

January 2026

The Scantic Scribe

HAMPDEN SENIOR CENTER

104 ALLEN STREET, HAMPDEN, MA 01036

413-566-5588 (phone); 413-566-2103 (fax); www.hampdenma.gov

Monday - Friday 9:00AM-3:00PM



Please let us know if you would like to receive this newsletter via email. Call us with your email address!

Happy New Year! Wishing you a safe, happy and healthy 2026!

The AARP Tax-Aide Program returns for 2026 by appointment only for those aged 50+

**Appointments can be made
starting Monday, January 12th.**

413.566.5588

- If you call to schedule an appointment and get the answering machine, leave a message with your name, phone number, and that you need an appointment.
- **Calls are returned in the order in which they are received.**
- Taxes will be completed on Tuesdays starting in February.
- Forms will be mailed to you two-weeks in advance to be completed and brought in with you the day of your appointment along with all pertinent documents such as: Forms 1099-R, 1099-SSA, W-2, Previous Year (2024) Tax Return, copies of Social Security Card, Picture I.D., all Real Estate Tax Bills (for ages 65+), Water and Sewer Bills (if applicable), etc.
- On your appointment date, you will meet briefly with a counselor to review your paperwork, then leave and wait for a phone call to pick up the completed return. Same day pick up is required.

We are happy to have this program in Hampden and look forward to a successful season.

Armbrook Village Cooking Demo Brain Healthy Cooking for One January 8, 2026 at 11:00 A.M. FREE!

The Chef from Armbrook Village will show you how to prepare several tasty
N **EVENT CANCELLED** S,
a cup of lemon chicken soup and tangerine chocolate pudding for dessert.
Call 566-5588 to reserve your seat.

Luau Luncheon January 14th at 12:00 noon \$6.00 per person

Beat the winter blues and join us for a tropical island Luau!
A delicious lunch of Huli Huli Chicken, coleslaw, fried rice provided by Greater Springfield Senior Services and a yummy staff made dessert. Entertainment will be provided by the Hampden Senior Center Ukulele Group. Cost is \$6 pp.
Please call 566.5588 to sign up for this fun event.

National Pie Day with Entertainment by Rick Gilday Friday, January 23rd at 12:30 P.M.

Join us for a delicious slice (or two!) of pie on National Pie Day and enjoy songs from Rick Gilday. Friday, January 23rd at 12:30 pm.
Please call 566-5588 to sign up to let us know you're coming. This is a **FREE** event!

Veterans Coffee Hour with Jason Burgener January 28th at 10:00 A.M.

Join Jason, Ellen O'Brien and Lori Callahan from the Wilbraham Funeral Home for a discussion about preparing for your future and potential Veterans benefits.
Light Refreshments will be provided.

VSO Office Hours

Jason's office hours at the new **Hampden Town Hall, 85 Wilbraham Road, Hampden (former TWB Middle School): Wednesdays, 9:00 am to 4:00 pm**
Please call Jason directly at 413-640-0540 to schedule an appointment.




SOUP-er BOWL Lunch Friday, February 6th at 12:00 noon \$3.00 per person

Join us for a delicious lunch made by Becky & Wendy. Turkey Rice Soup and sandwich. Dessert donated by JGS Lifecare. Stay to play Super Bowl Trivia with **The Trivia Guy**, Paul Federico and a chance to win some great prizes. Please call 566.5588 to RSVP for this event.

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 Aging and Independence.

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

- D&R Farm:** **Winter Farm Share is back! January 7th and 21st. Pick up at 9:30AM**
D & R Farm will once again offer fresh produce twice a month starting in January and running through May. 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 are required.
If interested, contact Wendy at 566.5588 to get your application in and sign up!
- SNAP:**  ***NEW INCOME GUIDELINES:**
1 person household—\$2,608; 2 person household—\$3,525
Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet monthly income guidelines.
- Brown Bag:**  ***NEW INCOME GUIDELINES:**
1 person household—\$2,608; 2 person household—\$3,525
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 Tuesday, January 20th between 12:30—1:30 pm
- Registry of Motor Vehicles:** If you have RMV related questions, or need help with processing RMV applications online including license and registrations, please call Wendy at 566-5588 to make an appointment.
- Personal Needs Closet:**  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 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. 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 10:15 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.

Here's what's happening at the Memory Café in January:

January 2nd– No Café

January 9th-Snowman Bingo & Craft

January 16th-Mindful Movement w/Lisa

January 23rd-Rhythm & Motion w/Diane

January 30th-Music w/Renee

Please call Wendy at 566.5588 for more information.

Sponsored by: Friends of Hampden Senior Citizens & private donations.



PWR!Moves Group Exercise Classes **on Mondays from 9:00 AM—10:00 AM** **with Lisa Kern, OT, Reiki Master/Holistic Therapist**

A Parkinson-specific exercise class that “makes function exercise” to keep you moving & doing more of what you want to do! As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics, and flexibility.

Exercises are designed to improve your fitness, counteract your PD symptoms and increase your daily activity.

This whole body, function-focused exercise class will push you to do more than you think you can in a fun, empowering, and enriched environment!

Pre-paid rate for 8 classes: \$65; Drop in rate: \$10.00 per class.

Please call 566-5588 to sign up.

Medicare Savings Program: The Medicare Savings Programs (MSP) will pay for some or all 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 income limits: Single: \$2,935 per month / Married: \$3,966 per month. There is no asset limit.

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

WINTER WEATHER ADVISORY

Remember to watch channels 22 & 40 for information about cancellations and/or delayed openings.
Watch for **HAMPDEN SENIOR CENTER** and **GREATER SPRINGFIELD SENIOR SERVICES** for information.

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 thanks to private donations throughout the year.

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

Sand for Seniors

Now through April, 2026 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 where you would like the bucket placed. 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!

Fuel Assistance Income guidelines for 2025/2026 heating season

Family Size Income Limit

1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573

The following documentation is required for

RECERTIFICATION:

- GREEN Recertification application
- Photo ID
- Proof of all household income (If working 4 most recent paystubs)
- Copy of oil and gas bill
- A complete copy of your most recent electric bill.

The following documentation is required for

NEW APPLICATIONS:

- Proof of all household income
(If working 4 most recent paystubs) *
- Copy of oil, gas, electric bill (source of heating)
- Property Tax and/or Homeowners Bill
- Photo ID AND Social Security Card or Birth Certificate
- Mortgage statement if not paid in full
- Current Homeowners Insurance Bill

***BANK STATEMENTS ARE NO LONGER ACCEPTED AS PROOF OF INCOME**

Please contact Wendy with any questions or to schedule an appointment at 566-5588

REMINDER:

Fuel Assistance runs from 11/1/2025—4/30/2026. Applications are accepted throughout the heating season.



WARMING HEARTS PROGRAM for Homebound Older Adults in Hampden

Do you know an older adult in Hampden who is homebound and could use some mid-winter cheer? Let us know! Our warming hearts deliveries are a small way for us to let people know we are thinking of them and that we are here should they need anything.

Deliveries will include soups, treats, games and more and will take place during the month of February.

Interested in delivering? Call Wendy at 566-5588.



HELP US STOCK OUR SHELVES with Toothpaste

Thank you to those that donated hand soap last month. Every month we request a different item to help fill Personal Needs Bags.
Due to space constraints, please refrain from purchasing warehouse size items.



Elms College Nursing Students

will be here Thursdays, starting February 5th, from 9:00 am to 1:00 pm.
Students will do blood pressure screening, and provide educational health information.

ART CORNER



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.

WATERCOLORS with Chris Sterritt

New 8-week session January 7th—February 25th—wait list only.
Wednesdays 9:30 am-12:00 pm & 12:30 pm-3:00 pm

BILLIARD ROOM

Billiards League: Monday afternoons 12-3
Mon (AM), Tu/Th (PM), Weds, Fri: Open Play
Tuesdays, 9:00am-12:00pm: Women's No Rules Play
Thursdays, 9:00am-12:00pm: Men's Play

FITNESS



FUNCTIONAL FITNESS with Sue Kent

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

TAI CHI with Heather Duncan - Mondays

Advanced Session - 9:15am-10:15am.
Beginners Session - 10:30am-11:30am.
\$5 per class paid to instructor.

WEIGHT TRAINING with YMCA

Tuesdays, 9:30am-10:30am.
Save money and purchase a 10-class punch card at the Senior Center for \$40 or pay \$5 per class. Please pay cash, or make checks payable to: YMCA of Greater Springfield.

WORKOUT with Jenn

Thursdays, 9:30am-10:30am. \$5 per class paid to instructor.

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.



Pickleball at Thornton Burgess

85 Wilbraham Road

Three time slots available on Wednesday mornings:

8:00 AM—9:30 AM, 9:30 AM—11:00 AM or 11:00AM-12:30PM.

You must call the senior center at 566.5588 to sign up.

This program is for new players and beginners looking to hone their skills and learn the rules of the game.

Wednesday, January 21st, at 11:00 am

Pickleball Clinic with Mary Grasseti

We will run a clinic on the third Wednesday of every month at the 11:00 am session, where we will run drills and practice games to hone your skills.

If you are not already registered in the 11:00 am session, you must call for availability. Space is limited.



Tri-Town Trolley Transportation Services

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

For Hampden, East Longmeadow and Longmeadow older adults.

Grocery store trips on Wednesdays and Thursdays only with a 3 bag limit.

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.**

FUN AND GAMES AND MORE

Mondays

Knitting & Crocheting at 9:00
Bridge at 9:30
Cornhole at 10:00

Tuesdays

Bunco at 12:00

Wednesdays

Trivia at 10:00AM
Pitch sign up from 12:00-12:15
Rummikub at 12:30

Thursdays

BINGO at 12:30

Fridays

Quilting from 9-3
MahJong at 10:30

Monday Ukulele Classes with Amy Scott

Drop-ins are welcome!

Beginner Ukulele – 11:45 pm to 12:45 pm

New 8-session begins January 5th through March 16th

Cost is \$50 for the session if paid in full or
\$7 per class for drop-in students.

Advanced Ukulele – 1:00 pm to 2:30 pm

Cost is \$10 per class. Please call 566-5588 to sign up.



“African Drumming” with Jason

Fridays from 2:00 pm to 3:00 pm

New 12– week session January 9th through April 10th

All are welcome! No previous experience is necessary.

Cost is \$70 for the 12-week session if paid in full
or \$7 per class for drop-ins.

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

MOVIE MONDAYS: Mondays at 12:30pm

1/5 Just Mercy (2019), PG-13, 2h 17m, Biography/True Crime/Drama

1/12 Heads of State (2025), PG-13, 1h 53m Action/Comedy

1/19 No Movie—Senior Center Closed

1/26 Playdate (2025), PG-13, 1h 33m, Action/Comedy

Possible Trips with Bobbi 2026

May 19–21, Tue–Thur, Lancaster PA, Joshua/Sight & Sound Theatre,
\$595pp dbl

June 3, Newport Playhouse, “America’s Sexiest Couple”,
Lunch, Cabaret, \$138pp

Summer, Thimble Island Cruise, stop @ Mohegan Sun or Foxwoods,
\$89pp

Late June, Carousel Museum, lunch @ The Taverna Grill, \$TBD

July 14, Tue, Aqua Turf Club, North County Band, lunch, Line dancing,
\$TBD

July 16, Thur, Log Cabin, Lob/Prm rib, The Corvettes “Doo-Wop”,
\$99pp self-drive

Aug 5, Wed, Log Cabin, Lob/Prm rib, Kenny Rogers Tribute,
\$99pp self-drive

Sept 8, Tue, Aqua Turf Club, Jukebox45 Show Band, “Doo-Wop”, lunch,
\$TBD

Fall, Lakeside Turkey Train, Lake Winnepesaukee, NH, \$TBD

Dec 8, Tue, Aqua Turf Club, Holiday Classics, The Cartells, lunch, \$TBD

What do you think? call Bobbi [413-566-8271](tel:413-566-8271)/bobbijg2@charter.net
(For Thimble Island & Turkey Train call Amanda 413-596-8379)

January Crafts with Kim

January's Scrapbooking Class "Winter Theme"

Drop-ins welcome!

Tuesday, January 6th, from 1:00 pm to 3:00 pm

A choice of 12" x 12" or 8" x 8" page will be provided for your album.

Cost is \$10 per class.

Tape runners, archival pens, and other supplies are available for purchase.

Diamond Dotz Craft Project

Pre-registration required.

Join Kim on Tuesday, February 17th at 1:00 P.M. to create three Irish themed Diamond Dotz wall hanging signs, in time for your St. Patrick's Day decorating.

Cost is \$5 per person paid when you sign up.

Please call 566-5588 to reserve your spot.

Space is limited. Project on display in the lobby.



Greeting Cards with Ellie

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

Learn new techniques each month.

Monday, January 26th, 1:00 pm to 3:00 pm

Cost is \$3.00 per person. All materials are provided.

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

Class will meet the 4th Monday of every month.

Health & Wellness Services



FREE Blood Pressure Clinic

Walk in 9:15 am to 10:45 am

Tuesdays with Ann Maggio, RN or Ruth Haley, RN

Thursdays with Karen Blair, RN



Foot Care with Kylie on January 6th

1st Tuesday of every month.

\$40 for a 30 minute appointment.

Please call 566.5588 for appointment.



Chair Massage with Mindy

Tuesdays, January 13th & 27th by appointment

\$10 for 10 minutes. Please call 566.5588

Ballroom Dance for Balance and Longevity!

New 8-week session begins January 5th through March 9th.

New day and time!

Mondays, 2:30 pm to 3:30 pm

Social dance classes led by Amy Villalobos-Schold, a skilled occupational therapist. Focused on strengthening, stability, and modifications... so you can dance!

Beginners and singles welcome!



This session will focus on learning the Foxtrot!

Cost is \$60 per person for the 8-week session if paid in full or \$10 for drop-ins.

Please call 566-5588 to reserve your spot.



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

Tuesdays from 2:15 pm to 3:00 pm

New 12-week session starts January 6th through March 31st.

Cost is \$60 for the session if paid in full or \$6 per class for drop ins.

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."

Please call 566-5588 to sign up for the new session.



Common Threads Led by Dr. Joan Tompkins

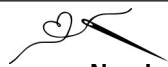
The group will meet in person on the second and fourth Monday of the month with Joan via ZOOM.

This month we will meet on

January 12th and 26th at 12:45 pm

Lunch is available at 12:00 noon, and a table is reserved for the group. If you wish to have lunch, please sign up by 11:00 am the Friday before. Suggested donation is \$3.00 per meal.

Please call 566-5588 to make your reservation for lunch.



Help is on the way!

Need a button sewn? Pants hemmed? Fix a rip?

January 9th & 23rd from 10:00—12:00 noon and continuing on the second and fourth Fridays of

every month, the senior center welcomes seamstress extraordinaire, Georgina Hamilton to help with your alterations, tailoring and more.

This service is FREE, but donations will be accepted for senior center programs and services.



"Come What May" Boutique...

In the senior center lobby & great room for all to shop during normal business hours,

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

We accept donations of new or gently used clothing, outerwear, accessories, and footwear.

We appreciate your ongoing generosity.

All proceeds from Boutique sales will benefit the Senior Center.



Winter Puzzle Pacs *Winter Puzzle Pacs are delayed due to printing issues.* Please keep checking back with us.

They will be available as soon as the issue is resolved. ***Congratulations to Terry Anderson and Diane Melcher, our Fall Puzzle Pac winners!***

Please call 413.566.5588 for additional information

January 2026

Hampden Senior Center
104 Allen Street, Hampden MA

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>	 <p>Look for this graphic on the calendar to know what day Lobby Learning events are taking place.</p>		<p>1</p>  <p>Senior Center Closed</p>	<p>2</p> <p>Senior Center Closed</p>
<p>5</p> <p>9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Cornhole 10:30 Tai Chi - Beginner 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Movie 1:00 Ukulele—Advanced 2:30 Ballroom Dance</p>	<p>6</p> <p>FOOT CARE BY APPT 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 Scrapbooking Class 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>7</p> <p>Pickleball @ TWB 9:30 Farmshare 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>8</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Cooking Demo 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 1:00 Mat Yoga</p>	<p>9</p> <p>9:00 Quilting 10:00 Seamstress 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Drumming</p>
<p>12</p> <p>9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Cornhole 10:30 Tai Chi - Beginner 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Movie 12:45 Common Threads 1:00 Ukulele—Advanced 2:30 Ballroom Dance</p>	<p>13</p> <p>Chair Massage by Appt 9:00 COA Board Meeting 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</p>	<p>14</p> <p>Pickleball @ TWB 9:30 Watercolors 10:00 Trivia 12:00 Luau Lunch 12:00 NO Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>15</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 BINGO 12:30 Acrylic Painting 1:00 Mat Yoga</p> 	<p>16</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Drumming</p>
<p>19</p> <p>Senior Center Closed</p>	<p>20</p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>21</p> <p>8:30 Collate Scribe Pickleball at TWB 9:30 Farmshare 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Watercolors 12:30 Rummikub</p>	<p>22</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 BINGO 12:30 Acrylic Painting 1:00 Mat Yoga</p> 	<p>23</p> <p>9:00 Quilting 10:00 Seamstress 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Pie Day 2:00 Drumming</p>
<p>26</p> <p>9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Cornhole 10:30 Tai Chi—Beginner 11:45 Ukulele—Beginner 12:00 Billiard League 12:00 Lunch 12:30 Movie 12:45 Common Threads 1:00 Ukulele—Advanced 1:00 Card Making with Ellie 2:30 Ballroom Dance</p>	<p>27</p> <p>Chair Massage by Appt 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</p>	<p>28</p> <p>9:30 Watercolors 10:00 Veterans Coffee hour w/Jason Pickleball at TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>29</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 BINGO 12:30 Acrylic Painting 1:00 Mat Yoga</p>	<p>30</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Drumming</p>

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413.566.5588

Lunch served daily
at 12pm. RSVP by
11am the day before
calling 566.5588.

January 2026

LUNCH MENU

***Suggested
Donation
\$3.00 per meal.**

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

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>The <u>voluntary donation</u> amount for lunch through GSSSI has increased to \$3.00. Your support of the meal site is greatly appreciated.</p> <p>If you have any questions about the donation change, please call GSSSI at 413.781.8800. Thank you!</p>		<p>1</p>  <p>Senior Center Closed</p>	<p>2</p> <p>Senior Center Closed</p>
<p>5</p> <p>Hamburger w/Cheese Onions & Mushrooms Roasted Red Potatoes Wheat Burger Bun Ketchup Jell-O w/Topping</p> <p>Cal:725 Carb: 79 Na:1128</p>	<p>6</p> <p>Shrimp Scampi Steamed Broccoli Penne Italian Bread Chilled peaches</p> <p>Cal:738 Carb:94 Na:1110</p>	<p>7</p> <p>Indian Style Butter Chicken Steamed Spinach Coconut Rice Whole Wheat Bread Chilled Pineapple</p> <p>Cal:829 Carb:91 Na:1169</p>	<p>8</p> <p>Pierogis Sour Cream Sauteed Cabbage Parslied Carrots 12 Grain Bread Cookies</p> <p>Cal:614 Carb:97 Na:956</p>	<p>9</p> <p>Turkey Breakfast Sausage Spiced Apples Potatoes O'Brien French Toast w/Syrup Fresh Fruit Orange Juice</p> <p>Cal:794 Carb:130 Na:872</p>
<p>12</p> <p>Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Cookie</p> <p>Cal: 644 Carb:78 Na:773</p>	<p>13</p> <p>Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Jello w/Topping</p> <p>Cal:599 Carb:85/82 Na:810</p>	<p>14</p> <p>High Sodium Day Huli Huli Chicken* Ginger Lime Coleslaw Pineapple Fried Rice White Bread Staff Prepared Dessert</p> <p>Cal: 604 Carb:88 Na:1336</p>	<p>15</p> <p>BBQ Pulled Pork Green Beans Baked Potato Whole Wheat Burger Bun Spiced Peaches w/Topping</p> <p>Cal: 848 Carb:97 Na:884</p>	<p>16</p> <p>Chicken Parmesan Tossed Salad w/Italian Spaghetti Garlic Toast Mixed Fruit</p> <p>Cal: 726 Carb:93 Na:1025</p>
<p>19</p> <p>Senior Center Closed</p>	<p>20</p> <p>American Chop Suey Roman Blend Vegetables Wheat Roll Fudge Round Cookie</p> <p>Cal:720 Carb:95 Na:667</p>	<p>21</p> <p>Braised Pork w/Apple Gravy Steamed Peas Roasted Red Potatoes Whole Wheat Bread Cookies</p> <p>Cal:841 Carb:106 Na:831</p>	<p>22 High Sodium Day Soup & Sandwich Ham Salad* Tossed Salad w/Italian Chicken Vegetable Soup Club Roll Mandarin Oranges</p> <p>Cal: 567 Carb: 74 Na: 1352</p>	<p>23</p> <p>Chicken Pot Pie California Blend Vegetables Biscuit Topping Apple Crisp w/Topping</p> <p>Cal: 644 Carb: 66 Na: 672</p>
<p>26</p> <p>Potato Pollock Filet Green Beans Lemon Rice Whole Wheat Bread Mandarin Oranges</p> <p>Cal:708 Carb:82 Na:721</p>	<p>27</p> <p>Birthday Meal Chicken Cordon Bleu* Steamed Broccoli 1/2 Sweet Potato Wheat Roll Cupcake/Diet Cupcake</p> <p>Cal:719 Carb:85/74 Na:1239</p>	<p>28</p> <p>Turkey Sloppy Joe Coleslaw Potato Salad Hamburger Bun Fresh Fruit</p> <p>Cal:730 Carb:85 Na:919</p>	<p>29</p> <p>Chicken & Gravy Tossed Salad w/Italian Mashed Potatoes Garlic Bread Cookies</p> <p>Cal: 636 Carb: 70 Na: 962</p>	<p>30</p> <p>Soup & Sandwich Ham & Cheddar Broccoli Slaw Minestrone Soup Club Roll Chilled Pineapple</p> <p>Cal: 683 Carb: 82 Na: 1181</p>

Lobby Learning

Don't have time to come in and sit for a long presentation? We understand! Lobby Learning is aimed at welcoming businesses and organizations to provide helpful information to you. You are welcome to stop in to pick up information and speak one-on-one with representatives in the senior center lobby and stay for as long as you need to get your questions answered.

Perhaps there is an organization you would like us to welcome? Please let us know.

January 15th—instED, your in-home alternative to the Emergency Department
January 22nd—The Reserve at East Longmeadow



A Scantic River Artisans Exhibit & SALE - 2026

BIG ART SHOW

of
Small
Works

February 14 (10-4) & February 15 (11-3)

Reception: February 15 (12 - 2)

104 Allen St. Hampden, MA (Hampden Sr. Center)

www.scanticriverartisans.com
 Email us at: info@scanticriverartisans.com

Thank you to our sponsors: Lawn Tech Lawn Care; Blick Art Materials; Mass Cultural Council and Hampden Cultural Council; RAH (Recreation Association of Hampden); Monson Savings Bank; The Friends of Hampden Seniors

You're Invited!

The Scantic River Artisans Art Exhibit and Sale

Join us for a celebration of creativity and inspiration.

Experience an enchanting showcase of breathtaking artworks created by talented local artisans. From stunning paintings to jewelry, pottery and captivating sculptures, there is something for every art lover to admire.

Special Opportunity:

Bring this invitation with you for a chance to win an award-winning piece of art! Simply fill out the section below and drop it off during our show hours at our Welcome Table for your chance to be the lucky winner.

NAME: _____

PHONE: _____

EMAIL: _____

The winner will be selected on February 15, 2026, and notified for pick-up.

By providing your email, you agree to receive show updates.

We respect your privacy and do not share your information.

Bring invitation to: 104 Allen Street (Hampden Senior Center), Hampden, MA, on February 14 or 15, during show hours.

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director, coa@hampdenma.gov
Wendy Cowles, Outreach Coordinator, outreach@hampdenma.gov
Tina Doran, Program & Volunteer Coordinator, scribe@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
Members: Cliff Bombard, Juanita Markham, Anne-Marie Villamaino
COA BOARD MEETING: January 13th in PERSON or VIA ZOOM
 ZOOM Meeting ID: 95866401813 ZOOM Password: 639217

FRIENDS OF HAMPDEN SENIOR CITIZENS 2026 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. ***We appreciate your support!***

☐ Please check this box if you are paying your annual **FRIENDS OF HAMPDEN SENIOR CITIZENS 2026** 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 (please circle): - 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: _____