

Paper City Seniors

Holyoke Council on Aging

December 2023 & January 2024 Newsletter

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

Hours: Monday through Friday • 8:00am - 4:00pm

www.holyoke.org/departments/council-on-aging • www.facebook.com/HolyokeCOA



Christmas Party

Friday, December 15

Doors open at 10:30am

Dinner served at 11:30am

Enjoy brown sugar & citrus glazed ham with potatoes au gratin, green beans, and cheesecake for dessert.

Take in a mix of holiday music and favorite songs with a performance by the a capella group The Sweet Adelines. We'll also

have a basket raffle with many prizes to choose from, and of course a 50/50 raffle. Tickets are

\$7 and currently on sale at the Front Desk.

Please note that there are no refunds, no substitutions, & no to-gos.

Tenga en cuenta que no se admiten reembolsos, sustituciones ni devoluciones.



Fiesta de Navidad

Viernes, 15 de diciembre

Las puertas se abren a las 10:30

La cena se sirve a las 11:30

Disfrute de jamón glaseado con azúcar moreno y cítricos, patatas gratinadas, judías verdes y tarta de queso de postre. Disfrute de

una mezcla de música navideña y canciones favoritas con la actuación del grupo a capella

The Sweet Adelines. También tendremos una rifa de cestas con muchos premios para elegir, y por supuesto una rifa 50/50. Las entradas cuestan

\$7 y están a la venta en la recepción.



Christmas Concert

Monday, December 18

Join us at 12pm for a dose of holiday cheer in music form with a performance by the Senior Concert Band of Western Mass.

Concierto de Navidad

lunes, 18 de diciembre

Únete a nosotros a las 12 para disfrutar de una dosis de alegría navideña en forma de música con la actuación de la Senior Concert Band of Western Mass.

Play an instrument?
They're always accepting new members!

¿Tocas algún instrumento?
Siempre aceptan nuevos miembros.

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

SECOND SATURDAYS

Local artist Anne Thalheimer will host a 90 minute Zoom craft workshop on the Second Saturday of each month from 11 am to 12:30pm for the next three months. To sign up for any or all workshops, email Eileen at maginnise@holyokeye.org, visit the Front Desk, or give us a call.

JANUARY 13 • 13 DE ENERO NOTECARD FLORAL ILLUSTRATION

Learn basic techniques for drawing various flowers, including penciling, inking, and coloring, as well as composition pointers for patterns and floral bunches, wreaths, and word art.



ILUSTRACIÓN FLORAL PARA TARJETAS

Aprenda técnicas básicas para dibujar diversas flores, incluyendo el trazo a lápiz, el entintado y el coloreado, así como consejos de composición para patrones y ramos florales, coronas y arte de la palabra.

MARCH 9 • 9 DE MARZO WATERCOLOR BASICS II: LANDSCAPES

Building on skills from the first class, we will review brush skills, color mixing, and how to layer color as we begin to design a landscape project. Participants are welcome to use a reference picture of their choice or to design one during class.

FUNDAMENTOS DE LA ACUARELA II: PAISAJES

Sobre la base de las habilidades de la primera clase, vamos a revisar las habilidades de pincel, mezcla de colores, y la forma de capas de color a medida que comenzamos a diseñar un proyecto de paisaje. Los participantes podrán utilizar una imagen de referencia de su elección o diseñar una durante la clase.

These classes and supply kits are available at no cost to participants thanks to a grant from the Holyoke Local Cultural Council, a program of the Massachusetts Cultural Council.

SEGUNDOS SÁBADOS

La artista local Anne Thalheimer impartirá un taller de manualidades Zoom de 90 minutos el segundo sábado de cada mes de 11:00 a 12:30 durante los próximos tres meses. Para inscribirse en cualquiera de los talleres, envíe un correo electrónico a Eileen a maginnise@holyokeye.org, visite la recepción o llámenos.

FEBRUARY 10 • 10 DE FEBRERO WATERCOLOR BASICS I

Designed for beginners, this class will include demonstration and practice of techniques unique to working with watercolor. We will experiment with various watercolor techniques including brush work, color swatching and mixing, exploring tone and value, layering color, washes, and how to add detail to a painting.

FUNDAMENTOS DE LA ACUARELA I

Diseñado para principiantes, esta clase incluirá la demostración y práctica de técnicas únicas para trabajar con acuarela. Experimentaremos con varias técnicas de acuarela incluyendo el trabajo con pincel, la mezcla de colores, la exploración del tono y el valor, la superposición de colores, lavados, y cómo añadir detalles a una pintura.



Estas clases y los kits de materiales están disponibles sin coste alguno para los participantes gracias a una subvención del Consejo Cultural Local de Holyoke, un programa del Consejo Cultural de Massachusetts.



NUTRITION WORKSHOP Four Wednesdays: November 29 and December 6, 13 & 20 from 10-11am

Join us for a fun activity that combines the game of bingo with inclusive exercises & important nutrition info! Learn some new things and win prizes at the same time. **Registration is required**, so please call or visit the Front Desk to sign up for one or more Wednesdays.



TALLER DE NUTRICIÓN

**Cuatro miércoles: 29 de noviembre
y 6, 13 y 20 de diciembre
de 10 a 11 de la mañana**

Acompáñanos en una divertida actividad que combina el juego del bingo con ejercicios inclusivos e importante información sobre nutrición. Aprende cosas nuevas y gana premios al mismo tiempo. **Se requiere inscripción**, así que por favor llame o visite la recepción para inscribirse en uno o más miércoles.

AARP TAX PREP SERVICE FEBRUARY TO APRIL

Each year, AARP partners with qualified volunteers to offer the opportunity for seniors to have their taxes done for free. Volunteers are able to help with non-complex tax returns, which are completed the same day documents are dropped off. Available dates for the service will be released in January, so be sure to check in for an update early in the month.

What about the Senior Tax Work-off Program?

We frequently receive questions at this time of the year about another annual program, the Senior Tax Work-off Program. This program is for residents of Holyoke over the age of 60 who own their residence. 30 participants are chosen to trade a certain number of volunteer hours with a city organization for a \$750 rebate on their property taxes. Applications for this program are not available until March.



PREPARACIÓN DE IMPUESTOS CON AARP DE FEBRERO A ABRIL

Cada año, AARP se asocia con voluntarios cualificados para ofrecer a las personas mayores la oportunidad de hacer sus impuestos de forma gratuita. Los voluntarios pueden ayudar con declaraciones de impuestos no complejas, que se completan el mismo día en que se entregan los documentos. Las fechas disponibles para el servicio se darán a conocer en enero, así que asegúrese de comprobar para una actualización a principios de mes.

¿Qué pasa con el Senior Tax Work-off Program?

Frecuentemente recibimos preguntas en esta época del año acerca de otro programa anual, el Senior Tax Work-off Program. Este programa es para los residentes de Holyoke mayores de 60 años que son dueños de su residencia. 30 participantes son elegidos para intercambiar un cierto número de horas de voluntariado con una organización de la ciudad para un reembolso de \$ 750 en sus impuestos a la propiedad. Las solicitudes para este programa no están disponibles hasta marzo.

WHERE ARE WE GOING IN 2024?

The Senior Center Travel Club is gearing up for 2024! Here are some of the trips that we are planning. Keep an eye out through the year for more details as we roll them out. We hope you'll consider joining us!

¿ADÓNDE IREMOS EN 2024?

El Club de Viajes del Centro de Mayores se está preparando para 2024. Estos son algunos de los viajes que estamos planeando. Mantente atento a lo largo del año para conocer más detalles a medida que los vayamos publicando. Esperamos que consideres unirte a nosotros.

Springfield Thunderbirds • Smith College Bulb Show • Mystic Seaport
• South Pacific at the Goodspeed Opera House • Tanglewood •
WooSox Baseball Game • A Day in Boston (with Duckboats!)
• Norman Rockwell and Naumkeag Museum •

We are always accepting recommendations on where you'd like to go, so feel free to chime in with your dream locales | Siempre aceptamos recomendaciones de lugares a los que te gustaría ir, así que no dudes en comentarnos los lugares de tus sueños.

WINTER WEATHER NOTIFICATIONS Updates on ABC40, Fox6 & WWLP-22

While the Senior Center is definitely closed each time Holyoke's City Hall closes, it is not necessarily closed every time the schools close. To be certain of closure, you should watch local TV stations for updates. When we close, our offices are closed, all meals, rides, and in-person programs or services are canceled for the day, but we will do our best to reschedule.



AVISOS METEOROLÓGICAS DE INVIERNO Actualizaciones en ABC40, Fox6 & WWLP-22

Mientras que Senior Center está definitivamente cerrado cada vez que el Holyoke City Hall cierra, no está necesariamente cerrado cada vez que las escuelas cierran. Para estar seguro del cierre, debe ver las actualizaciones en las cadenas de televisión locales. Cuando cerramos, nuestras oficinas están cerradas, todas las comidas, paseos, y programas o servicios en persona son cancelados por el día, pero haremos lo posible para reprogramar.



Thanksgiving Party Snapshots

Photos courtesy of Rafi Merced





WHAT'S THE BOOK CLUB READING?

***The Mammy* by Brendan O'Carroll**

"Mammy" is what Irish children call their mothers and The Mammy is Agnes Browne - a widow struggling to raise seven children in a North Dublin neighborhood in the 1960s. Popular Irish comedian Brendan O'Carroll chronicles the comic misadventures of this large and lively family with raw humor and great affection. Forced to be mother, father, and referee to her battling clan, the ever-resourceful Agnes Browne occasionally finds a spare moment to trade gossip and quips with her best pal, and even finds herself pursued by the amorous Frenchman who runs the local pizza parlor.

The Book Club meets on the second Wednesday of the month at 11am. Copies of the book are made available at the Holyoke Public Library, including large print and audio books.



¿QUÉ ESTÁ LEYENDO EL BOOK CLUB?

***The Mammy*, de Brendan O'Carroll**

"Mammy" es como los niños irlandeses llaman a sus madres y The Mammy es Agnes Browne, una viuda que lucha por criar a siete hijos en un barrio del norte de Dublín en los años sesenta. El popular cómico irlandés

Brendan O'Carroll relata las cómicas desventuras de esta numerosa y vivaz familia con humor crudo y gran afecto. Obligada a ser madre, padre y árbitro de su batallador clan, la siempre ingeniosa Agnes Browne encuentra de vez en cuando un momento libre para intercambiar chismes y ocurrencias con su mejor amiga, e incluso se ve perseguida por el amoroso francés que regenta la pizzería local. El Club de Lectura se reúne el segundo miércoles de cada mes a las 11 de la mañana. La Biblioteca Pública de Holyoke dispone de ejemplares del libro, incluidos los de letra grande y los audiolibros.

ELDER AFFAIRS OFFICER RECEIVES AWARD

Holyoke Police Officer Manny Rivera, who serves as the city's Elder Affairs Officer, was recently honored by Greater Springfield Senior Services, Inc. (GSSSI), receiving 1 of 3 of their 2023 Community Impact Awards. GSSSI says the awards go to those who serve our community with dignity, passion, and purpose. We are thankful to have such a responsive, caring asset on the side of seniors! If you have any questions, concerns, or comments that you feel would be addressed best by Officer Rivera, he is here once a month for office hours, on the first Tuesday of the month at 11am.



OFICIAL DE ASUNTOS DE LA TERCERA EDAD RECIBE PREMIO

Oficial de Policía de Holyoke Manny Rivera, quien se desempeña como Oficial de Asuntos de la Tercera Edad de la ciudad, fue recientemente honrado por Greater Springfield Senior Services, Inc. (GSSSI), recibiendo 1 de 3 de sus 2023 Premios Impacto en la Comunidad. GSSSI dice que los premios van a aquellos que sirven a nuestra comunidad con dignidad, pasión y propósito. ¡Estamos agradecidos de tener un activo tan sensible, el cuidado de lado de las personas mayores! Si usted tiene alguna pregunta, preocupación o comentario que usted siente que sería mejor abordado por el Oficial de Rivera, que está aquí una vez al mes para las horas de oficina, el primer martes de cada mes a las 11 am.

TECH SUPPORT WITH WAYNE

Two Wednesdays a month from 1 - 2pm

Volunteer Wayne Klinge will be on hand twice a month to answer all of your questions. Feel free to bring the laptop, tablet, or phone that's giving you trouble, and Wayne will offer his help or advice on the issue.

UPCOMING DATES

December 13 & 27; January 10 & 24



SOPORTE TÉCNICO CON WAYNE

Dos miércoles al mes de 1 a 2pm

El voluntario Wayne Klinge estará a tu disposición dos veces al mes para responder a todas tus preguntas. Siéntase libre de traer el ordenador portátil, tableta o teléfono que le está dando problemas, y Wayne ofrecerá su ayuda o consejo sobre el tema.

PRÓXIMAS CITAS

13 y 27 de diciembre; 10 y 24 de enero

CHAIR MASSAGE

1st & 2nd Wednesdays

Massages are \$20 for 15 minutes, and appointments are available every 20 minutes from 9am to 1pm. To make an appointment, please give us a call or stop by the Front Desk.

MASAJE EN SILLA

1º y 2º miércoles

Los masajes cuestan \$20 por 15 minutos, y las citas están disponibles cada 20 minutos de 9am a 1pm. Para hacer una cita, por favor llámenos o pase por la recepción.

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.

Season's Greetings everyone,

With the holidays fast approaching, lights have been going up all over town and stores have been redecorating. 2023 has absolutely flown by and it's hard to believe that it's almost over.

Amid the celebrations however, we in the legislature have still been keeping a full agenda especially here in the Paper City. Earlier in November, my staff and I attended the groundbreaking for the Appleton Mills Project. This redevelopment of the currently vacant mill will create 88 new affordable housing units solely for those 55 and older. This project will have a huge impact on our senior community, and I can't wait to see its completion.

This past month also marked numerous grant awards to the city. Lighthouse Holyoke was one of thirteen community-based organizations in Massachusetts to be awarded the Restorative Justice Community Grant by the Healey-Driscoll Administration which amounted to over \$25,000 and the Holyoke police department received over \$49,000 in funds from Edward J. Burns Justice Assistance Grant. This money will go towards funding some of the city's unmet safety priorities. Holyoke Public Schools also received over \$150,000 in grant money to go towards training and retaining a diverse and committed workforce so that the students of Holyoke can have the best education possible. A big congrats to all these grant recipients!

My office continues to hold monthly office hours here at the Holyoke COA on the third Wednesday of each month from 10:00am to 11:00am. Office hours are a great opportunity to share questions, concerns, or just drop by to say hello!

If you can't make our offices hours or need assistance sooner, I can always be reached at my email: john.velis@masenate.gov or by phone: (413) 572-3920. You can also find me online at senatorjohnvelis.com where you can sign up for my newsletter!

Happy Holidays,
Senator John Velis



STAFF LIST

Executive Director

Navae Rodriguez

Assistant Director

Eileen Maginnis

Social Workers

Magdaly Martinez

Yoeimilis Roman

Wellness Coordinator

Tricia Zoly

Wellness Instructor

Karen Saczawa

Dispatcher

Jennifer Rivera

Drivers

Richard Perez

Miguel Vazquez

Volunteer Coordinator

Joyce Lunardini

Kitchen Supervisor

Christopher Tanguay

Kitchen Assistant

Jone Messmer

Maintenance

Luis Torres

Gym Attendant

Len Brouillette

PLEASE CHECK IN WHEN VISITING

Not only does certain funding rely on the numbers, but 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.

REGÍSTRESE AL VISITAR

No sólo la financiación depende de los números, sino que cuantos más visitantes utilicen sus tarjetas magnéticas del COA para registrarse cada día, mejores datos recibiremos para ofrecer una programación más pertinente y ayudarnos a ver qué actividades disfrutamos más. Por favor, asegúrate de registrarte en cualquier actividad en la que participes, o simplemente como "Drop-In" si sólo estás aquí para pasar el rato.

UPCOMING HOLIDAY CLOSURES

Monday, December 25

Closed for Christmas Day

Monday, January 1

Closed in observance of New Year's Day

Monday, January 15

Closed for Martin Luther King, Jr. Day



PRÓXIMOS CIERRES POR VACACIONES

Lunes 25 de diciembre

Cerrado por Navidad

Lunes 1 de enero

Cerrado por Año Nuevo

Lunes 15 de enero

Cerrado por Martin Luther King, Jr. Day



Todas las actividades tienen lugar en el Holyoke Senior Center a menos que se indique lo contrario. Para más información, o para inscribirse en una clase, por favor ver a alguien en la recepción o llame al 322-5625.

ONGOING ACTIVITIES

PARTAKE FROM HOME! Classes with an asterisk (*) next to them are also available on Zoom. Email Eileen Maginnis at maginnise@holyoke.org to sign up for our weekly email update that includes all of the Zoom links. **All classes & activities are free for participants, but we welcome donations from those who enjoy partaking and are able to contribute.** Health & wellness programs are also generously sponsored in part by Holyoke Medical Center.



MONDAY

- 8:30am** : Healthy Joints Exercise *
- 10:00am** : Healthy Joints Exercise *
- 11:15am** : Senior Strength *
- 12:30pm** : Band Rehearsals
- 1:00pm** : Chair Volleyball
- 1:00pm** : Watercolor Painting
- 5:00pm** : Yoga en Español
Zoom only

TUESDAY

- 8:15am** : Balance & Agility *
- 9:00am** : Osteo Exercise *
- 9:30am** : Painting
- 10:00am** : Course in Miracles
- 10:00am** : Needles & Hooks
- 10:15am** : Balance & Agility *
- 11:00am** : Move to the Music *
- 12:30pm** : Cornhole
- 12:30pm** : Writing Your Life Story
- 12:30pm** : Mah Jongg (on hiatus for December)
- 1:00pm** : Zumba
- 2:00pm** : Chair Yoga *
- 3:00pm** : Mat Yoga *

MEET YOUR PUBLIC OFFICIALS

Three opportunities a month to bring your questions, concerns, or compliments straight to your local representatives.

Elder Affairs Officer Manny Rivera

1st Tuesday of the month at 11am

State Representative Pat Duffy

2nd Monday of the month at 11:30am

State Senator John Velis

3rd Wednesday of the month at 10am

WEDNESDAY

- 8:30am** : Healthy Joints Exercise *
- 9:00am** : Chair Massage - 1st & 2nd Wed.
- 9:00am** : Line Dancing: Beginner
- 9:30am** : Blood Pressure Clinic
- 10:00am** : Healthy Joints Exercise *
- 10:00am** : Line Dancing: Intermediate
- 11:15am** : Senior Strength *
- 12:30pm** : Senior Sing!
- 12:30pm** : Pitch
- 1:00pm** : Golden Senior Club

THURSDAY

- 8:15am** : Balance & Agility *
- 8:30am** : Garden Club (on hiatus for the season)
- 9:00am** : Osteo Exercise *
- 9:30am** : Painting
- 10:00am** : Stroke & Aphasia Support Group
- 10:15am** : Fun & Fit *
- 11:15am** : Meditation in Motion *
- 12:00pm** : Model Train Club
- 12:30pm** : Cornhole
- 12:30pm** : Pitch
- 1:00pm** : Reunión Social

FRIDAY

- 9:00am** : Ceramics
- 9:00am** : Foot Care - 3rd & 4th Fri.
- 10:00am** : Chair Yoga *
- 12:30pm** : Mah Jongg
- 1:00pm** : Bingo

Cards must be purchased by 12:45pm

OTHER MONTHLY HAPPENINGS

COA Board of Directors Meeting

2nd Friday at 10am

COA Friends Board Meeting

3rd Tuesday at 2pm

Crescent Button Club

1st Wednesday at 10am

Rainbow Social Club

1st Wednesday at 4:00pm

Book Club

2nd Wednesday at 11am