



Paper City Seniors

February 2018

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
www.facebook.com/HolyokeCOA

Handwashing with Elms College

Wednesday, February 7 from 9 - 11am

Are your hands as clean as you think they are? It's flu season, and one of the most important ways to remain healthy and keep others healthy is by washing your hands. Nursing students from Elms College will join us to show you what germs are on your hands before and after you wash them. It will make for an eye-opening morning! Stop by the Wellness Room to partake (and be sure to keep washing those hands!).



Winter Weather Notifications

Updates on ABC40, Fox6, WWLP-22 and WHYN
We've had questions about how one might know that we are closed due to weather conditions. While the Senior Center is definitely closed each time Holyoke's City Hall closes, it is not necessarily closed every time the schools close. It's a good indication, but to be certain you should watch local TV and radio stations for updates. When we close, all meals, rides and programs are cancelled for the day, but we will do our best to reschedule.



St. Patrick's Celebration

Thursday, March 1, in the Multipurpose Room

Doors open at 10:45

Dinner served at 11:45



Have your first (and arguably the best) corned beef dinner of the season with us! Dinner includes all the fixings, like cabbage, potatoes, carrots and rye bread. Musician Tom Callinan joins us for a rousing performance of our favorite Irish tunes. Tickets are \$6 and can be purchased at the front desk starting February 5. We hope to see you there!

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
- 12:30..... Ballroom Dancing
- 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..... Senior Sing
- 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..... Reunion Social
- 1:30..... Line Dancing

FRIDAY

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

The Healthy Joints Exercise class will be

CANCELLED

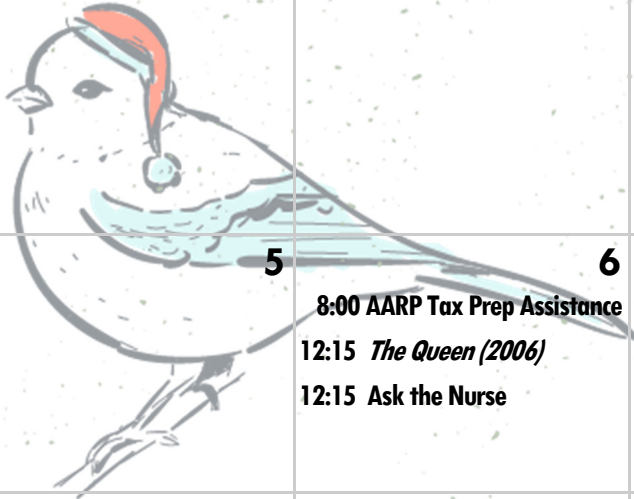
On Wednesday, February 7 and Monday, February 12

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.

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Mon	Tue	Wed	Thu	Fri	Sat/Sun
			1 12:30 Paraffin Wax Hand Treatments	2	3/4
5 	6 8:00 AARP Tax Prep Assistance 12:15 <i>The Queen (2006)</i> 12:15 Ask the Nurse	7 8:30 & 10 NO Healthy Joints Exercise Class 9:30 Men's Group 10:00 Are Your Hands As Clean As You Think They Are? 5:00 Rainbow Supper Club	8	9 8:00 AARP Tax Prep Assistance	10/11
12 8:30 & 10 NO Healthy Joints Exercise Class 11:30 State Rep. Aaron Vega Office Hours	13 8:00 AARP Tax Prep Assistance 12:15 <i>Adam's Rib(1949)</i> 1:00 Whist	14	15 11:00 Foot Care	16 8:00 AARP Tax Prep Assistance	17/18
19 CLOSED 	20 8:00 AARP Tax Prep Assistance 12:15 <i>Apollo 13(1995)</i>	21 9:30 Men's Group	22 12:30 Valvular Heart Disease with Dr. Sheth	23 8:00 AARP Tax Prep Assistance	24/25 
26	27 8:00 AARP Tax Prep Assistance 12:15 <i>The Mexican (2001)</i> 2:15 Brown Bag	28	AARP Tax Prep Assistance: Appointments are available for Tuesday and Friday mornings, from Feb. 6 through April 10. To book an appointment, please see the front desk, or call 322-5625. They go fast! Notice: Every Tuesday and Friday, between February 6 & April 10, the Learning Center will be closed from approximately 8:00am - 1:00pm or until tax appointments are completed.		

BECOME A FRIEND! See Front Desk to join for just \$10