

The Scantic Scribe



SEPTEMBER 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, September 10th at 9:00 am
in PERSON or VIA ZOOM**

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

**Mondays, September 9th & 23rd 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!

It's hard to believe it's already September and the summer is coming to a close. Many thanks to Diane Marino and the Friends of Hampden Seniors for their great work on the August Tag Sale/Pop Up Boutique. This was a tremendous fundraiser for the Senior Center Building Fund. We also appreciate all the donations from the community.

You still have one more opportunity to shop! Come to the Saturday, September 7th Tag Sale Event here at the senior center. Details are inside this edition of the Scribe. September brings our new evening program schedule. We heard from the community and we understand that not everyone is able to attend programs during the day, so we are providing a chance to attend programs in the evening. All programs at the senior center are open to everyone! See the schedule inside and be sure to call and sign up. Half way to St. Patrick's Day is back and we have one final Dinner Dance of the season to look forward to in addition to some great special programs.

Be sure to sign up early to reserve your seat.

Have a great month, Becky.....



Luncheon

Wednesday, September 25th at Noon

Join us as we kick off the fall season with a delicious luncheon of Spaghetti & Meatballs, Garlic Toast, Salad, and Dessert provided by GSSSI. We will spend the afternoon reminiscing about our favorite TV shows from years past as the band takes us on a "Name That TV Theme" journey.

Entertainment provided by Richard Plasse and the Premier Swing Band.

\$2.00 suggested donation for lunch to GSSSI.

Please call 566-5588 to sign up starting September 3rd.

This program is supported in part by a grant from the Hampden Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



September Dinner Dance

Saturday, September 28, 2024 from 5:30pm to 9:00pm

Join us for a night of great food, music & dancing.

Cost is \$30.00 prepaid, per person. Includes Appetizers, One Complimentary Cocktail, Chicken Cordon Bleu Dinner, and Dessert.

There will be a Cash Bar.

Entertainment provided by Union Jack.

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

All proceeds will benefit the Senior Center Building Fund.

Please make checks payable to: Friends of Hampden Senior Citizens

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, September 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.



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, September 17th at 6:00 pm

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



D & R Farm Summer Farm Share



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

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

New applications for Summer Farm Share are required. Contact Wendy if you haven't submitted your application.

Please let us know if you need your shares delivered. Shares are limited. To sign up, please call Wendy at 566-5588, or email outreach@hampdenma.gov.

PICK-UP Wednesdays at 9:30 am.
September 4th, 11th, 18th & 25th.



D & R Farm Farmer's Market

Once a month



Thursday, September 26th
from 9:00 am to 1:00 pm

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



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.

Two winners for the July/August Puzzle Pac will be drawn on September 3rd and announced in the October Scribe.

Get Help Paying Medicare Costs



What is the Medicare Savings Program?

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

Who qualifies?

Medicare Beneficiaries who meet the following limits:

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

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



HELP US STOCK OUR SHELVES with Toothpaste!



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

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

Meet your Veteran Service Officer

Jason Burgener

**Wednesday, September 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.**



Did you know we have...

Chair Massage with Mindy

Tuesdays, September 10th & 24th, \$10 for 10 minutes.
Please call 566-5588 for appointment.

Facials with Diane Neill

2nd Thursday of every month.
September 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 10:45am

Tuesdays with Karen Gatchell, RN

Thursdays with Ann Maggio, RN



Transfer Station Bags

Available at the Hampden Senior Center

Bags are sold in packages of 10

Small Bags (16 gallon) \$15

Large Bags (33 gallon) \$30



Tri-Town Trolley Transportation Services

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

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

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

A 72 hour notice is required for scheduling rides.

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

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

Please have exact change. Thank you.





Create a Greeting Card with Ellie!

Come and discover endless possibilities for creating your own personal greeting cards.

Meet new friends, and learn new techniques each month.

Tuesday, September 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.



"African Drumming" with Jason

New 12-week session

September 6th through November 22nd

Fridays from 2:15 pm to 3:15 pm

Accepting New Students.

Cost is \$60 paid in full for the 12-week session and receive two free classes, or \$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

New 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.

Cost is \$50 paid in full for the 10-week session and receive two free classes, or \$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.



Computer Basics for Beginners or those that would like a refresher!

with Joe Green

Let's start from the beginning!

Tuesdays, September 10th & 17th

9:30 am to 10:30 am

Please bring your personal device **fully charged**. We will focus on laptops, and pads/tablets. 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.



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

6-week session - through October 22nd

**Tuesdays, September 17th & 24th
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."

Cost is \$30 paid in full for the 6-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.

LET'S JAM!

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

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

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

Let us know your what your musical talent is.



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 3.

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.

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

Senior Center Activities

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

ACRYLIC PAINTING with Nan Hurlburt

Thursdays, 10:00am-12:00pm & 12:30pm -2:30pm
\$20/per class, includes materials.
Space is limited. Call to sign up.



BILLIARD ROOM

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

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

BLOOD PRESSURE SCREENING

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

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

New experienced players welcome.

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

New people welcome, will teach.

CARD MAKING with Ellie Tuesday, September 3rd

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

CHAIR MASSAGE

Tuesdays, September 10th & 24th. \$10 for 10 minutes.
Please call for appointment.

COMMON THREADS

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

CRIBBAGE - Please call if interested.

DRUMMING - Accepting new students.

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

12-week session beginning September 6th—November 22nd.
\$60 for 12-week session, or \$6 per class - call for availability.

FACIALS with Diane Neill Thursday, September 12th.

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.

9/2 - No Movie—Senior Center Closed

9/9 - Penguin Bloom, PG-13, Biography/Drama/Family

9/16 - Enola Holmes 2, PG-13, Action/Adventure/Crime

9/23 - The Boys in The Boat, PG-13, Biography/Drama/Sport

9/30 - Rescued by Ruby, TV-G, Biography/Drama/Family



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. No Pitch on 9/25.

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, September 25th - 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

New 9-week session starting:

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.

Mon	Tue	Wed	Thu	Fri
2 CLOSED 	3 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Card Making 11:00 NO Chair Yoga 12:00 NO Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga	4 9:30 Farm Share 9:30 Vets Coffee Hour 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	5 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 NO Chair Yoga 12:00 NO 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 12:00 Lunch 12:30 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele 2:30 New Students Recorder or Ukulele	10 <u>Chair Massage</u> <u>by Appt</u> 9:00 COA Board Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 9:30 Computers with Joe 11:00 NO Chair Yoga 12:00 NO Functional Fit 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 6:00 Downsizing	11 9:30 Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	12 <u>Facials by Appt</u> Hospice of W&C MA 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 12:30 Beekeeper Presentation 2:15 Drumming
16 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele 2:30 New Students Recorder or Ukulele	17 9:00 Ladies Billiard 9:15 Blood Pressure 9:30 Weights w/YMCA 9:30 Computers with Joe 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 Drumming Intro 6:00 ZOOM Support Grp	18 8:30 Collate Scribe 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	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 Thunderbirds Bingo 12:30 Mexican Train 1:00 Mat Yoga 6:00 All Levels Yoga	20 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
23 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele 2:30 New Students Recorder or Ukulele	24 <u>Chair Massage</u> <u>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 6:00 Crystal Bowls	25 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 10:30 Senator/State Rep 12:00 Welcome Fall Luncheon 12:30 Pitch Cancelled 12:30 Rummikub 12:30 Watercolors	26 9:00 Men's Billiards 9:00 Farmer's Market 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga 6:00 All Levels Yoga 6:00 Basic Drawing	27 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
30 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele 2:30 New Students Recorder or Ukulele			<p>The Hampden Garden Club <i>Celebrating its 92nd year,</i> Will be presenting a program on GROWING YOUR OWN MUSHROOMS By guest speaker Dillon Moriarty On Thursday September 19 7:00pm At Academy Hall 625 Main St., Hampden, Ma For more information call Lil at 566-1137 Guest Fee \$5.00</p>	

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

September 2024

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
2 CLOSED 	3 Chicken Pot Pie California Blend Veg Biscuit Topping Pear Crisp Cal:608 Carb:65 Na:676	4 Chicken Marsala Steamed Broccoli Parslied Penne Whole Wheat Roll Chilled Apples Cal:572 Carb:78 Na:921	5 Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Sour Cream Tortilla Chips Chilled Pineapple Cal:799 Carb:73 Na:898	6 <u>End of Summer BBQ</u> Hamburger w/Cheese Mushrooms & Onions Macaroni Salad Wheat Burger Bun Ketchup Jello w/ Topping Cal:596 Carb:60/58 Na:1088
9 "Lazy" Stuffed Cabbage Peas & Onions Whole Wheat Bread Mixed Fruit Cal:635 Carb:70 Na:561	10 Swedish Meatballs Summer Blend Veg Egg Noodles Oatnut Bread Fresh Fruit Cal:850 Carb:100 Na:665	11 <u>Cold Plate</u> Chef's Salad* w/Italian Ham & Turkey Celery Salad Whole Wheat Roll Chilled Peaches Cal:567 Carb:57 Na:1109	12 <u>High Sodium Day</u> Steak & Cheese Sandwich* Onions & Peppers Potato Salad Hot Dog Bun Cookies Cal:763 Carb:69 Na:1322	13 <u>Big E Style</u> <u>Pierogis</u> Pierogis & Sour Cream Parslied Carrots Sautéed Cabbage Rye Bread Jello w/ Topping Cal:535 Carb:78/76 Na:851
16 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Chilled Pears Cal:570 Carb:79 Na:799	17 <u>Birthday Meal</u> Turkey w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Cupcake Cal:674 Carb:93 Na:1026	18 <u>Cold Plate</u> Curry Chicken Salad Cucumber Mint Salad Chickpea Tomato Salad 1/2 Whole Wheat Pita Fresh Fruit Cal:726 Carb:85 Na:677	19 <u>High Sodium Day</u> Hot Dog w/Bun* Coleslaw Baked Beans Ketchup/Mustard/Relish Chilled Applesauce Cal:707 Carb:75 Na:1446	20 <u>Big E Style</u> <u>Fish Chowder</u> New England Fish Chowder Green Beans Cornbread Pudding w/Topping Cal:761 Carb:95/91 Na:948
23 <u>Cold Plate</u> Egg Salad Three Bean Salad Broccoli Slaw Whole Wheat Bread Mixed Fruit Cal:914 Carb:77 Na:876	24 <u>Big E Style</u> <u>Baked Potato Bar</u> Pulled Pork Broccoli with Cheddar 1/2 Baked Potato Multigrain Bread Jello w/ Topping Cal:888 Carb:87/85 Na:1027	25 Spaghetti & Meatballs Tossed Salad w/Ranch Garlic Toast Sheet Cake Cal:738 Carb:90 Na:952	26 Crab Cake* w/Tartar Sauce Steamed Corn Coleslaw Whole Wheat Bread Fresh Fruit Cal:699 Carb:102 Na:1148	27 Ham w/Pineapple Herbed Green Beans Au Gratin Potatoes Whole Wheat Dinner Roll Mandarin Oranges Cal:578 Carb:91 Na:983
30 Breakfast Sausage Scrambled Eggs Syrup Potatoes O'Brien Cherry Snack Loaf Spiced Apples Cal:718 Carb:111 Na:857			<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>Special concerns regarding sodium, contact the nutritionist at GSSI by calling 781-8806 x1136.</p> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p>



Tag Sale Event

Everything Must Go! Bargains Galore!!

Saturday, September 7th from 9:00 am to 12 noon



The August Boutique was a great success thanks to Diane Marino and our Friends of Hampden Senior Citizens.

This is your last chance to find a bargain at our Tag Sale!

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

Thank you to those that donated to and shopped at the August Pop Up Boutique/Tag Sale.

We also appreciate all of the volunteers that helped with the sale over the last several months.



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 Spring 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!



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.



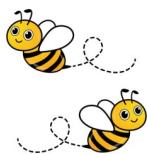
Hospice of Western & Central Massachusetts

is committed to making a lasting difference in the lives of patients diagnosed with a life-limiting illness by enabling them and their loved ones to live each day as fully and comfortably as possible.

Hospice of Western & Central Massachusetts will be here to answer any questions you may have regarding current or future needs on

Thursday, September 12th from 9:30 am to 11:00 am

Hospice of Western & Central Massachusetts is a community-based hospice, providing end-of-life comfort care to patients in any setting that is considered home. They are very proud partners with the "We Honor Veterans" program, to recognize and honor the contributions made by veterans!



"Have you ever wondered what happens in beehives and how beekeepers access the honey without being stung?"

Beekeeper Sue Kendrick will be here to talk about beekeeping, honey and more! Join us for a look inside the hives and what it takes to keep honeybees alive.

Friday, September 13th at 12:30 pm

Sue cultivates and sells honey from her very own hives at her farm stand on South Monson Road in Hampden. Jars of honey and other products that she offers at her stand will be available for purchase at this event.

This is a FREE event. Please call 566-5588 to reserve your seat. Space is limited.



Grandparents Luncheon

Thursday, September 19th, at 12:00 noon

Lunch menu on this day is Jamaican Jerk Chicken, Collard Greens, Coconut Rice, Oatnut Bread, and Cookies. Provided by GSSI. \$2 Suggested Donation

**Followed by:
BINGO with BOOMER
and the Springfield Thunderbirds!**



We will have Thunderbirds prizes, including tickets to games, koozies, t-shirts, and more! This is a FREE event. Come and have your picture taken with Boomer, and just have fun! Please call 566-5588 to reserve your seat. Space is limited.



Events to benefit the Alzheimer's Association



Saturday, September 14th from 9AM-2PM Pleasant View Senior Center Trunk Sale Fundraiser

Rain Date: Sunday, September 15th, 328 North Main Street, East Longmeadow. Come shop or set up a trunk with your household items for sale! For those that would like to sell items, parking spots are \$25 each per vendor or 2 spaces next to each other for \$40 per vendor.

You keep your earnings! If you are interested in being a vendor, [please contact Linda at 413-627-8509.](#)

Saturday, September 21st from 9AM-4PM Open Play Pickleball at the Longmeadow Adult Center; Cost \$10.00 per person/ 60 minute slot. [Please call 413-565-4150](#) to sign up after August 1st.

Sunday, October 20th at 9AM, Walk to End Alzheimer's, 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, follow the instructions to register. Or, call the Hampden Senior Center at 566-5588 and we can help you register.

All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association.

The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed.

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.



Trees Downsize in Autumn... YOU CAN TOO!!

Learn how to live an organized life that doesn't involve constant maintenance with Bonnie Borromeo Tomlinson.

Tuesday, September 10th, 6:00 pm to 7:30 pm

Bonnie is the author of:

STOP BUYING BINS & other blunt but practical advice from a home organizer and, STOP PUSHING PERFECTION & just create a home you can actually keep neat.

Books will be available to purchase at no obligation.

Enjoy a glass of wine and light refreshments while you're here.

This is a FREE program.

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

Sponsored by Friends of Hampden Senior Citizens.



Intro Class for "African Drumming" with Jason

Don't miss out on this amazing opportunity to be part of something new and invigorating, discovering great benefits for the body and soul!

Tuesday, September 17th, 6:00 pm to 7:00 pm

This introductory class is *FREE*. Please call 566-5588 to reserve your spot. Space is limited.

We have a limited number of drums. Preference will be given to new students on a first come, first serve basis for the use of a drum. All are welcome to observe. If you have a drum, please feel free to bring your own, but still call to reserve your spot.

Sponsored by Friends of Hampden Senior Citizens



Ready to start feeling better? Needing a clearer mind and body? Join us for a **Crystal Bowl Sound Healing Meditation, led by Chantal.**

Tuesday, September 24th, 6:00 pm to 7:30 pm

Past and recent participants stated they experienced:

- ◆ Increased energy and overall sense of relaxation
- ◆ Release of pain and tension
- ◆ Increased focus and ability to concentrate
- ◆ Deep sleep and feeling well-rested upon rising
- ◆ And more!

No prior knowledge of meditation needed! Just R-E-L-A-X!

You will need to bring a yoga mat or zero-gravity chair if you have one, a pillow, blanket, and water bottle.

The cost of this program is \$10 per person.

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



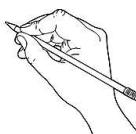
All Levels Yoga with Lisa Zizza

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 and discuss current elder fraud trends and prevention strategies. Proactive measures will be discussed, 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 Sargent 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.

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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.

Nurse Notes

Did you know New England is one of the “tickest” states in the country? Now that it has cooled down a bit, we can get back outdoors. We need to protect ourselves against tick bites to protect ourselves from Lyme disease. What can we do to decrease contact with the annoying mosquitos that carry Lyme disease? A community-wide approach is necessary. For example, locate play spaces in areas not close to wooded areas. While we often shun the use of insecticide neighborhoods could agree to use them in at risk areas. Now that the weather has moderated to protect ourselves, we need to pay attention to the clothing you wear when near woodlands, areas with tall grass and areas where stagnant water accumulated. Long sleeve shirts and pants tucked into socks for example can minimize contact with infected mosquitos. Using insecticide sprays and tick checks following outdoor activities are important. While climate change boosts tick numbers, we do not yet have a good system to control the mosquito population. Think about how you can protect yourself from contracting Lyme disease.



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.



Meet Tripp The Hampden Senior Center's Therapy Dog!

Tripp comes to the senior center on a regular basis with his wonderful owner, Lori Kellner. Tripp and Lori were recently recognized by Bright Spot Therapy Dog News Publication. Here's what they said...

"Tripp is a two and a half year old mini Goldendoodle. His greatest love in life is making people happy. Most of the time, he even looks like he is smiling. His favorite place to visit is the Hampden Senior Center. He enjoys the blood pressure clinic, billiards group, quilters, acrylic painting classes and especially lifting the spirits of those who work so hard developing these programs.

He now also has his AKC Therapy Dog Title.

"He is everybody's Bright Spot."

Many thanks to Lori and Tripp for visiting on a regular basis and brightening all our days.



HALF-WAY to ST. PATRICK'S DAY FUNDRAISER Grab and Go Dinner

Sunday, September 15th
Pick-up from 2:00 pm to 2:30 pm.

Pick up a delicious Grab and Go meal of Corned Beef and Cabbage, complete with Rye Bread & Dessert.

\$12 per meal. Pre-registration and payment is required. Please call 566-5588 today to make your reservation.

Entertainment provided by Jerry Murphy and Mary Ellen's Mad Deili Dancers.

All are welcome!

Please make checks payable to: Friends of Hampden Senior Citizens

All proceeds from this event will benefit the Senior Center Building Fund.

Thank you to our Generous Sponsors:

Brodeur-Campbell Fence Company, Great Horse, John D. Flynn, Polish National Credit Union

The Scantic River Artisans present:

fall into ART ART SHOW

Thornton Burgess School • 85 Wilbraham Rd. • Hampden, MA

Sept 13, Friday (3-7 PM)

Sept 14, Saturday (11-3 PM) • Reception (12 – 2 PM)

Featuring: The New England Mosaic - 24' Wall of ART



The New England Mosaic is a 24 foot fine art wall made up of 264 individual canvas "tiles" painted by over 200 area artists that capture the beauty and diversity of New England life. The tiles will be for sale and the proceeds will fund scholarships for area art students.



www.scanticriverartisans.com • Email: info@scanticriverartisans.com

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