

The Scantic Scribe



DECEMBER 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 9:00AM-3:00PM

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, December 10th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, December 9th 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!

I hope you had a wonderful Thanksgiving. Thanks to our generous sponsors who helped us provide 200 Grab and Go Thanksgiving dinners. Bethlehem Church, Brodeur-Campbell Fence, Great Horse, Monson Savings Bank, Polish National Credit Union, The Reserve, Texas Roadhouse, St. Mary's Parish and the Senior Center Quilt Group. And special thanks to the staff and volunteers who helped to prepare, package and distribute the meals. We would not have been able to provide this meal without our sponsors. THANK YOU!!

This month, we say farewell and Happy Retirement to our beloved Program Coordinator, Diane Marino. Diane brought so many wonderful programs into the senior center, she started up the Boutique, she put her beautiful decorating touch in every corner and created a warm and welcoming atmosphere at all of our events. Diane's big heart, kindness and friendly smile will be missed greatly, but wish her all the best in her retirement.

Many thanks to the staff and volunteers who give so much of their time and talents to make this senior center the best that it can be. I'm grateful and blessed to work with such an amazing group of people.

Merry Christmas, Happy Hanukkah and a very Happy and Healthy New Year!
Becky....



Join us for a Holiday Celebration

with a delicious meal of Ham with Pineapple, Herbed Green Beans, Au Gratin Potatoes, Dinner Roll, and Apple Pie for Dessert provided by GSSI.

Wednesday, December 18th at 12:00 pm

Entertainment provided by Irv Lewis.

Cost is \$5 per person. (\$3 for entertainment/\$2 suggested donation to GSSSI for meal).
Please call 566-5588 starting December 1st to reserve your spot. Space is limited.



We need your Vote!

The Friends of Hampden Senior Citizens has the opportunity to receive a donation through the **Monson Savings Bank Community Giving Initiative.**

Each year, Monson Savings Bank asks the community to help plan the Bank's community giving activities by inviting people to vote for organization's they would like the Bank to support during the upcoming year.

Visit their link at, **www.monsonsavings.bank/CGI** and click "**VOTE NOW**"

Where it says Organization Name*, type in

"Friends of Hampden Seniors" and **Submit**

If you have any questions, call the Senior Center at 566-5588.

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 Cowles at 566-5588 or email outreach@hampdenma.gov for information.

- **SNAP:**

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, December 17th.



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.



D & R Farm



Winter Farm Share will be back in January.

D & R Farm, will again offer fresh produce once per month starting in January, and run through June.

FREE with SNAP/HIP if you qualify!

If you do not qualify for SNAP/HIP, you may purchase a share for \$20 cash per month.

New applications are required.

If interested, contact Wendy at 566-5588 to get your application in!



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.

Nurse Notes

While we still worry about Covid, RSV, and the seasonal flu, as we gather let's put these worries aside for a brief time. Let's look forward to the upcoming holiday season and embrace this time with joy and love for family and friends. Like last season I want to share an Irish blessing with you.

Irish blessings focus on good luck, health, prosperity, and harmony inside the family. Here is my favorite:

***The light of the Christmas star to you
The warmth of home and hearth to you
The cheer and goodwill of friends to you
The hope of a childlike heart to you
The joy of a thousand angels to you
Love and God's peace to you***

WINTER WEATHER ADVISORY

Remember to watch Channels 22 & 40 for information about cancellations.

Watch for **HAMPDEN SENIOR CENTER** and **GREATER SPRINGFIELD SENIOR SERVICES** for information.



Fuel Assistance Income Guidelines for 2024/2025 Heating Season are as follows:

<u>Family Size</u>	<u>2024/2025 Income Limit</u>
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608

The following documentation is required for **RECERTIFICATION**:

- Yellow recertification application
- Photo ID
- Proof of all household income: (If working, 4 most recent paystubs)
Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages - Bank Statements are no longer accepted
- Oil Statement or Gas Bill, or both (source of heating) - most recent
- A complete copy of your most recent Electric Bill

The following documentation is required for **NEW APPLICATION**:

- Photo ID and Social Security Card or Birth Certificate
- Proof of all income: (If working, 4 most recent paystubs)
Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages - Bank Statements are no longer accepted
- Oil Statement or Gas Bill, or both (source of heating) - most recent.
- A complete copy of your most recent Electric Bill
- Property Tax and/or Homeowners Bill
- Mortgage Statement if not paid in full, or Monthly Rent
- Current Homeowners Insurance Bill



Hampden Resident Emergency Fuel Fund

The Fuel Fund is available to any Hampden resident who is in a heating crisis. A resident must have received a shut off notice from the electric company, have less than a quarter of a tank of oil, or be in another emergency heating situation. Please call Wendy at 566-5588 for more information or to schedule an appointment.

All information provided is confidential.

The Hampden Emergency Fuel Fund is made possible through private donations throughout the year.

We are so grateful for the support of this valuable program.

Sand for Seniors

Now through April, 2024 the Hampden Fire Department and Hampden Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps and walkways.

If you wish to have a bucket of sand delivered, please call the Senior Center at 566-5588 and leave a message with your name, address, phone #, and the location of the property where you would like the bucket delivered.

If we need additional information we will call you back, otherwise you're all set!

Thanks to the Hampden Fire Department for continuing this great program!





Meet your Veteran Service Officer Jason Burgener

Wednesday, December 4th 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.



Coffee WITH A Cop

Thursday, December 5th,
10:00 am to 11:00 am

Come and enjoy a hot cup of coffee and a little snack
with the Hampden Police. Take this time to ask any questions
you may have and enjoy good conversation.

**IMPORTANT
INFORMATION**

UPDATES FROM THE FBI

If you, or someone you know, may be a potential victim of
elder fraud, file a complaint with the IC3 at www.ic3.gov.

If available, provide financial transaction information such as
bank accounts, addresses, e-mails, websites,
and phone numbers. Retain original records for law
enforcement. Contact financial institutions to safeguard
accounts, and credit bureaus to monitor your identity for
suspicious activity.

For more resources, please visit the FBI Elder Fraud website at:
fbi.gov/elderfraud

The US DOJ, Office for Victims of Crime also offers the
National Elder Fraud Hotline:
(833) FRAUD-11; (888) 372-8311



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



Trips with Bobbi

Flyers available at the Senior Center or via email.

Dec 11, Wed - The Aqua Turf Club

"Deck the Halls Christmas" with Buddy Holly & Elvis
(his 2nd Cousin); Delicious family-style lunch; \$131pp.

**Please write a separate check for each trip, and note trip
name on memo line of your check to: Bobbi Grant**
Questions/comments, please call Bobbi at 413-566-8271
or email bobbijg2@charter.net

The above Aqua Turf trip is my last one for this season.
I so enjoyed traveling with you all and hope you did as well.
Here's a few possibilities to whet your appetite for 2025;
suggestions are always welcome.

Tues, Apr 29, Aqua Turf for the "Ozark Jubilee"
Wed, May 14, The Log Cabin for "The Jersey Tenors"
July, Newport Playhouse for "It's Your Funeral"
Tues, Sept, 30 for Lakeside Turkey Train
Mon, Dec 8, Aqua Turf for "Rock This Town"

Stay tuned for more possibilities. Happy Holidays,

Bobbi



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.



We are happy to announce Foot Care is Back!

Deborah is our new footcare specialist, as well as a registered nurse. She will be here the 1st Thursday of every month by appointment only.

Starting December 5th.

Cost is \$40 for a 30 minute appointment.
Please call 566-5588 today to schedule your appointment.

Did you know we have...



Chair Massage with Mindy

Tuesdays, December 3rd, 17th & 31st

\$10 for 10 minutes.

Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month.

December 12th 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 10:45 am

Tuesdays with Ann Maggio, RN

Thursdays with Karen Blair, RN



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.



Reiki, anyone?

Reiki (ray-key) is a safe and gentle therapy which involves placing hands on or near a fully clothed person with the intention to promote healing by improving the flow of energy in the body.

Many benefits of this ancient Japanese practice include:
stress reduction, relaxation, pain relief,
improved mobility, vitality, mental alertness,
and better quality sleep.

Lisa Zizza is a Level 3 certified Reiki Master in the Usui Tradition. Lisa will be available by appointment at the Senior Center on a Friday (TBD).

Cost is \$30 for a 30 minute session
or \$60 for 60 minute session (recommended).
Lisa is offering \$10 off your first session.

Please call Lisa directly at 413-455-6990 if interested.



Common Threads Led by Joan Tompkins, PhD

Do you feel lonely? The Surgeon General has just announced that loneliness is now an epidemic, especially amongst seniors.

Did you know that socializing is one of the most important things we can do in order to ward off physical and mental decline in your later years. Come join us, we'll share many things such as:

- ◆ Loneliness vs Feeling Lonely ◆ Adapting to Life Changes
- ◆ Finding purpose for our life as Seniors ◆ Bereavement as well as Joyous Moments

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.



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.

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 or email 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, 12:00pm-3:30pm: Billiards League
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 Tuesday, December 3rd.
1:00pm-3:00pm. Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE

Tuesdays, December 3rd, 17th & 31st. \$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—through December 13th.
New 12-week session begins January 3rd through March 28th.
\$70 for 12-week session if paid in full, or \$7 space available per class (call for availability).

FACIALS with Diane Neill Thursday, December 12th.
2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE Thursday, December 5th.
1st Thursday of every month. \$40 for a 30 minute appointment.
Please call for appointment.

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.

LIVING STRONGER...LONGER with Lamar Moore

Tuesdays, 2:15pm-3:00pm. Free class offered December 17th.
New 12-week session begins January 8th through March 26th.
\$60 for the 12-week session if paid in full and receive two free classes, or \$6 per class (call for availability).

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.

12/2 - Hillbilly Elegy, R, Biography/Drama
12/9 - The Bounty Hunter, PG-13, Action/Comedy/Romance
12/16 - Daddy's Home 2, PG-13, Comedy
12/23 - Something from Tiffany's, PG-13, Romantic Comedy
12/30 - Just Go With It, PG-13, Romantic Comedy



MUSIC CLASSES with Sue McHand: Mondays

New 12-week session begins February 24th—May 19th

Beg. Ukulele & Recorder: 12:00pm-1:00pm

Ensemble Group: 1:15pm-2:30pm

- Ukulele, Recorder, Percussion, and Vocals.

\$50 for 10-week session if paid in full, or \$6 space available per class (call for availability).

Please pay cash or make checks payable to: Susan McHand.

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, December 25th - No Meeting – *Merry Christmas!*
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

New 8-week session will begin

January 8th through February 26th

Wednesdays 9:30am-12:00pm & 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.



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.

Tuesday, December 3rd, 10:00 am to 12:00 pm

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



Living Stronger... Longer... with Lamar Moore

Current session ends December 10th

New 12-week session begins January 8th through March 26th.

Tuesday, December 10th, 2:15 pm to 3:00 pm

Offering a free class on December 17th to current students or anyone who would like to try the class.

Join Lamar to learn about balance and how it impacts your overall health and wellness. Get tips on strength training and cardiovascular endurance to increase mobility and flexibility.

"It's never too late to start making progress on your health span. Muscles and balance are the two things can train and improve even as you age."

Cost is \$60 for the 12-week session if paid in full and receive two free classes, or \$6 per class (*call ahead for availability*).

"Come What May" Boutique...

Is in our lobby for all to shop during normal business hours,

Monday through Friday, 9:00 am to 3:00 pm

We are now accepting donations of new or gently used clothing, outerwear, accessories, and footwear.

Donations can be dropped off at the Senior Center
on Mondays from 10:00 am to 2:00 pm.

We appreciate your ongoing generosity.

YEAR END Boutique Sale in the Great Room

All clothes on the \$5 rack will be \$3 through December 31st.

All proceeds from Boutique sales will benefit the needs of The Senior Center.



"African Drumming" with Jason

Current session ends December 13th

**See us in concert and join in the fun!
on December 13th at 2:30 pm**

Refreshments will be served.

*New 12-week session
begins January 3rd through March 28th.*

Fridays from 2:15 pm to 3:15 pm

Accepting New Students

Cost is \$70 for the 12-week session if paid in full and receive two free classes, or \$7 per class (*call ahead for availability*).
Please call 566-5588 to reserve your spot. Space is limited.



Making Music with Sue

Sue is taking a break and returning in February.

There will be a beginner class of Ukulele and Recorder for new students. She will also be forming an ensemble class of Recorder, Ukulele, Percussion, and Vocals.

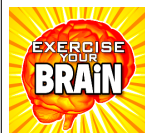
*New 12-week session
begins February 24th through May 19th.*

**Beginner Ukulele and Recorder
Mondays, 12:00 pm to 1:00 pm**

**Ensemble Class
of Ukulele, Recorder, Percussion, & Vocals
Mondays, 1:15 pm to 2:30 pm**

Cost is \$60 for the 12-week session if paid in full and receive two free classes, or \$6 per class (*call ahead for availability*).

Please pay cash or make checks payable directly to:
Susan McHand



November/December Puzzle Pacs Keep your brain healthy and sharp!

Do your best, but have fun with it!

Return your puzzle pack to the Senior Center
by **December 31st** for a chance to win. *Drawing will be held on January 2nd.*

**Congratulations to Terry Anderson,
our lucky winner for the October Puzzle Pac!**

Please call 413.566.5588 for additional information

December 2024

Hampden Senior Center
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
2 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Common Threads	3 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Card Making 1:00 Mat Yoga 2:15 Lamar's Class	4 9:30 Vets Coffee Hour 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	5 <u>Footcare by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 10:00 Coffee with a Cop 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	6 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
9 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Building Com Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Common Threads	10 9:00 COA Board Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class	11 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	12 <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	13 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
16 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Common Threads	17 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 2:15 FREE Lamar's Class	18 8:30 Collate Scribe 10:00 Trivia 12:00 Holiday Luncheon 12:30 Pitch Cancelled 12:30 Rummikub	19 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	20 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
23 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Common Threads	24 9:00 Ladies Billiard 9:15 No Blood Pressure 12:00 <u>Lunch will be served</u> <u>We are open</u> <u>HALF day today.</u> <u>All exercise classes & afternoon activities are cancelled.</u>	25 CLOSED 	26 <u>All Exercise Classes Cancelled Today</u> 9:00 Men's Billiards 9:15 No Blood Pressure 10:00 Acrylic Painting 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train	27 9:00 Quilting 10:00 MEMORY CAFÉ Cancelled 10:30 Mahjong 12:00 Lunch
30 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Common Threads	31 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga Cancelled 12:00 Funct. Fit. Cancelled 12:00 <u>Lunch will be served</u> Half Day Today. All afternoon activities cancelled.		May your cup of happiness always be filled, your path always bright, and your heart always light. Happy New Year	

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

December 2024

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
2 American Chop Suey Roman Blend Veg Wheat Roll Rice Krispie Treat Cal:685 Carb:94 Na:662	3 Braised Pork w/Apple Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Chilled Pineapple Cal:756 Carb:104 Na:691	4 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Mixed Fruit Cal:805 Carb:95 Na:1090	5 Beef Stroganoff Brussels Sprouts Egg Noodles Italian Bread Cookies Cal:616 Carb:84 Na:691	6 Eggplant Parmesan* Tossed Salad w/Italian Penne w/Sauce Garlic Bread Fresh Fruit Cal:838 Carb:107 Na:1164
9 <u>Soup & Sandwich</u> Turkey & Provolone Cheese Potato Salad Butternut Squash Soup Club Roll Chilled Applesauce Cal:784 Carb:92 Na:1188	10 Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Cookies Cal:644 Carb:78 Na:773	11 Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Sour Cream Chilled Pineapple Cal:832 Carb:90 Na:1134	12 <u>Birthday Meal/</u> <u>High Sodium Day</u> Chicken Cordon Bleu* Steamed Broccoli 1/2 Sweet Potato Dinner Roll Cupcake Cal:857 Carb:83 Na:1491	13 Butter Crumb Fish Parslied Carrots Roasted Red Potatoes Whole Wheat Bread Tartar Sauce Fresh Fruit Cal:577 Carb:71 Na:650
16 Ravioli w/Meat Sauce* Collard Greens Italian Bread Mandarin Oranges Cal:566 Carb:73 Na:1069	17 <u>Soup & Sandwich</u> Traditional Egg Salad Pickled Beets Chicken Vegetable Soup Club Roll Fresh Fruit Cal:818 Carb:71 Na:1180	18 <u>Holiday Luncheon/</u> <u>High Sodium Day</u> Ham w/Pineapple Herbed Green Beans Au Gratin Potatoes Dinner Roll Apple Pie Cal:899 Carb:122 Na:1342	19 Chicken Broccoli Alfredo Pasta* Steamed Spinach Orange Juice Whole Wheat Roll Cal:777 Carb:110 Na:1147	20 Pierogis Sautéed Cabbage Parslied Carrots 12 Grain Bread Mixed Fruit Cal:599 Carb:96 Na:891
23 Turkey w/Dijon Sauce* Steamed Peas Rice Pilaf Whole Wheat Bread Fresh Fruit Cal:621 Carb:82 Na:1195	24 Pot Roast w/Gravy Brussels Sprouts Garlic Mashed Potatoes Whole Wheat Bread Cookies Cal:718 Carb:83 Na:614	25 CLOSED 	26 Potato Pollock Filet Steamed Corn Coleslaw Tartar Sauce Whole Wheat Bread Chilled Pineapple Cal:755 Carb:100 Na:799	27 Turkey Chili Sour Cream Steamed Broccoli White Rice Italian Bread Chilled Applesauce Cal:656 Carb:88 Na:741
30 Creamy Roasted Red Pepper Pasta w/Chicken Herbed Green Beans Whole Wheat Bread Mandarin Oranges Cal:805 Carb:116 Na:968	31 Korean Meatballs Pacific Blend Veg White Rice Oatnut Bread Cookies Cal:683 Carb:94 Na:983		<div> <p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)</p> </div>	<div> <p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p> </div>



The Friends of Hampden Senior Citizens

"SHOP TILL YOU DROP"

Annual Holiday Fundraiser is back and we've expanded into the Great Room this year!

You'll find lots of great gifts for those special people in your life. All are welcome and encouraged to come in and shop at the Hampden Senior Center, at 104 Allen Street.

Sales through Friday, December 27th.

Shopping Hours are:

Monday, Tuesday, Wednesday, and Friday from 9:00 am to 3:00 pm
Thursday, from 9:00 am to 12:00 noon.

Cash or checks only.

All proceeds benefit the needs of the Hampden Senior Center.



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 **MAKE A DONATION, PAY ANNUAL DUES, OR JOIN THE FRIENDS!** 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!



AARP Tax-Aide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider volunteering your time to the Tax-Aide Program this year.

For questions or additional information, please email Director, at: D5Taxaide@comcast.net

The Hampden Senior Center will be taking calls to set-up appointments for anyone who would like their taxes done through this complimentary AARP Tax-Aide Program starting Monday, January 6th.

Tax Work Off Program

Pending approval by the Hampden Board of Selectmen, the town of Hampden will begin accepting applications for the 2025 Tax Work Off Program starting on December 2, 2024.

Applications will be available at the Hampden Senior Center starting on November 27, 2024
and completed applications are due back by December 20, 2024.

The town currently has 14 tax work off positions in various departments within the town including the Senior Center, the Hampden Public Library and the Hampden Police Department and provides up to a \$2,000 tax abatement.

Due to the popularity of this program, all positions will be filled using a lottery system.

Department heads may choose to interview potential tax work off employees to make sure the employees skills meet the specific needs of the department.

Applications and more details will be available at the senior center front desk starting on November 27, 2024.

If you have questions about this program, please contact Becky at the senior center at 413.566.5588.

**The Scantic River Artisans
present:**



Holiday Greeting Card WORKSHOP

**We would like to invite you to join Chris Sterritt to learn how to paint an easy
"step by step" watercolor painting of a holiday greeting card.**

• Door Prizes • Wine and snacks • Everyone is welcome.

When: December 12, Thursday, 6:00 - 7:30PM

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

Cost: \$20 (includes: Instruction Booklet, Paint Set (paints & brush), Blank Card and Envelope)

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

For more information visit: www.scanticriverartisans.com

Friends of Hampden Senior Citizens 2025 Fundraiser

FRIENDS OF HAMPDEN SENIORS JANUARY 2025 FUNDRAISER CALENDAR

THANK YOU TO ALL OUR
GENEROUS SPONSORS!
WE APPRECIATE YOUR SUPPORT!

			1 \$100 CASH In Memory of Dave Grant	2 \$25 Bilton's Gift Card	3 \$50 Gio's Gift Card Joan & Mike Shea	4 Fox Glove Antiques Gift Basket
5 \$50 CASH! Rick Green Insurance	6 Mane Event Gift Bag valued at \$50	7 \$25 Bagel Nook Gift Card	8 \$25 Panera Bread Gift Card	9 \$25 The Nest Gift Shop Gift Card	10 \$50 The Local Gift Card Bob & Betty Howarth	11 \$30 Kinderhook Gift Card
12 \$50 CASH! John D. Flynn	13 \$50 CASH! Rick Green Insurance	14 \$25 Hampden Liquor Gift Card	15 \$100 Gift Card Student Prince	16 \$25 Mountain View Gift Card	17 \$50 CASH! In Honor of Hampden Fire Dept	18 Fox Glove Antiques Vintage Bowl Set
19 \$50 CASH! Rick Green Insurance	20 \$50 Gift Card Ferrindino Maple	21 \$25 Gift Card Hampden Beauty Nails	22 \$50 Big Y Gift Card Rediker Software	23 Quabog CC Golf Foursome Gift Certificate	24 \$50 CASH! Architecture E.L.	25 \$30 Rice's Gift Card
26 \$50 CASH! John D. Flynn	27 \$50 CASH! Rick Green Insurance	28 \$25 CASH! Vermette Family	29 \$25 Reid's Corner Gift Card	30 \$25 CASH! Chet & Son Painting	31 \$100 LaCucina Gift Card	



Back by popular demand, the Friends of Hampden Senior Citizens, are selling one-month lottery calendars for \$10.00 each to support the Hampden Senior Center Building Expansion Fund.

Calendar Sales will begin on November 1st and end December 31st.

You have a chance to win a cash prize or gift card to a local business every day for the month of January. One name will be drawn daily. Holiday and weekend winners will be drawn the Friday before they occur. Winners will be notified and can pick up their prize or we will mail it to them.

Lottery calendars make great holiday gifts for friends, mail/newspaper delivery people, teachers, coaches, co-workers, babysitter; and don't forget your veterinarian! It's a great way to say thank you to those people that make our lives a little better. These calendars make great stocking stuffers for family members!

Remember you can win more than once!
You have a chance win EVERY day for the month of January.

You can purchase lottery calendars at the Senior Center or fill out the form below, and mail it back to us with a check for the total number of calendars you are purchasing. We will need the name, address and phone number for each person you are purchasing a calendar for. Once payment is received, we will mail the calendars back to you, or you can pick them up at the Senior Center.

The above calendar is for you to keep if you are purchasing a calendar for yourself. If you are purchasing multiple calendars for gifts, you can either pick up the calendars or we will mail them to you once payment is received.

Please fill out & return with your check for \$10 for each calendar you are purchasing.
Attach a separate sheet to list each person you are gifting a calendar to, along with your check, and return to:
Hampden Senior Center, at 104 Allen Street, Hampden 01036.

Please make check payable to: **Friends of Hampden Senior Citizens**, and put "Calendar Raffle" in memo line.

of Calendars: _____

Name: _____ Phone #: _____

Address: _____

Winners will be notified by phone. Good Luck and Thank You for your support.