

The Scantic Scribe



JUNE 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 GSSSI: Cheryl Delviscio

Cliff Bombard, Monique Downey,

Juanita Markham, Anne-Marie Villamaino

COA BOARD MEETING:

Tuesday, June 11th at 9:00 am

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Mondays, June 10th & 24th 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 reached the half way point to the year. Summer is upon us so be sure to sign up for our Summer Kick Off Luncheon on Thursday, June 20th. It will be a day full of great entertainment, good food and good company!

Many thanks to those who participated in our Older Americans Month programs and thanks to all of the sponsors and guest speakers who provided such great information throughout the month.

In June, as is our tradition, we join with the Alzheimer's Association in the fight against Alzheimer's and other related dementias. On the Longest Day of the year, June 20th, we will have a special Grab and Go fundraiser dinner with all of the proceeds going to the Alzheimer's Association. Please be sure to sign up for this event and support a cause that is very important to me, and so many others who have been impacted by this disease.

The COA Board accepted the resignation of Suzanna Haskins, a long time member of the board. Sue and her husband have moved out of Hampden and will be taking a cross country adventure as they enjoy their retirement. Many thanks to Sue for her years of dedicated service to the COA Board and to the Senior Center.

As you may have heard, the Senior Center Building Renovation/Expansion Project was not approved by town residents. Thanks to the Building Committee for their tireless work over the past 2 years to come up with the plan that was presented. Additionally, thank you to everyone who came out in support of the Senior Center and this project at town meeting and on election day.

This is just a small bump in the road. Know that the Senior Center will continue to be an amazing place for people to gather, learn, socialize, exercise, enjoy lunch, receive assistance with benefit programs, have fun and so much more.

The Building Committee is not giving up on this project. It's back to the drawing board to see what the next steps are in moving forward. There was a great deal of discussion about this project at the public forums, at town meeting and also on social media. We appreciate all of the feedback and will work hard at coming up with a plan that will be accepted by everyone and will meet the needs of the community today and 50 years from now.

We encourage you to visit the senior center if you haven't done so yet and find out more about our programs, services and needs for additional space.

Becky.....



Summer Kick-Off Luncheon

Thursday, June 20th at 12:00 noon

BBQ Chicken, Steamed Corn, Potato Salad, provided by GSSSI, and Dessert provided by The Reserve at East Longmeadow.

You'll have a chance to win a door prize sponsored by Vantage Health & Rehab of Hampden

Musical Entertainment provided by Cover Daddys

Cost is \$5 per person (\$3 for entertainment/\$2.00 suggested lunch donation to GSSSI). Please call 566-5588 to sign up starting June 1st.

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—\$2,430; 2 person household—\$3,287
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, June 18th.

- **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, June 18th 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, June 5th & 12th

Thursday, June 20th, and Wednesday, June 26th

Senior Farmer's Market Coupons 2024 are coming soon!!

To be eligible to receive Senior Farmers Market Coupons, you must be:

- 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided
- Your income must be lower than the Income Limits outlined below.

Coupon Income Guidelines:

<u>Household Size</u>	<u>Monthly Income</u>
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1	\$2,322
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2	\$3,152
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If you qualify to receive these coupons, please call Wendy at 566-5588, and you will be put on a first come, first serve list.

Coupons should be available for distribution in July.

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.



Meet your Veteran Service Officer Jason Burgener

**Wednesday, June 5th at 9:30 am
at the Hampden Senior Center.**

Coffee and light refreshments will be provided.

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

Please call Jason directly at 413-640-0540



Did you know we have...

Chair Massage with Mindy

Tuesdays June 4th & 18th, \$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



will be here

**Thursday, June 6th,
9:00 am to 11:00 am in the lobby.**
Come and learn what services they
have available for you.



HELP US STOCK OUR SHELVES with Toothpaste!

Thank you to those that donated liquid dish soap
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.***



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, June 3rd, 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.



"African Drumming" with Jason

12-week session April 26th through July 26th.

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.



Crafting with Sheree

This month, we're painting a wooden star for a 4th of July decoration.

Tuesday, June 18th, 12:30 pm to 3:00 pm

Cost is \$10 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 Hand would like 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.



Ukulele with Sue

Is taking a brief break after their concert performance on May 31st, and reconvening on Monday, June 24th.

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.



Trips with Bobbi

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

July 4, Thu - Tanglewood Lawn

James Taylor Concert, Fire Works; \$100pp.

Full payment due June 7. WAIT LIST ONLY.

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.

Aug 6, Tue - Mt. Washington/Cog Railway, box lunch at train, full 3 hour train ride; \$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.

Late Nov - Radio City Music Hall

Rockettes matinee Christmas Show: \$ TBD

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 bobbiig2@charter.net



The Hampden Garden Club, celebrating its 92nd year,

Thanks everyone who helped make the plant sale a huge success. Donations from local gardens were much appreciated.

Proceeds from the sale help Hampden Garden Club to continue its goal of beautifying Hampden through its many projects.



The Hampden Garden Club

Celebrating its 92nd year

will be having a Round Table Discussion on Gardens

Thursday, June 20th at 7:00 pm

at Academy Hall, Main Street, Hampden.

Judy Brewer, a long-standing Garden Club member will be leading the discussion. So bring your garden problem questions to see if we can help solve them for you. **Guest Fee is \$5.00 per person.** For more information, call Lil Fedora at 566-1137.

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, June 3rd.

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

CHAIR MASSAGE

Tuesdays, June 4th & 18th. \$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.

Began April 26th through July 19th.

\$6 per class. No class July 5th.

FACIALS with Diane Neill Thursday, June 13th.

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

FOOTCARE

Please call for appointment days/times & pricing.

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.

6/3 - **Father Stu**, PG, Biography/Drama

6/10 - **The Glass Castle**, PG-13, Biography/Drama

6/17 - **Fatherhood**, PG-13, Comedy/Drama

6/24 - **Like Father**, TV-MA, Comedy/Drama



MUSIC CLASSES with Sue McHand Mondays starting 6/24

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, June 26th, 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.



WATERCOLORS with Chris Sterritt - *Class is full*

Wednesdays, 7-week session began May 15th through June 26th.

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

June 2024

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
3 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Movie 1:00 Card Making 1:00 Common Threads 1:00 No Ukulele Today	4 <u>Chair Massage by Appt</u> 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	5 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	6 9:00 Men's Billiards 9:00 Home Care Hands 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	7 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
10 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Movie 1:00 Common Threads 1:00 No Ukulele Today	11 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	12 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	13 <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	14 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
17 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Movie 1:00 Common Threads 1:00 No Ukulele Today	18 <u>Chair Massage by Appt</u> 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 Group	19 CLOSED 	20 8:30 Collate Scribe 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Farm Share 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 SUMMER KICK OFF 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga 4:00 Grab and Go Fundraiser	21 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
24 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	25 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	26 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 10:30 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	27 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	28 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
Don't forget to wear Sunscreen!			June Puzzle Pacs Keep your brain healthy and sharp! New puzzle packs will be available June 3rd. Do your best, but have fun with it! Return your puzzle pack to the Senior Center by <u>July 1st</u> for a chance to win. Drawing will be held on July 2nd. Congratulations to Catherine Ferrero, our April Puzzle Pac Winner!	

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

June 2024

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
3 American Chop Suey Brussels Sprouts Wheat Roll Chilled Apple Slices Cal:653 Carb:102 Na:604	4 Crab Cake* w/Tartar Steamed Corn Coleslaw Whole Wheat Bread Fresh Fruit Cal:621 Carb:100 Na:1018	5 <u>Cold Plate</u> Traditional Egg Salad Three Bean Salad Broccoli Slaw Hamburger Bun Raisins Cal:954 Carb:86 Na:873	6 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Cookie Cal:840 Carb:96 Na:1170	7 Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Pudding w/Topping Cal:612 Carb:73 Na:735
10 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Jello w/Topping Cal:564 Carb:70/69 Na:804	11 Mediterranean Turkey Tomato Cucumber Salad Couscous Whole Wheat Bread Warmed Applesauce Cal:676 Carb:91 Na:745	12 BBQ Pulled Pork Celery Salad Baked Potato Hamburger Bun Fresh Fruit Cal:771 Carb:92 Na:819	13 Potato Pollock Filet Coleslaw Tartar Sauce Steamed Corned Oatnut Bread Chilled Pineapple Cal:755 Carb:100 Na:799	14 Rosé Chicken Parslied Carrots Penne Pasta Whole Wheat Bread Mandarin Oranges Cal:557 Carb:80 Na:926
17 <u>Father's Day Meal</u> Beef Stroganoff Roman Blend Veg Egg Noodles Multigrain Bread Fudge Cookie Cal:690 Carb:97 Na:655	18 <u>Cold Plate</u> Ham & Swiss Citrus Carrot Salad English Pea Salad Hamburger Bun Mustard Fresh Fruit Cal:695 Carb:82 Na:1000	19 <u>Closed</u> 	20 <u>Summer Kick Off</u> BBQ Chicken* Steamed Corn Potato Salad Whole Wheat Bread Jello w/Topping Cal:638 Carb:65 Na:1129	21 Spaghetti & Meatballs Tossed Salad w/Ranch Garlic Toast Raisins Cal:670 Carb:91 Na:738
24 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Peaches Cal:670 Carb:85 Na:650	25 Braised Pork* California Blend Veg Yellow Rice and Beans Multigrain Bread Chilled Applesauce Cal:862 Carb:107 Na:989	26 <u>Cold Plate</u> Tuna Salad Tossed Salad w/Ranch Marinated Cucumber Salad 1/2 Whole Wheat Pita Fresh Fruit Cal:650 Carb:65 Na:828	27 Chicken Pesto Pasta* Tomato Onion Salad Garlic Toast Chilled Pineapple Cal:812 Carb:82 Na:1168	28 <u>Birthday Meal/High Sodium Day</u> Chicken Cordon Bleu Herbed Green Beans Roasted Red Potatoes Dinner Roll Birthday Cake Cal:808 Carb:98 Na:1213

**It's National
Fruits and
Vegetables
Month!**



Key for Symbols:
Cal = Total Calories
Carb = Total Carbs
Na = Total Sodium
*Higher Sodium content (>500mg)

Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)

Special concerns regarding sodium, contact the nutritionist at GSSI by calling 781-8806 x1136.

Suggested Donation \$2.00 per meal.
Menu subject to change without notice.



Have you ever heard of a Wind Phone?

A Wind Phone is an unconnected phone that is typically placed outdoors. It was invented in Japan by a local gardener named Itaru Sasaki as a means for Sasaki to feel connected to his deceased cousin.

Grieving is a challenging process and supporting individuals in processing their grief in a

constructive way; free from unhealthy coping mechanisms that might have a lasting impact on them, is very important.

After receiving approval from the Council on Aging Board of Directors, a Wind Phone has been installed behind the parking lot at the Hampden Senior Center. This location was chosen as it will provide mourners with privacy.

Each year the 8th grade Wilbraham Middle School students pick a Civics Project; this year Ze McDonald, Yman Ly, and Olivia Williams chose to participate in raising awareness around grief by helping educate and bring the Wind Phone into reality. They were assisted by COA board member Juanita Markham, who is also a Certified Death Doula. On April 23rd, students, supported by Juanita, spent the afternoon in front of the Hampden Senior Center to raise awareness about the Wind Phone during the 3rd Annual Grief-in-Public Day. They decorated posters and came armed with Donuts and Remembrance Pins, ready to stand in solidarity with grievers. They hope the Wind Phone creates a safe space for community members to find solace and support while moving through grief.

Many thanks to Kibbe's Sawmill for donating the wooden post for the Wind Phone.

Please visit the Wind Phone and find peace in your journey.



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!

Alzheimer's Awareness Month



Grab and Go Fundraiser Dinner to fight Alzheimer's Disease

Thursday, June 20th, pick up from 4:00 pm to 5:00 pm

Enjoy a delicious dinner of Pasta, Meatballs, Salad, and Dessert.

Cost is \$10 per person. All proceeds support the Tri-Town Walk to End Alzheimer's Team in the fight against Alzheimer's.

Please call 566-5588 to order your dinner.



Sponsored by: Brodeur-Campbell Fence Company, Hampden Police Association, Homewatch Caregivers, Fazio's, Hampden Senior Center, Pleasantview Senior Center and Longmeadow Adult Center



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.

Complimentary Cocktail and Dessert. Cash Bar & Raffle Prizes!

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

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

All proceeds will benefit the Alzheimer's Association.



Pleasant View Senior Center Trunk Sale Fundraiser

Saturday, September 14th from 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.



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 the Tri Town Team and 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.

Celebrate ART

Scantic River Artisans Present:

6TH ANNUAL JURIED ART SHOW



June 1 & 2, 2024

June 1 - (12 - 5)

June 2 - (11 - 3)

Reception: June 2 - (12-2)

Awards: June 2 - (2 PM)

104 Allen St. Hampden MA

Hampden Sr. Center

For information, visit:
www.scanticriverartisans.com



Scantic River Artisans present:

Alcohol Ink Workshop

When: June 27, Thursday, 6:00 - 7:30

Where: 104 Allen Street, Hampden, MA (Community Room, Hampden Sr. Center)

Cost: \$20 (Wine and one tile)

Sign up-contact: Sue Superson - sjsrighter@aol.com or 413-530-0036



Enjoy an evening out and learn how to paint with alcohol inks. Sip some wine as you create your masterpiece. No experience needed. Local artist, Noreen Accocchio, will be your instructor. The subject will be a flower on a tile. All ages are welcome.



For more information
please visit:
www.scanticriverartisans.com
email: info@scanticriverartisans.com

Get Ready to Shop! At our August Pop Up Boutique!

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.