

# Senior Moments



**CITY OF SPRINGFIELD- DEPARTMENT OF ELDER AFFAIRS**

**JOIN US FOR**

## **SENIOR TAX WORK-OFF PROGRAM**

### **LIVE LOTTERY DRAWING**

### **FRIDAY APRIL 4, 2025 10:00AM**

**AT THE RAYMOND A. JORDAN SENIOR CENTER**

**1476 ROOSEVELT AVE SPRINGFIELD, MA 01119**



**WORK PERIOD STARTS**

**JULY 1ST, 2025 - OCTOBER 1ST, 2025**

**ELIGIBLE SENIORS WILL BE CHOSEN BY  
LOTTERY, TO WORK 67 HOURS IN EXCHANGE  
FOR A \$1,000 PROPERTY TAX CREDIT.**

**FOR MORE INFORMATION CONTACT TAX PROGRAM ASSISTANT  
JOSE HERNANDEZ AT: (413) 886-5260**

**OR EMAIL AT:  
TAXWORKOFF@SPRINGFIELDCITYHALL.COM**

*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!**

*With the winter months behind us, it's time for us to spring into action and get some spring cleaning done. When I mention spring cleaning, I am not speaking about dusting furniture, washing windows and floors, lets clean our minds, bodies and souls!!*

*In the month of March, it is the start of Lent. What are you willing and ready to sacrifice? Some people make a material sacrifice during lent, they give up certain type of drinks or a favorite food that they usually partake in, or other things that they enjoy in abundance. Whatever you decide to give up during those 45 days, use that extra time to build a relationship with a higher power. If you already have that relationship, reach out to someone else who you think may need to build a relationship.*

*We all can use a cleaning in our life as we jump into the spring season. Winter is over, warm weather is on the way, birds are chirping, kids are playing outside, the parks are in use and most importantly, our seniors are ready to get out and do more.*

*Studies show that socialization helps improve older adults mental and physical health, and reduces the risk of age-related diseases such as dementia and Alzheimer's. With many different programs that are currently being offered here at Elder Affairs, we hope there is an activity that would help spring you into action and get some spring cleaning done.*

*What changes do you want to make? Sounds like a simple question, but is there really a simple answer? Is it your physical appearance, is it how you want to treat others, or Is it your work ethic? We all can use a spring cleanup, and you should decide what you want to clean up, don't let others make a decision for you.*

*With celebrations and holidays arriving in the month of March and April, such as St. Patrick's Day, Good Friday, and Easter, use the time to learn how each of those days came about.*

*Remember, the amount of spring cleanup you want to do is only determined by you and you alone.*

Respectfully,

*Roy Goodman*  
Director





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*



**Department of Elder Affairs**

**Senior Centers**

Will be **closed** for

***Patriots Day***

***Monday, April 21, 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**

*Cyber Scavenger Hunts*

Each month a new computer task will be assigned. Show us your computer skills by joining in. Be the first to complete the task and receive a prize!

*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

**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. \*\***



**DON'T  
MISS!**

**Out on**


# **Upcoming Events**

at

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

## **Homework for the Homeowner**

Join the  
Mayors Office of Consumer Information

**Thursday, March 6, 2025**  
**10:00am** 

This workshop will cover the “nuts and bolts” of home improvement to help homeowners make informed decisions.


## **Outsmart the Scammers**

**Thursday, March 13, 2025**  
**10:00am**

*Knowledge is Power*



- Elder Exploitation: What to know
- What are current trends or scams
- What to do to protect yourself
- What to do if you become a victim

Sponsored by  **LIBERTY  
BANK**



*Join us for lunch, light exercise, games,  
education, healthy eating and more!*

**Thursday, March 27, 2025**  
**12:00pm**

Co-Sponsored with  
 **Home Care VNA**

## **HEALTHY LIVING FOR YOUR BRAIN AND BODY**

*Presented by*  
Alzheimer's Association

**Tuesday, April 8, 2025**  
**11:30am**

- Tips on maintaining brain and body health
- Focus on key lifestyle habits that support long-term wellness
- Practical ways to keep your mind sharp and your body strong!

 **ALZHEIMER'S ASSOCIATION®**

## **COMING SOON!**

**St. Pat's Day Bingo**

**Eversource**

**Social Security**

**Caregivers Support Group**  
w/Libby Overly, M.Ed, M.S.W., LICSW  
**Thursdays ~ Monthly**

**Living with Diabetes**  
**Big Y- Kathy Jordan**

**Rock the Runway ~ July**

**Drum Circle with Tara Murphy TBD**

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





City of Springfield - Department of Elder Affairs

Are you ready to..

**WALK THE RUNWAY?**

**MODEL CALL**

**Seeking Models for our  
July 2025 Fashion Show**

**We're seeking male and  
female star members to  
own this years runway!**

**If interested visit the Welcome Center  
or call (413) 787-6785 to sign up!**

**Join Us On Tuesdays & Thursdays**



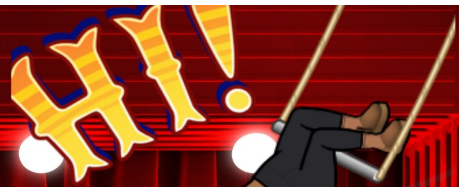
**Kerri & Devine**



***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!**



## 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**

**March 20, 2025 & April 17, 2025**

Volunteers needed 3rd Thursday of the month.



All volunteers please arrive at 9:00am

**For more details call 413-787-6124**



To find more information about our programs please visit our website  
[www.springfield-ma.gov/hhs/elderaffairs](http://www.springfield-ma.gov/hhs/elderaffairs) or  
Facebook page: <https://www.facebook.com/elderaffairsspringfield>



# SHINE Needs You!



Volunteer with  
**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 (413) 750-2893 for more information.

Hybrid Class forming in May 2025!

*'Many hands make light work'*





# Small Garden Ideas to Try on a Budget



## Consider Raised Beds

*A great option for beginners, raised garden beds offer better soil drainage and don't require excessive tilling that can come along with an in-ground garden. Place small raised garden beds in the backyard, front yard or even on a patio.*

## Use Terra-Cotta Pots

*Display multi-colored flowers in a tiered terra-cotta planter to save ground space. Take it a step further by recreating the beauty of a rainbow, using red tulips, orange tiger lilies, yellow daffodils and so on.*

## Make a Wheelbarrow Garden

*Turn an old wheelbarrow into a rustic flower garden. Just drill a few holes in the bottom for drainage. What's great about this setup is you can relocate your garden as needed.*



## Repurpose Vinyl Gutters

*If you're short on backyard space, hang flower-filled planters from the porch. White vinyl gutter and about 20 feet of nylon rope are the main components of this adorable hanging garden.*

## Choose a Sunny Setup

*Before building a garden, keep in mind that most vegetables and fruits prefer full sun (at least six hours of sun per day).*



## Build a Pallet Garden

*Attach clay pots to a pallet with nails and stainless steel cable ties for a living art display that keeps your rosemary and basil at the ready. Space out the pots so your plants have room to grow.*





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. Auxiliary aides and services are available upon request to individuals with disabilities.

## 16 Acres Golden Age Club Valentine's Day Party





## Springfield Golden Age Club

### GOLDEN AGE CLUB

#### Top Officers

##### *President*

Donald Roberts

##### *1st Vice President*

Joanne Lucas

##### *Treasurer*

Maureen Whitehead

##### *Secretary*

Betty Wallace

##### *Hungry Hill Vice President*

Martha Kelliher

##### *Sixteen Acres Vice President*

Don Roberts

##### *Winchester Square Vice President*

Vivian Brantley

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

### 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 ½ Parker Street

## 16 Acres Golden Age Club Lunar Year Celebration



### **\*\*IMPORTANT\*\***

In the event of a winter storm it is important to listen to your local news:  
*For delays and cancellations.*

**WWLP-22 NEWS ~ WESTERN MASS NEWS (ABC 40, CBS 3 FOX 6)**

Please remember when

**Springfield Public Schools are Closed there are NO Activities  
at the Department Of Elder Affairs, All Senior Centers and Golden Age Clubs.**

**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.**



# Hungry Hill Senior Center

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

<b>Monday</b>	10:30am 11:00am	Social Hour, Coffee Strength class w/Kerry (Video) or YouTube Dancercise
<b>Tuesday</b>	9:00am  1:00pm	Knitting & Crafting Golden Age Club Mtg 1st & 3rd Tues. Bingo
<b>Wednesday</b>	10:30pm	Social/Games OT Students ~ March
<b>Thursday</b>	10:00am 12:00pm	Exercise Group Social
<b>Friday</b>	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.

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



## *St. Patrick's Day Celebration ~ Monday, March 17, 2025*



### *Reflexology*

~ Wednesdays, March 12, & March 29, 2025  
~ Wednesdays, April 9, & April 23, 2025

### *Birthday Celebration*

~ Thursday, March 27, 2025

### *Brown Bag*

~ Thursdays, March 20, & April 17, 2025

### *Craft Creations*

~ Friday, March 28, 2025 & Friday, April 11, 2025 TBA

### *Movie Matinee*

~ Thursday, April 24, 2025

### *Soular Eclipse Band*

~ Friday, April 4, 2025

*Walk Around The Park* ~ Friday, April 18, 2025 ~ 11:00am

*Hampden County Registry of Deeds ~ Thursday, April 10, 2025 ~ 11:00am-12:00pm*

### *Keep an eye for upcoming trips March and April*

Bread & Basket, Pilgrim Candle, Yankee Flea Market, Ken's Barnyard & Flea Market and more

## Clodo Concepcion Community Center

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



<b>Monday</b>	9:00am 11:00am 1:00pm	Walking Tigers Get Fit Club Access Tech Craft Class ~ <b>sign up required</b>
<b>Tuesday</b>	9:00am 9:30am 11:00am 1:00pm 12:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) Dancing for the fun of it Line Dancing 3rd Tuesday ~ Massachusetts Association For the Blind ~ Support Group
<b>Wednesday</b>	9:30am 1:00pm 1:00pm	Improvers Line Dancing Cameo Club Movie Time - TBA <b>NEW</b>
<b>Thursday</b>	9:00am 9:30am 1:00pm	Walking Tigers Get Fit Club Walk & Strength (low impact aerobics) <b>Learn how to play ~ NEW</b> Chess, Canasta, Tri-ominos & Mexican Train
<b>Friday</b>	10:00am 1:00pm	Tech Time with Alex (sign up required) Golden Age Club

**Lunch Served**  
**Monday, Wednesday and Friday**  
**11:15am-12:15pm**

Free Lunches provided by  
Palazzo Café  
Menu subject to change.  
Reservations required 1 Day in  
advance can only be reserved for  
the maximum of (1)Week at a time.

**Tech Time with Alex** (Fridays)  
Learn how to use your tablet, computer,  
smartphone and hotspot.  
Open to all members at  
Clodo Concepcion Community Center.

**Wi-Fi Available**

### \*\*NEW Upcoming Events\*\*

**Thursday, March 20, 2025 ~ Cord Cutters Class ~ 11:00am**

**Thursday, April 24, 2025 ~ How to use a Kindle ~ 11:00am**

**With Alex Martin, Senior Center Coordinator**

**Registration is required. Please call 413-750-2873.**



**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

<b>Monday/Lunes</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
<b>Tuesday/Martes</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
<b>Wednesday/Miércoles</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
<b>Thursday/Jueves</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar
<b>Friday/Viernes</b>	8:00am-3:00pm 10:00am-3:00pm 10:00am-3:00pm 11:30am-12:30pm	Fitness Room ~ By appointment / Sala de Ejercicio ~ Por Cita Dominoes Club / Club De Dominoes Pool Table / Mesa De Billar Arts & Crafts / Manualidades





Thank you to everyone who has donated so far to the Hats & Blanket Drive for our Springfield shelters.

*A special thanks to the Raymond A. Jordan Senior Center crochet group for all their hard work! Pictured here with the collection of hats, mittens, blankets, and more each made with love for the Springfield shelters.*



Thank you, ladies, for your kindness and dedication!

## National Wear Red Day!



## Having a ball at our 2025 Day Party Dance!

