A publication of the City of Springfield ~ Mayor Domenic J. Sarno
Department of Elder Affairs ~ Raymond A. Jordan Senior Center

SENIOR MOMENTS

November & December 2026

Rooted in Our Mission!

A Season of Joy & Togetherness

As the holiday season approaches, we are reminded that the greatest gifts are the moments we share, the friendships we cherish, and the kindness we give to one another.

At the Raymond A. Jordan Senior Center, we are grateful for the laughter, companionship, and wonderful memories we create together throughout the year.

May this holiday season bring you peace, happiness, good health, and special moments with family and friends. May your days be filled with warmth, your hearts with gratitude, and your homes with joy.

From our Senior Center family to yours, we wish you a beautiful Thanksgiving, a Merry Christmas, and a happy, healthy holiday season!

With Warmest Holiday Wishes!
Department of Elder Affairs
Raymond A. Jordan Senior Center

1476 Roosevelt Avenue, Springfield, MA 01109
Main: 413-787-6785 Fax: 413-750-2698
Program Hours: Monday-Friday 7:00am-3:30pm
Office Hours 8:00am-4:00pm

DIRECTORY

Director of Elder Affairs
Roy Goodman
413-787-6785

Computer Learning Center
413-750-2090

Golden Age Club
413-787-6486

Outreach Program
413-787-6124

Senior Community Service Employment Program (SCSEP)
413-787-6503

Senior Tax Work Off Program
413-886-5260

S.H.I.N.E.
413-750-2893

Notary Public
Dashima Washington Ortiz

Hungry Hill Center
413-733-9411

Clodo Concepcion Center
413-750-2873

North End Center
413-886-5240

Council on Aging Board Members
Maurita Bledsoe
Magda Colon
Teresa Concepcion
Olga Ellis
Donald Evans
Donald Roberts

Greater Springfield Senior Services
413-781-8800

PVTA
413-781-7882

Domestic Violence
1-877-785-2020

24/7 Crisis Behavioral Health Network
413-733-6661

National Distress Hotline
1-800-985-5990

GREETINGS FROM OUR DIRECTOR

Dear Members and Friends,

As we enter the final months of the year, I want to begin by expressing my sincere gratitude to everyone who reached out to me during my recent absence from the Senior Center.

Over the past few weeks, I have been dealing with some medical issues, undergoing surgery, and taking the necessary time to recover. The phone calls, text messages, cards, words of encouragement, and especially the prayers meant more to me than you may ever know. I am truly grateful to be surrounded by such a caring and supportive community.

My experience has also given me an opportunity to reflect on something we sometimes take for granted—our health.

I especially want to encourage the men in our community to take prostate health seriously. Too often, men put off going to the doctor, particularly when we feel fine. Please don't wait until something is wrong to pay attention to your health. Talk with your healthcare provider about prostate health, appropriate screenings, regular checkups, and any concerns you may have. Early detection of prostate problems can make an important difference and may provide more treatment options.

I feel fortunate and blessed that I stayed on top of my health and addressed my medical concerns early, which contributed to a successful surgery.
Sometimes, we are so busy taking care of our families, working, helping others, and handling life's responsibilities that we put ourselves last. Remember, taking care of yourself is also taking care of the people who love and depend on you.
As my recovery continues, I look forward to getting back to doing what I enjoy most—serving our seniors and spending time with all of you

With that being said, the holidays are almost here!

It's hard to believe that Thanksgiving and Christmas are right around the corner! The holiday season is always a special time for the Department of Elder Affairs, and we have some wonderful activities and entertainment planned for our members.

We are excited about our upcoming Holiday Shows at the Raymond A. Jordan Senior Center, featuring the elegant Ethel Lee! We are also pleased to welcome back, by popular demand, Irving Lewis and Leslie Anderson for a special Holiday Concert!

These are just a few of the activities we have planned as we celebrate the season together. We encourage our members to come out, participate, enjoy the entertainment, spend time with friends, and make some new holiday memories with your Senior Center family.

As we celebrate the holiday season, I hope each of you takes time to appreciate the people in your life, enjoy time with family and friends, and remember those who may need a little extra kindness during this time of year.

Thank you again for your prayers, kindness, and continued support. I look forward to seeing everyone back at our Senior Centers and celebrating another wonderful holiday season together.

Happy Thanksgiving, Merry Christmas, and Happy Holidays to you and your families!

Warm regards,
Roy Goodman
Director of Elder Affairs

Mission Statement

The Department of Elder Affairs: where we encourage everyone to create their own handbook for aging well via services and programs that support living better.

Health & Wellness

TOTALLY YOU!

(Fitness Room)

Our fitness instructor will guide you along to achieve your ultimate wellness goals!

No appointments required

Daily ~ 7:00am-3:00pm

STRENGTH & STRETCH

Chair class with resistance bands. Increase strength, flexibility and balance with the emphasis on maintaining ability to perform activities of daily living (ADLs)

Tuesday & Thursday

1:00pm-1:45pm

PICKLE BALL

A fun and social sport that is easy to play that mixes tennis, badminton, and ping-pong.



Monday & Wednesday

1:00pm-3:00pm

Thursday ~ 8:00am - 10:00am

(thru Dec. 5th)

Friday ~ 9:00am - 11:00am

MOVE & GROOVE CHAIR EXERCISE

A fun, low-impact workout set to music! Improve strength, flexibility, and balance, all while moving at your own pace

Monday ~ 10:00am-11:30am

HEALTHY HOOPS CLASS

45 minute class of hula hooping and music. Bring your own hoop.

Monday ~ 9:00am-9:45am

TAI-CHI

An Ancient Chinese Tradition & Graceful Form of Exercise. Tai Chi can improve: Balance, weight, cholesterol, blood pressure, diabetes and calming of the mind.

For All Abilities.

Tuesday ~ 9:00am - 10:00am

CLUB HOUSE GOLF



Indoor Golf Simulator

Tee Off Indoors!
A new way to play at
Raymond A. Jordan Senior Center

REGISTRATION REQUIRED!

New Hours

Tuesdays ~ 9:00am-11:00am

Thursdays ~ 9:00am-11:00am

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

STEP & SLIDE LINE DANCE

Join us for a fun, low impact line dance class with today's hottest songs and easy to follow moves.

Wednesday ~ 9:15am - 10:15am

CORN HOLE

Time for some free play cornhole! The boards are open, so bring your A-game or just have a blast with friends

Let's get tossing!

Monday ~ 8:00am-9:00am

Friday ~ 12:00pm-1:30pm

Depart. Of Elder Affairs Senior Centers

Will be *closed*

Veteran's Day
***Wed. November* 11, 2026**

Thanksgiving
Thursday, November 26, 2026

Christmas Day
Friday, December 25, 2026

New Year's Day
Friday, January 1, 2027

gather, Create & Connect

BILLIARDS ROOM

Monday-Friday

7:00am-3:00pm



BOOK CLUB

3rd Thursday

10:00am - 11:00am

CROCHET CLUB

Tuesday & Thursday

9:30am-11:30am

BIBLE STUDY



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#

SEWING WITH JOYCE

Thursday

12:30pm-3:30pm

Friday

9:30am-11:30am

No registration required



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

**** 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

Care, Share & Connect

With Libby Overly, M.Ed, M.S.W., LICSW



2nd Thursday of Each Month

Join our support group for your well-being, self-care, encouragement, shared experiences and helpful resources

Next Meetings:

November *12, 2026*
December 10, 2026

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

Looking for Housing Help

We can help with

- **Completing housing applications**
- **Searching for available housing online Gathering verifications**
- **Making calls to check for application status**
- **Call 413-787-6124 for more information.**

Men's Round Table

Every 3rd Wednesday of the month



10:00am-11:30am

Light refreshments
Registration Required

Women's Group

Every 4th Wednesday of the month

9:30am-11:30am
Registration Required

GRANDPARENTS RAISING GRANDCHILDREN

Support Group
2nd & 4th Mondays of the Month
12:30pm-2:30pm

Services include:

- ***Financial Resources***
- ***Mental Health & Wellness***
- ***School Concerns***
- ***Legal Rights & More***

Light refreshments will be provided

Register with Jacquelyne Dawkins at 413-733-7699 ext. 4551 or 413-472-4688 jdawkins@gandaracenter.org

Family Resource Centers
Gándara Center
Culturally Sensitive Care

Live & Learn Series

All series are at
Raymond A. Jordan Senior Center
1476 Roosevelt Avenue, Springfield, MA

Estate Planning After 60
w/Law Offices of
Polly Tatum

Thursday, November 5, 2026

All Live and Learn programs begin at 11:30am
No Registration required



Learn to live ~ Be an open book!

Scams & Fraud



w/Springfield Police Department
Greg McCain
& Greater Springfield Credit Union

Tuesday, November 17, 2026

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

Open to the Public

12:30pm

Educating the public on how to avoid and recognize scams and frauds.

Please visit our Welcome Desk or call 413-787-6785 to register

To register or for more information on these programs please visit the Raymond A. Jordan Senior Center or call 413-787-6785

Computer Instructor
Gail Marville
413-750-2090

NEW SCHEDULE

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

COMPUTER LAB

at Raymond A. Jordan Senior Center ~ 413-750-2090



We're excited to welcome our new Computer Instructor, Gail Marville to the Department of Elder Affairs ~ Raymond A. Jordan Senior Center. Please stop by and say hello!



We look forward to offering new opportunities for members to learn, explore, and build their computer skills.



We have updated the Computer Room Hours. please see posted schedule.





** REMINDER **

In the event of a winter storm it is important to listen to your local news:

WWLP - 22News

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 Club.

The closings will show listings as:
Springfield Senior Centers
Council on Aging and Golden Age Clubs

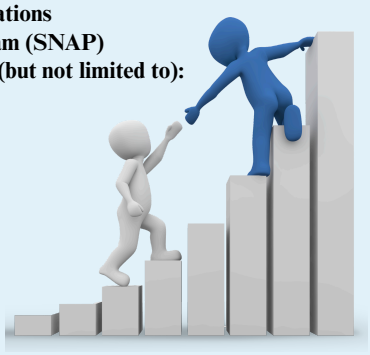
If you are unsure please call 413-787-6785.

Outreach Division

Need A Hand...
Let Our Outreach Division Help!

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

- **Assistance with housing search and applications**
- **Supplemental Nutrition Assistance Program (SNAP)**
- **Referrals to community programs such as (but not limited to):**
  - * Meals on Wheels
  - * In-home services
  - * Transportation options
- **Brown bag distributions**
- **Fuel assistance applications**
- **City of Springfield discount programs**
  - * property tax exemptions
  - * water & sewer discounts
  - * trash fee discount & more
- **Educational workshops**



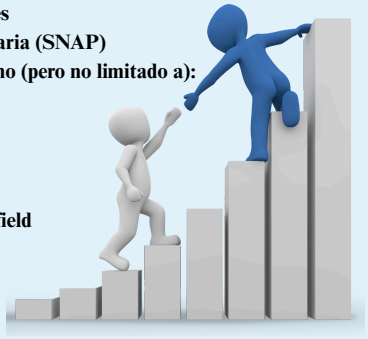
City of Springfield ~ Department of Elder Affairs
Contact us at 413-787-6124
1476 Roosevelt Avenue, Springfield, MA 01109

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

¿Necesitas Ayuda?
¡Deje que Nuestra División de Extensión le Ayude!

Ofrecemos los siguientes servicios para cualquier persona de 60 años de edad o más:

- **Asistencia con búsqueda de vivienda y solicitudes**
- **Programa de Asistencia Nutricional Suplementaria (SNAP)**
- **Referencias a programas comunitarios tales como (pero no limitado a):**
  - * Comidas al domicilio
  - * Servicios en el hogar
  - * Opciones de transporte
- **Distribuciones de bolsas marrones**
- **Solicitudes de asistencia para combustible**
- **Programas de descuento de la ciudad de Springfield**
  - * exenciones de impuestos a la propiedad
  - * descuentos en agua y alcantarillado
  - * descuento en tarifa de basura y más
- **Talleres Educativos**



Ciudad de Springfield ~ Departamento de Asuntos de la Tercera Edad
Contáctenos al 413-787-6124
1476 Roosevelt Avenue, Springfield, MA 01109

La División de Extensión cuenta con el apoyo de la Oficina Ejecutiva de Asuntos de Personas Mayores de Massachusetts y la Administración Federal para la Vida Comunitaria

Brown Bag



Distribution at
Raymond A, Jordan Senior Center
1476 Roosevelt Avenue
Springfield, MA 01109

Thursday, November 19, 2026
&
Thursday, December 17, 2026

CURBSIDE PICKUP

Pick-up
11:00am-12:00pm

Notice

If you wish to pick up your Brown Bag at the Raymond A. Jordan Senior Center outside the regularly scheduled pick-up time, please call 413-787-6124 prior to the scheduled pick-up date to make arrangements.

Brown Bags will be held until 4:00pm.

All volunteers please arrive at 9:00am







To find more information about our programs please visit our website
www.springfield-ma.gov/hhs/elderaffairs or Facebook page: https://www.facebook.com/elderaffairsspringfield

SCSEP Division

Springfield Department of Elder Affairs ~ SCSEP
1476 Roosevelt Avenue, (Blunt Park Rd) Springfield, MA 01109

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 Driver	Receptionist	Retail
	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 $19,950.00*; married $27,050.00*
- Legally able to work in the US.
- Pass a CORI (Criminal records check)



Experienced Workers Get Paid to Train While Job Searching

NOW ACCEPTING APPLICATIONS

For inquiries, please call 413-787-6861 (bilingual assistance available) or 413-750-2092.

SCSEP SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Center for Workforce Inclusion
powering opportunity for older adults

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.

Ciudad de Springfield ~ Departamento de Asuntos de la Tercera Edad
1476 Roosevelt Avenue, (Blunt Park Rd) Springfield, MA 01109

Programa de Empleo de Servicio Comunitario para Personas Mayores

El Programa de Empleo de Servicio Comunitario para Personas Mayores (SCSEP) es el programa de capacitación laboral más antiguo del país para ayudar a personas desempleadasde 55 años o más a encontrar trabajo.

Asistente de Admin.	CNA	Servicio Humano
Cafetería Escolar	Recepcionista	Ventas
Conductor	Servicio de Alimentos	... y mucho más

- Debe tener 55 años de edad o más
- Debe estar DESEMPLEADO/A
- Residente del condado de Hampden o Hampshire
- Límite de ingresos (soltero $19,950.00*) casado $27,050.00*
- Autorizado legalmente para trabajar en EE.UU.
- Pasar un CORI (verificacion de antecedentes)



Trabajadores con experiencia se les pagará por entrenar mientras buscan empleo.

ACEPTANDO SOLICITUDES AHORA

Para consultas, llame al 413-787-6861 o al 413-750-2092.

SCSEP SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Center for Workforce Inclusion
powering opportunity for older adults

El Programa de Empleo de Servicio Comunitario para Personas Mayores (SCSEP) del Centro para la Inclusión Laboral está financiado por una subvención del Departamento de Trabajo de EE.UU., Administración de Empleo y Capacitación. SCSEP es un programa de igualdad de oportunidades. Ayudas y servicios auxiliares están disponibles a solicitud para personas con discapacidades.

Holiday Cheer is Here!

at

Raymond A. Jordan Senior Center

1476 Roosevelt Avenue, Springfield, MA 01109

Ethel Lee Ensemble

w/Richie Mitnick

Thursday, December 10, 2026

11:45am

Members Only!

Doo-Wop Meets Motown

Holiday Edition

with Irving Lewis & Leslie Anderson



Friday, December 18, 2026

1:00pm

Please visit our Welcome Desk for information on when registration will be available.

THE SHINE PROGRAM

Did you miss the Fall Open Enrollment?
Medicare Advantage Open Enrollment ends
March 31, 2027

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. ONLY 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

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.

THE SHINE PROGRAM

¿Olvidaste la inscripción abierta de otoño?
La Inscripción Abierta de Medicare Advantage
Finaliza el 31 de Marzo 2027

¿Sabes que si no está 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

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.

Springfield 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
Donald Roberts

Wincheser Square Vice President
Vivian Brantley

Join a Meeting

Friday
Winchester Sq.Branch ~ 1:00pm
Independence House-Community Room
1475 Roosevelt Avenue, Springfield, MA

Tuesdays - 1st &3rd
Hungry HillBranch ~ 1:00pm
Hungry Hill Senior Center
773 LibertyStreet

FRIDAYS
Sixteen Acres Branch ~ 12:45pm
Clodo Concepcion Center
1187 ½ Parker Street
Springfield, MA

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





Hungry Hill Senior Center Purple Day & Big E Trip





Hungry Hill Senior Center

Ali Haqq ~ Senior Center Coordinator ~ 773 Liberty Street, Springfield, MA 413-733-9411

Monday	**9:00am-12:00pm** **12:00pm**	**Computer Help** **Mocktails, Games, Crafts, Creative Writing Discussion Groups, Sing-a-long** *Call center for details*
Tuesday	**9:00am-12:00pm** **11:00am-11:30am** **11:00-11:30am** **12:15pm**	**Knitting Group** **Golden Age Club Meeting (1st & 3rd Tuesday)** **Puzzles Table** **Bingo**
Wednesday	**9:00am** **10:00am** **12:15pm** **12:30pm**	**Coffee & Chat** **Games**(Apples for Apples,Charades, Spades, Uno, Skip-Bo) **Dominoes** **Artful Moments**
Thursday	**9:00am** **10:00am** **12:00pm-2:00pm** **12:00pm**	**Center Updates** **Games** (Minute to win it, Pokeno for candy and more) **Holiday Karaoke** (check for dates) **Halloween Themed Activities** (call center for schedule)
Friday	**9:30am** **10:00am** **12:00pm**	**Board Games** **Crafts, Creative Writing** (call for details & dates) **TV Land Fridays** (check for movies & dates)

Lunches Served
Tuesday & Wednesday
11:30 AM–12:15 PM

- Reservations required 1-day ahead
- Max 1-Week of reservations
- Menu subject to change
- Please call ***Thursday mornings*** to register for lunch

Free lunches provided by
Palazzo Cafe

Please note:
Programs are subject to change.

Featured Activities

Birthday Celebration ~ Monday, November 2, 2026 w/Fallon Health
Make a Thanksgiving Centerpiece ~ Wednesday, November 4, 2026 ~ 12:30pm
Hampden County Sheriff's Department/TRIAD info session ~ Monday, November 16, 2026 ~ 12:00pm
Dessert & Mocktail Social ~ Wednesday, November 25, 2026 ~ 1:00pm
Deck the Halls Center Decorating ~ Monday, November 30, 2026 ~ 10:00am
Holiday Brunch w/ Richard Plasse ~ Thursday, December 10. 2026 ~ 12:00pm
Hot Chocolate Bar & Cookies, Miracle on 34th Street ~ Thursday, December 24, 2026 ~ 12:00pm
New Years Eve Potluck & Karaoke ~ Thursday, December 31, 2026 ~ 11:00am

Golden Age Club Events ~ Thursday, November 19, 2026 & Thursday, December 17, 2026

MONTHLY OFFERINGS

- ***Brown Bag*** - Thursdays - November 19, 2026 & December 19, 2026
- **Reflexology** - Wednesday, November 18, 2026 & Wednesday, December 16 2026 ~ 9:00am-11:30am

BUS TRIPS

Bread Basket Cafe, Tavern Restaurant, Yankee Candle & Wolfies Restaurant. Call Center for details.

Clodo Concepcion Community Center

1187 1/2 Parker Street, Springfield, MA 413-750-2873 ~ ***Senior Center Coordinator -Angela Trueheart***

Monday	9:00am 9:30am 10:30am 1:00pm	***New ~*** **Puzzle Time** ***New ~ Stride and Glide drop-in walking program*** ***New ~*** **Chair Yoga with Angela** **Access Tech with Jerry Feliz (every other Monday)** **Chess for beginners (call center for start date)**
Tuesday	9:00am 9:30am 10:00am 11:00am 12:00pm	**Puzzle Time** **Walking Tigers Get Fit Club** **Walk & Strength (low-impact aerobics)** ***New ~*** **Coffee Hour** ***New ~*** **Let's Go to the Movies** ***New ~*** **Corn Hole**
Wednesday	9:00am 9:30am 10:30am 1:00pm	**Puzzle Time** **Stride & Glide** **Line Dancing for Beginners** **Cameo Club**
Thursday	9:00am 9:30am 10:00am 11:00am 12:00pm	**Puzzle Time** **Walking Tigers Get Fit Club** **Walk & Strength (low-impact aerobics)** **Coffee Hour** **Let's Go to the Movies** **Cornhole**
Friday	9:00am 9:30am 10:00am 11:00am 1:00pm	**Puzzle Time** **Stride and Glide** **Tech Time with TrueRoots LLC - learn to use tablet, computer, smartphone etc** ***New ~*** **Serentiy and Tranquility** **Golden Age Club Meeting**

LUNCHES SERVED

Monday, Wednesday & Friday

11:30 AM–12:15 PM

- Reservations required 1 day ahead
- Max 1 week of reservations
- Menu subject to change

Free Lunches provided by

Palazzo Café

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

Senior Center Coordinator ~ Doris Rosario

Monday/Lunes	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Tuesday/Martes	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm 10:00am-11:30am	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Crafts / Manualidades
Wednesday/Miércoles	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
Thursday/Jueves	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm 10:00am-11:30am	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billard Crafts / Manualidades
Friday/Viernes	8:00am-3:00pm 8:00am-3:00pm 8:00am-3:00pm 11:00am-1:00pm	Fitness Room / Sala de Ejercicio Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Arts & Crafts / Manualidades