The Scantic Scribe

APRIL 2022
HAMPDEN SENIOR CENTER
104 ALLEN STREET
413-566-5588 (phone); 413-566-2103 (fax)
Website: www.hampdenma.gov

Like us on Facebook

FREE WI-FI

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

HOURS - MONDAY-FRIDAY- 9AM-3PM

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov
Donna Richardson, Administrative Asst. & Volunteer Coordinator
scribe@hampdenma.gov
Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov
Activities Coordinator
activities@hampdenma.gov
Sharon Woodin & Joi Giuggio, Receptionists
receptionist@hampdenma.gov
Rudie Voight, Custodian

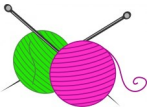
COA BOARD MEMBERS

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

COA BOARD MEETING:
TUESDAY, APRIL 12TH at 9AM
in PERSON or VIA ZOOM.

ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

YARN DONATIONS NEEDED



The Knitting/Crochet Group needs yarn. Each year they make and donate lap robes, hats, and mittens to people in need. If you would like to donate, please drop off at the Sr. Center.

Greetings!
Spring is here! I hope you are doing well and have been able to enjoy the warmer weather!

April is going to be packed with events here at the senior center, so please be sure to check out everything in this newsletter and sign up early for programs and activities. Some events have limited seating so be sure to get your name on the list.

Many thanks to the Hampden Cultural Council for sponsoring our St. Patrick's Day entertainment, Sarah the Fiddler. Also, thanks to Monson Savings Bank, Great Horse, and our amazing volunteers for their contributions towards the St. Patrick's Day event.

Also, thanks to everyone who came and enjoyed our Monday lunches in March. Look for details about our Grab and Go Dinner on April 7th!

Our meal site is open for indoor dining starting on Monday, April 4th. Lunch will be served at a **NEW TIME of 12:00**. Please call to make a reservation.

Greater Springfield Senior Services is seeking a Board Member to serve as a liaison to the Town of Hampden. If you have any interest, please call me at 566-5588.

Stop in on April 21st from 9:30-11:30 to update your File of Life with our ELMS College Nursing Students. This is a very important document for everyone to have.

Happy Spring! Becky…..

The Walk Massachusetts Challenge is back!

It's springtime so lace up your sneakers, and earn money for the Hampden Senior Center's Fitness Programs! Also, get entered to win a $50/ $25/ $10 Gift Cards!

This year, the challenge is open to everyone in the Commonwealth of Massachusetts aged 5 and up. So walk with family, friends, or on your own. All we ask is that those under age 60 "sponsor" an older adult just by entering the name of a parent, grandparent, neighbor or friend (no fundraising is involved).

Register at www.walkmachallenge.com or if you need assistance signing up, please call us at 566-5588. More information can be found at on the website or by picking up a FAQ's sheet at the Hampden Sr. Center.

Massachusetts Councils On Aging

OUTREACH

The Outreach Office is your resource center for information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc.

The Outreach Program is partially funded by a grant from the Executive Office of Elder Affairs & Greater Springfield Senior Services. Please contact Wendy at 566-5588 or email outreach@hampdenma.gov for more information.

SNAP: Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet the following monthly income guidelines:

Income guidelines for 1 person household—$2,127
Income guidelines for 2 person household—$2,873

BROWN BAG: Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet the following monthly income guidelines:

Income guidelines for 1 person household—$1,968
Income guidelines for 2 person household—$2,658

NEXT PICK-UP IS TUESDAY, APR. 19TH BETWEEN 1:30-2:30pm.

EMERGENCY FUEL FUND: 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 for more information or to find out if you qualify for assistance. All information provided is confidential.

MEMORY CAFÉ - EVERY FRIDAY AT 10AM:

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. Please call Wendy if you would like more information about the café. Sponsored in part by Friends of Hampden Seniors and private donations.

CAREGIVER SUPPORT GROUP via ZOOM or PHONE TUESDAY, APRIL 19TH AT 6PM

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

REGISTRY OF MOTOR VEHICLES: RMV related questions or help with processing RMV applications online. Beginning **May 3, 2023**, every air traveler 18 years of age and older will need a **REAL ID** compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA acceptable form of identification at airport security checkpoints for domestic air travel.

HEALTH/WELLNESS

FUEL ASSISTANCE - Sign up until April 30th

Income guidelines for 2021/2022 heating season

Family Size	Income Limit
1	$40,951
2	$53,551
3	$66,151
4	$78,751

The following documentation is also required:

-Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, or Wages

-Electric Bill - most recent

-Oil Statement or Gas Bill (or both) - most recent

-Property Tax and/or Homeowners Bill

-Water/Sewer Bill

-Photo ID, Social Security Card or Birth Certificate

-Mortgage Statement if not paid in full or Monthly Rent

-Current Homeowners Insurance Bill

-If working, 4 previous pay stubs (must be the most recent)

Please contact Wendy with any questions.

free WINTER VEGETABLES

D & R FARM WINTER FARM SHARE

Twice a month D & R FARM is offering fresh produce & it is FREE with HIP or $40 cash per month without HIP. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up. They are located on 146 Thresher Rd in Hampden.

Please call 413-244-3135 before visiting the farm.

PICK-UP IS WEDNESDAY APRIL 13TH & 27TH AT 9:30AM.

notes from the NURSE

Covid isn't going away, but vaccination and other treatments can keep future increases manageable. The biggest problem remains namely the millions of people who remain unvaccinated, many of them by choice. While it may seem we are free to get out and about, do so cautiously. As you go out and enjoy the outside as Spring arrives remember the ticks show up as well. Ticks live in wooded and brushy areas as well as back yards. If you walk through their habitat (or if your pet does), a tick may latch onto you. Usually, ticks crawl onto your shoes or pant legs and, from there, then find their way to your skin. Tucking in your pant legs into your socks or makes this task more difficult for ticks. But if you're still worried, try wearing light-colored clothing so that you can spot any ticks before they latch onto your skin. After your walk, please remember to check yourself for the presence of ticks. ***Hampden's Public Health Nurse -Sheila Rucki PhD, PCNS, BC***

Services and Information

Grab and Go Dinner, Thursday, April 7th

Senior Center Staff will prepare a delicious meatloaf dinner for you to take home, heat and enjoy. Pick up your meal between 2:00-2:30. Cost is $5/per meal and reservations are required by Monday, April 4th. The meal will include meatloaf, mashed potatoes, green beans, dinner roll and dessert. Proceeds from this meal will go towards the Building Fund.

THE HAMPDEN GARDEN CLUB

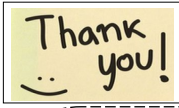
The Hampden Garden Club will be hosting Guest Speaker, Jaqueline Clark, who will be presenting information on landscaping. Please join us on **Thursday, April 21st at 7:00pm** at Academy Hall on 625 Main Street in Hampden. Hope to see you there!

TRI TOWN TROLLEY SENIOR TRANSPORTATION SERVICES

The TRI Town Trolley operates for **Hampden**, East Longmeadow & Longmeadow Seniors Mon-Fri, 9am-3:pm. You can book rides for appointments, grocery shopping, and banking in the Springfield/East Longmeadow area. Grocery store trips will only be scheduled on Wednesdays & Thursdays with a 3 bag limit on the van. Out of town rides are $3 each way & in town trips are $1. **A 72 hour notice is REQUIRED for scheduling rides**. Please call to schedule a ride as soon as you schedule a medical appointment. **Call 525-5412 with any questions or for more information**.

EASTERN HAMPDEN COUNTY VETERANS SERVICES

If you are looking for support, please contact our local Veteran Service Director Michelle Barrett at (O) 413-525-5436, (C) 573-355-6076 or email michelle.barrett@eastlongmeadowma.gov for an appointment.



Thank you for your support… Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund & to our Senior Center. **We appreciate you supporting our essential programs & services.**

FRIENDS OF HAMPDEN SENIORS 2022 YEARLY / MEMBERSHIP DUES

Use this form to JOIN THE FRIENDS, PAY ANNUAL DUES, OR MAKE A DONATION! The Friends is a non-profit organization established to assist in the funding of programs and activities to promote the dignity and well being of Hampden Seniors. Everyone who works for the "FRIENDS" is a volunteer, including the directors. Membership is open to persons 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 Seniors"** and mail to Friends of Hampden Seniors, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the senior center. **We appreciate your support!**

FRIENDS OF HAMPDEN SENIORS 2022 MEMBERSHIP FEE $5.00: _____

Donation From: _____ Address: _____ Donation Amount: $_____

In Honor Of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Use donation for: Memory Café ___ Food Pantry ___ Emergency Fuel Fund ___ Programs & Activities ___ General Needs ___

Building Fund ___ Other (Specify) _____

____ Please check here if you would like a donation receipt for your taxes and provide your email address (if applicable)

Email: _____

Senior Center Activities

Please drop in or call 566-5588 if noted below to sign up!

ACRYLIC PAINTING with Nan Thursdays, 10:00-noon and 12:30-2:30, $20/per class, includes materials. Limited space, call to sign up.

BILLIARD ROOM
Mondays, Wednesdays, and Fridays - **Open play**.
Tuesdays, 9:00-noon - **Women's lighthearted no rules play.**
Thursdays,9:00-noon - **Men's play**.

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

BLOOD PRESSURE SCREENING Thursdays, 9:00-noon, **FREE** with Elms College Students

BRIDGE Mondays, 9:30-noon. **New experienced players welcome.**

BUNCO Tuesdays, 12:00-3:00, $5/per week.
New people welcome, will teach.

CANASTA Please call if interested**, will teach.**

CHAIR MASSAGE with JulieAnne
Every other Friday. $10 for ten minutes.
Please call for appointment.

FACIALS with Diane Neill 2nd Thursday of every month.
Please call for appointment and pricing.

FOOTCARE **Please call for appointment & pricing.**

FUNCTIONAL FITNESS with Sue Kent Tuesdays and Thursdays, noon-1:00, $5/p er class.

HEARING CLINIC BY BAYSTATE HEARING 1st Wednesday of the month. **Please call for appointment.**

KNITTING/CROCHET Mondays, 9:00-11:00.
New people welcome, will teach.

LINE DANCING WITH MIKKI Fridays, 1:00,
Starting on April 22nd. $3/per class.

MAHJONG Fridays, 10:30-2:00.
New people welcome, will teach.

MANICURES with CAT Every other Friday.
Please call CAT directly at 413-335-7422 for appointment and pricing.

MEMORY CAFÉ Fridays, 10:00-noon.

MOVIES Mondays, **12:30.**

4/4~ **Chocolat**, PG-13, Feel good romantic drama/comedy

4/11~ **Peter Rabbit,** PG, Feel good family adventure comedy

4/25~ **Green Book**, PG-13, Drama based on real life

PITCH Wednesdays, Sign up is at 11:45. Play time is 12:30.

QUILTING Fridays, 9:00-3:00. **New people welcome.**

TAI CHI with Heather Duncan Mondays, $5/per class
Advanced Session - 9:15-10:15
Beginners Session - 10:30-11:30

TECHNLOGY TRAINING w/ WMA students Thursdays, 3:30-4:30. **FREE! Please call weekly to sign up.**

TRIVIA Wednesdays, 10:00. **Lighthearted no rules play.** Always looking for fresh minds!

WEIGHT TRAINING with YMCA Tuesdays and Thursdays, 9:30-10:30. Purchase a $40 punch card at the Senior Center or $5/per class. Please pay cash or make checks payable to: YMCA of Greater Springfield.

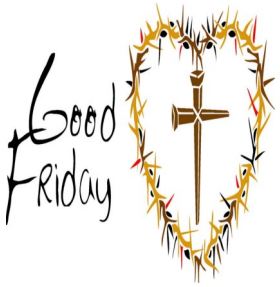
YOGA with Sue Kent
Chair: Tuesdays and Thursdays, 11:00-noon, $5/per class
Mat: Tuesdays and Thursdays, 1:00-2:00, $5/per class

Please note new times for some activities. Check our calendar monthly for any CANCELLED classes.

Please call 413.566.5588 for additional information

APRIL 2022

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
smile Hampden Sr. Center reserves the right to utilize photos/videos of participants for publicity purposes. Participants not wanting their image used must notify the Senior Center in writing.				**1** **CHAIR MASSAGE by appt.** 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong
4 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner **12:00 Lunch Inside** 12:30 Movie	**5** 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga **12:00 Lunch Inside** 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	**6** **HEARING by appt** 10:00 Trivia **12:00 Lunch Inside** 12:30 Pitch	**7** 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga **12:00 Lunch Inside** 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 2:00 G&G Dinner pick up 3:30 Technology Training	**8** **MANICURES by appt** 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong **12:00 Lunch Inside**
11 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner **12:00 Lunch Inside** 12:30 Movie	**12** **9:00 COA Board Meeting** 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga **12:00 Lunch Inside** 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	**13** **9:00 EASTER BREAKFAST** **9:30 FARM SHARE** 9:30 Watercolors 10:00 Trivia **12:00 Lunch Inside** 12:30 Watercolors 12:30 Pitch	**14** **FACIALS by appt.** 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga **12:00 Lunch Inside** 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	**15** **CLOSED** 
18 **CLOSED** 	**19** 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga **12:00 Lunch Inside** 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga **1:30 BROWN BAG** **6:PM Caregiver Support**	**20** **8:30 Collate Scribe** 9:30 Watercolors 10:00 Trivia **11:00 Senator Lesser** **12:00 Lunch Inside** 12:30 Watercolors 12:30 Pitch	**21** 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga **12:00 Lunch Inside** 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	**22** **MANICURES by appt** 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong **12:00 Lunch Inside** **1:00 Line Dancing**
25 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner **12:00 Lunch Inside** 12:30 Movie	**26** 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga **12:00 Lunch Inside** 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	**27** **FOOTCARE by appt** **9:30 FARM SHARE** 9:30 Watercolors 10:00 Trivia **12:00 Lunch Inside** 12:30 Watercolors 12:30 Pitch	**28** **FOOTCARE by appt.** 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga **12:00 Lunch Inside** 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	**29** **CHAIR MASSAGE by appt.** 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong **12:00 Lunch Inside** **1:00 Line Dancing** **1:30 Craft Class** **6:00 Paint/Sip/Fun**

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

APRIL 2022

LUNCH MENU

Lunch served daily @ NOON. RSVP By 10AM the day before by calling 566-5588

Mon	Tue	Wed	Thu	Fri
	If you have any special concerns regarding the menu, contact the GSSSI Dietitian at 781-8806, EXT. 136 for more information.	*High Sodium* Entrée Puree Meals available Call GSSSI at 781-8800 Ext. 136	Suggested Voluntary Donation $2.00 per meal. Menu subject to change without notice.	Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg) Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)
4 Turkey Sloppy Joe(299) Roll (340) Green Beans(5) Sweet PotatoPuffs(230) Fresh Fruit(1) Cal 698 Carb100 Na 989	**5** Chicken Marsala* (527) Penne (26) Steamed Broccoli(15) Oatmeal Bread(230) Chilled Peaches(6) Cal:596 Carb 84 Na:881	**6** Pulled Pork(111) Glazed Carrots(77) Steamed Corn(4) Wheat Bun(230) Tropical Fruit(10) Cal:695 Carb: 86 Na:476	**7** Shepherd's Pie Mashed Potato (218) Steamed Peas(97) 12 Grain Bread(199) Spiced Pears (38) Cal:703 Carb:85 Na:684	**8** Mac & Cheese 285 Tomatoes(221) Wheat Bread (116) Cranberry Juice (3) Pudding(246) Cal 708 Carb105 Na:968
11 Chick Parm(655)* Steamed Broccoli(9) Penne Noodles(26) Italian Bread(110) Fresh Fruit(0) Cal:587 Carb:73 Na:914	**12** Chop Suey(211) Roman Blend Veg(35) Wheat Roll(210) Pineapp Orange Juice Cookie(130) Cal:785Carb:118 Na:700	**13** Potato Pollock(150) Veg (49) Brown Rice Pilaf (59) Wheat Roll (222) Chilled Pears(5) Cal:715 Carb:90 Na:749	**14** Chicken Picatta(443) Veg(110) Bowtie Pasta(9) Wheat Bread(124) Jello(53) Cal:634 Carb:82 Na:521	**15** CLOSED
18 CLOSED	**19** Fish Sticks w/Tartar Sauce(556) Coleslaw(118) Steamed Corn(1) Blueberry Loaf (160) Fresh Fruit(0) Cal:911 Carb:141 Na:951	**20** Dijon Herb Chicken*(540) Dill Carrots(62) Rice Pilaf(12) 12 Grain Bread(200) Chilled Pineapple(1) Cal:596 Carb:90 Na:930	**21** Ham w/ Pineapple Sauce(471) Brussels Sprouts(12) Au Gratin Potato(195) Dinner Roll(210) Pudding(190) Cal:810Car:138 Na1192	**22** Penne Pasta Bake(317) Salad w/Italian(133) Blend Veg(17) Oatnut Bread(150) Mixed Fruit(5) Cal:675 Car:100 Na:737
25 Chicken Cordon Bleu(550) Cauliflower(37) Oven Potatoes(237) Rye Bread(150) Fresh Fruit(1) Cal:661Carb:73 Na1091	**26** Broccoli Penne Alfredo(294) Salad w/Italian(123) Whole Wheat Roll(210) Apple Juice(5) Fruit Compote(8) Cal:687 Carb:90 Na:764	**27** Meatloaf w/Gravy(304) Steamed Zucchini(7) Mashed Potatoes(76) Wheat Bread((124) Cupcake(170) Cal1006Carb:113 Na951	**28** Chicken Pot Pie(440) Steamed Green Beans(5) Biscuit Topping(243) Orange Juice(0) Spiced Apples(20) Cal:648Carb:79 Na:823	**29** Maple Glazed Pork(153) Steamed Broccoli(9) Sweet Potato(42) Wheat Roll(210) Pudding(278) Cal:778Carb:101Na:797

2022 Trips with Bobbi

Bus seat assigned upon receipt of $20 deposit (all incl driver's tip; bring your Vax Card) 413-566-8271 or bobbijg2@charter.net.

Log Cabin/*Aging Disgracefully* (cuz getting old is getting old!), meal choice, Thurs, Apr 7; $96/pp, $66/pp self drive. Due by Mar 25

Log Cabin/*Mother's Day Buffet Brunch with Englebert and Tom Jones*, Mon, May 9; $99/pp, $69/pp self drive. Due by Apr 15

Fenway Park/Red Sox vs Oakland A's, Thurs, June 16; $142/pp. Due by May 19

Log Cabin/*Barry Manilow & Cher* w Twin Lobsters or Prime Rib, Wed, July 27; $109/pp, $79/pp self drive. Due by July 8

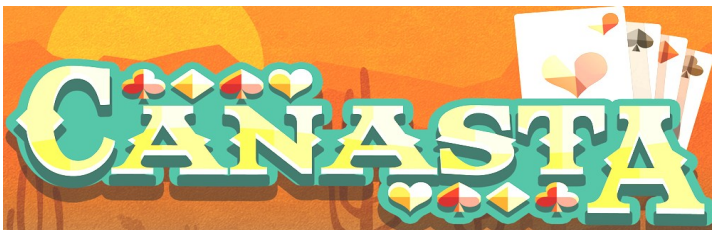
Cape Cod Canal Cruise/lunch @ Lindsey's Family Restaurant, Whydah Pirate Museum, Thurs, Sept 15; $110/pp. Due by Aug 19

Lakeside Turkey Train/Delicious Harts Turkey Dinner/ Stop at Moulton Farm & Bakery, Wed, Oct 19; $105/pp. Due by Sept 23

Log Cabin/*Direct from Branson, Ozark Country Christmas*, comedy, music, meal choice, Thurs, Nov 10; $109/pp, $79/pp self drive. Due by Oct 14

CALLING ALL CANASTA PLAYERS

Do you play Canasta or would you like to learn? Canasta is a game of the Rummy family and was the most popular American game in the early 1950s. If you or someone you know is interested in playing or learning to play, please call 566-5588 to let us know!



SPRINGFIELD COLLEGE OCCUPATIONAL THERAPY STUDENTS

OT Students will be here throughout the month of April to participate in various programs and activities. Please help us welcome them! Call with any questions.

FREE Technology Help Sessions Are Back…

The Wilbraham & Monson Academy Service Team will be at the Sr. Center every Thursday from 3:30-4:30. They will assist you with all your technology questions. Bring your phone, iPad, tablet, or laptop computer and your questions! Please call 566-5588 to sign up.

ELMS COLLEGE NURSING STUDENTS

ELMS COLLEGE School of Nursing

The Elms College Nursing Students will be at the Hampden Sr. Center on the following Thursdays from 9:30am to noon. They are here to help and answer any questions you have. Please come by, say hi and receive important information.

Blood Pressure Screenings - April 7th, 14th and 21st - Get your blood pressure checked.

Random Blood Sugar Test - April 7th - This measures your blood sugar by a finger stick and you do not need to fast.

Booster Clinic - April 14th (date subject to change) - Get your free Covid-19 Booster Shot. Pre-registration is required by calling 566-5588.

File of Life Day - April 21st - Stop in to update your File of Life form or if you don't have one, come in and find out the importance of this document.

Hampden Senior Center
104 Allen St., Hampden, MA 01036
Paint Sip Fund-raiser
Friday, April 29th, 6pm Cost: $40.00

Join the fun while supporting the building fund
Sign up early to secure your spot **413-566-5588**

Paint: A colorful arrangement of spring flowers in acrylic paint, all materials provided.

Sip: Wine, cheese, crackers and snacks included.

Fun: Nan Hurlburt is our artist/instructor

Please wear old clothes, or bring an apron as paint and fun can be messy!

Event sponsored by the Friends of Hampden Seniors

Seating is limited so please send or drop off payment early.
Make checks out to "Friends of Hampden Seniors"

APRIL CRAFT WITH ROSE SULLIVAN

Come join us for April's craft on Friday, April 22nd from 1:30 to 3:30pm. We will be creating a seasonal spring wreath with flowers, birds and butterflies.

Only $8 per person includes all materials. Class size is limited to 10 people. Please call 566-5588 to sign up.

EASTER BREAKFAST

WEDNESDAY, APRIL 13TH, 9AM
COST IS $3.00
Hop on in for a yummy breakfast with an Egg Bake, Sausage, and Fruit!
Entertainment by Roger Tincknell.
Reserve your seat by calling 566-5588 by Friday, April 8th.