

# The Scantic Scribe



**NOVEMBER 2024**

## **HAMPDEN SENIOR CENTER**

**104 ALLEN STREET**

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

**Website: [www.hampdenma.gov](http://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](mailto:coa@hampdenma.gov)

**Wendy Cowles, Outreach Coordinator**  
[outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)

**Tina Doran, Administrative Assistant & Volunteer Coordinator**  
[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)

**Diane Marino, Activities Coordinator**  
[activities@hampdenma.gov](mailto:activities@hampdenma.gov)

**Sharon Woodin & Joi Giuggio, Receptionists**  
[receptionist@hampdenma.gov](mailto: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, November 12th at 9:00 am  
in PERSON or VIA ZOOM**

**ZOOM Meeting ID: 95866401813**

**ZOOM Password: 639217**

### **BUILDING COMMITTEE MEETING:**

**Monday, November 18 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 everyone is enjoying the cooler weather and the beautiful colors of fall.

Many **THANKS** to the Hampden Garden Club for taking care of the senior center gardens this year and for decorating the outside of the building for fall. It is beautiful and welcoming.

**THANKS** to all who participated in the senior center evening programs over the last several weeks. Classes were a success and we hope to get more evening classes on the schedule in the coming months. We appreciate your patience as we coordinate with instructors and staff. We hope to see you at the Veterans dinner on November 7th. All are welcome to attend this important event honoring and saying **THANK YOU** to those who served.

A big **THANK YOU** in advance to the sponsors of the Thanksgiving Grab and Go meal. This event could not happen without the sponsors you see listed. We are grateful for the support so we can continue to provide this holiday meal **FREE** of charge.

In the spirit of Thanksgiving, **THANK YOU** to the Senior Center Staff for being amazing, **THANK YOU** to the volunteers who help with programs and events every day, **THANK YOU** to sponsors who help throughout the year and **THANKS to YOU** for participating in all that we have to offer and for making the Hampden Senior Center a wonderful place to be.

Happy Veterans Day & Happy Thanksgiving, Becky....



## **Veterans Dinner**

**Thursday, November 7th at 5:30 pm**

Come and join us in thanking our Veterans for their service.

Special Guest: Jason Burgener, Hampden's Veteran Services Officer.

**Enjoy a delicious dinner of Chicken Parmesan, Pasta, Salad, and Dessert**

**All are welcome to attend.**

Cost is \$5.00 per person. **FREE for Veterans**. Please call 566-5588 to sign up.

Generously sponsored by Jason Burgener, VSO,

Rick Green of Richard R. Green Insurance Agency, and Peppa's Pizza



## **Thanksgiving Grab and Go Dinner**

**Pick up between 2:00 pm to 2:30 pm, Wednesday, November 27th.**

Enjoy a delicious Thanksgiving Dinner with all the fixings, and dessert!

**Compliments of the Hampden Senior Center,  
and our generous sponsors:**

Bethlehem Church, Brodeur Campbell Fence Co., Great Horse, Monson Savings Bank, Polish National Credit Union, The Reserve, Texas Roadhouse, Hampden Senior Center Quilt Group, and Saint Mary's Parish.

Delivery in Hampden is available. Please let us know when ordering your meal if you need your meal delivered.

Please call 566-5588 starting November 1st to order your dinner. Meals are limited.

# 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](mailto: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, November 19th.**

**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.**



### **CAREGIVER SUPPORT GROUP**

**via ZOOM or PHONE**

**Tuesday, November 19th 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.



Although you may not be seeing high numbers of COVID cases, it's still out there. Public Health departments are informed of individuals who tested positive at a public testing center only. Number of cases reported do not account for individuals who tested at home. For some people covid symptoms may not be as severe and they are unaware they have the virus. Because of this, they may or may not be self-isolating which puts others at risk of contacting the virus. If you are symptomatic, test for the virus.

Home test kits are available free of charge and can be ordered from COVIDTests.gov or on the US Postal Service's website.

- Sheila Rucki, PhD, PCNS, BS

## 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



### 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!*



## 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](http://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](http://fbi.gov/elderfraud)

The US DOJ, Office for Victims of Crime also offers the **National Elder Fraud Hotline:**  
(833) FRAUD-11; (883) 372-8311



#### 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. If there is an interest, 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 the senior center at 566-5588 if you are interested.**



## Trips with Bobbi

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

#### Nov 11, Mon - Radio City Rockettes Christmas Spectacular

Family-style lunch at Carmine's Restaurant in Times Square; 2:00pm matinee show, orchestra seats in section 103, closest to lobby, concessions & exits; dinner stop on our own; \$263pp. Full payment deadline October 6. Wait List Only.

#### Dec 11, Wed - The Aqua Turf Club

"Deck the Halls Christmas" with Buddy Holly & Elvis (his 2nd Cousin); Delicious family-style lunch; \$131pp. Full payment deadline November 20.

Coach seat assigned upon receipt of your \$20 deposit (unless otherwise noted). Please write a separate check for each trip, and note trip name on memo line of your check.

**Please make payable to: Bobbi Grant**

**Questions/comments, please call Bobbi at 413-566-8271 or email [bobbijg2@charter.net](mailto:bobbijg2@charter.net)**



## Trips with Betty

**For more information or to reserve seats, please call Betty at 413-896-8801.**

Proceeds benefit St. Catherine of Siena Church.

#### Dec 12, Thurs - Blithewold Mansion & Afternoon High Tea

Tour of 45 room mansion decorated for Christmas, afternoon tea and a three-tier tray of scones, small sandwiches and sweets. Depart for Bristol for their unique shops. Tickets cost \$173pp. Deposit of \$100 to hold your spot. Final payment due November 1.

## 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



## 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.



### **FREE Blood Pressure Clinic:**

Walk in 9:15 am to 10:45 am

Tuesdays with Ann Maggio, RN

Thursdays with Karen Blair, RN



### **Did you know we have...**

#### **Chair Massage with Mindy**

Tuesdays, November 5th & 19th, \$10 for 10 minutes.

Please call 566-5588 for appointment.



#### **Facials with Diane Neill**

2nd Thursday of every month.

November 14th by appointment.



#### **Manicures with Cat**

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

#### **Gift Cards are Available**



### **HELP US STOCK OUR SHELVES with *Liquid Dish Soap*!**



Thank you to those that donated disinfecting  
wipes 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.**



### **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.**



### **Meet your Veteran Service Officer**

**Jason Burgener**

**Wednesday, November 6th 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.



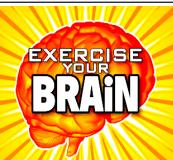
### **Common Threads Led by Joan Tompkins, PhD**

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.



### **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 Louise Boissy,  
our lucky winner for the September Puzzle Pac!**



### **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**



# 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](mailto: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, November 5th.

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

## CHAIR MASSAGE

Tuesdays, November 5th & 19th. \$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. No Class 11/29 - closed for holiday.

12-week session beginning September 6th—December 6th.

\$60 for 12-week session, or \$6 per class - call for availability.

**FACIALS with Diane Neill** Thursday, November 14th.

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

**FOOTCARE** Starting 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.

6-week session beginning November 5th—December 10th.

\$30 for 6-week session, 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.

**11/4 - Hope Floats**, PG-13, Drama/Romance

**11/11 - No Movie, Senior Center Closed**

**11/18 - The Help**, PG-13, Drama

**11/25 - No Movie Today, Holiday Concert in Great Room**



## MUSIC CLASSES with Sue McHand:

**Recorder:** Mondays, 12:30pm-1:00pm

\$3.00 per class paid to instructor.

**Ukulele:** Mondays, 1:15pm-2:30pm

10-week session beginning September 9th—November 25th.

\$50 for 10-week session, or \$6 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, November 27th - 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

9-week session:

September 18th through November 20th.

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.

# A Concert for the Holidays



Given by the

## Peace Train Players

Hampden Senior Center Ukulele and Recorder students, along with instructor Susan McHand, will perform your holiday favorites and more following lunch on:

**Monday, November 25th at 12:30 pm.**

Be prepared get in the holiday spirit and sing along.

**All are welcome and encouraged to join in!**

Refreshments will be served.

Please let us know if you will be joining us by calling 566-5588.



## "African Drumming" with Jason

12-week session September 6th through December 6th

**Fridays from 2:15 pm to 3:15 pm**

No class on 11/29 - Closed for the holiday.

\$6 per class - call ahead for availability.

Please call 566-5588 to reserve your spot. Space is limited.



## Learn to Play the Recorder with Sue

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, Mondays, 12:30 pm to 1:00 pm**

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



## Learn to Play the Ukulele with Sue

10-week session

September 9th through November 25th.

**Mondays, 1:15 pm to 2:30 pm**

Any new Recorder or new Ukulele students, please call the Senior Center and Sue will reach out to you directly.

\$6 per class - call ahead for availability. Please pay cash or make checks payable to: Susan McHand

Please call 566-5588 to reserve your spot. Space is limited.



## 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, November 5th, 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

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

6-week session - through December 10th

**Tuesdays, November 5th, 12th, 19th, & 26th**

**2:15 pm to 3:00 pm**

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 \$30 paid in full for the session and receive one free class, or \$6 per class - call ahead for availability.



## "Come What May" Boutique...

has re-opened 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.*

All proceeds from Boutique sales will benefit the Senior Center Building Fund.

# November 2024

| Mon   | Tue  | Wed   | Thu   | Fri  |
|---|--|---|---|--|
|   | <p> 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.</p> |    |   | <b>1</b><br>9:00 Quilting<br>10:00 MEMORY CAFÉ<br>10:30 Mahjong<br>12:00 Lunch<br>2:15 Drumming                  |
| <b>4</b><br>9:00 Knit/Crochet<br>9:15 Tai Chi - Adv<br>9:30 Bridge<br>10:30 Tai Chi - Beg<br>12:00 Lunch<br>12:00 Billiard League<br>12:30 Movie<br>12:30 Recorder<br>1:00 Common Threads<br>1:15 Ukulele   | <b>5</b> <u>Chair Massage by Appt</u><br>9:00 Ladies Billiards<br>9:15 Blood Pressure<br>9:30 Weights w/YMCA<br>11:00 Chair Yoga<br>12:00 Functional Fitness<br>12:00 Lunch<br>12:00 Bunco<br>1:00 Card Making<br>1:00 Mat Yoga<br>2:15 Lamar's Class  | <b>6</b><br><b>9:30 Vets Coffee Hour</b><br>9:30 Watercolors<br>10:00 Trivia<br>12:00 Lunch<br>12:30 Pitch<br>12:30 Rummikub<br>12:30 Watercolors                                       | <b>7</b><br>9:00 Men's Billiards<br>9:15 Blood Pressure<br>9:30 Weights w/YMCA<br>10:00 Acrylic Painting<br>11:00 Chair Assist Yoga<br>12:00 Functional Fitness<br>12:00 Lunch<br>12:30 Acrylic Painting<br>12:30 Bingo<br>12:30 Mexican Train<br>1:00 Mat Yoga<br>5:30 Veterans Dinner | <b>8</b><br>9:00 Quilting<br>10:00 MEMORY CAFÉ<br>10:30 Mahjong<br>12:00 Lunch<br>2:15 Drumming                  |
| <b>11</b> <b>CLOSED</b><br><br>Happy Veterans Day  | <b>12</b><br>9:00 COA Board Mtg<br>9:00 Ladies Billiard<br>9:15 Blood Pressure<br>9:30 Weights w/YMCA<br>11:00 Chair Assist Yoga<br>12:00 Functional Fitness<br>12:00 Lunch<br>12:00 Bunco<br>1:00 Mat Yoga<br>2:15 Lamar's Class  | <b>13</b><br>9:30 Watercolors<br>10:00 Trivia<br>12:00 Lunch<br>12:30 Pitch<br>12:30 Rummikub<br>12:30 Watercolors  | <b>14</b> <u>Facials by Appt</u><br>9:00 Men's Billiards<br>9:15 Blood Pressure<br>9:30 Weights w/YMCA<br>10:00 Acrylic Painting<br>11:00 Chair Assist Yoga<br>12:00 Functional Fitness<br>12:00 Lunch<br>12:30 Acrylic Painting<br>12:30 Bingo<br>12:30 Mexican Train<br>1:00 Mat Yoga | <b>15</b><br>9:00 Quilting<br>10:00 MEMORY CAFÉ<br>10:30 Mahjong<br>12:00 Lunch<br>2:15 Drumming                 |
| <b>18</b><br>9:00 Knit/Crochet<br>9:15 Tai Chi - Adv<br>9:30 Bridge<br>10:30 Tai Chi - Beg<br><b>11:00 Building Com Mtg</b><br>12:00 Lunch<br>12:00 Billiard League<br>12:30 Movie<br>12:30 Recorder<br>1:00 Common Threads<br>1:15 Ukulele               | <b>19</b> <u>Chair Massage by Appt</u><br>9:00 Ladies Billiards<br>9:15 Blood Pressure<br>9:30 Weights w/YMCA<br>11:00 Chair Assist Yoga<br>12:00 Functional Fitness<br>12:00 Lunch<br>12:00 Bunco<br>12:30 Brown Bag<br>1:00 Mat Yoga<br>2:15 Lamar's Class<br>6:00 ZOOM Support Grp                | <b>20</b><br><b>8:30 Collate Scribe</b><br>9:30 Watercolors<br>10:00 Trivia<br>12:00 Lunch<br>12:30 Pitch<br>12:30 Rummikub<br>12:30 Watercolors  | <b>21</b><br>9:00 Men's Billiards<br>9:15 Blood Pressure<br>9:30 Weights w/YMCA<br>10:00 Acrylic Painting<br>11:00 Chair Assist Yoga<br>12:00 Functional Fitness<br>12:00 Lunch<br>12:30 Acrylic Painting<br>12:30 Bingo<br>12:30 Mexican Train<br>1:00 Mat Yoga                        | <b>22</b><br>9:00 Quilting<br>10:00 MEMORY CAFÉ<br>10:30 Mahjong<br>12:00 Lunch<br>2:15 Drumming                 |
| <b>25</b><br>9:00 Knit/Crochet<br>9:15 Tai Chi - Adv<br>9:30 Bridge<br>10:30 Tai Chi - Beg<br>12:00 Lunch<br>12:00 Billiard League<br><b>12:30 Movie Cancelled</b><br><b>12:30 Holiday Concert w/Peace Train Players</b><br>1:00 Common Threads Cancelled | <b>26</b><br>9:00 Ladies Billiards<br>9:15 Blood Pressure<br>9:30 Weights w/YMCA<br>11:00 Chair Assist Yoga<br>12:00 Functional Fitness<br>12:00 Lunch<br>12:00 Bunco<br>1:00 Mat Yoga<br>2:15 Lamar's Class   | <b>27</b><br>10:00 Trivia<br><b>10:30 Senator/State Rep</b><br><b>12:00 NO Lunch</b><br><b>12:30 Pitch Cancelled</b><br>12:30 Rummikub<br>2:00 <b>Thanksgiving Grab &amp; Go Dinner</b> | <b>28</b> <b>CLOSED</b>   | <b>29</b> <b>CLOSED</b><br> |

## LUNCH MENU

| Mon   | Tue  | Wed  | Thu   | Fri   |
|---|--|--|---|---|
| <p><b>Key for Symbols:</b><br/>Cal = Total Calories<br/>Carb = Total Carbs<br/>Na = Total Sodium<br/>*Higher Sodium content (&gt;500mg)</p> <p>Total Sodium &amp; Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)</p> | <p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p> <p>Suggested Donation \$2.00 per meal.<br/>Menu subject to change without notice.</p> |  |   | <p><b>1</b><br/>Chicken Pot Pie<br/>California Blend Veg<br/>Biscuit Topping<br/>Pear Crisp</p> <p>Cal:608 Carb:65 Na:676</p>                         |
| <p><b>4</b><br/>Creamy Roasted Red Pepper Pasta* w/Chicken<br/>Steamed Broccoli<br/>Whole Wheat Bread<br/>Chilled Applesauce</p> <p>Cal:788 Carb:113 Na:980</p>   | <p><b>5</b><br/>Korean Meatballs<br/>Pacific Blend Veg<br/>White Rice<br/>Oatnut Bread<br/>Cookies</p> <p>Cal:683 Carb:94 Na:983</p>   | <p><b>6</b><br/>Chicken Fajitas<br/>Fajita Blend Veg<br/>Yellow Rice<br/>Flour Tortilla<br/>Sour Cream<br/>Fresh Fruit</p> <p>Cal:505 Carb:60 Na:896</p>                         | <p><b>7</b> <u>High Sodium Day</u><br/>Hot Dog w/Bun*<br/>Potato Salad<br/>Baked Beans<br/>Ketchup<br/>Mixed Fruit</p> <p>Cal:857 Carb:83 Na:1491</p>                             | <p><b>8</b><br/>Beef Stew<br/>w/Carrots and Peas<br/>Mashed Potatoes<br/>Wheat Roll<br/>Jello w/Topping</p> <p>Cal:679 Carb:73/71 Na:519</p>          |
| <p><b>11 CLOSED</b><br/><i>Honoring ALL WHO served</i><br/><b>THANK YOU VETERANS</b><br/></p>  | <p><b>12</b><br/>Pork w/Apple Gravy<br/>Collard Greens<br/>Mashed Butternut Squash<br/>Buttermilk Biscuit<br/>Cookies</p> <p>Cal:730 Carb:74 Na:879</p>                                      | <p><b>13</b><br/>Hamburger w/Cheese<br/>Onions &amp; Mushrooms<br/>Roasted Red Potatoes<br/>Wheat Burger Bun<br/>Ketchup<br/>Mandarin Oranges</p> <p>Cal:728 Carb:87 Na:1105</p> | <p><b>14</b><br/>Chicken Parmesan<br/>Tossed Salad w/Italian<br/>Penne w/Sauce<br/>Garlic Toast</p> <p>Cal:762 Carb:81/79 Na:1086</p>   | <p><b>15</b><br/>Breakfast Sausage<br/>Scrambled Eggs<br/>Potatoes O'Brien<br/>Cherry Snack Loaf<br/>Spiced Apples</p> <p>Cal:718 Carb:111 Na:857</p> |
| <p><b>18</b><br/>"Lazy" Stuffed Cabbage<br/>Peas &amp; Onions<br/>Whole Wheat Bread<br/>Jello w/Topping</p> <p>Cal:577 Carb:54/52 Na:501</p>  | <p><b>19</b><br/>Ham w/Pineapple Sauce*<br/>Herbed Green Beans<br/>1/2 Baked Sweet Potato<br/>Wheat Roll<br/>Fresh Fruit</p> <p>Cal:562 Carb:94 Na:804</p>                                   | <p><b>20</b> <u>High Sodium Day</u><br/>Turkey w/Gravy<br/>Steamed Peas<br/>Mashed Potatoes<br/>Cranberry Stuffing<br/>Pumpkin Pie</p> <p>Cal:923 Carb:130/128 Na:1323</p>       | <p><b>21</b><br/>Crab Cake*<br/>w/Tartar<br/>Steamed Corn<br/>Coleslaw<br/>Whole Wheat Bread<br/>Chilled Peaches</p> <p>Cal:670 Carb:94 Na:1152</p>                               | <p><b>22</b><br/>Chicken Marsala<br/>Tossed Salad w/Italian<br/>Penne Noodles<br/>Garlic Bread<br/>Mixed Fruit</p> <p>Cal:644 Carb:75 Na:1037</p>     |
| <p><b>25</b><br/>Mac &amp; Cheese<br/>Stewed Tomatoes<br/>Whole Wheat Bread<br/>Cranberry Juice<br/>Jello w/Topping</p> <p>Cal:566 Carb:71/69 Na:824</p>  | <p><b>26</b><br/>Shepherd's Pie<br/>Steamed Peas<br/>Mashed Potato Topping<br/>12 Grain Bread<br/>Spiced Peaches</p> <p>Cal:688 Carb:86 Na:657</p>   | <p><b>27</b> <u>No Lunch Today</u><br/><u>The Senior Center is open today, however LUNCH will NOT be served.</u></p>   | <p><b>28 CLOSED</b><br/><i>Happy Thanksgiving!</i><br/><br/><b>GOBBLE til you WOBBLE</b></p> | <p><b>29 CLOSED</b><br/><br/><b>Eat More Fish!</b></p>           |



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.

Sale begins: Tuesday, November 5th 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 build 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 **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!***

The Scantic River Artisans present:

# *Tis the Season for ART!*

**Art Show & Sale**

**November 2 (10-4)**  
with wine, cheese & music

**November 3 (11-3)**

**Receptions: Sat 12-2 • Sun 12-2**

**104 Allen Street, Hampden, MA**  
(Community Room - Hampden Sr. Center)

[www.scanticriverartisans.com](http://www.scanticriverartisans.com)  
email: [info@scanticriverartisans.com](mailto:info@scanticriverartisans.com)

*Thank you to one of our sponsors: "Affordable Waste Solutions".*

**Scantic River  
ARTISANS**

Exhibiting Local Creativity  
104 ALLEN STREET, HAMPDEN, MA 01036

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