



# Springfield Campanile



A publication of the City of Springfield  
Department of Elder Affairs

Mayor Domenic J. Sarno

May / June 2018

## Department of Elder Affairs Staff

Sandy Federico  
Director of Elder Affairs

Carol Gasque  
Fiscal Administrative Manager

Suzette Livingston  
Senior Employment Coordinator

Alicia Germain  
SHINE Program Coordinator

Irene Kenison  
SHINE Program Outreach Worker

Zelmon Johnson  
GSSSI Outreach Coordinator

Doris Feliciano  
GSSSI Outreach Worker

Eliana Franklin  
Adult Outreach Liaison

Frank Holmes  
Computer Learning Center

Darrell Mickey  
Transportation Coordinator

Kerry Welch  
Health and Wellness Coordinator

Madeline Cofield & Kerri Jahn & Alex Martin  
Program Coordinators



## Brown Bag Is Here!

at the

Department of Elder Affairs  
Raymond A. Jordan Senior Center

### Beginning Thursday May 17, 2018

To apply for Brown Bag  
call the Food Bank at (413) 247-9738  
or call our Outreach Department at (413) 750-2896.



Distribution time: between 11:30 am-1:30 pm.

Brown Bag will be held every 3rd Thursday of the month.

Food for Elders Program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active.



## Join Us

### Friday May 25, 2018

## 'Cuz We're Having A COOKOUT!

At the Department of Elder Affairs Raymond A. Jordan Senior Center

**On the Grill: Cheeseburger Or Hot Dog**

Potato Salad

Cole Slaw

Baked Beans



Seating is limited, please be sure to make your reservation 1 day in advance by calling 787-6785

**Council on Aging**

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

Adrienne Caulton

Olga Ellis

Donald Evans

Darlene Mickiewicz



Dear Readers,

I hope this edition of our newsletter finds everyone moving about with a livelier step and a hopeful heart. I know that I feel this way and it is due, in part, to the weather!!!! Did you ever think we were going to actually *see* Spring? Well it is here and we are celebrating it at the Department of Elder Affairs. Like the new growth of grass and the buds on the trees, we are blossoming and adding programs that are addressing so many of the needs our seniors have asked us for.



We just finished helping our seniors with the filing of their income taxes, thanks to the great folks at AARP who volunteered their time and skills so we could provide this FREE service to our seniors. We owe them a debt of gratitude for partnering with us.

A special “thank you” goes out to our partners at the East Springfield Neighborhood Council, who have sponsored TWO FREE MOVIES to be shown this summer at the RAJ Center. The first movie, “Going in Style” will be shown on Thursday, June 21, 2018. The second film will be, “Alive & Kicking!” and will be shown on Thursday, July 19<sup>th</sup>. Times will be determined so watch for the details on our website or posted at the RAJ Center.

We are pleased to announce that Elder Affairs has chosen two new members to join our family! Mr. Kerry Welch joins us in his *new* capacity as Health & Wellness Coordinator, and we are eager to put together a comprehensive program of activities to promote good mental and physical well-being. We have also welcomed Ms. Doris Feliciano as the new Outreach Worker. Both Kerry and Doris have a wealth of knowledge and experience, along with a healthy dose of passion for helping Springfield seniors. If you come to the RAJ Center, stop by and congratulate Kerry and Doris, and ask about the programs they are lining up!



As always, I wish you all the very best. Remember, there is great personal growth when we strive to see the good in others, the positives in each day and to stay well.

Warm regards,

*Sandy*

*Funding for many of our wonderful programs and activities is provided through Council on Aging grants*

*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.***



# Springfield Golden Age Travel

Wed, May 30th  
Thurs, May 31st



Members: \$57  
Non-Members \$62

## LUNCH ON YOUR OWN ...AND A SHOW *DAMN YANKEES*

America's favorite pastimes—baseball and musical theatre! See this classic as you've never seen it before and start the 50th season off with a home run!

This devilishly clever classic celebrates America's favorite pastime! Follow Joe Hardy, a middle aged baseball fanatic as he sells his soul to the devil to help The Washington Senators win the World Series.

This delightfully fast paced comedy is sure to knock it out of the park with the hit songs "Heart", "Whatever Lola Wants", and "Shoeless Joe from Hannibal, MO" to name just a few. Packed with comedy, dancing, and romance *Damn Yankees* is sure to start the summer off right!

**INCLUDES: BUS AND SHOW TICKETS! (LUNCH AT WHITESTONE CAFÉ)**

Tues, June 26th



Cost: \$35

**INCLUDES:  
\$15 SLOT PLAY COUPON  
&  
\$10 FOOD COUPON**

Thurs, July 19th



Members: \$57  
Non-Members \$62

## LUNCH ON YOUR OWN ...AND A SHOW *MAMMA MIA*

You've been asking for it and the time has finally come! This mega hit is sure to have you dancing in the aisles — just don't do it during the blackouts! As the most requested show in the history of the Mac-Haydn, *Mamma Mia* has finally arrived to delight you and leave you dancing in the aisles. Packed with hits and glitz, this mega-hit is sure to leave you feeling out of this world. Running for 3 big weeks and featuring all the biggest Abba hits, *Mamma Mia* is so much fun, we are certain that once will not be enough to see this joyous musical!

**INCLUDES: BUS AND SHOW TICKETS! (LUNCH AT WHITESTONE CAFÉ)**

**Mondays**

**Brightwood Branch ~ 1:00p.m.**  
Springfield Hobby Club  
309 Chestnut Street

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

**TuesdayS**

**Tri-Towers Branch ~ 1:00p.m.**  
Tri-Towers Community Room  
18 Saab Court

**Wednesdays**

**Bi-Monthly 1st & 3rd Wednesday  
Mayflower Branch ~ 10:00a.m.**  
Wachogue Church  
Corner of Arvilla/Roosevelt

**East Springfield Branch ~ 1:00**  
773 Liberty Street

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

**Pine Point Branch ~ 1:00p.m.**  
@ ESNC (Behind Mary Pottenger School)  
1437 Carew Street

**FRIDAYS**

**Sixteen Acres Branch ~ 1:00p.m.**  
Clodo Concepcion Center ( Greenleaf)  
1187 1/2 Parker Street

**Thursdays**

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

# Be on the Lookout for your NEW CARD!

## Fight Fraud: Guard Your Medicare Card

If you have Medicare, you can protect your identity and help prevent health care fraud by guarding your Medicare card like you would a credit card.

Identity theft from stolen Medicare Numbers is becoming more common. Medicare's here to help by removing Social Security Numbers from Medicare cards and replacing them with a new, unique number for each person with Medicare. Medicare will mail new Medicare cards with the new numbers between April 2018 and April 2019.



Here are some important steps you can take to protect yourself from the identity theft that can lead to health care fraud:

Don't share your Medicare Number with anyone who contacts you by telephone, email or in person, unless you've given them permission in advance. Medicare will NEVER contact you (unless you ask us to) for your Medicare Number or other personal information.

Don't ever let anyone borrow or pay to use your Medicare Number.

Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual item and services received.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Regional SHINE Office within Elder Affairs at 413-750-2893. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

<b>Mondays</b>	9:00a.m.-10:00a.m.	General Public Use
	10:00a.m. – 11:30a.m.	Job Search
	11:30a.m. – 1:15p.m.	Basic Computer Classes (Bring your wireless devices)
<b>Tuesdays</b>	9:00a.m. – 11:00a.m.	On-Line Employment Application Instruction
	11:30a.m. – 1:15p.m.	Basic Computer Classes (Bring your wireless devices)
	1:30p.m.-2:30p.m.	Job Club Members
<b>Wednesdays</b>	9:00a.m.– 1:00p.m.	Workshop: Microsoft Word 2013
	11:30a.m. – 1:15p.m.	Basic Computer Classes (Bring your wireless devices)
<b>Thursdays</b>	9:00a.m. – 11:00a.m.	On-Line Employment Application Instruction
	11:30a.m. – 1:15p.m.	Basic Computer Classes (Bring your wireless devices)
	1:30p.m.-2:30p.m.	Job Club Members
<b>Fridays</b>	Closed	



Welcome to



Imagine All The Wondrous Things...

**HEALTH & WELLNESS**

<b>Totally You!</b> Our fitness instructor will guide you along to achieve your ultimate wellness goals!	Mon-Fri	9:00a.m. - 3:00p.m.	2nd Floor Fitness Ctr
<b>Pamper Yourself,</b> Manicures by Birthea. By appointment \$15.00 donation with 2 free designs. (no appoint 12:00-12:30)	Wed	9:00a.m.	2nd Floor Multi Purpose Room
<b>Public Health Nurse,</b> Blood Pressure, Glucose Checks! Stay Healthy! Starting in May	Thurs	8:00a.m. - 4:15p.m.	Nurses Office 2nd floor

**NUTRITION**

<b>Hot , fresh cooked meals served daily by Sodexo.</b> Tossed salad w/dressing, whole grain roll & promise served with every meal. Fresh fruit, chilled fruit, pudding and Jell-O offered daily. House made desserts on Thursday! Only \$3.50.	Mon-Fri	Serving 11:30a.m. - 12:30p.m.	1st Floor Banquet Hall
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**RESERVATIONS REQUIRED  
A DAY IN ADVANCE!**

**IT'S ALL FOR FUN**

<b>Deal Me In</b> All impromptu card games you asked for: Triominos, Skipbo, Bridge, etc. ( <b>Mondays after 11a.m. on 2nd Floor</b> )	Mon-Fri	Open	2nd Flr Multi Purpose Room* Subject to change.
<b>Pick-up the Pieces</b> Love to solve those puzzles? Jigsaws that is! This is for you!	Mon-Fri	Open	2nd Flr Multi Purpose Room
<b>Game On</b> 2 regulation size pool tables, flat screen TV, card tables, all with a panoramic view.	Mon-Fri	Open	2nd Flr Billiards
<b>The Domino Effect,</b> the Mexican Train, Chicken Foot	Friday	12:30p.m.	2nd Flr Multi Purpose room
<b>Bridge Players</b>	Thursday	12:30-3:00p.m.	2nd Flr Billiards Rm

Open Monday—Friday 8:00a.m. – 4:00p.m. (**Programming 9:00a.m.-3:00p.m.**)




MEETING FACE TO FACE

<i>"One Night I Dreamed A Dream"</i> ~ Bible study. Prayer, Meditation. All welcome!	Monday	10:15a.m.	2nd Floor Multi Purpose
<i>Technograys</i> , Seniors that embrace technology. 413-750-2090	Mon– Thurs	9:00a.m.-1:30p.m.	1st Floor Comm. Rm
<i>Join the Family Tree!</i> <i>Pine Point</i> Golden Age Club Mtg/Bingo	Thursday	1:00p.m.-3:30p.m.	2nd Floor Multi
GAC Vice Presidents Meeting	1st Fri of the mon	9:30a.m.10:30a.m.	2nd Floor Multi

THE ART IN YOU!

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

EDUCATION

<b>Lets Talk About RX</b> –Are you or your loved one having a difficult time managing different medications? Start the conversation with these free resources and tips about the dangers of medication mismanagement.	Thurs 5/10/18	2-3:00p.m.	1st Floor Banquet Hall
			
<b>KNOW THE 10 SIGNS. EARLY DETECTION MATTERS</b> If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy & plan for the future. <i>Program is free &amp; is co-sponsored by GSSSI.</i> <b>Presented by the Alzheimer's Association</b>	Tues. 5/15/18	4-5:00p.m.	1st Floor Banquet Hall
			
<b>EFFECTIVE COMMUNICATION STRATEGIES</b> Communication is more than just talking and listening-it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. Join us to explore how communication takes place, learn to decode and much more. <i>Program is free &amp; is co-sponsored by GSSSI.</i> <b>Presented by the Alzheimer's Association</b>	Tues 5 /22/18	4-5:00p.m.	1st Floor Banquet Hall
			

Grab a newspaper, a coffee, make new acquaintances and chat with your friends !  
Open Monday - Friday 8:00a.m. – 4:00p.m. (Programming 9:00a.m.-3:00p.m.)



May 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>May 2018</b></p> 	<p>5/1 <b>May Day Brunch</b></p> <p><i>Veggie Frittata or Pancakes</i> Sausage links Home Fries Or Chicken Noodle Soup Spinach Salad</p>	<p>5/2 <b>Pepperoni &amp; Cheese Calzone</b> Steamed Broccoli Or Vegetable Beef Soup <b>Ham &amp; Pickle Sandwich</b></p>	<p>5/3 <b>Pulled Pork Cornbread Coleslaw</b> Or Broccoli Cheddar Soup <b>Chef Salad</b></p>	<p>5/4 <b>Chicken Fajita Rice &amp; Beans fresh Pico de Gallo</b> Or <b>Southwest Bean Soup Taco Salad</b></p> 
<p>5/7 <b>Meatloaf w/ Gravy</b> Mashed Potatoes Buttered Carrots Or Chef's Choice Soup <b>Chicken Salad Sandwich</b></p>	<p>5/8 <b>Chicken Stir Fry Sticky Rice</b> Or Split Pea Soup <b>Caesar Salad</b></p>	<p>5/9 <b>Broccoli Cheddar Quiche</b> Home fries Roasted Squash Or Lentil Soup <b>Turkey Ruben</b></p>	<p>5/10 <b>Meat Ravioli</b> Marinara Sauce, Seasoned Green Beans* Or Onion Soup <b>Asian Chicken Salad</b></p>	<p>5/11 <b>Mother's Day Special</b> <b>Spring Chicken w/ Asparagus</b> Oven Roasted Potatoes Or Hearty Vegetable Soup <b>Deli Ham Sandwich</b></p>
<p>5/14 <b>Turkey Tetrazzini</b> Sugar snap Peas Egg Noodles Or Vegetarian Chili <b>Chicken Caesar Wrap</b></p>	<p>5/15 <b>Sloppy Joe's</b> Seasoned Fries Steamed Corn Or Turkey Noodle Soup <b>Greek Salad</b></p>	<p>5/16 <b>Grilled Pork Chops</b> Oven Roasted Sweet Potato Italian Green Beans Or Stuffed Pepper Soup <b>Tuna Salad Sandwich</b></p>	<p>5/17 <b>Chicken Cacciatore</b> Pasta w/ Sauce Roasted Cauliflower Or Sweet Potato Soup <b>Cranberry &amp; Orange, Salad</b></p>	<p>5/18 <b>Potato Crusted Baked Fish</b> Rice Pilaf Buttered Peas Or Tortellini Soup <b>Cold Cut Sandwich</b></p>
<p>5/21 <b>Chicken &amp; Broccoli Alfredo</b> Sautéed Swiss Chard Or Minestrone Soup <b>Egg Salad Sandwich</b></p>	<p>5/22 <b>American Chop Suey</b> Roasted Squash Medley Or Chefs Choice Soup <b>Grilled Chicken Salad</b></p>	<p>5/23 <b>French Meat Pie</b> Roasted Corn Or Onion Soup <b>Deli Turkey Sandwich</b></p>	<p>5/24 <b>Meatball Sub</b> Seasoned Broccoli* Potato Chips Or Chicken Rice Soup <b>Caesar Salad</b></p>	<p>5/25 <b>Memorial Day Cookout</b> <b>Cheeseburger Or Hot Dog</b> Potato Salad Cole Slaw Baked Beans</p>
<p>5/28 <b>Closed Memorial Day</b></p> 	<p>5/29 <b>Lemon Baked Fish</b> Au Gratin Potatoes Roasted Butternut Or Italian Wedding Soup <b>Watermelon &amp; Feta Salad</b></p>	<p>5/30 <b>Pasta Carbonara</b> Seasoned Broccoli* Or Chunky Tomato Basil Soup <b>Grilled Ham and Cheese</b></p>	<p>5/31 <b>Chicken Kebob</b> Seasoned Rice Or Pasta Fagioli <b>Chef Salad</b></p>	<p><b>Fresh Fruit, Chilled Fruit, Pudding and Jell-O offered Daily</b> <b>House Made Dessert</b> <b>On Thursdays</b></p>

Signatures

Lunches \$3.50    \*=Low Sodium    \*\*= Very Low Sodium

If you have an allergy please let your server know!

Served Daily from 11:30 am to 12:30 pm – Reservations required 1 day in advance.

Please call 787-6785 by 2:00 pm





**Clodo Concepcion Comm. Center**  
**Center Coordinator: Kerry Welch**  
**Open Mon-Fri 9:00 a.m. - 3:00 p.m.**  
**1187 1/2 Parker Street ~ 750-2873**  
**GSSSI Lunches Mon. & Wed. 12:00noon**  
**\$2.00 Suggested Donation.**  
**Reservations required**

**Monday**  
 9:00 Coffee Hour & Walking Club  
 9:30 Dancercise  
 12:00 GSSSI lunch  
 1:15 Retired Federal Workers Assoc. Mtg. (1st Monday of month)  
 1:30 Extreme Walk & Strength

**Tuesday**  
 9:00 Coffee Hour & Walking Club  
 9:30 Walk & Strength  
 10:45 Tai Chi \$3.00pp  
 1:00-2:30 Line Dancing

**Wednesday**  
 8:30 1st Wed. of the month Foot Care (by appt. only - every other month)  
 9:00 Coffee Hour & Walking Club  
 9:30 Balance Class  
 12:00 GSSSI lunch

**Thursday**  
 9:30 Walk & Strength  
 12:00-3:00 Play Pitch \$2.00 (high score & door prizes)

**Friday**  
 1:00 -3:00 Golden Age Club Meeting

**Hungry Hill Center**  
**Center Coordinator: Linda Henley**  
**Open Mon-Fri 9:00 a.m. - 3:00 p.m.**  
**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 1:00p.m..  
 Pokeno 1:00p.m. 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 Thurs. Birthday Celebration  
 1:00 Movie Matinee

**Friday**  
 Foot-care (Every other Month on last Fri)  
 2nd Friday Brown Bag  
 4th Fri. 12:00 Reflexology \$5.00  
 1:00 Adult Coloring

*Available Daily: Computers, puzzle table & lending library*

**Riverview Center**  
**Center Coordinator: Moraima Mendoza**  
**Open Mon-Fri 9:00 a.m. - 4:00 p.m.**  
**122 Clyde St. 413-787-5220**  
**GSSSI Lunch Daily Reservations Required**  
**\$2.00 Suggested Donation**

**Monday**  
 8:00 - 10:00 Coffee hour  
 9:30 - 10:30 Open Art Studio  
 12:00 Open Art Studio

**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**  
**Walking Club- Coming Soon!**

**Fitness Center**  
**Fitness Coordinator: Gleny Vargas**  
**Open Mon-Fri 7:00 a.m. - 3:00 p.m.**  
**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**

*Happenings at Riverview Senior Center*





# Fenway Opening Day!



**Check it out!**  
**The excitement at RAI Center!**  
**Be Sure To Get In On All The Fun!**



# Holy Bingo Cards!



# And BINGO Too!

# PROGRAMA DE EMPLEO COMUNITARIO SENIOR



## TRABAJADORES MADUROS PAGADOS PARA ENTRAR MIENTRAS BUSCAS EMPLEO

Assistente De Administrador /Shofer/ Trabajo de Alcance / Servicio De Comida /ClericalCustodio  
Cafeteria Escolar/Asistente de enfermera certificada /Recepcionista/ Servicios humanos /Tienda de Sevicios  
Y MUCHAS OTRAS POSICIONES !!!

- ◆ Tiene que tener 55 anos o mas
- ◆ Cumplir con las guias de linea de igreso
- ◆ Estar desempleado
- ◆ Residir en el condado de Hampden o Hampshire

La comunidad superior programa deservicio de empleo (SCEP)  
Es la nacion mas vieja en ayudar individuos desempleados de la edad de 55  
Y mas mayor encontrar empleo

**ESTAMOS  
ACEPTANDO  
APLICACIONES**

Para preguntas sobre nuestro  
servicio de empleo (SCEP)

programa Mayor Comunidad ser-

**Porfavor llame : 413- 787- 6124**

**Ciudad De Springfield Departamento De Asuntos Mayores**

Autorizado por el titulo vde personas mayors el acto Americano , SCSEP fondo adminstardo por el  
U.S Departamento De Labor



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

Jueves, 12 de abril



Miembros: \$57  
No miembros \$62

**ALMUERZO Y ESPECTÁCULO....**

**SALIR CON RISA**

Cuando el mayor punto culminante de tu vida es tu noche de Bridge semanal con las "Girls," ¿Qué haces cuando uno de tus cuartetos muere inconvenientemente? Si eres Connie, Leona y Millie, mejores amigas por 30 años, haces lo más atrevido que has hecho. "pide prestado" las cenizas de la funeraria para un último juego de cartas, y la noche más salvaje y emocionante de sus vidas. Traer a una redada de la policía, una stripper hombre descarado y pronto las damas conseguir un nuevo vistazo a la diversión que puede tener por la vida real.

**INCLUYE: BUS, ALMUERZO BUFFET**

Miércoles, 30 de mayo  
Jueves, 31 de mayo



Miembros: \$57  
No miembros \$62

**ALMUERZO POR SU CUENTA... Y UN ESPECTÁCULO**

**MALDITOS YANKEES**

Los tiempos pasados favoritos de Estados Unidos — béisbol y teatro musical! Ver este clásico como nunca lo has visto antes y empezar la temporada 50 con un Home Run. ¡ Este clásico diabólicamente inteligente celebra el tiempo pasado favorito de Estados Unidos! Sigue a Joe Hardy, un fanático del béisbol de mediana edad mientras vende su alma al diablo para ayudar a los senadores de Washington a ganar la serie mundial. Esta deliciosa comedia de ritmo rápido es seguro para noquearlo fuera del parque con las canciones de éxito "corazón", "lo que Lola quiere", y "sin zapatos Joe de Hannibal, Mo" por nombrar sólo unos pocos. Repleto de comedia, baile, y romance malditos Yankees está seguro de empezar el verano de la derecha!

**INCLUYE: TICKETS DE BUS Y EL SHOW! (ALMUERZO EN WHITESTONE CAFÉ)**

Martes, 26 de Junio



Costo: \$35

**INCLUYE:**  
**\$15 SLOT PLAY COUPON**  
**&**  
**\$10 FOOD COUPON**

Thurs, July 19th



Non-Members \$62

**LUNCH ON YOUR OWN ...AND A SHOW**  
**MAMMA MIA**

¡ lo has estado pidiendo y ha llegado el momento! Este Mega hit está seguro de tenerte bailando en los pasillos — ¡ simplemente no lo hagas durante los apagones! Como el espectáculo más solicitado en la historia de la Mac-Haydn, Mamma Mia ha llegado finalmente a deleitarte y dejarte bailando en los pasillos. Lleno de éxitos y brillo, este mega-hit es seguro que le dejará sensación fuera de este mundo. Corriendo durante 3 grandes semanas y con todos los éxitos más grandes de ABBA, Mamma Mia es muy divertido, estamos seguros de que una vez no será suficiente para ver este musical alegre!

**INCLUYE: TICKETS DE BUS Y SHOW! (ALMUERZO EN WHITESTONE CAFÉ)**

## Lucha contra el fraude: Proteja su tarjeta de Medicare

Si usted tiene Medicare, usted puede proteger su identidad y ayudar a prevenir el fraude si protege su tarjeta de Medicare como si fuera una tarjeta de crédito.

El robo de identidad de los números de Medicare es cada vez más común. Medicare está aquí para ayudar al eliminar los números de seguro social de las tarjetas de Medicare y reemplazarlos con un número nuevo y único para cada persona con Medicare. Medicare enviará nuevas tarjetas de Medicare con los números nuevos entre abril 2018 y abril 2019.



Estos son algunos pasos importantes que usted puede tomar para protegerse del robo de identidad que puede conducir al fraude de Medicare:

- No comparta su número de Medicare con cualquier persona que lo contacte por teléfono, correo electrónico o en persona, a menos que usted les haya dado permiso por adelantado. Medicare nunca se pondrá en contacto con usted (a menos que usted nos lo pida) para su número de Medicare u otra información personal.
- Nunca permita que nadie pida prestado o pague para usar su número de Medicare.
- Revise su aviso de resumen de Medicare para asegurarse de que usted y Medicare sólo están siendo cargados por los artículos y servicios recibidos.

### Si usted está buscando inscribirse en un plan de Medicare:

- Recuerde que no hay "ofertas de tiempo limitado".
- No dejes que nadie te apresure a inscribirte alegando que necesitas "actuar ahora para el mejor trato".
- Sea escéptico de los regalos gratuitos, servicios médicos gratuitos, paquetes de descuento o cualquier oferta que suene "demasiado bueno para ser verdad".

Si alguien le llama y le pide su número de Medicare u otra información personal, cuelgue y llame 1-800-Medicare (1-800-633-4227). Para obtener más información sobre cómo protegerse del robo de identidad y el fraude a la atención médica, visite [www.Medicare.gov/Fraud](http://www.Medicare.gov/Fraud) o comuníquese con su oficina local de Medicare Senior ([www.smpresource.org](http://www.smpresource.org)).

*Este mensaje es traído a usted por el Departamento de Salud y Servicios Humanos de los Estados Unidos.*