



# Paper City Seniors

## January 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](http://www.holyoke.org/departments/council-on-aging-2)  
[www.facebook.com/HolyokeCOA](https://www.facebook.com/HolyokeCOA)

### New Year's Resolution Time

A new year can mean a fresh start. Now is the time to mix up your routine and start something new! Here are a few classes we have either added recently, or are looking to add in the near future:

#### Ballroom Dancing

Moves to Tuesdays at 12:30pm starting Jan. 2  
Take some time to learn something new!  
Absolutely no experience necessary, and no partner needed. First class is free, then 1 activity ticket per class.



#### Senior Sing

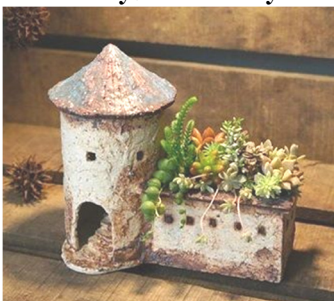
Fridays at 12:30pm  
An activity for pure enjoyment, stop by on a Friday afternoon to sing favorite songs with friends. Requests encouraged!

#### Quilting or Sewing?

Sign up at the Front Desk to let us know if you're interested in either! Sewing would be for those with little to no experience, while quilting would be for folks who already have some skills they would like to improve on.

### Ceramic Workshop: Tealight Holder & Planter

Monday, January 22 from 9 - 11am



For January, we've got a unique workshop offered by our ceramics teacher, Mary Ann Benns. Create a hand crafted tea light candle holder and planter combo, perfect for your own home or as a gift. \$10 per participant. Be sure to sign up at the front desk!

### Shoes, Socks & Maintaining Good Balance

Thursday, January 25 at 12:30pm

Kate Clayton-Jones, founder of FootCare by Nurses offers the whys, hows and tips/tricks to good shoe and sock fit so that you can help your feet be happy. She offers advice without judgement, showing you the way to feeling more confident that your shoes are the very best for you.

### 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  
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)

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 <b>CLOSED</b>	2 12:15 <i>Once (2007)</i> 12:30 NO Ballroom Dancing	3 9:30 Men's Group 5:00 Rainbow Supper Club	4	5 12:30 Senior Sing *NEW*	6/7
8 11:30 State Rep. Aaron Vega Office Hours 11:45 NO Band Rehearsals	9 12:15 <i>All The President's Men (1976)</i> 12:15 Ask the Nurse 12:30 Ballroom Dancing *NEW TIME* 1:00 Whist	10	11 	12 12:30 Senior Sing *NEW*	13/14
15 <b>CLOSED</b>	16 12:15 <i>Shall We Dance (2004)</i> 12:30 Ballroom Dancing *NEW TIME*	17 9:30 Men's Group	18 11:00 Foot Care 12:30 Healthy Eating by Victory Home Care	19 12:30 Senior Sing *NEW*	20/21
22 12:15 <i>The Big Sleep (1946)</i> 12:30 Ballroom Dancing *NEW TIME* 2:15 Brown Bag	23 9:30 Men's Group	24	25 12:30 Socks, Shoes & Maintaining Balance	26 12:30 Senior Sing *NEW*	27/28
29 	30 12:15 <i>The Lord of the Rings (2001)</i> 12:30 Ballroom Dancing *NEW TIME*	31		12:30 Senior Sing *NEW*	

Have you renewed your Friends membership? \$10 for 2018 - See Front Desk for details.