

# Paper City Seniors

Holyoke Council on Aging  
May 2020 Newsletter

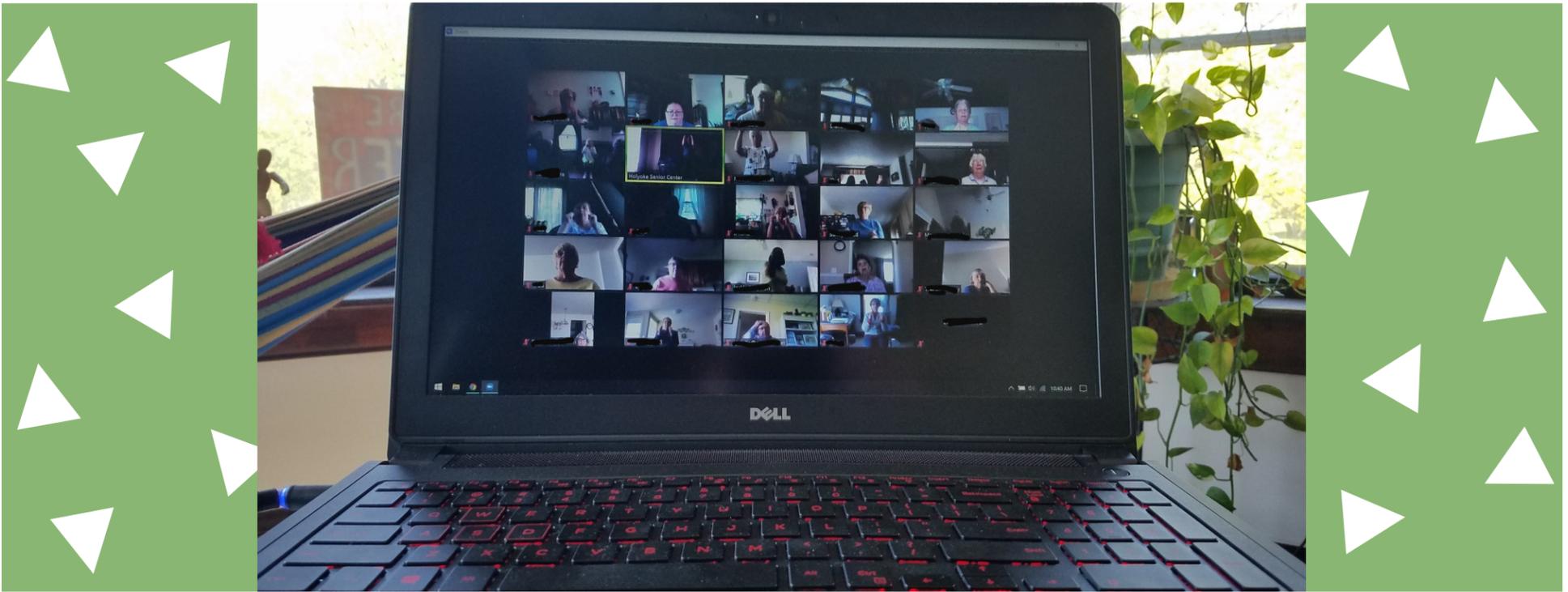
291 Pine Street, Holyoke, MA 01040 • Tel: (413) 322-5625

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

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



## Re-Zoom Your Exercise Routine



Get back to some of your favorite classes from the comfort of your own home! If you're interested in any of these classes, email Eileen at [maginnise@holyoke.org](mailto:maginnise@holyoke.org), and she will get you the info you need to participate via Zoom. We are working to expand our offerings, so keep checking our website and Facebook page for more classes.

### Healthy Joints Class

with Karen  
Mon. & Wed.  
10:00 am

### Osteo Class

with Karen  
Tues. & Thurs.  
10:00am

### Yoga en Español

with Michelle  
Wednesdays  
5pm

### Meditation in Motion

with Carol  
Thursdays  
12:30pm

### Chair Yoga

with Deb  
Fridays  
10:00am

Keep watching for news additions!

New!

## VIRTUAL Weekly Rainbow Supper Club

During this time, one of the things most needed is connection. The Rainbow Supper Club is proud to offer weekly gatherings to bring our community of LGBTQ+ seniors together! These meetings are open to LGBTQ+ seniors and their partners. WestMassElderCare encourages those who are new to the club to connect prior to RSVPing to learn more about the RSC and WMEC. After you RSVP, you'll receive a link/phone number that you can use to participate in these weekly gatherings. Meetings will open via Zoom and phone at 5-m. Need technical assistance? Join at 4:30pm. To RSVP or for questions [rainbowsupperclub@wmeldercare.org](mailto:rainbowsupperclub@wmeldercare.org)



## Holyoke Police Department Collects Needed Items for Seniors

A huge thank you to the HPD for holding two different collections to aide seniors in need! Lots of folks dropped off hot hygienic items like hand sanitizer, disinfectant wipes and the ever elusive toilet paper to the Senior Center. The police were there each day to collect, and eventually redistribute the goods. We'll keep posting on our website and Facebook page on ways you can help out if able!



## LIHEAP Fuel Assistance Deadline Extended

The Low Income Home Energy Assistance Program (fuel assistance) is still taking applications, and will until May 29. If this is a program you'd like to participate in, but aren't sure how, feel free to call the Senior Center and leave a message. We will put you in contact with our social worker who can help guide you through the application process.

## 50+ Job Seekers Program

Have you heard of the 50+ Job Seekers Program? If you're looking for employment, a new career, help with a resume or other issues, you will be happy to know this program is finally statewide. The program has been completely moved to a virtual platform, and any Massachusetts resident 50+ years old can register to participate. Now, more than ever, we need options to support those who are unemployed. Visit [www.50plusjobseekers.org](http://www.50plusjobseekers.org) to learn more information.



### Brown Bag

**Tuesday, May 29**  
**2:15 to 3:15pm**



If you're driving, please pull up to the front door. If you're walking, know there will be social distancing measures in place.

### Census 2020 Reminder & Safety Tips

If someone visits your home later this year to collect information for the 2020 Census, check to make sure they have a valid ID badge with their photograph, a U.S. Department of Commerce watermark, and an expiration date. Census workers may also carry Census Bureau bags and other equipment with the Census Bureau logo.

Further, during the 2020 Census, the Census Bureau will never ask for your Social Security number, your bank account or credit card numbers, anything on behalf of a political party, or for money or donations.

Have you filled out your Census 2020 paperwork? You can do so by using the paper documents mailed to you, or visiting their website:

**[www.census2020.gov](http://www.census2020.gov)**

The Senior Center is temporarily closed to visitors. If you need assistance, please call us at 322-5625 and leave a message. A staff member will return your call.