

Senior Moments

Springfield Department of Elder Affairs ~ Outreach Division ~ SHINE

Presents

Spring Into Wellness

Health Fair

Friday, May 30, 2025

10:00am-2:00pm

at

Raymond A. Jordan Senior Center

1476 Roosevelt Avenue, Springfield, MA 01109

***Uniting healthcare professionals, wellness experts,
and community members in a shared mission
to enhance our community's well-being.***

Lunch Sponsored by SHINE ~ Boxed Lunch

(SHINE ~Serving the Health Insurance Needs of Everyone)

**Visit our Welcome Center or call 413-787-6785
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

413-787-6785

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've all have heard it before; *April showers brings May flowers.*

As we enter May and June, more than just flowers will bloom. Many young adults will completed their educational journeys and graduate, while others will move on to a higher grade as they continue to work towards their achievement of finishing their education and blossoming their minds.

Its imperative that we all take the time to educate our young adults about life. We may not all be professional educators, but each of us has the ability to teach through the experiences we've gain simply by living. Find that one person in your life that you can help educate, it could be your child, niece, nephew, cousin, or even a neighbor. Enhance their minds into something truly special.

Speaking of special, Happy Mother's Day (May) and Father's Day (June) to all. Some may walk into a room or pick up a phone and get to say Happy Mother's Day, while others like myself, have to say a prayer and look to the Heavens up above to wish two of the most wonderful women that were in my life, **Virginia Goodman (Mother) and Viola Goodman (Grandma), "HAPPY MOTHERS DAY"**.

To all of the Fathers out there, Happy Father's Day. I have been surrounded by positive men throughout my life and I'm grateful for that. I continue to surround myself with men that have great character and are positive role models. We are not perfect, we have our faults, we hold each other accountable for our actions but we also love our children and mentor children in the community. To my father, uncles, brothers, cousins, friends and the special groups that I'm a part of, The Black Men of Greater Springfield, The Distinguished Gentlemen and Springfield Finest, Happy Father's Day.

We will also celebrate Juneteenth in June, which is a Federal Holiday. There are many different events being held locally that will celebrate the emancipation of enslaved African Americans. As like many other Holidays, don't just think of it as a day off, learn about the holiday or educate someone who is not familiar with the holiday.

This could be your chance to be someone's rain shower (teacher) to blossom their flowers (mind).

Respectfully,

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! **By appointment only!**

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****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**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**Mat Yoga**

Improve balance, increase flexibility, and enhance mental well being.

Every Body Welcome!

Friday ~ 2:00pm**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 ~ 9:30am-1:00am**Friday ~ 12:00pm-1:30pm****Self Defense**

Focusing on techniques that are effective and simple to emphasize awareness, awareness and practical response.

Tuesday ~ 10:15am -11:15am**Department of Elder Affairs****Senior Centers**Will be closed**Memorial Day****Monday, May 26, 2025****Juneteenth****Thursday, June 19, 2025****COMPUTER LAB****Opened Monday ~ Thursday****9:00am-12:00pm****Closed Fridays****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

By Appointment

Monday-Friday**BOOK CLUB****3rd Thursday****10:00am - 11:00am****BROWN BAG****3rd Thursday****Distribution****11:00am - 12:00pm**

COME PRAY w/SISTER CAROL

Tuesday & Thursday**12:00pm-1:00pm****CROCHET CLUB****Tuesday & Thursday****9:30am-11:30am****DEVOTIONAL MOMENTS****Mondays****10:30am****DOMINOS****Monday ~ Friday****12:00pm - 3:00pm****** 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:

May 8th, June 12th , & July 10th

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.



your Home

Tuesday, May 6, 2025

12:20pm-2:00pm

- **Prep to Impress** - Declutter, stage & attract buyers
- **High-Return Fixes** - What's worth upgrading
- **Price Smart** - Why pricing matters
- **Buy & Sell** - Tips for doing both smoothly

****Limited slots available**
Registration Required!**

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

Let's Celebrate! Birthdays of the Month

Last Wednesday of each month

12:00pm-1:00pm

Housing Help Hub

2nd Friday of the month

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

MENS ROUND TABLE

**Every 3rd Wednesday of the month
(May 21st & June 18th)**

10:00am-11:30am

Light refreshments

Registration Required



MOCKTAIL HAPPY HOUR

Tuesday May 6, 2025

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 .**

Rock the Runway Fashion Show

Friday July, 11, 2025
1:00pm-2:30pm

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

Tickets available in June
Registration in person required

Visit the Welcome Center or call for more information.

Program sponsored by the Springfield Department of Elder Affairs, Council on Aging and
CDBG (Community Development Block Grant)

City of Springfield
Department of Elder Affairs



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, May 15, 2025**

&

****Monday, June 16, 2025****



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 or
Facebook page: <https://www.facebook.com/elderaffairsspringfield>



Get Help Paying Medicare Costs

Apply to Medicare Savings Programs (MSPs) **now** to save thousands a year on Medicare costs.

What are Medicare Savings Programs?

Medicare Savings Programs (MSPs) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSPs will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare beneficiaries who meet the following income limits:

You are	Your income is at or below
Single	\$2,935 per month
Married	\$3,966 per month
There is no asset limit.	

Call
1-800-841-2900,
TDD/TTY: 711
to receive
an application.



Learn more at Mass.gov/MedicareSavings.



Reciba ayuda para pagar los costos de Medicare

Solicite los Programas de Ahorros de Medicare (MSP) **ya** para ahorrar miles de dólares por año en los costos de Medicare.

¿Qué son los Programas de Ahorros de Medicare (MSP)?

Los Programas de Ahorros de Medicare (MSP) pagarán algunos o todos los costos de primas, deducibles, copagos y coseguros. Dependiendo de sus ingresos, los MSP pagarán las primas de la Parte A y la Parte B de Medicare y los costos compartidos, o la prima de la Parte B de Medicare, así como también disminuirá los costos de los medicamentos con receta. Este no es un plan de seguro.

¿Quién califica?

Los beneficiarios de Medicare que cumplan con los siguientes límites de ingresos:

Usted es	Sus ingresos son iguales o menores que
Una persona soltera	\$2,935 por mes
Una pareja casada	\$3,966 por mes
No hay límite de bienes.	

Llame al
1-800-841-2900,
TDD/TTY: 711
para recibir una
solicitud.



Obtenga más información en [Mass.gov/MedicareSavings](https://www.mass.gov/MedicareSavings).



Kerri & Devine *Unplugged*

"One Hour Just for You!"
Join us for an hour of engaging and
informative discussion about all things
happening at the
Raymond A. Jordan Senior Center!



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.

Department of Elder Affairs & SHINE
Invite You to

SUMMER KICK OFF DAY PARTY

Friday, June 6, 2025
11:30am-2:30pm

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

Volunteer Recognition

Lunch, dancing, Games & more!

DJ Ant G

Registration is required for lunch!

Event Sponsored by SHINE
Serving the Health Needs of Everyone



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

@ Raymond A. Jordan Senior Ctr

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 1/2 Parker Street

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

City of Springfield
Department of Elder Affairs
Presents

Mass Audubon Adult Programs

The Nature of Spring



Discover the wonders of nature during spring with Senior Teacher/Naturalist, Patti Steinman

Learn what starts to emerge in the spring.


Following our indoor session, we will head outdoors to look for some of the signs of spring that we learned about.

In the event of heavy rain, the entire program will be held indoors.

Friday, May 9, 2025
10:00 am - 12 noon

SIGN UP TODAY

at the Clodo Concepcion Community Center
1187 1/2 Parker Street, Springfield, MA 01129
Register with Alex Martin, Center Coordinator
413-750-2873



On Friday, April 4, 2025, the 16 Acres Golden Age Club enjoyed a beautiful visit to the Springfield Festival of Flowers. The event was filled with vibrant floral displays, artistic arrangements, and the sweet scent of spring in full bloom.



Hungry Hill Senior Center

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

Monday	10:30am 11:00am	Social Hour, Coffee YouTube Dancercise
Tuesday	9:00am 1:00pm	Knitting & Crafting Golden Age Club Mtg 1st & 3rd Tues. Bingo
Wednesday	10:30pm	Social/Games
Thursday	10:30am	Social Hour Exercise Group
Friday	10:00am	Walking Club (DVD) Social Hour

LUNCHES SERVED

TUESDAY AND WEDNESDAY 12:00PM

Free Lunches provided by Palazzo Café
Schedule subject to change

Reservations required 1 Day in
advance can only be reserved for
the maximum of (1) Week at a time.

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

Golden Age Club ~ Mother's Day Luncheon

Thursday, May 8, 2025 / Bingo ~ Raffles

Diamond Art

~ Friday, May 16, 2025

Tote Bag Kit

Reflexology

~ Wednesdays, May 14, & May 28, 2025

~ Wednesdays, June 11, & June 25, 2025

Birthday Celebration

~ Thursday, May 29, 2025

Brown Bag

~ Thursday, May 15, 2025 & ****Monday, June 16, 2025****

Movie Matinee

~ Thursday, May 22, 2025

Eating Health on the Hill

~ Friday, May 25, 2025 & Friday June 20, 2025

Who am I? (game day)

~ Friday, June 13, 2025

1960's Dance Fest

~ Monday, June 23, 2025

13 Dances from the 60's era

& appetizers

Keep an eye for upcoming trips May and June

NE Carousel Museum, The Mill District, Elizabeth Park-Arugula Bistro Restaurant,

Clodo Concepcion Community Center

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



Monday	9:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Access Tech Craft Class ~ sign up required
Tuesday	9:00am 9:30am 11:00am 12:00pm 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Dancing for the fun of it 3rd Tuesday ~ Massachusetts Association For the Blind ~ Support Group Line Dancing
Wednesday	9:30am 1:00pm 1:00pm	Improvers Line Dancing Cameo Club Movie Time - TBA NEW
Thursday	9:00am 9:30am 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Learn how to play ~ NEW Chess, Canasta, Tri-ominos & Mexican Train
Friday	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

The Great Pickle Adventure



Thursday, May 8, 2025 ~ Thursday, May 29, 2025

Join us for pickle ice cream, chips, chocolate, and more! Share your adventure story for our upcoming coloring book.
Grab a Great Pickle Adventure brochure to qualify for fun freebies!



Spanish for Beginners

1:00pm ~ Thursday, May 8, 2025 ~ Thursday, August 28, 2025
Utilizing Creative Learning Through Movement Method

Access Tech with Jerry Feliz-Access Technology Director

Access technology includes apps and devices that help individuals who are blind or have low vision increase their independence.

Training is provided by appointment. Call 1-857-443-6636

Program sponsored by the Massachusetts Association for the Blind and Visually Impaired

North End Senior Center

310 Plainfield Street, Springfield, MA 413-886-5240 ~ Program Hours: 8:00am-3:00pm

Doris Rosario ~ Center Coordinator

Monday/Lunes	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
Tuesday/Martes	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
Wednesday/Miércoles	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
Thursday/Jueves	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
Friday/Viernes	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