

The Scantic Scribe



OCTOBER 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, October 8th at 9:00 am

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Mondays, October 7th & 21st 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!

Welcome to fall. I hope you are enjoying the cooler weather and change of season. The senior center has a lot going on this month so be sure to read this newsletter from cover to cover so you don't miss out. Evening programs are in full swing and have been well attended. We are happy these programs have been enjoyed by so many.

The Annual **HELP! Now What?** Event is scheduled for Wednesday, October 16th at 6:00PM. This is a great time to learn about Medicare options and hear from insurance companies about plan changes for the new year. Attorney Dave Carlson will be joining us again this year to provide information about estate planning. Sign up today.

If you need a one-on-one appointment to review your current health insurance coverage, please call the senior center. Open Enrollment is from October 15th to December 7th and appointments fill up quickly.

Thanks to Gio's Pizzeria for sponsoring a fundraiser Dine Out event on October 25th to benefit the Friends of Hampden Seniors building fund. Dine in or take out!

Don't forget to schedule your vaccine appointments and sign up for all the other great programs happening this month.

See you soon, Becky....



Senior Center Building Committee Open Public Forum

Wednesday, October 9th at 6:30 PM

Hampden Senior Center, 104 Allen Street

Come and learn about the new design for the proposed senior center expansion/renovation. The committee is always looking for community input and this is a great opportunity to ask questions. Light Refreshments will be served.



Grab and Go Dinner

Friday, October 18th

Pick-up is 2:00 pm to 2:30 pm

Enjoy a delicious dinner of Shepherd's Pie, Salad, and Dessert. Cost is \$5 per person. Please call 566-5588 starting October 1st to order your dinner.



Roaring 20's Halloween Luncheon

Thursday, October 31st at 12:00 pm

Becky and Wendy will be in the kitchen making a mouth watering meal of Prohibition Glazed Ham, Dutchess Potatoes, Peas & Carrots, and Pineapple Upside Down Cake for Dessert!

Entertainment provided by Richard Hughes/Pianist & Presenter

A silent movie performance of Laurel & Hardy in "Habeas Corpus" with live musical accompaniment!

Cost is \$5 per person. We will be taking reservations for this event starting October 1st, on a first come first serve basis. Please call 566-5588. Space is limited.

This program is supported in part by a grant from the



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:**

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, October 15th.

- **Fuel Assistance:** Income Guidelines for 2023/2024 Heating Season are as follows:

<u>Family Size</u>	<u>2023/2024 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

**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.

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.



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.



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, October 15th 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



PICK-UP Wednesdays from 9:30 am to 10:30 am

October 2nd, 9th, 16th, 23rd, & 30th

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.

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.

Winter Farm Share will be back in January.



The Hampden Garden Club

Celebrating it's 92nd year

Will be presenting a program on **Native Plants**

Thursday, October 17th at 7:00 pm
At Academy Hall 616 Main St. Hampden

Guest speaker: **Master Gardener George Kingston, of Western MA Gardeners Association** will discuss why native plants are important for our ecosystem and how they can be used in home gardens in place of non-native and invasive ornamentals.

For more information call Lil at 566-1137.
Guest Fee \$5.00



Annual Vaccine Clinics:

Monday, October 7th, 1:00 pm to 4:00 pm
COVID and FLU SHOTS ONLY

Wednesday, October 9th, 9:00 am to 11:00 am
COVID, FLU, RSV, and SHINGLES

Appointments are required.

Please call 566-5588 to schedule your appointment.
Everyone who receives a shot will be entered into a raffle to
win a \$100 gift card!!

Sponsored by Big Y Pharmacy.

PLEASE



HELP US STOCK OUR SHELVES with Disinfecting Wipes!



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

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



Did you know we have...

Chair Massage with Mindy

Tuesdays, October 8th & 22nd, \$10 for 10 minutes.
Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month.
October 10th 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



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.

Nurse Notes

COVID numbers peaked in July. But during the past month they have dropped but for how long. Since many have had multiple vaccinations and multiple infections the presence of COVID will become less and less. The cases that occur will be less severe.

However, we need to be mindful that as the seasons change people will spend more time indoors. Consequently, what we have observed as a falling infection rate may start to increase.

This highlights the importance of keeping up to date with immunizations. In September updated shots will become available. The important message is to take advantage of this new immunization. This will increase your immunity, and you will have some protection against new and emerging strains. We all know someone who has had COVID or is presently recovering from COVID. Many also know individuals who are at high risk for serious illnesses should they contract COVID. With that said I encourage you to get vaccinated as soon as it is available.

Meet your Veteran Service Officer Jason Burgener



**Wednesday, October 9th 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.



FREE Blood Pressure Clinic:

Walk in 9:15 am to 10:45am

Tuesdays with Ann Maggio, RN

Thursdays with Karen Blair, RN



Transfer Station Bags

Available at the Hampden Senior Center

Bags are sold in packages of 10

Small Bags (16 gallon) \$15

Large Bags (33 gallon) \$30





Friends of Hampden Senior Citizens Fundraiser sponsored by Gio's Pizzeria

9 Allen Street, Hampden

Dine-In or Take-Out all day until closing on Friday, October 25th

10% of all sales will go back to the Senior Center Building Fund.

Thank you, Gio, for sponsoring this event!



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.



Last event to benefit the Alzheimer's Association

Walk to End Alzheimer's

Sunday, October 20th at 9:00 am

Holyoke Community College,
303 Homestead Avenue, Holyoke, MA.

Register online at act.alz.org and

- click on [Find a Walk Near You](#),
- click on [Find a Team and enter Tri Town](#).
 - select [Tri Town Team](#),
 - and follow the instructions to register.

Or, call the Hampden Senior Center at 566-5588 and we can help you register.



Trips with Bobbi

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

Oct 23, Wed - Fall Foliage Trip - American Heritage Museum in Hudson, MA; Lunch at O'Connor's Restaurant in Worcester (menu choice on flyer); Wine Tasting at Hardwick Vineyard & Winery in Hardwick; \$135pp. Full payment deadline October 11.

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, made payable to: **Bobbi Grant**
Please note trip name on memo line of your check.

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



Trips with Betty

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

Proceeds benefit St. Catherine of Siena Church.

Oct 14, Mon - Columbus Day Holiday Boston Bruins vs. Florida Panthers (2023 Stanley Cup Winners).

Tickets cost \$190pp, Section 321.

Payment includes ticket, Bus and Driver's gratuity.

Full payment is due with reservation.

Leave St. Catherine of Siena Church, 1023 Parker Street, Springfield, MA at 9:30 am.

Dec 12, Thurs - Blithewold Mansion and 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.



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, October 1st, 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.



"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.



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

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

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

Let us know your what your musical talent is.



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

6-week session - through October 22nd

**Tuesdays, October 1st, 8th, 15th & 22nd
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 you can train and improve even as you age."

\$6 per class - call ahead for availability.

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



Internet Tips & Tricks Including Email with Joe Green

Tuesdays, October 8th & 15th, 9:30 am to 10:30 am

This month's sessions will focus on how to shop on the internet and get the most for your money. Learn how to use a grocery store app and clip coupons from home. Email is required.

Please bring your personal device; laptop, tablet, or smart phone **fully charged**. Tablets are available for your use at the Hampden Senior Center, generously donated by Spectrum/Charter Communications. Sessions are free. Please call 566-5588 to reserve your seat. Space is limited.

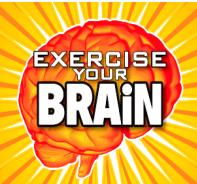


Come What May Boutique...

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 small interesting treasures!



September 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 **September 30th** for a chance to win. Drawing will be held on October 1st.

Congratulations to Pat McDonald and Betty D'Agostino, our lucky winners for the July/August Puzzle Pac!

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, 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, October 1st.

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

CHAIR MASSAGE

Tuesdays, October 8th & 22nd. \$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, October 10th.

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

FOOTCARE On hold until further notice.

FUNCTIONAL FITNESS with Sue Kent

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

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

New people welcome, will teach.

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

New people welcome, will teach.

MANICURES with Cat by appointment only.

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

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

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

MOVIES: Mondays at 12:30pm.

10/7 - Shirley, PG-13, Biography/Drama/History

10/14 - No Movie—Senior Center Closed

10/21 - A Walk in the Woods, R, Adventure/Biography/Comeady

10/28 - You Again, PG, Comedy/Romance



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, October 23rd - 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.

No classes October 30

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.

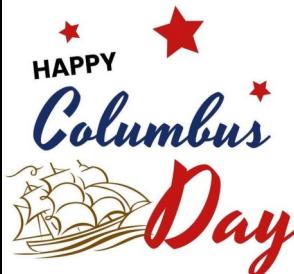


The Hampden Senior Center reserves the right to utilize photos or videos of participants for publicity purposes.
Participants not wanting their image used must notify the Hampden Senior Center in writing.

Please call 413.566.5588 for additional information

October 2024

Hampden Senior Center
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
	1 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Card Making 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class	2 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	3 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga 6:00 All Levels Yoga 6:00 Basic Drawing	4 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
7 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 12:30 Recorder 1:00 Common Threads 1:00 Vaccine Clinic 1:15 Ukulele	8 <u>Chair Massage by Appt</u> 9:00 COA Board Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Computers with Joe 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 5:30 FBI Dinner	9 9:00 Vaccine Clinic 9:30 Farm Share 9:30 Vets Coffee Hour 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	10 <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 6:00 All Levels Yoga 6:00 Basic Drawing	11 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
14 CLOSED 	15 9:00 Ladies Billiard 9:15 Blood Pressure 9:30 Computers with Joe 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 2:15 Lamar's Class 6:00 US Pres History Prog 6:00 ZOOM Support Grp	16 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors 6:30 HELP! Now What?	17 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 6:00 All Levels Yoga	18 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Grab & Go 2:15 Drumming
21 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 12:30 Recorder 1:00 Common Threads 1:15 Ukulele	22 <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 2:15 Lamar's Class	23 8:30 Collate Scribe 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	24 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	25 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
28 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 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele	29 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 6:30 Town Mtg @ TWB	30 9:30 Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	31 All Exercise Classes Cancelled today 9:00 Men's Billiards 9:15 Blood Pressure 10:00 Acrylic Painting 12:00 Halloween Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train	

October 2024

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<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>	<p>1 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Peaches</p> <p>Cal:730 Carb:86 Na:643</p>	<p>2 Chicken Fajitas Fajita Blend Vegetables Yellow Rice Sour Cream Flour Tortilla Cookies</p> <p>Cal:572 Carb:55 Na:950</p>	<p>3 Shrimp Scampi Tossed Salad w/Italian Spaghetti Noodles Garlic Bread Jello w/Topping</p> <p>Cal:696 Carb:60 Na:1042</p>	<p>4 Chicken Broccoli Alfredo Pasta Steamed Spinach Orange Juice Whole Wheat Roll Chilled Applesauce</p> <p>Cal:753 Carb:108 Na:1090</p>
<p>7 Tuna Noodle Casserole Stewed Tomatoes Whole Wheat Dinner Roll Apple Crisp</p> <p>Cal:759 Carb:111 Na:1187</p>	<p>8 American Chop Suey Roman Blend Veg Wheat Roll Rice Krispie Treat</p> <p>Cal:685 Carb:94 Na:662</p>	<p>9 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Mixed Fruit</p> <p>Cal:805 Carb:95 Na:1090</p>	<p>10 Beef Stroganoff Brussels Sprouts Egg Noodles Italian Bread Cookies</p> <p>Cal:616 Carb:84 Na:691</p>	<p>11 Eggplant Parmesan* Tossed Salad w/ Italian Penne w/Sauce Garlic Bread Fresh Fruit</p> <p>Cal:683 Carb:78/76 Na:1052</p>
<p>14 CLOSED</p> <p> HAPPY <i>Columbus</i> Day</p>	<p>15 Braised Pork w/Apple Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Fresh Fruit</p> <p>Cal:758 Carb:105 Na:691</p>	<p>16 <u>Birthday Meal/</u> <u>High Sodium Day</u> Chicken Cordon Bleu* Steamed Broccoli 1/2 Sweet Potato Dinner Roll Cupcake</p> <p>Cal:800 Carb:102/90</p>	<p>17 Turkey Chili Sour Cream Mixed Vegetables White Rice Italian Bread Chilled Pineapple</p> <p>Cal:744 Carb:107 Na:773</p>	<p>18 Butter Crumb Fish Parslied Carrots Roasted Red Potatoes Whole Wheat Bread Cookies</p> <p>Cal:633 Carb:72/72 Na:896</p>
<p>21 Ravioli w/Meat Sauce* Italian Blend Veg Italian Bread Cookies</p> <p>Cal:580 Carb:75 Na:1007</p>	<p>22 Chicken & Dumplings* Tossed Salad w/Italian Mashed Butternut Squash Multigrain Bread Chilled Applesauce</p> <p>Cal:722 Carb:98 Na:1023</p>	<p>23 Mandarin Orange Turkey* Pacific Blend Veg White Rice Oatnut Bread Mixed Fruit</p> <p>Cal:641 Carb:98 Na:843</p>	<p>24 Pot Roast w/Gravy Brussel Sprouts Garlic Mashed Potatoes Whole Wheat Bread Fresh Fruit</p> <p>Cal:742 Carb:93 Na:540</p>	<p>25 Potato Pollock Filet Coleslaw Steamed Corn Tartar Sauce Whole Wheat Bread Mandarin Oranges</p> <p>Cal:729 Carb:93 Na:804</p>
<p>28 <u>High Sodium Day</u> Turkey w/Dijon Sauce* Steamed Spinach Rice Pilaf Whole Wheat Bread Fresh Fruit</p> <p>Cal:627 Carb:77 Na:1347</p>	<p>29 Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Sour Cream Tortilla Chips Chilled Pineapple</p> <p>Cal:627 Carb:77 Na:1347</p>	<p>30 Pierogis Sautéed Cabbage Parslied Carrots 12 Grain Bread Cookies</p> <p>Cal:627 Carb:77 Na:1347</p>	<p>31  <u>Happy Halloween!</u></p> <p>Prohibition Glazed Ham Dutchess Potatoes Peas & Carrots Pineapple Upside Down Cake</p>	<p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p> <p>Suggested Donation \$2.00 per meal.</p> <p>Menu subject to change without notice.</p>



The August Indoor Sale and September Tag Sale Event were a great success and raised just under \$7,000 for the Building Fund!

A BIG THANK YOU to Diane Marino, Friends of Hampden Senior Citizens, volunteers and those that donated items and shopped at the sale.

This was a tremendous event and we are grateful for the support!



The Friends of Hampden Seniors are hosting a Hartsprings Truck Event Saturday, October 5th from 10:00 am - 1:00 pm



Will accept all cloth items, such as clothing, including scrap sewing/quilting material, bedding, linens, towels, shoes, and purses. Books, kitchenware, breakable knickknacks, small appliances, small speakers, sporting goods, and suitcases in good working order. Toys must be boxed to be accepted. Table lamps will be accepted only if they are boxed and protected from breaking.

NO encyclopedias, textbooks, or baby items such as strollers, cribs, carriages, stuffed animals, or pillows.

This truck event is an opportunity to drop off all your larger bags or boxed items for Fall Cleanup. In doing so, you're also helping the Senior Center earn a small percentage based on the total weight of items received from Hartsprings for helping their cause.

There is no charge to drop off these items, however all monetary donations will be accepted and appreciated.
All proceeds from this event will benefit the Hampden Senior Center Building Fund.

Our purple bin remains in our parking lot for your convenience to drop off donations any time you desire, however our bin is limited as to the size of the bag that you're able to fit in the opening. If the bin is full, and it's normal business hours for the Senior Center (M-F, 9-3), please let a staff member know and we will hold your items in the office until they can be picked up.

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!

The Hampden Senior Center is continuing our Fall Evening Program Schedule

We hope those of you who are unable to come to the senior center during the day will take advantage of these new evening opportunities. **All programs are open to the entire community.**
As always, please call pre-register for all classes listed by calling 413.566.5588.



HELP! Now What?

Annual Medicare Open Enrollment and Retirement Planning Seminar

Wednesday, October 16th, 6:00 pm to 8:00 pm

- Join us as we welcome Attorney David Carlson for a discussion about estate planning.
- SHINE Counselor Becky Moriarty will provide a Medicare overview and talk about Open Enrollment and what you can do with your insurance plan during this time.
- Representatives from health insurance companies have been invited to attend to talk to you about Medicare insurance plan options.

Please call 566-5588 to RSVP. Light Refreshments will be served.



All Levels Yoga with Lisa Zizza

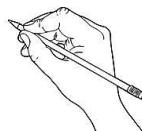
5-week session

Thursdays, 6:00 pm to 7:00 pm

September 19th through October 17th

Please bring a yoga mat, and water bottle.
Dress comfortably and stay hydrated!

Cost is \$25 paid in full for the 5-week session and receive one free class, or \$6 per class - call ahead for availability.
Please call 566-5588 to reserve your spot. Space is limited.



Basic Beginner Drawing with Joyce Belliveau

3-week session

Thursdays, 6:00 pm to 7:00 pm

Beginning September 26th through October 10th

Come and discover your inner artistic abilities.

Cost is \$20 for session. All materials will be provided.
Please call 566-5588 to reserve your spot. Space is limited.



FBI Presentation & Guest Author Sandy Howell

Tuesday, October 8th, 5:30 pm to 8:00 pm

Members of the FBI Springfield office will visit the Hampden Senior Center to discuss current elder fraud trends and prevention strategies. Proactive measures will be talked about, as well as general guidance to online safety and security. Award winning author Sandy Howell of Hampden will also be here with her best-selling novel Izzy, The Reluctant Spy.

Books will be available for purchase and Sandy would be happy to sign them if you wish.

A FREE dinner of Ziti, Chicken and Broccoli will be served.

Preregistration is required.

Please call 566-5588 to sign up. Space is limited.
Sponsored by Charter Communications/Spectrum.



US Presidential History Program

Tuesday, October 15th, 5:30 pm to 7:30 pm

Retired Wilbraham Police Sergeant Glen Clark has been collecting political memorabilia since he was a child.

His collection dates back to 1863 and President Lincoln!

Come and view the collection and hear about the history of US Presidential Leadership and personal memories of his collection.

This is a free program and open to the public. All are welcome!
Please call 566-5588 to sign up. Space is limited.



Save the date

Hampden Fall Town Meeting

Tuesday, October 29th at 6:30 pm

Thornton W. Burgess School Auditorium

85 Willbraham Road, Hampden



Save the date

Veterans Dinner

Thursday, November 7th at 5:30 pm

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

Special Guest: Jason Burgener, VSO for Hampden.

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,
and Rick Green of Richard R. Green Insurance Agency



Hampden Fall Fest

Saturday, October 5, 2024
12:00—5:00PM
Rain Date: Sunday, October 6th

A fun filled day of events including Trunk or Treat Competition, a Climbing Wall, Craft Fair to include local businesses, Bounce Houses, a Pumpkin Illumination Competition, multiple food vendors, DJ and Hot Air Balloon rides!

Thornton W. Burgess School
85 Wilbraham Road
Hampden, MA 01036



Sponsored by RAH
The Recreation
Association of Hampden



THE HAMPDEN POLICE ASSOCIATION

PRESENTS

PUBLIC SAFETY NIGHT OUT

Friday, October 11, 4 pm to 7 pm

Thornton W. Burgess Middle School
85 Wilbraham Road, Hampden, MA

FREE ADMISSION

Join the Police Association as they bring the Community and Public Safety together for a night of fun for the whole family!

Live public safety demonstrations by
Massachusetts State Police Helicopter, K-9,
Action Ambulance, Hampden Police & Fire Department

Enjoy food from local vendors & fireworks after dark!

Flu Shots & Vaccines will be available on site from Big Y Pharmacy. Please bring your ID and Insurance Card.

Scantic River Artisans present:

Zentangle Art

The Zentangle Method is an “easy to learn” method of creating beautiful images by drawing structured patterns. It is wonderfully relaxing and meditative....with a touch of Zen.

**We would like to invite you to join Sue Superson to explore this elegant artistry for yourself.
You will create a treasured piece of art in an uplifting way. Everyone is welcome.**

Participants will be given an information booklet, art tiles, and a Zen pen as Sue guides them through the process. There will be opportunities to win two door prizes!



When: October 24, Thursday, 6:00 - 7:30PM

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

Cost: \$20 (includes: Information booklet, art tiles, and a Zen pen)

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

For more info, visit: www.scanticriverartisans.com