

# ***The Scantic Scribe*** **NOVEMBER 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

**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! So much going on this month! Enjoy the beautiful fall weather!  
Take a walk outside while you still can before the snow falls!  
Hope to see you soon! BECKY.....

### **Meet & Greet with new Town Administrator Mary McNally**

Please join us on Thursday, November 8th at 11:30 as we welcome Hampden's first town administrator, Mary McNally. Please come for lunch and stay to talk with Mary and welcome her to Hampden.  
Please sign up for lunch before noon on Wednesday the 7th.

### **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,  
November 13th @ 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!

### **\*PEN PALS WANTED\***

We are looking for 21 older adults to become pen pals for students in Mrs. Carrie (Gray) Joseph's third grade class at Chapin Street School in Ludlow. Mrs. Joseph is a Hampden native born and raised and immediately thought of the Hampden Senior Center when she decided to launch a pen pal program. Ludlow students are looking to correspond with older adults in another town to learn about another community and about generational differences. The students are also looking forward to practicing reading and writing cursive. (Cursive writing is not required to become a pen pal!) Mrs. Joseph anticipates that each student/older adult will write three letters over the course of the school year. At the end of the year, we hope to get together with the school so pen pals can meet. Please call the senior center to sign up for this fun intergenerational program or see Becky with any questions.



SUNDAY , NOVEMBER 4TH



It' s time to "FALL

### **Hampden Senior Center Craft Sale Table**

**Starting Tuesday, November 13th**

**Shop for your holiday gifts and support our center at the same time.**

## 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, November 20th @ 1:00pm**

**FALLON INSURANCE-** Tuesday, November 27th, 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**

<u>Family Size</u>	<u>Income Limit</u>
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 &



**PLASTIC BAGS NEEDED FOR BROWN BAG PROGRAM, PLEASE DROP OFF BAGS THAT ARE CLEAN WITH NO HOLES. THANK YOU !!!**



## HEALTH/Wellness CORNER

### BAYSTATE HEARING

**1ST WEDNESDAY OF THE MONTH.**

**CALL FOR APPT**



**FOOTCARE: THURSDAY, November 29th**

**Call for an APPT**

### FREE BLOOD PRESSURE CLINIC

**TUESDAY AND THURSDAY**

**10:00 AM—11:00 AM**



## Monday Movies at 12:15



**November 5th - Pete's Dragon** - When a mysterious 10-year-old boy, Pete, turns up, claiming to live in the woods with a giant green dragon, it's up to a forest ranger, Grace, and the young Natalie to learn where the boy came from, where he belongs, and the truth about this magical dragon. Cast Bryce Dallas Howard, Oakes Fegley, Wes Bentley, Karl Urban, Robert Redford, Oona Laurence

**November 19th - Once Upon a Time in Venice** - Private eye Steve Ford hasn't been getting a lot of business, but he goes into full action mode when a gang of thugs kidnaps his adored terrier, Buddy. To get his pooch back, Ford is forced to form a dubious alliance with the gang's conniving leader. Cast Bruce Willis, John Goodman, Jason Momoa, Thomas Middleditch

**November 26th - The Leisure Seeker** - stars Academy Award-winner® Helen Mirren and two-time Golden Globe-winner® Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker, travelling from Boston to The Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end. Cast Helen Mirren, Donald Sutherland, Kirsty Mitchell, Christian McKay



**DAV \*\*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, Stop in for help or a visit, Wednesday 9-12**

**You can also email her at [davveteran7@yahoo.com](mailto: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"**

Donation From: \_\_\_\_\_

Address: \_\_\_\_\_ Donation Amount: \$ \_\_\_\_\_

In Honor of: \_\_\_\_\_ In Memory Of: \_\_\_\_\_

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

**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.

Separate Checks for Each Trip, Please.

**FYI: There will be no reminders for balances due. If you miss  
the deadline, you lose your seat.**

Tues, Nov 27, Winter Wonderland Light Show @Tower Hill  
Botanical Garden, Christmas Tree Shop-ping, Early-bird  
Dinner @ O'Connor's Restaurant, Unique Garden Gift Shop.  
Full Payment Deadline: Oct 26 \$78.

**Trip Flyers are Available @ the Hampden Senior Center**

**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

NAT'L 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

**Call for fliers or pick one up at the SC!**

**Free Healthy Eating Study Session**



The Healthy Eating Study is a research  
study to help advance the Health Eating  
for Successful Living in Older Adults  
Program to be a qualified evidenced-based  
program through external evaluation.

This study will take place over a 6 month time period and you  
only have to attend 3 meetings! A series of questionnaires and  
evaluations will be completed during each session.

**Would you be willing to help? You must be 18 or older  
and be available to attend a 1:00 PM session on  
November 26, 2018, January 7, 2019 and May 20, 2019.**

**You will receive a \$20 gift card for your participation.**

Please call Wendy with questions or the front desk to sign up.

**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**

**Mini Hand Lotion, Mini Tissue Packs**

**Peanut Butter Crackers**

**Sugar Free Candy**

**Word Search Books**

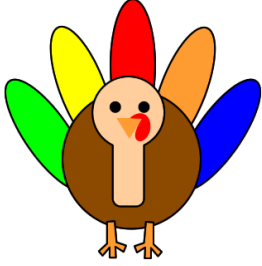


**Unisex White Socks**

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. Contact Wendy at 566-5588  
if you have any questions.

**IT IS NOT HAPPY PEOPLE  
WHO ARE THANKFUL; IT IS  
THANKFUL PEOPLE WHO  
ARE HAPPY**



Mon	Tue	Wed	Thu	Fri
<p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p>			<p><b>1</b> 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 6:30 Social Dancing</p>	<p><b>2</b> 9:00 Quilting  10:00 Manicures  10:00 MEMORY CAFÉ  11:00 Mahjongg</p>
<p><b>5</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor</p>	<p><b>6</b> <u>COA MEETING</u> 9:00 Ladies Pool 10:00 Fallon Insurance 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga <b>REMEMBER TO VOTE</b></p>	<p><b>7</b> <u>HEARING</u> 9:00 PINOCHLE 9:30 Healthy/Eating  10:00 Trivia  12:00 Pitch  12:30 Watercolors</p>	<p><b>8</b> <u>FACIALS</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 11:30 Lunch with Town Administrator 12:00 Bingo 1:00 Yoga 6:30 Social Dancing</p>	<p><b>9</b> 9:00 Quilting  10:00 MEMORY CAFÉ  11:00 Mahjongg  11:30 <u>VETERANS LUNCHEON</u></p>
<p><b>12</b> <b>CLOSED</b> <b>VETERANS DAY</b> </p>	<p><b>13</b> 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</p>	<p><b>14</b> 9:00 PINOCHLE 10:00 Trivia  11:30 THANKSGIVING LUNCHEON  <b>PITCH CANCELLED</b>  12:30 Watercolors</p>	<p><b>15</b> 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 6:30 Social Dancing</p>	<p><b>16</b> <u>MASSAGE</u> 9:00 Quilting 10:00 MEMORY CAFÉ  10:00 Manicures  11:00 Mahjongg</p>
<p><b>19</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolors</p>	<p><b>20</b> 9:00 Ladies Pool 9:30 <u>JEWELRY</u> 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 <b>Brown Bag</b></p>	<p><b>21</b> <u>COLLATE</u> 9:00 PINOCHLE  10:00 Trivia  11:00 State Senator Representative  12:00 Pitch 12:30 Watercolors</p>	<p><b>22</b> <b>CLOSED</b></p>	<p><b>23</b> <b>CLOSED</b></p>
				
<p><b>26</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor</p>	<p><b>27</b> 9:00 Ladies Pool 10:00 FALLON INSURANCE 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p><b>28</b> 9:00 PINOCHLE 10:00 Trivia 12:00 Pitch  12:30 Watercolor</p>	<p><b>29</b> <u>FOOTCARE</u> 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 <b>Silk Scarf Painting</b> 1:00 Yoga 6:30 Social Dancing</p>	<p><b>30</b> 9:00 Quilting 10:00 MEMORY CAFÉ  10:00 Manicures  11:00 Mahjongg</p>





# 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.

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

## GENEALOGY/FAMILY HISTORY

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

## JEWELRY

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

## KNITTING/CROCHET

Join Barbara Dunwoody and class in learning different patterns Mondays 9:15 am



## MAHJONGG

Fridays, 11am , will teach anyone interested

## MANICURES

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

## MEMORY CAFÉ

Fridays from 10-12 noon

Call Wendy for info



Massachusetts Councils On Aging

PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY 12:15. Come join all the fun!

## POOL ROOM

LADIES (Tuesday)

MEN (Thursday)



PINOCHLE Wednesdays, 9am

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

SHUFFLEBOARD Tues, Weather Permitting

SOCIAL DANCING Thursdays, 6:30-8:30pm.

## 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.**

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

# NOVEMBER 2018

## LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800</p>		<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium &amp; Calories Based on Regular Dessert</p>	<p><b>1</b> Cr Celery Soup/Crkr Chicken Strips Sautéed Onion/Peppers Baked Potato/Sour Cream Oat Nut Bread Pear Cal: 1014 Sod: 1156</p>	<p><b>2</b> Baked Chicken Picante Sauce Ziti/Alfredo Sauce Italian Style Vegetables 12 Grain Bread Mixed Fruit Cal: 716 Sod: 487</p>
<p><b>5</b> Chicken Chow Mein Fried Rice Oriental Vegetables Oat Nut Bread Pineapple Cal: 673 Sod: 551</p>	<p><b>6</b> Cauliflower/Broc Soup Meatloaf/Beef Gravy Sweet Potatoes Whole Wheat Bread Fruited Jell-O Cal: 650 Sod: 722</p>	<p><b>7</b> Vegg Pasta Bake Tossed Salad/ Italian Dr Pumpnickel Bread Birthday Cake Cal: 753 Sod: 924</p>	<p><b>8</b> Baked Chicken Marsala Wine Sauce Scalloped Potatoes Winter Mix Vegg Rye Bread Peaches Cal: 818 Sod: 524</p>	<p><b>9</b> <u>VETERANS LUNCH</u> Lasagna Tossed Salad Garlic Knots Delicious Dessert </p>
<p><b>12</b> Closed <b>Veterans Day</b> </p>	<p><b>13</b> *Breaded Pork Pattie O'Brien Potato/Gravy Mixed Vegetables Oat Nut Bread Mixed Fruit Cal: 957 Sod: 1119</p>	<p><b>14</b> <u>THANKSGIVING LUNCHEON</u> Roast Turkey/Gravy Mashed Potato Cranberry Sauce Peas/Pearl Onions Dinner roll Pumpkin Pie/Topping Cal: 1031 Sod: 1471 </p>	<p><b>15</b> Potato Pollack Filet Delmonico Potatoes Broccoli Pumpnickel Bread Butterscotch Pudding Cal: 914 Sod: 1121</p>	<p><b>16</b> Taco Bowl Hamburg/Black Olives Cheese Lettuce Salsa Yellow Rice Pear Cal: 679 Sod: 704</p>
<p><b>19</b> *Hot Dog/Bun Mustard/Relish Baked Beans Cole Slaw Apple Cal: 827 Sod: 1255</p>	<p><b>20</b> Baked Chicken Apricot Glaze Au Gratin Potatoes Rye Bread Tapioca Pudding Cal: 924 Sod: 817</p>	<p><b>21</b> Chicken Meatballs Minestrone Soup/Crkr Tossed Salad Mozz Cheese Italian Dressing Bulky Roll Peaches Cal: 730 Sod: 1005</p>	<p><b>22</b> Closed</p>	<p><b>23</b> Closed</p>
<p><b>26</b> *Sweet Italian Sausage/Onions/Peppers Tomatoes Butter Noodles Vegg Rye Bread Rice Raisin Pudding Cal: 893 Sod: 1181</p>	<p><b>27</b> <u>CATCH OF THE DAY</u> Haddock/Newburg Sauce Rice Pilaf Spinach Oat Nut Bread Ambrosia Cal: 700 Sod: 765</p>	<p><b>28</b> Orange Juice Cheese Omelet O'Brien Potatoes Wheat Dinner Roll Fruit Compote Cal: 944 Sod: 845</p>	<p><b>29</b> Baked Chicken Cacciatore Sauce Buttered Pasta Tossed Salad 12 Grain Bread Mixed Fruit Cal: 733 Sod: 613</p>	<p><b>30</b> *Macaroni &amp; Cheese Bread Crumbs Stewed Tomatoes Peas Wheat Bread Pear Cal: 816 Sod: 1004</p>

Happy  
  
Thanksgiving



# Thanksgiving Luncheon

Wednesday, November 14th @ noon

Cost \$5.00

**"Roast Turkey Dinner"**

**We will be entertained by:**

**"Liberty Park"**

**An amazing a Capella group**

**Please sign up by November 9th**



**Thursday, November 29th at 12:30 - 2PM**

**Silk Scarf Painting      Cost \$3.00**

**Tricia will bring all the supplies and show us how to paint a beautiful scarf that you will take home and wear proudly.**

**CAREONE**  
At Redstone

**Class size is limited so sign up early  
413 566-5588**

**The Hampden Senior Center will be closed**

**Monday, November 12th in observance of**

**Veteran's Day**

**Friday, November 23rd we are closed for the**

**Thanksgiving Holiday**

**Wednesday Pitch Card Game will be**

**cancelled November 14th and December 19th**



**Cost: \$25.00 pp**  
(all seating is reserved  
and prepaid)

**Friday Sold Out**  
**Saturday Sold Out**  
**Sunday**  
**tickets available**

Appetizers, Salad & rolls  
Lasagna Roll Up Dinner,  
delicious sides,  
Complimentary cocktail  
and Dessert.  
Cash Bar.  
Doors open at 6 pm.

## **MURDER on the HIGH SEAS**

ABOARD the ISLAND PRINCESS

November 2, 3 & 4, 2018



A ROCKIN' and  
ROLLIN' ADVENTURE

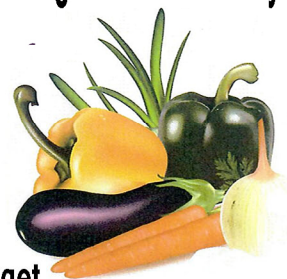
*We hope you enjoy our  
Murder Mystery Dinner Show.*

*This production is made possible by  
the generosity of the  
Friends of Hampden Seniors  
in cooperation with  
the director, staff and  
many wonderful volunteers of the  
Hampden Senior Center.*

*Fund raisers such as this insure  
great future programs for the  
benefit of our seniors.*

*Thank You Very Much  
for your Support.*


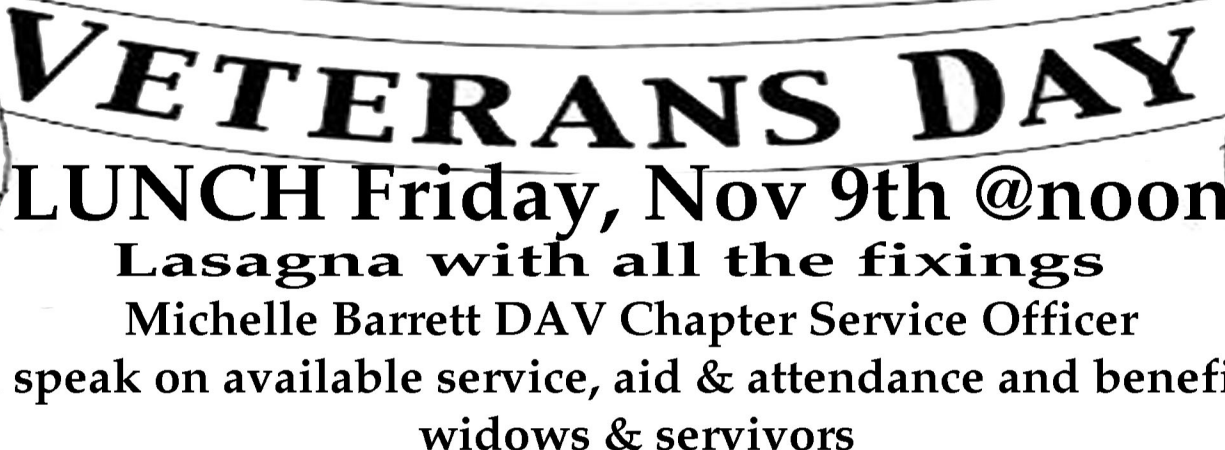

**FREE...** Wednesday, Nov 7th 9:30-11am  
**Healthy Eating and Cooking for the Holidays**  
**The Food Bank**  
of Western Massachusetts



### **Learn About:**

**Ideas for healthy holiday meals**  
**Smart grocery shopping on a budget**  
**Reducing salt, calories, and sugar for**  
**heart health and diabetes**  
**Healthy recipe substitutions**

Make checks payable to Town of Hampden



**American International College**  
**Occupational Therapy Masters Program**  
**Tuesday, Nov 6th 12:30-2:30:**

**"Equipment & Strategies to Maximize Seniors Safety at Home"**

**Wednesday, Nov 14th 10-12:**

**"How Seniors Can Remain at their Home as they Age"**



**Hampden Senior Center**  
**104 Allen St.,**  
**Hampden, MA 01036**

in conjunction with the:

**ScanticRiver**  
**ARTISANS**  
Exhibiting Local Creativity

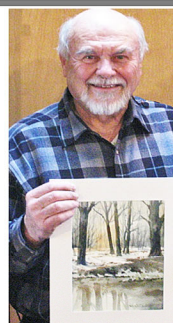
**One day Watercolor seminar with**  
**"Walter Cudnohufsky"**

**Saturday, November 10th**

**9 am to 4:30 pm**

**Cost \$100.00 prepay**

**All materials supplied**



Walter earned a bachelor's degree from Michigan State University and the Harvard University Graduate School of Design in landscape architecture. Now the owner of Walter Cudnohufsky Associates, a landscape architecture and land planning firm based in Ashfield, he taught landscape architecture at the University of Massachusetts and in 1972 founded the Conway School of Landscape Design, serving as director for 20 years; he's still a supporter. For him, watercolor has been an on-going fascination since youth and an endless source of wonder and amazement. Since 1990, he has led numerous watercolor workshops and has been an active painter, exhibitor and demonstrator. His watercolor classes include using a step-by-step technique and "gentle insistence."

Cudnohufsky's representational style borders on the fanciful and the semi-abstract. This is made possible by the effective editing of what he remembers while applying a well-developed sense of composition. This stems from his talent and experience as a skilled designer. With a color palette that ranges from subtle monochromatic to the brilliant hues of New England autumns and sunsets, his work is conceived, most of all, from assembled memories.

Class size is limited so please sign up early. Coffee and cold drinks with snacks provided. Bring your own lunch.

**Please call 413-566-5588 to secure your reservation**





# Town of Hampden Newsletter

## November 2018



### **State Election Early Voting:**

"For your convenience, you are able to cast your November 6th state election ballot before Election Day." per the red "**Information for Voters**" booklet from the Secretary of the Commonwealth William Francis Galvin. The booklet arrived late September via mail.

Thursday, November 1st, and Friday Nov 2nd are the last Early Voting dates. Those Early Voting sessions will be held at the Town House, 625 Main Street, during regular business hours of 9AM - 3 PM.



**November 6th: State Election Day**

**Voting hours are 7AM – 8PM at the Town House.**

That booklet lists 13 offices for our area. The inside back page has a handy Voter Checklist. Just fill it in, tear it off, and bring it with you. Pages 4-15 in the front have information about the three ballot questions, while the rest of the booklet has voting information.

**Please take the time to vote!**

**If you have a question, contact the Town Clerk's Office at 413-566-2151 ext. 103 during business hours.**

For more information, explore these non-related 4 websites for Massachusetts election information. Each one covers different types of data.

**Votesmart.org**

**RealClearPolitics.com**

**Ballotpedia.org**

**PolitiFact.com**

*Source: Urban, Peter. "Resources you can trust: these 4 organizations are dedicated to providing fair, nonpartisan election information" AARP Bulletin, v.59, no.8, October 2018, p12)*

### ***A Warm Welcome to our first Town Administrator: Mary McNally***

The Selectmen and McNally signed her contract in October, and the Town Administrator's office, located in the lower level across from the Selectmen's Office, was finished soon after. That space was once part of the former police station.

As Tyler McQuillan\* reported: "McNally, a practicing attorney and former director of Springfield's Parking Authority, was picked as a top candidate by the Search Committee because of her experience. Her depth of legal knowledge and experience overseeing personnel and coordinating large projects were identified as assets to the town."



So it is exciting to have this happen during our 140th year as a town! Governance, federal and state laws are way more complicated than in 1878. Best Wishes to the TA!

*\* "McNally agrees to three-year TA contract", p1, p17, The Wilbraham-Hampden Times, Sept 13, 2018.*

## Here's what's happening at our library for November and beyond:

Pick up flyer(s) for more info

- TUESDAYS:** **Grow, Play, and Learn Together: Toddler Storytime:**  
(ages 15 month through preschool)  
Every Tuesday at 10:30am -11:30am No registration required.
- WEDNESDAYS:** **Preschool Story Hour:** (ages 2.9–5 years) Every Wednesday 11am  
No registration required. "Stories, games and crafts galore!"
- THURSDAYS:** **Senior Book Club** 3rd Thursday of each month 1 pm
- |                     |                                       |
|---------------------|---------------------------------------|
| <u>Nov 15</u>       | <i>Rebecca</i> by Daphne du Maurier   |
| <u>Dec 20</u>       | <i>The Awakening</i> by Kate Chopin   |
| <u>Jan 17, 2019</u> | <i>East of Eden</i> by John Steinbeck |



**Yoga for Every-Body: Thursday nights** Nov 1, 8 & 15 Dec 6, 13 & 20 6pm – 7pm

Wear comfortable clothes; bring a mat. If you don't have a mat, yoga mats available for class.

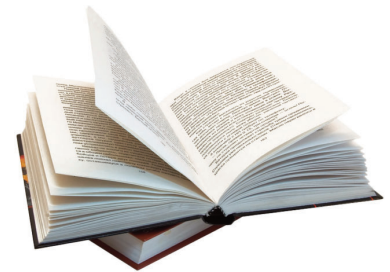


**Sacred Music Meditation Series: Thursday nights** Nov 1 & 15 7pm – 8pm

-Note: No 11/8 nor 12/13 sessions- Dec 6 & 20 7pm – 8pm

**SATURDAYS:** **Book Club** on the last Saturday of the month 11am

<u>Nov 17</u>	<i>The Great Alone</i> by Kristen Hannah
<u>Dec 29</u>	<i>Christmas Bells</i> by Jennifer Chiaverini
<u>Jan 26, 2019</u>	<i>Lunch with Buddha</i> by Roland Merullo



Thanks to Library Director Ellen Moriarty for the flyers and the enthusiastic tour.

Thanks go to Hampden Engineering, who provides paper and printing, Katy Noes, their creative employee, who adds graphics to the newsletter, Pam Courtney for proofreading, and the Senior Center volunteers who monthly assemble the dual newsletters' packet. This edition collated on Thursday, October 18th.

*Nancy Zebert, volunteer editor*

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

William Arthur Ward  
Author, pastor & scholar 1921-1994

Read more at: [https://www.brainyquote.com/authors/william\\_arthur\\_ward](https://www.brainyquote.com/authors/william_arthur_ward)



# Happy Thanksgiving!

