

GILL MONTAGUE SENIOR CENTER

62 Fifth Street, Turners Falls (413) 863-9357

Why visit the Senior Center? Studies show that healthy and independent aging is most dependent on three main lifestyle factors: fitness, nutrition, and socializing. The programs and services at the Gill Montague Senior Center are driven by these three factors.

www.gillmontaguecouncilonaging.org

- The Senior Center is open Monday through Friday from 9:00 AM to 2:00 PM. You can drop in for a coffee and a chat or you can participate in any of our programs. There is no formal membership. Everyone 55 or older is welcome.
- There are Aerobics classes with Linda Allis Mondays, Wednesdays, and Fridays at 10:15 AM. There are chair exercise classes on Mondays, Wednesdays, and Fridays at 11:00 AM for those for whom prolonged standing is difficult.
- The Council on Aging Director (Roberta Potter; hours Monday through Thursday 10:00 AM to 2:00 PM) is available to help with Fuel Assistance applications, Brown Bag Program applications, benefits counseling, and other information and resource referrals.
- The Senior Center always has free coffee and tea for anyone who drops in provided by the Friends of the Senior Center and we get the Recorder delivered daily
- There is a large circulating free book exchange at the Senior Center
- We always have a jigsaw puzzle set up and puzzles to loan or exchange.
- Our copy machine is free for the first 12 copies
- We have a knitting / needle arts circle that meets on Tuesday mornings at 9:30 AM
- Weekly Senior Center schedules are published in the Friday Montague Reporter
- The Senior Center is open on most holidays. We do close on New Year's Day, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas
- On Thursday afternoons, we have Pitch, and Five Crowns games. Other groups are welcome to form. We have the card tables, the cards, and the board games.
- Nearly every month, the Council on Aging puts on an entertainment or informational program
- Twice a year, the Senior Center hosts multi-week Healthy Living Workshops produced and presented by Lifepath, our local Area Agency on Aging.

- Our local Veterans' Agent has office hours the first and third Wednesdays of every month from 9 am to 11 am
- We have a document & credit card shredder you can use
- We handle the Food Bank of Western Mass Brown Bag food distribution for low income seniors on the first Thursday of every month at the Senior Center. You may apply at the Senior Center.
- The Western Mass Food Bank brings a mobile Food Pantry to the Senior Center parking lot on the third Wednesday of the month between 1:30 and 2:30 pm. This pantry is free and open to anyone who needs it, no income questions asked, all ages.
- The Friends of the Gill Montague Senior Center is an advisory and fundraising group for the Senior Center. The Friends raise money to support programs, make improvements, provide refreshments and services, and volunteer at the Center. New members are always welcome.
- The Friends of the Senior Center sponsor a monthly pizza party and a monthly potluck lunch at the Senior Center. Everyone is welcome, sign up by phone (863-9357) or in person
- Andrea Chesnes teaches chair yoga classes Thursday mornings and mat yoga on Wednesday afternoons. In fine weather, the yoga class meets outside at the Discovery Center Call the Senior Center at 863-9357. for more information and a precise schedule
- All exercise classes are funded by the Massachusetts Executive Office of Elder Affairs. \$1.00 donations are accepted but not required
- The Senior Center has one part-time paid staff member. All other programs and services are capably and generously managed by dedicated and talented volunteers
- Montague has 2773 citizens over 60 and Gill has 641 citizens over 69 according to the 2020 U.S. Census.
- 450 to 500 seniors participate in Senior Center activities or attend Senior Center programs annually. They are between 55 and 98 years old
- The Senior Center has computers for public use and wireless internet
- There are monthly foot care sessions with an RN from Foot Care by Nurses \$20.00 with the balance of the fees paid with funds from the Executive Office of Elder Affairs
- The Gill Montague Council on Aging comprises five appointed residents of each town. The Council meets bi-monthly on the second Tuesday of the month and meetings are open to the public. The Councils provide supervision and advice for the Council on Aging Department and the Senior Center. Members are asked to attend a bi-monthly meeting and to be actively engaged or to volunteer at the Senior Center or for the Council on Aging in other ways.
- Our monthly calendar is published on our website gillmontaguecouncilonaging.org and you may reach the director by e-mail at coa@montague-ma.gov

Please visit us. We are very casual and our doors are open to all seniors (or close to seniors). We're open Monday through Friday 9 am to 2 pm at 62 Fifth Street in Turners Falls. We welcome your comments and suggestions as well. .