



# Paper City Seniors

## December 2017

Holyoke Council on Aging  
291 Pine Street, Holyoke, MA 01040

Tel: (413) 322-5625

Hours: Mon-Fri, 8:00-4:00 (until 6:30 p.m. on Wednesday)

[www.holyoke.org/departments/council-on-aging-2](http://www.holyoke.org/departments/council-on-aging-2)

[www.facebook.com/HolyokeCOA](https://www.facebook.com/HolyokeCOA)

### Ongoing Classes

Join in anytime!

#### MONDAY

8:30 & 10:00....Healthy Joints Exercise  
9:30 ..... Fun & Fit: Circuit  
11:45-3:00..... Band Rehearsals  
1:00 ..... Chair Volleyball  
1:30 ..... Fun with Writing

#### TUESDAY

8:30 & 9:45 .....Osteo Exercise  
9:30 .....Painting  
12:15 .....At the Movies  
12:45 ..... Zumba  
1:00 ..... Instructional Mah Jongg  
2:00 .....Chair Yoga  
3:00 .....Mat Yoga

#### WEDNESDAY

8:30 & 10:00....Healthy Joints Exercise  
9:00-11:00.....Needles & Hooks Club  
11:20..... Chair Massage  
11:30-1:00..... Blood Pressure Clinic  
12:00..... Painting  
12:30..... Pitch  
12:30..... Ballroom Dancing  
1:00 ..... Golden Senior Club  
4:00 .....Course in Miracles  
5:30 .....Fun and Fit

#### THURSDAY

8:30 & 9:45 .....Osteo Exercise  
9:30 .....Painting  
10:00.....QiGong  
11:00.....Tai Chi  
12:00.....Model Train Group  
12:30..... Pitch  
12:30.....Learn to Knit  
12:30.....Writing Your Life Story  
1:00 .....Reunión Social  
1:30 .....Line Dancing

#### FRIDAY

9:00-11:30.....Ceramics Club  
9:00 .....Fun and Fit  
10:00.....Chair Yoga  
12:30..... Senior Sing  
12:30.....Scrabble Club  
1:00 ...Bingo (no cards sold after 1:00)

### Christmas Party

Friday, December 15, 2017

Doors open at 10:45am; Dinner served at 11:45am



The Holyoke High School Madrigal Choir returns once again to sing festive holiday tunes for our annual Christmas party. Dinner will be ham with a pineapple glaze, mustard potatoes, green bean casserole, sweet baby carrots and Tuscan bread, with carrot cake for dessert. Tickets are \$6 and currently available at the Front Desk.

### Senior Sing

Fridays starting December 1

12:30pm in the Music/Wellness Room

Do you enjoy singing? All skill levels are welcome to join this singing group destined for a positive, invigorating time together. Led by Nancy Howard, the goal is just to have a good time singing familiar tunes. Absolutely no experience is required, just a desire to sing. This activity is free. Sign up at the Front Desk if possible, but all are welcome.



### Wreath Making

Tuesday, December 12 at 12:30pm

Wreaths aren't just for Christmas! Make a festive seasonal wreath perfect for all of winter using fresh pine clippings and ribbon. No need to bring any supplies, unless you have something special you'd like to attach to your wreath. \$10 per person; sign up required at the Front Desk.



### Strategies & Stories to Brighten Your Holidays

Thursday, December 7 at 12:30pm

The holidays affect everyone differently, and if you find yourself needing a little pick-me-up during the holiday season, this could be the program for you. Join Joe D'Amico, senior and licensed social worker, for helpful hints and uplifting stories to combat the blues. Sign up at the Front Desk.



All activities take place at the Holyoke Senior Center unless otherwise noted. For more information, or to register for a class, please see someone at the front desk or call 413-322-5625.

# DECEMBER 2017



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Mon	Tue	Wed	Thu	Fri	Sat/Sun
<b>Senior Concert Band's Annual Christmas Concert</b> <b>Monday, 12/18 at 12:30pm</b> Join us in the Multipurpose Room the week before Christmas and add a little yuletide joy to your Monday!		<b>Buy A Brick &amp; Support the Friends!</b> <b>\$100 per brick</b> <b>Great option for holiday gifts!</b> Engrave a brick to be placed on the patio of the Holyoke Senior Center to ensure our future is bright!		1 12:30 Senior Sing *NEW*	2/3
4	5 12:15 <i>Almost Famous (2000)</i> 2:00 Fallon Health Insurance	6 9:30 NO Men's Group 10:30 Vendor: Brenda Novak Jewelry 5:00 Rainbow Supper Club Christmas Party	7 12:00 Reunion Social Christmas Party 12:30 Strategies & Stories to Brighten Your Holidays 1:00 NO Line Dancing	8 12:30 Senior Sing *NEW*	9/10 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Sunday, 12/10</b>  <b>Dan Kane &amp; Friends Christmas Concert</b>                      Tickets: \$12                      to benefit the Friends of the Holyoke COA                 </div>
11 11:30 State Rep. Aaron Vega Office Hour	12 12:15 <i>The Artist (2011)</i> 12:15 Ask the Nurse 12:30 Wreath Making 1:00 Whist	13	14	15 11:45 Christmas Party 1:00 NO Bingo	16/17 
18 12:30 Senior Band Christmas Concert	19 10:00 Memory Café 12:15 <i>It's A Wonderful Life (1946)</i>	20 9:30 Men's Group	21 11:00 Foot Care	22 12:30 Senior Sing *NEW*	23/24
25 <b>CLOSED</b>	26 <b>CLOSED</b>	27 	28	29 12:30 Senior Sing *NEW*	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <b>Happy New Year!</b>                      The Senior Center will be  <b>CLOSED</b>                      on January 1                 </div>

Friends membership! Renew, join or gift: \$10 for 2018 - See Front Desk for details.