



Paper City Seniors

September 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

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 & 9:45Osteo Exercise
9:30 Painting
12:15.....At the Movies
12:45..... Zumba
1:00 Craft Class
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 & 9:45Osteo 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
1:00 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)

Community Shred

Saturday, September 9 from 9am - 12pm

Bring your old documents down to the COA parking lot to be shredded and support the Friends of the COA at the same time.



Rain or shine; \$5 per box approximately the size of a banker's box. Drive up and volunteers will do all the heavy lifting.

The Blue Wall

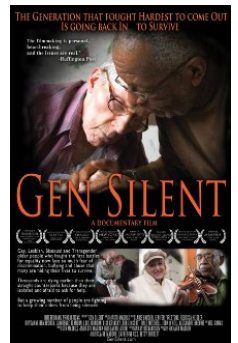
September/October Exhibition

This month's display is comprised of artwork by students of Anne Mueller's painting class which takes place here at the Senior Center. Styles include oil, acrylic and watercolor paintings from students who have been studying with Anne, often for years.

"Gen-Silent" Screening

September 6 from 5 - 7:15pm

Each month we are proud to host WestMass Eldercare's Rainbow Supper Club. We feel it is incredibly important to give space for LGBTQ seniors to meet, chat, break bread and just be. This month, during the Rainbow Supper Club, we will be screening an important documentary called "Gen-Silent," which brings to light the hurdles that the aging LGBTQ population face including discrimination by caregivers, bullying by other seniors and a lack of traditional support systems. Please consider joining us for the screening. You must register by contacting the WestMass ElderCare Nutrition Department at 538-9020, on their Meetup page - Rainbow Supper Club of Holyoke, or by email at rainbowsupperclub@wmeldercare.org.



SHINE Counselor Coming in October

Wednesdays beginning October 4

The Senior Center welcomes Gerry Carney, our new volunteer SHINE counselor who is available to help with any of your Medicare or MassHealth needs through the end of open enrollment. Appointments are available every hour from 9am - 3pm, and can be made by calling the Senior Center.



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.

SEPTEMBER 2017



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Mon	Tue	Wed	Thu	Fri	Sat/Sun
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #d9ead3;"> <p align="center">Save the Date: Flu Clinic Wednesday, October 4 from 9am - 11am No pre-registration, must be over 18, must have insurance card. First come, first serve. Sponsored by Walgreens</p> </div>				1	2/3
				9:00 NO Fun & Fit 1:00 NO Bingo	
4	5	6	7	8	9/10
11:45 NO Polka Band	12:15 <i>Beasts of the Southern Wild (2012)</i>	9:30 Men's Group 5:00 Rainbow Supper Club	9:00 Farm Share		<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #f4cccc;"> <p align="center">Community Shred 9 am - 12 pm</p> </div>
11	12	13	14	15	16/17
11:30 Rep. Aaron Vega Office Hours	12:15 <i>Pretty Woman (1990)</i> 12:15 Ask the Nurse 1:00 NO Mah Jongg 1:00 Whist 2:00 Fallon Health Insurance	10:00 Mass EDP Lobby Table	11:00 Foot Care 12:30 Learn About COPD		
18	19	20	21	22	23/24
	12:15 <i>The Great Gatsby (2013)</i>	9:30 Men's Group			
25	26	27	28	29	30
	12:15 <i>Strike Up the Band (1940)</i> 2:15 Brown Bag		12:30 Communication Issues with Holyoke Speech & Hearing		