

The Scantic Scribe



JULY 2024

HAMPDEN SENIOR CENTER

104 ALLEN STREET

413-566-5588 (phone); 413-566-2103 (fax)

Website: www.hampdenma.gov



FREE WI-FI



Please let us know if you would like to receive this newsletter via email.

Call us with your email address!

HOURS: Monday - Friday 8:30AM-3:30PM

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Tina Doran, Administrative Assistant & Volunteer Coordinator
scribe@hampdenma.gov

Diane Marino, Activities Coordinator
activities@hampdenma.gov

Sharon Woodin & Joi Giuggio, Receptionists
receptionist@hampdenma.gov

Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney
Vice Chair: Deanna Vermette
Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Rep to GSSI: Cheryl Delviscio
Cliff Bombard, Monique Downey,
Juanita Markham, Anne-Marie Villamaino

COA BOARD MEETING:

Tuesday, July 9th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Mondays, July 8th & 22nd at 11:00 am
In PERSON or VIA ZOOM
ZOOM Meeting ID: 82653444250
ZOOM Password: 782446

Thank you for your support...

Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund, and our Senior Center.

We appreciate your support of our essential programs and services.

Greetings!

We have already experienced our first heat wave of the season. Please be sure to use caution in the heat, drink a lot of water, wear sunscreen and a hat and stop into the air conditioned senior center to cool off!

This month, like every other, is packed with great programs and activities for you to participate in. Please remember to sign up in advance for programs and classes so we know you are coming.

The Hampden Senior Center is proud to partner with the Pleasantview Senior Center and the Longmeadow Adult Center to raise money for the Alzheimer's Association.

Please join us for several great events to benefit this important organization.

Alzheimer's diseases touches so many and this is a small way for our communities to give back and raise money for research and hopefully a cure!

Enjoy the summer sun and we hope to see you soon,

Becky.....



Alzheimer's Fundraiser Dinner Dance

Saturday, July 20th, 5:30 to 9:00 pm

Join us for a fundraiser dinner dance with entertainment provided by **Off The Record**.

Cost is \$30.00 prepaid, per person. Includes Appetizers, Chicken Francaise, Rice & Green Beans, Dessert, and one Complimentary Cocktail. There will be a Cash Bar, and Raffle Basket tickets will be sold now through the end of July.

Prize winners will be notified.

Reserve and purchase your tickets today by calling 566-5588.

Sponsored by Brodeur-Campbell Fence Co., Monson Savings Bank, Tudor House.

Please make checks payable to: Friends of Hampden Senior Citizens.

All proceeds will benefit the Alzheimer's Association.



Here's the Scoop...

Thursday, July 25th, 12:30 pm

is National Hot Fudge Sundae Day!

So what better way to celebrate than to indulge in a hot fudge sundae? This is our treat! But space is limited, so please call 566-5588 to sign up.

Sponsored by Loomis Lakeside at Reeds Landing



Grab and Go Dinner

Thursday, July 25th


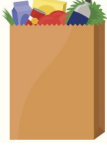
pick up is 2:00 pm to 2:30 pm

Enjoy a delicious dinner of Turkey Casserole, Salad, Bread, and Dessert

Cost is \$5 per person. Please call 566-5588 starting July 1st to order your dinner.

Outreach Updates

The Outreach Office is your resource center for information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc. The Outreach Program is partially funded by a grant from the Executive Office of Elder Affairs & Greater Springfield Senior Services. **Contact Wendy at 566-5588 or email outreach@hampdenma.gov for information.**

- SNAP:** **NEW INCOME GUIDELINES:**
1 person household—\$2,510; 2 person household—\$3,407
 Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet monthly income guidelines.
 
- Brown Bag:** **INCOME GUIDELINES:**
1 person household—\$2,510; 2 person household—\$3,407
 Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet monthly income guidelines.
PICK-UP TIME is between 12:30—1:30 pm. Next pick-up is: Tuesday, July 16th.

- Registry of Motor Vehicles:** **Beginning May 7th, 2025,** every air traveler 18 years of age and older will need a REAL ID compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA acceptable form of ID at airport security checkpoints for domestic air travel. If you have RMV related questions, or need help with processing RMV applications online, please call Wendy at 566-5588 to make an appointment.



ATTENTION SNAP RECIPIENTS

If you are currently receiving SNAP benefits, you are eligible to receive a pre-packed bag of items from the *Personal Needs Closet*. The bag will include everyday essential items such as toilet paper, paper towels, toothpaste, bars of soap, deodorant, dish soap, laundry detergent and disinfectant wipes. Items in the bag will vary from month to month.

One (1) bag per month per person will be available.

You must bring proof of SNAP benefits/EBT card when you come to pick up your bag.

Bags will be available for pick up on Mondays from 10:00 am - 2:00 pm.

If you are unable to come during this time, please contact Wendy at 566-5588 to schedule an alternate pick up time.



MEMORY CAFÉ - EVERY FRIDAY AT 10:00 AM

The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers, family, or friends, to gather in a safe, supportive and engaging environment. Please call Wendy at 566-5588 if you would like more information about the café.

Sponsored by:

Friends of Hampden Senior Citizens, and private donations.



CAREGIVER SUPPORT GROUP

via ZOOM or PHONE

Tuesday, July 16th at 6:00 pm

Are you caring for a loved one with dementia or other related memory impairments? This support group is a great way to get help. Call Wendy at 566-5588 for information.



D & R Farm **Summer Farm Share**



D & R FARM is offering fresh produce weekly, **FREE with SNAP/HIP if you qualify!**

If you do not qualify for SNAP/HIP you may purchase a share for \$40 cash per month.

New applications for Summer Farm Share are required.

Contact Wendy if you haven't submitted your application.

Please let us know if you need your shares delivered.

Shares are limited. To sign up, please call Wendy at 566-5588, or email outreach@hampdenma.gov.

PICK-UP Wednesdays, July 3rd, 10th, 17th, 24th & 31st.



D & R Farm Farmer's Market **Once a month**



Thursdays, from 9:00 am to 1:00 pm

July 25th, August 22nd, and September 26th

Fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more! SNAP and HIP are accepted.

Thank you to the Friends of Hampden Senior Citizens, and The Hampden Garden Club for their generosity in helping to beautify The Hampden Senior Center.

Make sure to stop by, pull up a rocking chair, and enjoy our gardens.



Get Help Paying Medicare Costs

What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare Beneficiaries who meet the following limits:

You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month
NEW AS OF MARCH 1, 2024: THERE IS NO ASSET LIMIT	

For more information or to apply, contact SHINE Counselor, Becky Moriarty at 566-5588.



HELP US STOCK OUR SHELVES with Disinfecting Wipes!

Thank you to those that donated toothpaste last month. Every month we will target a different item to help fill monthly Personal Needs Bags.

Due to space constraints, please refrain from purchasing warehouse size items.



Meet your Veteran Service Officer Jason Burgener

**Wednesday, July 3rd at 9:30 am
at the Hampden Senior Center.**

Coffee and light refreshments will be provided.

**Jason's office hours at the Hampden Townhouse
are Wednesdays, 9:00 am to 4:00 pm.**

Please call Jason directly at 413-640-0540
to schedule an appointment.



Did you know we have...

Chair Massage with Mindy

Tuesdays July 2nd & 16th, \$10 for 10 minutes.
Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month by appointment.
Please call 566-5588 for appointment and pricing.



Manicures with Cat

**Please call Cat directly at 413-335-7422
for appointment and pricing.**

Gift Cards are Available



FREE Blood Pressure Clinic:

Walk in 9:15 am to 10:45am

Tuesdays with Ann Maggio, RN

Thursdays with Karen Blair, RN



Transfer Station Bags

Available at the Hampden Senior Center

Bags are sold in packages of 10

Small Bags (16 gallon) \$15

Large Bags (33 gallon) \$30



Tri-Town Trolley Transportation Services

Operates for Hampden, East Longmeadow, and Longmeadow older adults.

Monday - Friday, 9:00 am - 3:00 pm

Grocery store trips will only be scheduled on Wednesdays and Thursdays with a 3 bag limit on the van.

A 72 hour notice is required for scheduling rides.

*As soon you schedule a medical appointment, please call **525-5412** to schedule a ride.*

\$2 each way for in-town rides, \$4 each way for out-of-town rides

Please have exact change. Thank you.





Create a Greeting Card with Ellie!

Come and discover endless possibilities for creating your own personal greeting cards.
Meet new friends, and learn new techniques each month.

Monday, July 1st, 1:00 pm to 3:00 pm

Cost is \$3.00 per person. All materials are provided.
Please call 566-5588 to reserve your seat, space is limited.



Crafting with Sheree

This month, we're making a set of (4)
Diamond Dotz Coasters that comes with its own rack.

Tuesday, July 16th, 12:30 pm to 3:00 pm

Cost is \$15 per person, all supplies will be provided.
Please call 566-5588 to reserve your spot. Space is limited.



Learn to Play the Recorder with Sue

Our Ukulele Instructor, Susan Mc Hand
would like to share her love of playing the Recorder.

Cost is \$3 per class for a half hour lesson,
paid to the instructor.

Recorders can be purchased for \$10. Please let us know if you
need to purchase an instrument when signing up for the class.

**Ongoing weekly classes beginning June 24th,
Mondays, 12:15 pm to 12:45 pm**

Please call 566-5588 to reserve your spot, and instrument if
needed. Space is limited.



Learn to Play the Ukulele with Sue

Existing students or anyone with experience will meet
Mondays, 1:00 pm to 2:00 pm.

We are adding a new Ukulele class for **Beginners**
Mondays, 2:00 pm to 3:00 pm

Cost is \$5 per class, paid to instructor. Accepting new students.
Please call 566-5588 to reserve your spot. Space is limited.



"African Drumming" with Jason

12-week session through July 26th.
Accepting New Students. No class July 5th.

Fridays at 2:15 pm to 3:15 pm

New students are welcome. Cost is \$6 per class.
Please call 566-5588 to reserve your spot. Space is limited.



Trips with Bobbi

**A minimum of 40 travelers are needed for any
trip to run. Flyers available at the Senior Center/via email.**

July 10, Wed - Log Cabin; "Margaritaville" Jimmy Buffet Tribute,
Choice of Twin Lobster or Prime Rib; \$92pp - Self-Drive Only
Full payment due June 14. WAIT LIST ONLY.

Aug 6, Tue - Mt. Washington/Cog Railway; box lunch at train;
1 hour stop at Summit for Gift Shop and Observatory; \$180pp.
Full payment due July 19.

Aug 26, Mon - Newport Playhouse; "Nunsense: A Musical,"
buffet lunch, show, cabaret; \$125pp. Full payment due Aug 7.

Oct 23, Wed - Fall Foliage Trip - American Heritage
Museum in Hudson; Lunch at O'Connor's Restaurant in
Worcester (menu choice on flyer); Wine Tasting at Hardwick
Vineyard & Winery in Hardwick; \$135pp. Full payment due
October 3.

Nov 11, Mon - Radio City Rocketts

Family-style lunch at Carmine's Restaurant in Times Square.
Orchestra seats, 2:00pm matinee Christmas Spectacular; dinner
stop on our own; \$263pp. Full payment due October 6.

Dec 11, Wed - The Aqua Turf Club

"Deck the Halls Christmas" with Buddy Holly & Elvis;
family-style lunch; \$131pp. Full payment due November 20.

Coach seat assigned upon receipt of your \$20 deposit
(unless otherwise noted). Please write a separate check for
each trip, made payable to: **Bobbi Grant**
Please note trip name on memo line of your check.

**Questions/comments, please call Bobbi at 413-566-8271
or email bobbijg2@charter.net**

LET'S JAM!

We are looking to get a group of musically inclined
people together to start a weekly jam session this Fall.

Let us know if you would be interested in joining a group
in a casual, laid back, but fun setting to share
your talent with good company.

Please call 566-5588 so that we can start a list of anyone
who would like to JAM!

Let us know your
what your musical talent is.



Senior Center Activities

Please call 566-5588, or drop in to sign up for activities. If you have any questions or suggestions for new activities, please call Diane or email her at activities@hampdenma.gov.

ACRYLIC PAINTING with Nan Hurlburt

Thursdays, 10:00am-12:00pm & 12:30pm -2:30pm \$20/per class, includes materials.

Space is limited. Call to sign up.



BILLIARD ROOM

Mondays, Wednesdays, Fridays: Open Play
Tuesdays, 9:00am-12:00pm: Women's No Rules Play
Thursdays, 9:00am-12:00pm: Men's Play

BINGO Thursdays, 12:30pm-2:30pm, \$.50 cents a card.

BLOOD PRESSURE SCREENING

Tuesdays and Thursdays, 9:15am-10:45am.

BRIDGE Mondays, 9:30am-12:00pm.

New experienced players welcome.



BUNCO Tuesdays, 12:00pm-3:00pm.

New people welcome, will teach.



CARD MAKING with Ellie Monday, July 1st.

1:00pm-3:00pm. Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE

Tuesdays, July 2nd, 16th & 30th. \$10 for 10 minutes.
Please call for appointment.

COMMON THREADS

Mondays, 1:00pm-2:00pm; Call for more information.

CRIBBAGE - Please call if interested.

DRUMMING - Accepting new students.

Fridays, 2:15pm-3:15pm.

12-week session through July 26th. No class July 5th.

\$6 per class.

FACIALS with Diane Neill Thursday, July 11th.

2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE

On hold until further notice.

FUNCTIONAL FITNESS with Sue Kent

Tuesdays and Thursdays, 12:00pm-1:00pm, \$5 per class.

KNITTING/CROCHETING Mondays, 9:00am-10:30am.

New people welcome, will teach.

MAHJONG Fridays, 10:30am-3:00pm,.

New people welcome, will teach.

MANICURES with Cat by appointment only.

Please call Cat directly at 413-335-7422 for appt. and pricing.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MEXICAN TRAIN DOMINOES Thursdays, 12:30pm-3:00pm

MOVIES: Mondays at 12:30pm.

7/1 - The Adam Project, PG-13, Action/Adventure/Comedy

7/8 - Like Father, TV-MA, Comedy/Drama

7/15 - The Swimmers, PG-13 Biography/Drama/Sport

7/22 - Home Team, PG, Comedy/Sport

7/29 - Mission Impossible, PG-13, Action/Adventure/Thriller



MUSIC CLASSES with Sue McHand Mondays

Recorder: 12:15pm-12:45pm 30 minute class

\$3.00 per class paid to instructor.

Ukulele: 1:00pm-2:00pm - Existing Students

\$5 per class paid to instructor.

Beg. Ukulele: 2:00pm-3:00pm - No Experience

\$5 per class paid to instructor.

PITCH Wednesdays, Sign up is at 12:00pm.

Play time begins promptly at 12:30pm.

QUILTING Fridays, 9:00am-3:00pm.

New people welcome.

RUMMIKUB Wednesdays, 12:30pm-2:30pm.

New people welcome, will teach.

SENATOR/STATE REP HOUR

Wednesday, July 24th, 10:30am-11:30am.

4th Wednesday of every month.

TAI CHI with Heather Duncan Mondays, \$5 per class.

Advanced Session - 9:15am-10:15am.

Beginners Session - 10:30am-11:30am.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

WATERCOLORS with Chris Sterritt is taking a break for Summer and will begin a new 10-week session starting September 11th through November 13th.

Morning Session, 9:30am-12:00pm.

Afternoon Session, 12:30pm-3:00pm.

WEIGHT TRAINING with YMCA

Tuesdays and Thursdays, 9:30am-10:30am.

Save money and purchase a 10-class punch card for \$40 at the Senior Center or pay \$5 per class. Please pay cash, or make checks payable to: YMCA of Greater Springfield.

YOGA with Sue Kent \$5 per class paid to instructor.

Chair Assist: Tuesdays and Thursdays, 11:00am-12:00pm.

Mat Yoga: Tuesdays and Thursdays, 1:00pm-2:00pm.



The Hampden Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Hampden Senior Center in writing.

Please call
413.566.5588 for
additional information

July 2024

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
1 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:15 Recorder 12:30 Movie 1:00 Card Making 1:00 Common Threads 1:00 Ukulele - Adv 2:00 Ukulele - Beg	2 <u>Chair Massage</u> by Appt 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga	3 9:30 Vets Coffee Hour 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	4 CLOSED 	5 9:00 Quilting 10:00 MEMORY CAFÉ Cancelled 10:30 Mahjong 12:00 Lunch 2:15 Drumming Cancelled
8 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:15 Recorder 12:30 Movie 1:00 Common Threads 1:00 Ukulele - Adv 2:00 Ukulele - Beg	9 9:00 COA Board 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga	10 9:30 Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	11 <u>Facials by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga	12 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
15 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:15 Recorder 12:30 Movie 1:00 Common Threads 1:00 Ukulele - Adv 2:00 Ukulele - Beg	16 <u>Chair Massage</u> by Appt 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Craft with Sheree 12:30 Brown Bag 1:00 Mat Yoga 6:00 Zoom Support	17 9:30 Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	18 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga	19 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
22 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:15 Recorder 12:30 Movie 1:00 Common Threads 1:00 Ukulele—Adv 2:00 Ukulele—Beg	23 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga	24 8:30 Collate Scribe 9:30 Farm Share 10:00 Trivia 10:30 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub	25 9:00 Men's Bil- liards 9:00 Farmer's Market 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga	26 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
29 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:15 Recorder 12:30 Movie 1:00 Common Threads 1:00 Ukulele—Adv 2:00 Ukulele—Beg	30 <u>Chair Massage</u> by Appt 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga	31 9:30 Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed—else like a flower cut from its life-giving roots, it will wither and die. <i>Dwight D. Eisenhower</i>	

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413-566-5588

July 2024

LUNCH MENU

**Lunch served daily at
12pm. RSVP by 11am
the day before by
calling 566-5588**

Mon	Tue	Wed	Thu	Fri
<div>1</div> <div>Cheese Lasagne w/Meat Sauce* Green Beans Oatnut Bread Chilled Pineapple</div> <div>Cal:740 Carb:97 Na:935</div>	<div>2</div> <div>Butter Crumb Fish Steamed Broccoli Roasted Red Bliss Potatoes Whole Wheat Bread Fresh Fruit</div> <div>Cal:608 Carb:75 Na:747</div>	<div>3</div> <div>Pot Roast w/Gravy Tossed Salad w/Italian Garlic Mashed Potatoes Whole Wheat Bread Brownie</div> <div>Cal:945 Carb:103/75 Na:817</div>	<div>4 Closed</div> <div></div>	<div>5 4th of July BBQ</div> <div>*High Sodium Day Hot Dog w/Bun* Coleslaw Baked Beans Ketchup/Mustard Red White & Blue Cake</div> <div>Cal:792 Carb:84 Na:1427</div>
<div>8</div> <div>Breakfast Sausage Scrambled Eggs Potatoes O'Brien Cherry Snack Loaf Spiced Apples /Syrup</div> <div>Cal:797 Carb:90 Na:1054</div>	<div>9</div> <div>Tuna Noodle Casserole Parslied Carrots Whole Wheat Bread Pudding w/Topping</div> <div>Cal:612 Carb:81/77 Na:1118</div>	<div>10</div> <div>Turkey Taco Plate Tossed Salad W/Ranch Yellow Rice Sour Cream Tortilla Chips Chilled Pineapple</div> <div>Cal:799 Carb:73 Na:898</div>	<div>11 High Sodium Day*</div> <div>Steak & Cheese Sandwich Onions & Peppers Potato Salad Hot Dog Bun Cookies</div> <div>Cal:763 Carb:69 Na:1322</div>	<div>12</div> <div>Chicken Marsala Steamed Broccoli Parslied Penne Pasta Whole Wheat Roll Fresh Fruit</div> <div>Cal:618 Carb:92 Na:913</div>
<div>15</div> <div>"Lazy" Stuffed Cabbage Peas & Onions Whole Wheat Bread Rice Krispie Treat</div> <div>Cal:635 Carb:70 Na:561</div>	<div>16</div> <div>Swedish Meatballs Summer Blend Veg Egg Noodles Oatnut Bread Fresh Fruit</div> <div>Cal:850 Carb:100 Na:665</div>	<div>17 Cold Plate</div> <div>Chef's Salad* w/Italian Ham & Turkey Celery Salad Whole Wheat Bun Chilled Peaches</div> <div>Cal:567 Carb:57 Na:1109</div>	<div>18</div> <div>Lemon Chicken Parslied Carrots Roasted Red Potatoes Whole Wheat Bread Chilled Pineapple</div> <div>Cal:610 Carb:94 Na:583</div>	<div>19</div> <div>Sloppy Joe Potato Salad Sun Chips Wheat Hamburger Bun Jello w/Topping</div> <div>Cal:785 Carb:78/76 Na:1048</div>
<div>22</div> <div>Chicken Pot Pie California Blend Veg Biscuit Topping Pear Chrisp</div> <div>Cal:608 Carb:65 Na:676</div>	<div>23</div> <div>Hamburger w/Cheese Onions & Mushrooms Macaroni Salad Wheat Burger Bun Ketchup Chilled Applesauce</div> <div>Cal:647 Carb:75 Na:989</div>	<div>24 Cold Plate</div> <div>Ham & Swiss Citrus Carrot Salad Red Bliss Potato Salad Hamburger Bun Fresh Fruit</div> <div>Cal:783 Carb:84 Na:1038</div>	<div>25 Birthday Meal</div> <div>Turkey w/Gravy Herbed Green Beans Mashed Potatoes Whole Wheat Bread Birthday Cake</div> <div>Cal:656 Carb:89 Na:909</div>	<div>26</div> <div>Shrimp Scampi* Steamed Broccoli Spaghetti Noodles Whole Wheat Roll Jello w/Topping</div> <div>Cal:612 Carb:61/59 Na:919</div>
<div>29 Cold Plate</div> <div>Egg Salad Three Bean Salad Broccoli Slaw Whole Wheat Bread Raisins</div> <div>Cal:740 Carb:81 Na:1023</div>	<div>30</div> <div>Beef Stroganoff Brussel Sprouts Egg Noodles Multigrain Bread Pudding w/Topping</div> <div>Cal: 818 Carb:114/110 Na:815</div>	<div>31</div> <div>Crab Cake* w/Tartar Steamed Corn Coleslaw Whole Wheat Bread Fresh Fruit</div> <div>Cal:531 Carb:97 Na:1137</div>	<div>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</div> <div>Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)</div>	
				<div>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</div> <div>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</div>



August Pop Up Boutique Get Ready to Shop!

Whether you want to get an early start with your holiday shopping, or you're just looking for a bargain, you can shop the whole month of August right here, at the Hampden Senior Center!

We will be accepting donations of new and gently used clothing & accessories, jewelry, shoes, home décor, household items, books, and puzzles.

Due to space constraints, we are unable to accept large items.
If you have any questions, please call the Senior Center first, before bringing your items in.

Drop off for donated items will begin on Wednesday, July 10th.

All proceeds for sale will benefit the Hampden Senior Center Building Expansion Fund.



Friends of Hampden Senior Citizens Hartsprings Fundraiser

Your donation helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but it also helps to fund all the amazing programs at the Hampden Senior Center!

Items accepted in the Purple Bin outside the Senior Center:

- All cloth items, • Clothing (all sizes, styles, ages, and genders), • Bedding and Draperies (NO BED PILLOWS), • Shoes
- Small Appliances, • Electronics, • Kitchenware, • Household Goods • Sporting Goods, • Toys,
- Books (NO Encyclopedias, Textbooks, or Library Books)

During normal business hours (M-F, 9-3) if you drop items off and the bin is full, please stop in and let a staff member know.

PLEASE DO NOT LEAVE ITEMS OUTSIDE OF THE BIN. Thank you!

Only use tall kitchen size garbage bags or smaller for your donations to fit in the bin. If the bin is full, please bring your donations to our front office and we will make arrangements to have your items picked up.

FRIENDS OF HAMPDEN SENIOR CITIZENS 2024 ANNUAL MEMBERSHIP DUES & DONATION FORM

Use this form to **JOIN THE FRIENDS, PAY ANNUAL DUES, OR MAKE A DONATION!** The Friends is a non-profit organization established to assist in the funding of programs and activities to promote the dignity and well being of Hampden Seniors. All "FRIENDS" are volunteers, including the directors. Membership is open to persons of any age from any location. If you desire to become a member, wish to renew your membership, or make a donation please complete this form.

Please make checks payable to "FRIENDS OF HAMPDEN SENIOR CITIZENS" and mail to:
Friends of Hampden Senior Citizens, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the Senior Center.

☐ Please check this box if you are paying your annual **FRIENDS OF HAMPDEN SENIOR CITIZENS** 2024 membership dues of \$5.00. *Membership Dues payments are not tax deductible and will not be acknowledged with a receipt of payment.

Donation From: _____ Address: _____ Donation Amount: \$ _____

In Honor Of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Use donation for: Memory Café _____ Food Pantry _____ Emergency Fuel Fund _____ Programs & Activities _____

General Needs _____ Building Fund _____ Other (Specify) _____

_____ Please check here if you would like a donation receipt for your taxes and provide your email address (if applicable).

Email: _____

We appreciate your support!



**Come join the Hampden Assessor's Office
to learn about Real Estate Tax Exemptions
Wednesday, July 24th at 10:30 am**



Kelly McCormick and Jane Ferrentino, from the Assessor's Office,
will be joining us to discuss the tax breaks available to seniors in Hampden.

They will be providing information on different options available
and the requirements that must be met to qualify for each type of exemption.

- Senior Exemption (Clause 41C) - 70 or older, MA resident, ownership and occupancy, income and asset based
* Exemption amount: \$750
- Veteran Exemption (Clause 22) - veteran with a service-connected disability, MA resident, ownership and occupancy
* Exemption amount: \$400
- 100% Disabled Veteran (Clause 22E) - veteran with 100% service-connected disability, MA resident, ownership and occupancy
* Exemption amount: \$1,000
- Blind Exemption (Clause 37) - certificate of legal blindness, ownership and occupancy
* Exemption amount: \$437.50
- Senior Tax Work-Off Program - 60 or older, MA resident, ownership and occupancy
* Abatement amount: up to \$2,000 per year
(applications available for this program in November at the Hampden Senior Center)
- Senior Tax Deferral (Clause 41A) - 65 or older, MA resident, ownership and occupancy, income and asset based
* Deferral amount: up to 100% of annual property taxes

There are also exemptions for Surviving Spouses and Minor Children and for Temporary Financial Hardship.
All exemption applications must be submitted annually by April 1st.

Please call 566-5588 to RSVP for this event.



Common Threads Led by Joan Thompkins, PhD

Common Threads is a group for anyone who wishes to get together to share their emotions.
Remaining socially active is one of the best ways for us to maintain mental or physical health.

The following topics may be discussed:

- ◆ How to adapt to life changes as we age
- ◆ The five stages of grief and how we deal with them
- ◆ Personal assessment of your happiness, and or sadness
 - ◆ Loneliness versus being lonely

This is an interactive group to connect and help each other.

Mondays from 1:00—2:00 pm.

There is no charge to join this group. All are welcome.
Please call 566-5588 to reserve your seat.



July/August Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available July 2nd.
Do your best, but have fun with it! Return your puzzle pack to the Senior Center
by **August 30th** for a chance to win.

Drawing will be held on July 2nd.

Congratulations to Diane Melcher, our May Puzzle Pac Winner!



Raffle to Benefit The Alzheimer's Association



Put all your tickets in one bucket for the raffle prize you most want to win or, if you can't decide, place your tickets in multiple buckets and have a chance to win multiple prizes!

These are just some of the raffle prizes you can expect:

**Art Work, Big Y Gift Basket, Grilling Basket,
Lego Set, Spa Gift Basket, Gift Bags from Added Attractions and Shoenique,
and much more!**

Prizes will be on display at The Hampden Senior Center from July 20th through August 2nd,
and at The Pleasantview Senior Center from August 5th through August 16th.

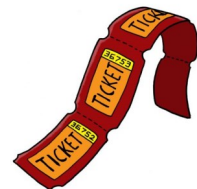
Tickets are on sale now, through the whole month of July.

Ticket price is:

1 ticket for \$1.00 or 6 tickets for \$5.00.

Drawing will be held on August 16th at 11:30 am, at The Pleasantview Senior Center.
Winners will be notified.

All proceeds will benefit the Alzheimer's Association.



Pleasant View Senior Center Trunk Sale Fundraiser

**Saturday, September 14th
9:00 am - 2:00 pm**

Rain Date: Sunday, September 15th
328 North Main Street, East Longmeadow

Come shop or set up a trunk with your household items for sale! For those that would like to sell items, parking spots are \$25 each per vendor or 2 spaces next to each other for \$40 per vendor. You keep your earnings!

All proceeds from purchased parking spaces will go to the Alzheimer's Association.

**If you are interested in being a vendor,
please contact Linda at 413.627.8509**



Join the Tri Town Team with the Hampden Senior Center and Walk to End Alzheimer's

Sunday, October 20th at 9:00 am

**Holyoke Community College,
303 Homestead Avenue, Holyoke, MA 01040**

Register online at act.alz.org and click on Find a Walk Near

You, click on Find a Team and enter Tri Town.
select Tri Town Team, follow the instructions to register.
Or, call the Senior Center and we can help you register.

*All funds raised through Walk to End Alzheimer's further the
care, support and research efforts of the Alzheimer's
Association. The Alzheimer's Association is a nonprofit
501(c)3 organization.*

All donations are tax-deductible as allowed by law.