### SPOTLIGHT:

**Healthy Joints & Osteo Classes**

**Healthy Joints:** Monday & Wednesday at 8:30am & 10am  
**Osteo:** Tuesday & Thursday at 8:30am & 9:45am  

Monday through Thursday we offer two free exercise classes per morning. Monday & Wednesday’s Healthy Joints class focuses on range-of-motion, while Tuesday & Thursday’s Osteo class employs the use of weights to increase bone health and strength.

Both classes are a part of the Arthritis Foundation Exercise Program, a community-based recreational exercise program developed by the Arthritis Foundation. Karen Saczawa, our staff wellness instructor, is fully trained and ready to help you move better. All of the exercises can be modified to meet participants needs. The program’s demonstrated benefits include improved functional ability, decreased depression, and increased confidence in one’s ability to exercise. There is no need to sign up.
Working with Clay: Heart Vases
Monday, February 3 from 9am to 12pm
Sculpt a human heart inspired vase for a beloved friend, quirky relative or to keep for yourself! Mary Anne Benns, our resident ceramicist, will lead a hands-on building workshop perfect for beginners. This program is $10 per participant. Try something new this new year by signing up at the front desk.

Check In When Visiting
The more visitors that use their COA swipe cards to check in each day, the better data we receive to provide further relevant programming, and help us see what activities folks enjoy most. Please be sure to sign in to any activities you may be taking part in, or simply as a “Drop-In” if you’re just here to hang out.

Ongoing Classes
Join in anytime!

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

TUESDAY
8:30 & 9:45...............Osteo Exercise
9:30..........................Painting
11:00......................Tai Chi/QiGong
12:30..........................Ballroom Dancing
12:30..........................Writing Your Life Story
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
9:20-2:00..................*Chair Massage
10:00......................Blood Pressure Clinic
12:00..........................Pitch
1:00..........................Golden Senior Club
4:00..........................Course in Miracles
*by appointment only

THURSDAY
8:30 & 9:43...............Osteo Exercise
9:30..........................Painting
10:00......................QiGong
11:00......................Tai Chi
12:00..........................Model Train Club
12:30..........................Pitch
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)

AARP Tax Preparation Service
February to April 2020
Each year, AARP partners with qualified volunteers to offer the opportunity for seniors to have their taxes done. This year, appointments will be available Tuesdays and Fridays from February 4 to April 10, on the hour from 8:30am to 12:30pm. To make an appointment, please call the Front Desk at 322-5625 after January 6, 2020.

Christmas Party Fun

The printing of Paper City Seniors is made possible with the generous support of the Massachusetts Executive Office of Elder Affairs.

Become a Friend! Your annual $10 donation goes to supporting the Holyoke Senior Center. Be sure to join or renew in January 2020!

Frequently Asked Question:
When are applications for the tax work-off program available?
Applications will be available in March & April.

Working with Clay: Heart Vases
Monday, February 3 from 9am to 12pm
Sculpt a human heart inspired vase for a beloved friend, quirky relative or to keep for yourself! Mary Anne Benns, our resident ceramicist, will lead a hands-on building workshop perfect for beginners. This program is $10 per participant. Try something new this new year by signing up at the front desk.

Check In When Visiting
The more visitors that use their COA swipe cards to check in each day, the better data we receive to provide further relevant programming, and help us see what activities folks enjoy most. Please be sure to sign in to any activities you may be taking part in, or simply as a “Drop-In” if you’re just here to hang out.

Ongoing Classes
Join in anytime!

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

TUESDAY
8:30 & 9:45...............Osteo Exercise
9:30..........................Painting
11:00......................Tai Chi/QiGong
12:30..........................Ballroom Dancing
12:30..........................Writing Your Life Story
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
9:20-2:00..................*Chair Massage
10:00......................Blood Pressure Clinic
12:00..........................Pitch
1:00..........................Golden Senior Club
4:00..........................Course in Miracles
*by appointment only

THURSDAY
8:30 & 9:43...............Osteo Exercise
9:30..........................Painting
10:00......................QiGong
11:00......................Tai Chi
12:00..........................Model Train Club
12:30..........................Pitch
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)

AARP Tax Preparation Service
February to April 2020
Each year, AARP partners with qualified volunteers to offer the opportunity for seniors to have their taxes done. This year, appointments will be available Tuesdays and Fridays from February 4 to April 10, on the hour from 8:30am to 12:30pm. To make an appointment, please call the Front Desk at 322-5625 after January 6, 2020.

Christmas Party Fun

The printing of Paper City Seniors is made possible with the generous support of the Massachusetts Executive Office of Elder Affairs.

Become a Friend! Your annual $10 donation goes to supporting the Holyoke Senior Center. Be sure to join or renew in January 2020!

Frequently Asked Question:
When are applications for the tax work-off program available?
Applications will be available in March & April.

Working with Clay: Heart Vases
Monday, February 3 from 9am to 12pm
Sculpt a human heart inspired vase for a beloved friend, quirky relative or to keep for yourself! Mary Anne Benns, our resident ceramicist, will lead a hands-on building workshop perfect for beginners. This program is $10 per participant. Try something new this new year by signing up at the front desk.

Check In When Visiting
The more visitors that use their COA swipe cards to check in each day, the better data we receive to provide further relevant programming, and help us see what activities folks enjoy most. Please be sure to sign in to any activities you may be taking part in, or simply as a “Drop-In” if you’re just here to hang out.

Ongoing Classes
Join in anytime!

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

TUESDAY
8:30 & 9:45...............Osteo Exercise
9:30..........................Painting
11:00......................Tai Chi/QiGong
12:30..........................Ballroom Dancing
12:30..........................Writing Your Life Story
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
9:20-2:00..................*Chair Massage
10:00......................Blood Pressure Clinic
12:00..........................Pitch
1:00..........................Golden Senior Club
4:00..........................Course in Miracles
*by appointment only

THURSDAY
8:30 & 9:43...............Osteo Exercise
9:30..........................Painting
10:00......................QiGong
11:00......................Tai Chi
12:00..........................Model Train Club
12:30..........................Pitch
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)

AARP Tax Preparation Service
February to April 2020
Each year, AARP partners with qualified volunteers to offer the opportunity for seniors to have their taxes done. This year, appointments will be available Tuesdays and Fridays from February 4 to April 10, on the hour from 8:30am to 12:30pm. To make an appointment, please call the Front Desk at 322-5625 after January 6, 2020.

Christmas Party Fun

The printing of Paper City Seniors is made possible with the generous support of the Massachusetts Executive Office of Elder Affairs.

Become a Friend! Your annual $10 donation goes to supporting the Holyoke Senior Center. Be sure to join or renew in January 2020!