

## MISSION STATEMENT

The mission of the Fitchburg Senior Center/Council on Aging is to identify and meet the needs of our senior population in the surrounding community. The Senior Center works with state and local organizations to enhance the quality of life of our elders through available resources such as: information and referral, educational and life enrichment programs, as well as, social and community events. We offer daily nutritious meals through MOC and assistance with transportation through MART.

## HISTORY OF THE ARMORY

The Armory's long history begins with the main part of the building in 1891 being built for the Massachusetts volunteer Militia, to which the letters M.V.M. are still on the front of the building.

In 1914 the City bought more land and gave it to the State who remodeled the interior and built the addition in the back. On the site of the addition stood an old wooden building which was torn down and had been Fitchburg's first public bath-house since the early 1850's.

In 1916, during World War I when the Militia was in France, Fitchburg formed three companies of civilian soldiers who were either too old or otherwise unsuitable for combat and called themselves the "Home Guard". During World War II the name Massachusetts Volunteer Militia was changed to the National Guard. By 1964 the Armory no longer met modern demands and the idea of a new Armory seemed unlikely.

## Fitchburg Senior Center

14 Wallace Ave.

Fitchburg, MA 01420

978-829-1790

Executive Director - Joan Goodwin

Principal Clerk - Jennifer Brennan

Receptionist - Kathy Deery Cote

Program Coordinator - Erin Rice

Building Maintenance - Mike Brown

MOC Meal Site Manager - Sally Brown



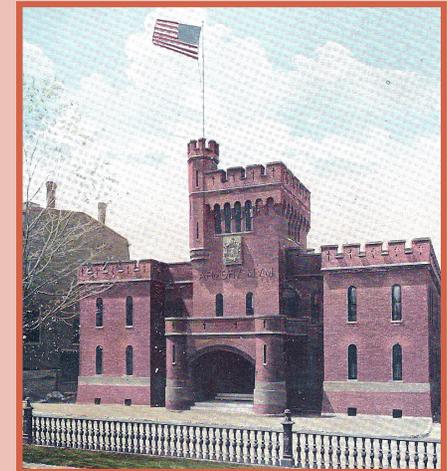
Fitchburg, MA Senior Center

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*Senior Center Hours are:*

*8:30am to 4:30pm*

*Monday-Friday*

*Closed Holidays*

*MOC Meal Site Daily*

*To reserve a meal please call the*

*day before by 11:30am*

*at 978-345-8504*

## SERVICES

- \* **Information and Referral Services**
- \* **SHINE Appointments Available**
- \* **Volunteer Opportunities**
- \* **Meal Site**—Nutritious, hot meals are served every day through MOC. Please call in advance to schedule your meal 978-345-8504.



- \* **Transportation**—MART provides rides to Seniors. To register please call the Senior Center 978-829-1790. Must be 60 or older. To schedule rides please call MART at



978-345-7711 x 3. MART also provides out of town transportation to Worcester & Boston please call MART

978-345-7711 x 3 for more information.

## ACTIVITIES

Shuffle Board, Trivia, Movie Time, Coed Cribbage, BINGO, Cards, Art Classes, Crafting Groups, Experienced Mahjonn, Dominoes, Retired Men's Club, Ladies' Cribbage, Creative Arts w/MacArts, Puzzles, Ping Pong, Pool Table



## LIFE ENRICHMENT PROGRAMS

- \* Tech Support w/ Jennifer
- \* Trips
- \* Creative Writing Group
- \* Library - Open to the public



- \* Spanish Classes - Beginner and Intermediate
- \* Free Wi-Fi
- \* Support Groups
- \* Guest Speaker and Presentations on a variety of topics

## EXERCISE & HEALTH PROGRAMS

- \* Free Blood Pressure Clinic
- \* Zumba Gold
- \* Chair Yoga
- \* EZ Movements
- \* Line Dancing
- \* Tai Chi
- \* Walking Club
- \* Yoga & Meditation



Yoga class



### Sixty or over?

#### Come see what we're all about!

The Fitchburg Senior Center has many other activities, trips, speakers, entertainment and events going on all year long. Check the local newspaper or our "Focus" Newsletter for further information or call 978-829-1790.



### Hall Rentals

As part of our community outreach, the hall at the Senior Center may be rented for any major events such as: receptions, graduation parties, birthday parties, etc.

*Please call for more information!*

*(978) 829-1790*