

OUTREACH

The Outreach Office is your resource center. 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 and the Federal Administration for Community Living

BROWN BAG -TUESDAY, July 17th @ 1:00pm

FALLON INSURANCE- Call for Date and Time

<u>SHINE</u> (Serving Health Information Needs of Everyone) Call for an Appointment with Becky if you need help navigating the Medicare maze!

<u>RMV Near Me</u> - NEW CHANGES HAPPENING AT THE RMV. CALL WENDY AT 566-5588. FLYERS AVAILABLE

FARMSHARE PROGRAM Sponsored by D & R Farm here in Hampden! Wednesdays at 10am

\$10/week shares of fresh fruits and veggies!



Application required.

Cash, SNAP and HIP accepted Call Wendy for more information

" The Journey" A memory café

The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers and/or family and friends to gather in a safe, supportive and engaging environment.

Every Friday from 10am to noon

Please call Wendy if you would like more information about the café. 566-5588.

Sponsored in part by:



Homewatch

HEALTH/WELLNESS CORNER

BAYSTATE HEARING 1ST WEDNESDAY OF THE MONTH. CALL FOR APPT



FOOTCARE: THURSDAY, July 26th Call for an APPT

FREE BLOOD PRESSURE CLINIC TUESDAY AND THURSDAY 10:00 AM—11:00 AM



Monday Movies at 12:15

July 2 - Murder on the Orient Express

In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain -- and almost everyone on board is a suspect. Cast: <u>Kenneth Branagh</u>, <u>Penélope Cruz</u>, <u>Willem Dafoe</u>

July 9 - Going in Style

Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. Cast: <u>Morgan Freeman, Michael Caine, Alan Arkin</u>

<u>July 16 - Kidnap</u>

A typical afternoon in the park turns into a nightmare for single mom Karla Dyson (Academy Award® winner Halle Berry) when her son suddenly disappears. Without a cell phone and knowing she has no time to wait for police help, Karla jumps in her own car and sets off in pursuit of the kidnappers. A relentless, edge-of-your-seat chase ensues, where Karla must risk everything to not lose sight of her son. In this tense, action-fueled thriller from the producers of Salt and Transformers, one mother's heroic attempt to take back her son leads her to ask herself how far she will go to save her child. Cast: <u>Halle Berry</u>, <u>Sage Correa, Chris McGinn</u>



July 23 - Queen of the Desert

Helmed by Werner Herzog, this historical drama charts the life of the remarkable Gertrude Bell, a British adventurer, archaeologist, spy and political attaché who played a key role in reshaping the Middle East after World War I. <u>Cast:</u> <u>Nicole Kidman, James Franco, Damian Lewis</u>

July 30 - Home Again

Set in Los Angeles, this romantic comedy follows a recently divorced single mother as she defies common sense and takes in three young male boarders -- who become part of her unconventional family. Cast: <u>Reese Witherspoon</u>, <u>Nat Wolff</u>, Jon Rudnitsky

Please use this form to make a donation to the FRIENDS OF HAMPDEN SENIORS. We appreciate your support! Please make checks payable to "Friends of Hampden Seniors"					
Donation From:	pden Semors				
Address: Donat	tion Amount: \$				
In Honor of: In Memory Of:					
Send acknowledgement to: Donation to be used for: Memory Café	Address				
Donation to be used for: Memory Café Programs & Activities General Need	Food Pantry Emergency Fuel Fund				
Programs & Activities General Need Mail to: 104 Allen Street, Hampden, MA 01036 or					
TRIPS WITH BOBBI GRANT	HAMPDEN TRAVEL CLUB				
Call Bobbi @ 413-566-8271 email to bobbijg2@charter.net	Call NORA at 566-5796				
All Trip Prices Include our Driver's Tip. \$20.pp Deposit Due at Sign-up unless otherwise stated;	**Limousine service from your home to the airport and back				
Coach Seat Assigned When Deposit is Received. Separate Checks for Each Trip, Please. FYI: There will be no reminders for balances due. If you miss the deadline,	** Tour guide stays with you for your trip				
you lose your seat.	THIS FALL OCTOBER 2018:				
Sun-Mon, Aug 12-13, Cape Cod & Boston Pops, Dan'l Webster Inn Brunch, Brkfst Buffet @ the Irish Village Resort,	ALBUQUERQUE BALLOON FIESTA				
Musical Entertainment, Free time in Hyannis, Harbor Cruise.	OCTOBER 5-10, 2018				
A \$40pp Deposit is Due at Sign-up. Full Payment Deadline: July 13 \$270/pp dbl, \$260/pp tripl, \$320/pp single	TROPICAL COSTA RICA, OCTOBER 15-23, 2018 9 DAYS				
Wed, Sept 12th, CT River Narrated Wildlife Cruise aboard the <i>RiverQuest</i> , Shop @ Lyman Orchards, Griswold Inn	New for 2019:				
lunch, 90 minute Narrated Cruise.	AMERICA'S MUSIC CITIES				
Payment Deadline: Aug 10 \$83/	NEW ORLEANS, MEMPHIS & NASHVILLE - 8 DAYS, APRIL 12-19, 2019				
Wed, Oct 10, Dreamland Wax Museum in Boston, Family-style Luncheon @ Maggiano's Little Italy, see figures of Celebrities, Local Boston Icons and Historical Heroes, Shopping Assembly Row/Faneuil Hall.	Call for fliers or pick one up at the SC!				
Full Payment Deadline: Sept 12, \$87	STAY HEALTHY AND HYDRATED THIS SUMMER				
Tuon Nov 27 Winter Wenderland Light Show @Tower Hill	WEDNESDAY, JULY 11, 9:30am-11:00am				
Dinner @ O'Connor's Restaurant, Unique Garden Gift Shop.	The Food Bank of Western Massachusetts offers free nutrition education programs to our member agencies.				
Trip Flyers are Available @ the Hampden Senior Center	LEARN ABOUT: Stay Hydrated-not only by drinking water, food safety in warm weather, saving money on fruits and vegetables, making delicious recipes without heating up your kitchen.				
<u></u>					
Social DANCE LessonsDA DA MThursday'sJuly 5,12,19 & 26M6:30-7:30 pm Lesson Couples \$15.00, Singles \$7.00 7:30-8:30 Open DanceCA M	NOR These lessons will be great fun! They are going to feature instruction from Joe Barker. NOR Joe has been teaching social dance for over seven years; has taken part in trainings for national certification and is well recognized in social dance in the area.				

----- - - -Hampden Senior Center 104 Allen Street Hampden, MA 01036 -----

JULY 2018

- -, Lunch served daily @11:30am, RVSP before noon the day before @ 566-5588. _ _ _ _ _ _ _ _ _ _

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Mon	Tue	Wed	Thu	Fri
2 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	3 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga (canceled) 12:00 F Fitness (canceled) 12:00 Bunco 12:30 Canasta 1:00 Yoga (canceled)	Closed Happy 4th	5 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing	6 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
9 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	10 <u>coa meeting</u> 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	11 <u>CONTINENTAL</u> <u>BREAKFAST</u> 9:00 PINOCHLE 9:30 Healthy Hydration Class 10:00 Trivia 12:00 Pitch	12 9:00 Men's Pool 9:30 FACIALS 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing	13 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg
16 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	17 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 BROWN BAG	18 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch	19 <u>collate scribe</u> 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing	20 <u>MASSAGE</u> 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
23 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	24 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	25 9:00 DIABETES REUNION 9:00 PINOCHLE 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch HOT FUDGE SUNDAE	26 <u>FOOTCARE</u> 9:00 Men's Pool 9:45 Art is 4 Every 1 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 6:30 Social Dancing	27 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicure 11:00 Mahjongg
30 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	31 9:00 Ladies Pool 9:00 SHUFFLEBOARD 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga			



Senior Center Activities



ACRYLIC PAINTING	MAHJONGG	
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Thursdays, 9:4511:45am, \$15.00 includes all	Fridays, 11am , will teach anyone interested	
materials.	MANICURES	
BRIDGE	Cathy is here twice a month, call her at 335-7422	
Monday, 9:30am. Always looking for players.	Homewatch	
BINGO	Fridays from 10-12 noon.	
Thursdays, 12:00 noon, \$.50 cents a card.	Call Wendy for info	
BUNCO		
Tuesday, 12Noon, \$2.00	PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY	
CANASTA Tuesdays, 12:30pm	12:15. Come join all the fun!	
	POOL ROOM	
<u>CHAIR MASSAGE</u> Come enjoy a chair massage with Vicki Finnegan on the	L'LADIES (Tuesday)	
3rd Friday, 10:00am, 15 minutes for \$10.00		
CHAIR YOGA	H <mark>PINOCHLE -</mark> Wednesdays, 9am	
Join Sue Kent on Tuesday, 11am \$5/Class	QUILTING Fridays, 9:00am-3:00pm	
FACIALS	SHUFFLEBOARD Tuesdays, 9am	
2nd Thursday of every month. 1 hour for \$30.00. Call for	SOCIAL DANCING Thursdays, 6:30-8:30pm.	
Appointment.		
FUNCTIONAL FITNESS — TUESDAY,		
12NOON, With Sue Kent.	HADVANCED CLASS, Mondays, 10:00am. \$5.00 BEGINNER CLASS, 11:15am TO 12:00noon. \$5.	
GENEALOGY/FAMILY HISTORY		
1st & 3rd Thursday of Month, 12:30pm	HTRIVIA Wednesdays @ 10AM.	
<u>JEWELRY</u>	Always looking for fresh minds!	
ON HIATUS UNTIL OCTOBER	Usin Vieley from the VMCA Tuesdays 8	
KNITTING/CROCHET	Join Vicky from the YMCA - Tuesdays & Thursdays, 10AM, \$3.50	
Join Barbara Dunwoody and class in		
learning different patterns Mondays 9:15 am	YOGA Join Sue Kent on Tuesday & Thursday, 11:00pm, \$5.00/Class	
LINE DANCING		
Join J.P. Ellery on Thursdays, 2pm, \$5.00	ZUMBA GOLD - CANCELLED	

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

JULY 2018 LUNCH MENU

Lunch served daily @ 11:30am, RSVP before noon the day before.

Mon	Tue	Wed	Thu	Fri
2 Pot Roast/Gravy Sweet & Sour Cabbage Baked Potato 12 Grain Bread Lemon Dinosaur Cal: 782 Sod: 879	3 Potato Chowder Tuna Salad Cucumber Salad Hot Dog Bun Mixed Fruit Cal: 832 Sod: 981	Closed Happy 4th	5 Salisbury Steak/Gravy Scalloped Potatoes Mixed Vegetables Wheat Bread Peaches Cal: 802 Sod: 913	6 Pier 17 Fish/Tartar Rice Pilaf Jardinière Vegetables 12 Grain Bread Fruited Jell-O Cal: 861 Sod: 950
9 Chicken Meatball Stroganoff Summer Blend Vegs Pumpernickel Bread Vanilla Pudding Cal: 811 Sod: 918	10 American Chop Suey Spinach Oat Nut Bread Ambrosia Cal: 789 Sod: 652	11CATCH OF THE DAYHaddock/Red SauceWhite RiceChuck Wagon CornRye BreadBirthday CakeCal: 599 Sod: 808	12 *Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Butternut Squash Dinner Roll Pears Cal: 643 Sod: 1024	13 *Ham, Tomato Mac & Cheese Green Beans Rye Bread Peach Cal: 723 Sod: 1475
16 Potato Pollack Filet Tartar Sauce AuGratin Potatoes Mixed Vegs Wheat Bread Peaches Cal: 947 Sod: 1052	17 Breaded Chicken Tomato Sauce Buttered Ziti Broccoli Rye Bread Cal: 724 Sod: 970	18 Turkey Meatloaf/Gravy Mashed Potatoes Peas/Pearl Onions Oat Nut Bread Mixed Fruit Cal: 604 Sod: 682	19 <u>COLD PLATE</u> Cauliflower Soup Egg Salad/Bun Green Beans/Pimento Salad Watermelon Cal: 701 Sod: 686	20 Italian Beef Stew Buttered Parmesan Ziti Tossed Salad Dinner Roll Peach Crisp Cal: 714 Sod: 695
23 Cabbage Roll Skillet White Rice Summer Squash Pumpernickel Bread Fruited Jell-O Cal: 645 Sod: 625	24 *Hot Dog/Bun Mustard/Relish Baked Beans Cole Slaw Plum Cal: 780 Sod: 1257	25 Apple Juice Cheese Omelet Oven Brown Potatoes 12 Grain Bread Peaches Cal: 628 Sod: 1024	26 <u>COLD PLATE</u> Grilled Chicken Breast Shredded Lettuce Cheese Tortellini/Ranch Tomato & Onion Salad Chocolate Chip Cookies Cal: 801 Sod: 1097	27 Sweet & Sour Pork Loin Fried Rice Ginger Carrots Wheat Bread Lemon Pudding Cal: 763 Sod: 1188
30 Taco Bowl Shredded Cheese Lettuce & Salsa Yellow Rice Tortilla Chips Pears Cal: 633 Sod: 708	31 *Turkey Tetrazzini Rotini Italian Blend Veg 12 Grain Bread Pineapple Cal: 800 Sod: 1055		Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert	*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available <u>Call GSSSI 781-8800</u>



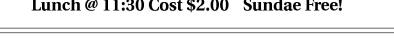
Wednesday, July 11th "National Blueberry Muffin Day"

Join us for a Continental Breakfast celebrating the great blueberry muffin! Cost \$2.00

JGS LIFECARE[®]

Wednesday, July 25th is National Hot Fudge Sundae Day!

Come and enjoy a delicious lunch with us and enjoy an Ice Cream Sundae generously provided by: Lunch @ 11:30 Cost \$2.00 Sundae Free!







Mark your Calendars...August 10th Annual Senior Picnic Lunch Entertainment by: Chuck & Ron

Saturday Night Dinner Dances

HAMPDEN SENIOR CENTER 104 ALLEN ST. HAMPDEN, MA 01036 413 566 5588 Cost \$20. PREPAID, PER PERSON. Appetizers, Dinner with delicious sides, Complimentary Cocktail and Dessert. Cash Bar. 50/50 Raffle (Fund-Raiser for Sound System and Memory Cafe). Doors Open at 5:30 pm. The Bands will play for your listening and dancing pleasure from 6-9 pm. Themed Apparel suggested!



Seasonal music and 50's, 60's & 70's

Sponsored in part by Friends of Hampden Seniors and generous donations from area businesses Town of Hampden Newsletter



An Update on the Town of Hampden vs Hampden-Wilbraham Regional School Committee

From Phill Schneider, Chair of the Deregionalization Committee...

"We remain dedicated to Hampden, our children, and our schools. In response to your many inquiries, I am providing you with this update.

March 30th, 2018: Initial hearing at the Trial Court of MA in Springfield before Judge Karen L. Goodwin, Justice of the Superior Court. Several Hampden residents attended this session where our Town's attorneys Christine Pikula and Edward Pikula, along with the Regional School Committee's (RSC) attorney, Sean Sweeney, when arguments were made for:

-an injunction that would stop the RSC from going forward with their plan to close TWB, and move our

Middle School Students to Wilbraham Schools until a trial could be held;

-that the educational offerings in both Towns are the same; and

-the scheduling of an expedited trial which would have the trial scheduled as soon as possible.

Judge Goodwin ruled that both the injunction and the trial should be handled together, and July 25th was set as the first day of the trial, which is expected to last 2-3 days.

Judge Goodwin has established a schedule to facilitate the start of the trial. This schedule included the invitation to the Town of Wilbraham, the MA Dept. of Education, and the Attorney General to intervene in this matter. It established May 11th as the deadline for motions, and notification of whether the trial should be by judge or jury. May 25th was established as the deadline for filing a motion to dismiss, and June 25th was the deadline for disclosure of witnesses.

Recently our case has been reassigned to Judge Mark Mason.

During the week of 7/2/18, a conference of the lawyers and Judge Mason will be held for trial preparation.

July 10th: Final trial documents are due. July 12: final pre-trial conference between the attorneys and Judge Mason.

Everyone is continuing to work hard to assure that Hampden is well-represented and that Hampden prevails. We are the "little guy" going up against the giant, but remember the story of David and Goliath! When a powerful competitor takes on a smaller one, the smaller one just might prevail.

A huge thanks to everyone that has assisted in this work. "

Editor's note: "How is the Tax Rate is Set?" part 2 of Town Accountant Cliff Bombard's info sheet will appear in the August issue.

And on the subject of celebrations, 2018 is the 140th Anniversary of the Town of Hampden! Any ideas of types of events we can have in the Fall? Perhaps those who remember the 100th can write out some thoughts about how the town has changed since then? Or how the town has changed since they were brought up here, or from when you moved here? Think of it as writing to the future and leaving a legacy!

"Whether we appreciate it or not, we live out our lives surrounded by an intricate pattern of social connections... We're all embedded in this network; it affects us profoundly and we may be unaware of its existence, of its effect on us." Nicholas A. Christakis --Sociologist, Physician, Professor, Yale Univ-- Sources: brainyquote.com; wikipedia

~~~~From Ann "Annie" Daly, Assistant to the Cemetery Commissioners....

"Two new Commissioners were elected on May 14, 2018: Tim Connors & Linda Casey. We are very pleased to have them aboard and all our positions are now completely filled. Remember if you need any information regarding cemetery issues, please call the office at 566-2151 x 111 Mon-Thur, 12:30-4:30pm.

==== From Carolyn Reed, MAA Principal Assessor, and Kelly McCormick, Assessing Clerk ...

The Hampden Assessor's Office will be mailing out Chapter 61 applications in July for those who were enrolled in one of the programs last year.

The Chapter 61 programs give Massachusetts landowners an opportunity to reduce their property taxes in exchange for providing important public benefits like clean water, wildlife habitat, rural character, wood products, food, and outdoor recreation.

There are three different Chapter 61 programs:

Chapter 61 – Forestry Chapter 61A – Agriculture Chapter

61B – Open Space and Recreation

All of the programs aim to keep land undeveloped, and each program focuses on a different type of land use. If you are interested in learning more about the Chapter programs, please contact the Assessor's Office at (413) 566-2151 x106. Their office hours are Monday – Thursday from 9am – 2pm.

Please see the link below for further information on each program.

-Chapter 61 Programs: Understanding the Massachusetts Ch. 61 current Tax Programs- a 24-image booklet, the same

edition that the Assessor's Office uses for reference https://masswoods.org/sites/masswoods.net/files/Ch-61-Web.pdf

=From Eva Wiseman, Tax Collector......

Real Estate tax, and Personal Property tax bills went out at the end of June. If you have not received one, (or both, if applicable) by July 10<sup>th</sup>, give the Tax Collector's Office a call at 566-2151 x104, Monday –Thursday, 9am-3pm.

Both types of bills are due Wednesday, August 1<sup>st</sup>. There are three ways of paying these bills: in person, and bring the whole bill in; by mail a good 7-10 days before the due date, or on-line, directions on your bill.

Thanks to Hampden Engineering for providing the paper and printing for this one page newsletter, and thanks to Katy Noes, a creative employee, who inserts the graphics to perk up the Newsletter.

We'd really appreciate hearing from you. Please send Comments & Suggestions via email to selectmen@hampden.org

Nancy Zebert, volunteer editor