



Computer Lab will be closed Thursdays through April 11, 2019 for AARP Tax Preparation.





Department of Elder Affairs  
Join us  
**Thursday, April 18, 2019**



**11:00am**

**Special Guests:**

Springfield Mayor Domenic J. Sarno  
District Attorney Anthony D. Gulluni  
Director of the Mayor's Office of Consumer Information  
Milagros S. Johnson and more.

**Discussing  
Senior Issues**

**Lunch  
Provided**

**Registration required!**

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

Lunch and Learn Sponsored by: Greater Springfield Credit Union



**Federal Trade Commission Scam Warning**

February 6, 2019

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

- The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.
- Never give your Social Security number to anyone who contacts you in this way. Do not confirm the last 4 digits. Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213.

If you have spotted a scam, then tell the FTC at [ftc.gov/complaint](http://ftc.gov/complaint).

To learn more, you can go to [Fake Calls about your SSN](#).

# CITY OF SPRINGFIELD DEPARTMENT OF ELDER AFFAIRS



**Gain job skills  
and earn money  
while working for your  
community!**

**Paid employment training is available  
to low-income seniors age 55 and older.**

**Learn more by calling:**

**(413) 787-6124**



*Community  
Service  
Leading to  
Independence*

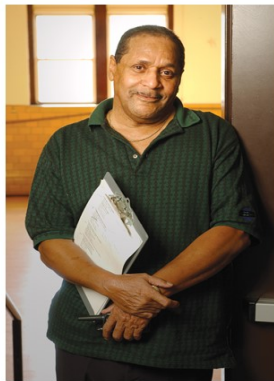
## **SENIOR COMMUNITY SERVICE EMPLOYMENT PRO-**

Senior Service America'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.

### **SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)**

City of Springfield Department of Elder Affairs

**Are you a veteran  
looking for work?**



**Paid employment training is available to low-income seniors age 55 and older.**

**Learn more by calling:**

**(413) 787-6124**



*Community Service  
Leading to  
Independence*

Senior Service America'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.



**Hungry Hill Center**

**Program Coordinator: Linda Henley**  
**Open Mon-Fri 9:00am - 3:00pm**  
**773 Liberty Street 733-9411**

**Monday**

9:00 Computer Class  
 10:30 Light Aerobics  
 11:30 Social Hour  
 12:00 Pokeno

**Tuesday**

9:30 Knitting & Crafting  
 12:00 Lunch Every Tuesday!  
**(Reservations Required by Previous Fri.)**  
 2nd Tues. Bingo 1:00  
 Pokeno 1:00 1st, 3rd, & 4th Tuesday

**Wednesday**

10:00 2nd Wed. Reflexology  
 1:00 Golden Age Club

**Thursday**

10:45 Exercise Group  
 11:30 Social, Coffee & News  
 12:00 Librarian  
 12:00 3rd Thursday Birthday Celebration  
 1:00 Movie Matinee

**Friday**

Foot-care (Every other Month on last Fri)  
 2nd Friday Brown Bag  
 4th Friday 12:00 Reflexology \$5.00  
 1:00 Adult Coloring  
*Available Daily: Computers, puzzle table & lending library*

**Clodo Concepcion Comm. Center**

**Program Coordinator: Alex Martin**  
**Open Mon-Fri 9:00am - 3:00pm**  
**1187 1/2 Parker Street 750-2873**  
**GSSSI Lunches Reservations required**

**Monday**

9:00 Coffee Hour & Walking Club  
 11:00 Dancing for the fun of it!  
 12:00 GSSSI Lunch \$2. Suggested Donation  
 1:00 For Your Information

**Tuesday**

9:00 Coffee Hour & Walking Club  
 9:30 Walk & Strength (strength @ 10am)  
 10:45 Tai Chi \$3.00pp  
 12:00 Beginners line dancing  
 1:00 Line Dancing  
 1:00pm 3rd Tues. Spfld Insight Support Group. (Mass Assoc. for the Blind)

**Wednesday**

8:30 1st Wed. of the mon. Foot Care (by appt. every other month)  
 9:00 Coffee Hour & Walking Club  
 9:30 Balance Class (self directed)  
 10:30 Chair Tai-chi  
 11:00 Inspirational Moments  
 12:00 GSSSI lunch \$2. Suggested Donation  
 1:00 Ms. Senior Mass Como Dancers

**Thursday**

9:00 Coffee Hour & Walking Club  
 9:30 Walk & Strength  
 10:00 Quirky Quilters plus one  
 12:00 Play Pitch (high score & door prizes)

**Friday**

10:30 Improvers Line Dancing (advanced)  
 12:00 AIC Nursing Students (bp & glucose ✓)  
 1:00 -3:00 Golden Age Club Meeting

**Riverview Center**

**Open Mon-Fri 9:00am - 3:00pm**  
**122 Clyde Street 413-787-5220**  
**GSSSI Lunch Daily Reservations Required**  
**\$2.00 Suggested Donation**

**Monday**

**Closed**

**Tuesday**

8:00 - 10:00 Coffee Hour  
 9:30 - 11:30 Drop in Knitting  
 4<sup>th</sup> Tues: Brown Bag for Food Pantry

All Day Open Art Studio

**Wednesday**

8:00 - 10:00 Coffee Hour  
 9:30 - 11:30 Crochet Basics

All Day Open Art Studio

**Thursday**

8:00 - 10:00 Coffee Hour  
 10:00 Crocheting Group  
 12:00 Sewing Project

**Friday**

8:00 - 10:00 Coffee Hour  
 10:00 - 11:00 Fit Fridays! Lectures, Cooking, Nutrition  
 11:00 -11:30 Book club w/Hayde – Brightwood Library  
 12:00 Open Art Studio

**Billiards and Dominoes Available Daily**

**Fitness Center**

**Fitness Coordinator: Gleny Vargas**  
**Open Mon-Fri 7:00am-3:00pm**  
**310 Plainfield Street ~ 886-5240**

**Monday**

Cardio Machines/Weight machines  
 Coffee  
 7:30-8:30 Blood Pressure  
 10:30-Resistance Bands w/Gleny

**Tuesday**

7:30-9:00 Blood Pressure  
 Cardio Machines/Weight machines  
 Coffee

**Wednesday**

Cardio Machines/Weight machines  
 Coffee  
 7:30-8:45 Blood Pressure  
 10:30 Resistance Bands w/Gleny

**Thursday**

Cardio Machines/Weight machines  
 Coffee  
 7:30-9:00 Blood Pressure

**Friday**

Cardio Machines/Weight machines  
 Coffee  
 8:00-11:30 Blood Pressure  
 \*\*Walking Club: Check with Gleny



Springfield Department of Elder Affairs

**Safety Policy!**

**For your safety Everyone is required to wear sneakers in the Fitness Center**



**&**



**During All Fitness Activities!**

**Thank you for your cooperation!**



Springfield Department of Elder Affairs

**New!**



**Dessert Recipe Challenge**

What's your favorite dessert recipe?

The one that always *Wows* your family or friends?

Submit your **6 ingredients** or less dessert recipe to us.

Winning recipe will be baked and served at lunch

on the 3rd Thursday of the month!

**Submit on recipe card available at Welcome Center.**

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

Springfield Department of Elder Affairs

**INTRODUCTION TO DIGITAL PHOTOGRAPHY**



**New!**

This is a beginner's course on the fundamentals of digital photography-from cell phones and tablets to high-end digital SLR cameras.

**Course will cover:**

- ◆ Basic elements of photography
- ◆ How to store files and easily retrieve
- ◆ Intro to advanced processing programs
- ◆ Landscape, sports, wildlife, and portrait photography techniques.



**Instructor:**

E. W. "Bill" Simmons, Peer Instructor

**Thursday, April 4, 11, 18, 2019(bonus date April 25)  
9:30am-11:00am**

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

Register at our Welcome Center or call 413-787-6785



Springfield Department of Elder Affairs



**New!**

**"It's Finally Friday" ~ Fun Day**

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

Come join the fun every Friday afternoon to play

Cornhole, Ping Pong, Wii Bowling and Tennis and much more.

Join us for lunch from 11:30am-12:30pm and stay for the fun!

Lunch is \$3.50 and reservations must be made one day in advance.



This program is free to everyone 55 years of age and older.

For more information, stop by our Welcome Center or call 787-6785

**New!**

**Senior Beats:**

**Rhythm and Stomp for the Mind and Body**



Senior Beats is a one-of-a-kind program

never seen before in our area!



**Fridays 9:30am-10:30am**

Class participants will create musical scores with the use of drum sticks and parts of their bodies through an interactive course. This class is a hybrid of music, movement, and exercise with the aim of creating the healthiest version of you while having fun.

This class will be a "safe" space with a judgement free zone so come clap, stomp, and groove with us!!

This program is sponsored by the Springfield Department of Elder Affairs and Community Development Block Grant and free to everyone 55 years of age and older.

**For more information, stop by our Welcome Center or call 413-787-6785.**



**¡ACOMPÁÑANOS!**  
 VEN Y ACOMPÁÑANOS A DARLE UNA  
 VUELTA AL MUNDO, CONOCE ORGANIZACIONES  
 DE DIFERENTES INDUSTRIAS, TENDREMOS  
 MÚSICA EN VIVO Y LA OPPORTUNIDAD DE GANAR  
 PREMIOS Y REGALOS GRATIS.

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

Día: Viernes Marzo 8, 2019  
 Hora: 10:00am - 2:00pm

**Para mas informacìon puedes contactar a  
 Claudia Lora al: 413-378-3769**

[www.chapincenter.com](http://www.chapincenter.com)



**New!**

**JOIN OUR FREE HEALTHY SHOPPING WORKSHOP!**

Join us for healthy snacks, shopping tips, and get a \$10 gift card for healthy groceries!

**Wednesday, March 27, 2019**  
1:00pm

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

**Limited to 30 people**

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

**CITY OF SPRINGFIELD DEPARTMENT OF ELDER AFFAIRS**



**¡Capacítense y gane un salario mientras trabaja por su comunidad!**

**Tenemos disponible capacitación pagada para personas de 55 años o mayores con bajos ingresos.**

Si desea obtener mayor información, llame al (413) 787-6124.

**SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM**



*Servicio a la comunidad que lleva a la independencia*  
**Senior Service Employment**

ment 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.

Para más información sobre el viaje o preguntas, por favor llame 413-787-6486 o visite La Oficina de la Edad de oro en el Nuevo Centro de Ancianos Raymond a. Jordan.  
1476 ROOSEVELT AVE, SPRINGFIELD, MA 01109


- Los Oficiales**  
 Presidente  
 Annemarie Pajar  
*1st Vicepresidente*  
 Agnes Gallerani  
 Tesorero  
 Pearl Defilio  
*Secretario*  
 Joanne Lucas
- St. James Ave.*  
*Vicepresidente*  
 Joanne Lucas
- Mayflower*  
*Vicepresidente*  
 Cecile Benoit
- Pine Point*  
*Vicepresidente*  
 Eveline Malbouef
- Sixteen Acres*  
*Vicepresidente*  
 Alice Lamothe-Roy
- Tri-Towers*  
*Vicepresidente*  
 Marilyn Hallas
- Winchester Square*  
*Vicepresidente*  
 Earnestine Johnson

**MIÉRCOLES 20 DE MARZO DE 2019**  
**\$2.00 Entre Fee \$1.00 Cards**



Únete a SIMPLY BINGO en Raymond A. Jordan Senior Center, donde tendremos una rifa 50/50 y 10 juegos de bingo. El almuerzo está disponible por \$ 3.50 antes del Bingo de 11:30 am a 12:30 pm. **SE REQUIEREN RESERVACIONES. El café será vendido durante BINGO por \$ 1.00.**

**MIÉRCOLES 17 DE ABRIL DE 2019**  
**Héroes históricos y modernos**



**GAC \$24.00**  
**NON GAC \$29.00**

Disfrutará de unas horas de diversión, viendo más de una docena de galerías temáticas y más de 100 figuras esculpidas en el principal museo de cera de Nueva Inglaterra. Luego lo llevarán al puerto donde disfrutará del almuerzo por su cuenta.  
**Sólo 18 plazas disponibles**


**SALIDA DEL AUTOBÚS: 8:30AM**      **DEVOLUCIONES: 4:00PM**

**MIÉRCOLES 8 DE MAYO DE 2019**  
**\$ 5.00 Entre Fee \$ 1.00 Tarjetas**




¡Ven y diviértete en nuestro evento Festive Spring lleno de Premios Door, sorteo 50/50 y 10 juegos de BINGO! El almuerzo está disponible por \$ 3.50 antes del Bingo de 11:30 am a 12:30 pm. **SE REQUIERE RESERVA.** El café será vendido durante BINGO por \$ 1.00. Los boletos están a la venta en cada reunión del GAC y en la recepción del Raymond Jordan Senior Center.  
**BINGO COMIENZA A LAS 1:00PM**

**MIÉRCOLES 5 DE JUNIO DE 2019**  
**at Newport Playhouse**



**GAC \$63.00**  
**NON GAC \$68.00**

En este cómico y entretenido juego cómico, cuatro amigos han jurado cumplir la promesa que hicieron la noche de su graduación de graduación: estar en las bodas de cada uno ... pase lo que pase. Treinta años después, estos amigos de por vida del sur todavía están decididos a honrar ese voto. **Sólo 18 plazas disponibles**

**SALIDA DEL AUTOBÚS: 8:30AM**      **DEVOLUCIONES: 6:30PM**

**MARTES 30 DE JULIO DE 2019**

¡Este crucero de dos horas por el histórico puerto de Boston es perfecto para una escapada por la tarde! Un precio incluye todo excepto bebidas y fotos. Mientras se aleja del muelle, tome una vara y una bebida y únase a nuestro personal de Spirit en un brindis festivo Bon Voyage. A continuación, serás invitado a las infinitas visitas a nuestro gran buffet. Una vez que se cierra el bufé, puedes estirar las piernas y dirigirte a una gran terraza en el patio donde puedes escuchar y bailar hasta que se acoplen.

**SALIDA DEL AUTOBÚS: 9AM**      **DEVOLUCIONES: 5PM**



**Spirit of Boston**  
**GAC / NON GAC \$84.00**





# ¡Voluntario de SHINE !

Si te gustara ayudar a las personas y tiene interés en conocer los aspectos técnicos de Medicare y el seguro de salud, lo invitamos a ser un voluntario de SHINE. Llame a Alicia Germain al (413) 750-2093 para obtener más información. Clases van a comenzar pronto.

"El trabajo compartido es más llevadero."



## ¡ Llamando a todas las personas mayores !

Ofrecemos estos servicios para personas de 60 años de edad ó mas:



- \* asistencia con aplicaciones de viviendas
- \* Programa de asistencia nutricional suplemental (SNAP)
- \* referidos para programas de comidas
  - \* (Meals on Wheels, Brown bag)
- \* aplicaciones de asistencia en servicios públicos
- \* programas de descuento de la ciudad de Springfield (exenciones de impuestos sobre la propiedad, descuentos en agua y alcantarillado, descuento por honorarios de basura, y otros)
- \* servicios en-hogar
- \* talleres de educación y "información que necesita saber"
  - \* y muchos otros servicios

**Estamos aquí para ayudar. Sólo llámenos.**

**(413) 886-5260 o 413 750-2896**



Los programas de divulgación son patrocinados a través de una subvención proporcionada por Greater Springfield Senior Services, Inc.