The Scantic Scribe 春 December 2018





HAMPDEN SENIOR CENTER *104 ALLEN STREET*

Monday-Friday 9:00am—3:00pm 413-566-5588 (phone) 413-566-2103 (fax)



FREE WI-FI



TRI TOWN TROLLEY (413) 525-5412 — The TRI Town Trolley is running for Hampden, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-2:00pm. Every Tuesday, Hampden Seniors can book rides for grocery, banking, etc. shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director coa@hampden.org Doreen Rauch, Administrative Clerk scribe@hampden.org Wendy Turer, Outreach Coordinator outreach@hampden.org Nan Hurlburt, Activities Coordinator activities@hampden.org Holly Normoyle, Receptionist receptionist@hampden.org Rudie Voight, Custodian

COA BOARD MEMBERS

Chairman: Marty Jacque Vice Chairman: Deborah Mahoney Treasurer: Nancy Willoughby Secretary: Deanna Vermette Cliff Bombard, Monique Downey, Suzanna Haskins, Ed Norman Rep to GSSSI: John Shay

NEXT COA BOARD MEETING: Tuesday,

December 11th @ 9:15am

The Hampden Lion's Club provides the paper for the SCRIBE and Friends of Hampden Seniors provide postage. Many thanks to

both organizations for supporting the Hampden Senior Center!

I am still seeking a few more people for the Pen Pal Program with Mrs. Joseph's third grade class at Chapin Street school in Ludlow. We will start writing letters soon and want all the kids to be matched up with a pen pal. Please let me know if you are interested.

Be sure to sign up early for the holiday luncheon on Wednesday, December 19th. Entertainment will be provided by Center Stage with Laura & Irv and we know this event will sell out!

We hope you all have a very Merry Christmas, Happy Hanukkah and a very Happy and Healthy New Year! We look forward to seeing you in 2019 for another great year!

Craft Sale Table

Shop for your holiday gifts and support our center at the same time. Sale ends December 28th. PLEASE NOTE: If for some reason or another you are not receiving the Scribe by mail, we will be happy to send the newsletter to you via email. Please call or stop in and leave your email address at the front desk.

Greetings!

The snow came early this year! As I sit and type this note, there are piles of snow outside my window and the cold weather is definitely here to stay! Bundle up! Stay warm by the fire and drink lots of hot chocolate!

It's hard to believe that December is upon us already. The year flew by and we are already planning our busy schedule of programs and activities for 2019!

Special thanks to the senior center staff; Doreen, Holly, Nan, Rudie and Wendy for being such a great team and for making 2018 such a huge success. All their hard work and dedication makes this senior center the best! Also, thanks to the numerous volunteers, that give so much of their time to help out with so many programs and activities. We would not be able to offer all our events without the help from our volunteers.

Hampden Senior Center

BECKY.....

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, December 18th @ 1:00pm

FALLON INSURANCE- Tuesday, January 22, 2019, 10am

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

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

Fuel Assistance

Income guidelines for 2018/2019 heating season

Family Size	Income Limit
1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289

The following documentation is also required:

-Copy of Social Security check or bank statement showing deposits of all income (not more than 30 days old)

- -2018 Electric Bill
- -Oil Statement or Gas Bill (or both)
- -2018 Telephone Bill
- -Property Tax and/or Homeowners Bill
- -Photo ID, Social Security Card or Birth Certificate
- -Mortgage statement if not paid in full
- -Current Homeowners Insurance Bill
- -If working,4 previous pay stubs (the most recent)

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

" 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.

Sponsored in part by MCOA & Homewatch Caregivers











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





FOOTCARE: THURSDAY, December 27th
Call for an APPT

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





Monday Movies at 12:15



DECEMBER 3rd - ISLE OF DOGS -

Visionary director Wes Anderson's Isle of Dogs tells the story of Atari Kobayashi, 12-year-old ward to corrupt Mayor Kobayashi. When all the canine pets of Megasaki City are exiled to vast Trash Island, Atari sets off in search of his bodyguard dog, Spots. With the assistance of his newfound mongrel friends, he begins an epic journey that will decide the fate and future of the entire Prefecture. Cast: Bryan Cranston, Edward Norton, Bill Murray, Jeff Goldblum, Kunichi Nomura, Ken Watanabe, Greta Gerwig, Frances McDormand

<u>DECEMBER 10th - LEAN ON PETE</u> - Passing his teen years largely neglected, Charley Thompson finds a part-time job with a slightly shady horse trainer and develops a strong bond with worn-out racehorse Lean on Pete -- whom Charley resolves to save from the slaughterhouse.

Cast: Charlie Plummer, Steve Buscemi, Chloë Sevigny

DECEMBER 17th - **MIDNIGHT SUN** - 17-year-old Katie Price has been sheltered since childhood with a rare disease that makes even the smallest amount of sunlight deadly. During the day she is housebound, but after nightfall, Katie can venture out to the local train station and play her guitar for travelers. One night, her dreams come true when she's noticed by Charlie, whom she has secretly admired for years, and decides to hide her condition from him as the two embark on a uniquely powerful romance over one nearly perfect summer. Cast: Bella Thorne, Patrick Schwarzenegger, Rob Riggle

Disabled American Veterans

Fulfilling our Promises to the men and women who served
Michelle Barrett, Chapter Service Officer for the Disabled
American Veterans of Chapter 68 in Springfield is here for
Veterans that are seeking support; whether it's seeking
information, questions, guidance, claims, and/or
recommendations,

Call for an appointment 566-5588, Wednesday 9-1pm You can also email her at davveteran7@yahoo.com.

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"

Thends of Humpton Semons					
Donation From:					
Address:	Don	ation Amount: \$			
In Honor of:	In Memory O	f:			
Send acknowledgement to:	·	Address			
Donation to be used for:	Memory Café	_ Food Pantry	Emergency Fuel Fund		
Programs & Activities	General Need	Other (Specify)_			
Mail to: 104 Allen Street, Hampden, MA 01036 or drop off at the front desk at the senior center					

STOCKINGS FOR SENIORS



Please join us as we share the Holiday spirit with the residents at Wingate of Hampden. The Hampden Senior Center knitting and quilting Groups have made Holiday stockings and we are asking for your help to fill them.

Some suggested items are:

Toothbrushes
Playing Cards
Hand Lotion, Mini T

Mini Hand Lotion, Mini Tissue Packs
Peanut Butter Crackers
Sugar Free Candy
Word Search Books
Unisex White Socks

Your donations will help to bring joy and happiness to our friends during the Holiday season.

Please bring your donations to the Hampden Senior Center by December 3rd.

WINTER WEATHER ADVISORIES!!!

Remember to watch channels 3, 22 and 40 for information about delayed opening or cancellations. Watch for HAMPDEN SENIOR CENTER and GREATER SPRINGFIELD SENIOR SERVICES.

If Hampden Wilbraham Schools are closed, the meal site is automatically closed, <u>but the center might still</u> <u>be open for activities</u>, call 566-5588.

HAMPDEN TRAVEL CLUB Call NORA at 566-5796

- **Limousine service from Hampden to the airport and back to Hampden.
- ** Tour guide stays with you for your trip

AMERICA'S MUSIC CITIES

NEW ORLEANS, MEMPHIS & NASHVILLE - 8 DAYS, APRIL 12-19. 2019

NATIONAL PARKS OF AMERICA

JUNE 17-28, 2019,12 DAYS

BEST OF EASTERN CANADA

MONTREL, QUEBEC, TORONTO, NIAGARA FALLS & MORE, AUG 27-SEPT 3, 2019, 8 DAYS

CANADIAN ROCKIES BY TRAIN - SEPT 29, 2019

Call for fliers or pick one up at the SC!

TRIPS WITH BOBBI GRANT Call Bobbi @ 413-566-8271

email to bobbijg2@charter.net

All Trip Prices Include our Driver's Tip. \$20.pp Deposit Due at Sign-up unless otherwise stated; Coach Seat Assigned When Deposit is received.

Trip Flyers are Available @ the Hampden Senior Center

February 2, 2019, CATS at The Bushnell; first a delicious lunch at the Chowder Pot: choose Sliced Roast Pork OR Bake Boston Scrod OR Chicken Cordon Bleu; then the matinee performance of Tony Award-winning CATS. Full Payment, Deadline: January 1, 2019, \$151.00



Senior Center Activities



ACRYLIC PAINTING

Thursdays, 9:45-11:45am, \$15.00 includes all materials.

BRIDGE

Monday, 9:30am. Always looking for players.

BINGO

Thursdays, 12:00 noon, \$.50 cents a card.

BUNCO

Tuesday, 12Noon, \$2.00

CANASTA

Tuesdays, 12:30pm



CHAIR MASSAGE

Come enjoy a chair massage with Vicki Finnegan on the 3rd Friday, 10:00am, 15 minutes for \$10.00

CHAIR YOGA

Join Sue Kent on Tuesday & Thursday, 11am \$5/Class

FACIALS

2nd Thursday of every month. 1 hour for \$30.00. Call for Appointment.

<u>FUNCTIONAL FITNESS</u> — Tuesday, 12:00 noon, with Sue Kent., \$5/Class

GENEALOGY/FAMILY HISTORY

1st & 3rd Thursday of Month, 12:30pm

<u>JEWELRY</u>

The third Tuesday of the Month,9:30am, \$3 plus beads

KNITTING/CROCHET

Join Barbara Dunwoody and class in learning different patterns Mondays 9:00 am



LINE DANCING

THURSDAY - 2PM, \$5.00

MAHJONGG

Fridays, 11am, will teach anyone interested

<u>MANICURES</u>

Cathy is here twice a month, call her at 335-7422

MEMORY CAFÉ

Fridays from 10-12 noon



PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY 12:00. Come join all the fun!

POOL ROOM

LADIES (Tuesday) MEN (Thursday)



PINOCHLE NEED PLAYERS

QUILTING Fridays, 9:00am-3:00pm

SHUFFLEBOARD SEE YA IN THE SPRING.....

SOCIAL DANCING - On Winter Break

TAI CHI

ADVANCED CLASS, Mondays, 10:00am. \$5.00 BEGINNER CLASS, 11:15am TO 12:00noon. \$5.

TRIVIA Wednesdays @ 10AM. Always looking for fresh minds!

WEIGHT TRAINING



Join Vicky from the YMCA - Tuesdays & Thursdays, 10AM, \$3.50

YOGA Join Sue Kent on Tuesday & Thursday, 1:00pm, \$5.00/Class

Please check our events calendar monthly for any CANCELLED classes.

DECEMBER 2018 Lunch served daily @11:30am, RVSP before noon the day before @ 566-5588.



Hampden, MA 01036				before @ 566-5588.
Mon	Tue	Wed	Thu	Fri
9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	5 <u>HEARING</u> 9:00 DAV 10:00 Trivia 12:00 Pitch	9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing	7 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga	12 9:00 DAV 10:00 Trivia 12:00 Pitch	9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing	14 9:00 Quilting 10:00 MANICURES 10:00 MEMORY CAFÉ 11:00 Mahjongg
9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	9:00 Ladies Pool 9:30 JEWELRY 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	19 9:00 DAV 10:00 Trivia 11:00 State Senator Representative CHRISTMAS LUNCHEON NO PITCH	20 COLLATE 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing	21 MASSAGE 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
24 Closed	25 Closed	26 9:00 DAV 10:00 Trivia 12:00 Pitch	9:00 Men's Pool 9:45 ART —CANCELLED 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing	28 9:00 Quilting 10:00 MANICURES 10:00 MEMORY CAFÉ 11:00 Mahjongg
31 CLOSED	JANUARY 1, 2019 Storey New Year CLOSED			Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!

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

DECEMBER 2018



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

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
Baked Chicken Latino Garlic Sauce O'Brien Potatoes Green Beans 12 Grain Bread Mixed Fruit Cal: 858 Sod:519	4 Minestrone Soup/Crkrs Egg Salad/Bun Carrot & Raisin Salad Chocolate Pudding Cal: 961 Sod: 1041	5 Chicken Meatballs Tomato Sauce Tossed Salad/Ital Dres Rye Bread Cranberries/Raisins Cal: 1018 Sod: 688	6 CATCH OF THE DAY Baked Potato Mixed Vegs Oat Nut Bread Bread Pudding Cal: 834 Sod: 964	7 *Chicken Teriyaki Stir Fry Vegs Fried Rice Pineapple Cal: 620 Sod: 1003
10 Chicken Broccoli Ziti Casserole Carrots Cucumber Salad Wheat Bread Pears Cal: 663 Sod: 562	11 Beef Burgundy Egg Noodles Tuscan Blend Pumpernickel Bread Tapioca Pudding Cal: 622 Sod: 476	12 Taco Bowl Shred Lettuce & Cheese Salsa & Tortilla Chips Yellow Rice Frosted Birthday Cake Cal: 733 Sod: 934	13 Veg Gumbo Soup Baked Chicken Wine Sauce Sweet Potatoes 12 Grain Bread Peaches Cal: 666 Sod: 954	14 Meatloaf/Gravy Red Roasted Potatoes Winter Mix Vegs Wheat Bread Orange Cal: 602 Sod: 608
17 *Macaroni & Cheese/Bread Crumbs Stewed Tomatoes Peas Oat Nut Bread Fruited Jell-O	18 *Hot Dog/Bun Veg Baked Beans Confetti Cole Slaw Pear	CELEBRATION Roast Pork/Gravy Mashed Potatoes Ginger Carrots Wheat Roll Apple Pie	20 Pier 17 Fish Tartar Sauce Scalloped Potatoes Spinach Rye Bread Applesauce	21 Beef & Bean Chili Baked Potato/Sour Cr Corn Monterey 12 Grain Bread Peaches
Cal: 854 Sod: 1084 24 Closed	Cal: 852 Sod: 1253 25 Closed levry stmas	Cal: 723 Sod: 1007 26 Cabbage Chicken Soup/Crkrs Baked Chicken Sweet Potatoes Pumpernickel Bread Pears Cal: 639 Sod: 567	Cal: 968 Sod: 1004 27 BBQ Pulled Pork/Bun Potato Wedges Cole Slaw Mixed Fruit Cal: 695 Sod: 883	Cal: 758 Sod: 538 28 Stuffed Shells/Sauce Italian Vegs Oat Nut Bread Apple Cal: 538 Sod: 711
31 Closed British	Closed SOLUTION SEAR! January 1, 2019		*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800	Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert

Wednesday, December 19th @ noon Cost \$5.00



Roast Pork Dinner



Center Stage with
Irv & Laura
Will be entertaining
us with a selection
of Holiday tunes.

Please call or sign up at front desk 413 566 5588

Pitch is cancelled 12/19. The center will be closed the following days: 12/24, 12/25, 12/31 & 1/1. Thank you.



LINE DANCING WITH NINA

StartingThursdays in December From 2 to 3:30 Cost \$5.00

A Peek into What's Coming in 2019

1/15...Cork Art with Claudia;

Valentine Heart

1/24...Tackle the Winter Blues with

Angie from Home Instead

1/31...Hydrate your Winter Skin with Diane

2/15...Elvis will be in the Building to

Entertain us for Valentines Lunch

3/15...St. Patricks Lunch

This is just a sample of the many fine programs here at the Center. If you have any recommendations or programs that you would like to see, please don't hesitate to give us a call or stop at the desk 413 566 5588. Thank you for a great 2018.

Your Staff



Town of Hampden Newsletter December 2018



Here's what's happening this month...

It's that time of year, when we get that white stuff, and that means... its Winter Parking Ban Time! Actually the ban began November 15th, and will be in effect through April 15, 2019. Note: Any vehicles left on town roads may be towed at the owner's expense. All vehicles that impede snow removal shall be towed at the request of the highway department. (Jan 2018 Town of Hampden Newsletter, p1)

FYI: For our Town's Department heads, and public body chairmen, December is the start of financial planning for FY20.

~~~Annual Tree Lighting: Sunday, December 2nd at 6:30pm in front of the Town Hall~~~

There'll be Christmas caroling, the countdown to the arrival of Santa and Mrs. Claus plus refreshments provided by the Girl Scouts. Also, the Girl Scouts will be collecting non-perishable food items.

Come join residents of all ages for this Annual Town Tradition!

**Dec 2nd:** Sunday sundown – Mon, Dec.10th: "Chanukkah is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and fried foods." (https://www.chabad.org/holidays/chanukah/article\_cdo/aid/102911/jewish/What-Is-Hanukkah.htm)

Unable to attend Dec. 2nd to see Santa and Mrs. Claus? That famous couple will again be visiting Hampden on **Saturday**, **December 8th** for the "Library Holiday Crafts" with Santa & Mrs. Claus between **11 am – 1 pm**. The Friends of the Hampden Public Library will be "donating cookies, treats & refreshments".

**December 8th:** There'll be a donation table at Gary's Village Food Mart to collect non-perishable food, and/or monetary donations for the Community Survival Center's Food Pantry in Indian Orchard. This is part of the Library's Holiday Food Drive. See p.2 for the 'critically needed' food list. Hampden is one of the community's served by the Center along with East Longmeadow, Wilbraham, Ludlow, and other areas.

**December 21st:** at 5:23 pm in the Northern Hemisphere, it's the winter solstice, "...astronomical phenomenon marking the day with the shortest period of daylight and the longest night of the year." (https://en.wikipedia.org/wiki/Winter\_solstice)

**December 25th:** "Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25th as a religious and cultural celebration among billions of people around the world" (Wikipedia)

**December 26th:** "Kwanzaa, a week-long cultural festival from the 26th to the 1st of January that climaxes in feasts and gift giving, was initially established to unite African-Americans with their African roots and heritage." (https://www.wincalendar.com/Kwanzaa)

**December 31st:** New Year's Eve as our Town's 140th year comes to an end. What will the 150th Celebration be like?

#### Library Listings: Pick up flyers, or phone the library at 566-3047 for more info.

Continuing from November...play groups at their same times.

Dec 6, 13 & 20 Yoga-for-Every-Body Thursday nights 6pm – 7pm

Dec 6 & 20 Sacred Music Meditation Series Thursday nights 7pm – 8pm

Dec 20th - Thursday: Senior Book Club 1 pm The Awakening by Kate Chopin

#### ----- Join Us for Pajama Movie Night...with Holiday movies -----

on Thursday, December 13th @ 6 PM

**Please join** in helping out with the Library's Holiday Pajama Drive –NEW kid size pajamas can be dropped off from now until December 20th.

Also being collected are **NEW** or hand-knit or hand-crocheted hats, mittens, and scarves for a Mitten Tree. Please turn in by 12/20.

The **Food Drive is "Sponsored by Project 351** celebrating the power of young people as a force for positive change in their communities and our Commonwealth" Please drop off by Dec 10th at the Library.

'Critically needed' items: peanut butter, canned tuna, beef stew or corned beef hash 'Always welcome' items: canned fruit and vegetables, hot and cold cereal, pasta, pasta sauce, rice, canned or bag beans, and 100% juice.

What? A Chance to win a Scooter and Helmet! Drawing Dec 13th; tickets available at library \$1/ticket or \$5 /7 tickets. Items donated by the Cusson Family in memory of Nick. Proceeds will go to a Lego Wall in the Children's Room.

Thanks go to all who have helped this past year: **Hampden Engineering** - provides paper and printing; **John Flynn** for providing info & support; **Katy Noes** - their creative employee, who adds graphics to the newsletter; **Pam Courtney** - proofreading; the **Senior Center volunteers** - who monthly assemble the dual newsletters' packet; **Senior Center Staff**, and **all those who contributed articles** during this past year. This edition collated on Wednesday, Nov. 21th.

This Newsletter is a Board of Selectmen's Initiative. Other Boards in the past have also done newsletters as a way to keep the residents informed. Is the Newsletter accomplishing its goal? What would you like to learn more about in our town government? Comments welcome!

Nancy Zebert, volunteer editor

"There can be no greater gift than that of giving one's time and energy to helping others without expecting anything in return." ~ Nelson Mandela

and a 2nd quote by him:

"We can change the world and make it a better place. It is in your hands to make a difference." ~ Nelson Mandela

(https://awakenthegreatnesswithin.com/50-inspirational-nelson-mandela-quotes-that-will-change-your-life/)

Happy Holídays! Best Wishes for a Happy & Peaceful New Year!