

The Scantic Scribe



APRIL 2024

HAMPDEN SENIOR CENTER

104 ALLEN STREET

413-566-5588 (phone); 413-566-2103 (fax)

Website: www.hampdenma.gov



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

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Tina Doran, Administrative Assistant & Volunteer Coordinator
scribe@hampdenma.gov

Diane Marino, Activities Coordinator
activities@hampdenma.gov

Sharon Woodin & Joi Giuggio, Receptionists
receptionist@hampdenma.gov

Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney
Vice Chair: Deanna Vermette
Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Rep to GSSI: Cheryl Delviscio
Cliff Bombard, Monique Downey, Suzanna Haskins, Juanita Markham, Anne-Marie Villamaino

COA BOARD MEETING:

Tuesday, April 9th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Mondays, April 8th & 22nd at 11:00 am
In PERSON or VIA ZOOM
ZOOM Meeting ID: 82653444250
ZOOM Password: 782446

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

Greetings!

Happy Spring! It is always a welcome change to have warmer air and longer days. This newsletter is full of great programs for April and a few sneak peeks as to what is coming in May. Be sure to keep an eye on the schedule and sign up for programs early.

The Senior Center will be open from 8:30-3:30 starting on April 1st. We are testing out a new schedule and want to know what you think. Let us know if you like early morning programs or those late in the day. We are looking at ways to incorporate more of what you want at your senior center. Please let us know your thoughts as we try a new schedule over the next few months.

The Building Committee is hard at work and you are encouraged to attend a public forum this month to learn more about the project. Stay tuned for a date and time for this important meeting. Finally, thanks to our amazing volunteers who help on a daily basis!

We couldn't do what we do without you!!

Becky.....



The Beatles arrived in America 60 years ago!

Come and enjoy a cultural and historical reflection of the 1960's through the music of The Beatles.

Thursday, April 4th at 1:00 pm

Presented by Fran Hart, founding Member of 4EVERFAB.

This presentation features live acoustic music and audience sing-alongs, coupled with rare audio and video clips.

Cost is \$3.00 per person. Light refreshments will be served.

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

Sponsored in part by United Healthcare.



THE ZOO IN FOREST PARK & EDUCATION CENTER

Wildlife on Wheels Program

Wednesday, April 10th at 10:00 am

The Hampden Senior Center is excited to, once again, provide an intergenerational opportunity for the senior center community and our friends at Green Valley Preschool.

Educators from The Zoo at Forest Park & Education Center will bring five animal ambassadors to enjoy a morning filled with learning about the animals, plus you'll have the opportunity to see them up close, and interact with them personally.

This program is supported in part by a grant from the **Hampden Cultural Council**, a local agency which is supported by the Mass Cultural Council, a state agency.
Thanks to those who made donations towards bus transportation to the senior center for the Preschool children and staff.



Grab and Go Dinner

Thursday, April 25th, pick up from 2:00 pm to 2:30 pm


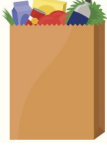
Enjoy a delicious dinner of American Chop Suey,
Tossed Salad, Bread, and Dessert.

Cost is \$5 per person.

Please call 566-5588 **starting April 1st** to order your dinner.

Outreach Updates

The Outreach Office is your resource center for information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc. The Outreach Program is partially funded by a grant from the Executive Office of Elder Affairs & Greater Springfield Senior Services. **Contact Wendy at 566-5588 or email outreach@hampdenma.gov for information.**

- SNAP:** **INCOME GUIDELINES:**
1 person household—\$2,430; 2 person household—\$3,287
 Provides a monthly supplement for purchasing nutritious food. Participants must Complete an application and meet monthly income guidelines.
 
- Brown Bag:** **INCOME GUIDELINES:**
1 person household—\$2,430; 2 person household—\$3,287
 Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet monthly income guidelines.
NEW PICK-UP TIME is between 12:30—1:30 pm. Next pick-up is: Tuesday, April 16th.

- Registry of Motor Vehicle:** **Beginning May 7th, 2025**, 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 ID at airport security checkpoints for domestic air travel. If you have RMV related questions, or need help with processing RMV applications online, please call Wendy at 566-5588 to make an appointment.



ATTENTION SNAP RECIPIENTS

If you are currently receiving SNAP benefits, you are eligible to receive a pre-packed bag of items from the *Personal Needs Closet*. The bag will include everyday essential items such as toilet paper, paper towels, toothpaste, bars of soap, deodorant, dish soap, laundry detergent and disinfectant wipes. Items in the bag will vary from month to month.

One (1) bag per month per person will be available.

You must bring proof of SNAP benefits/EBT card when you come to pick up your bag.

Bags will be available for pick up on Mondays from 10:00 am - 2:00 pm.

If you are unable to come during this time, please contact Wendy at 566-5588 to schedule an alternate pick up time.



D & R Farm Winter Farm Share

D & R Farm is offering fresh produce twice a month **FREE with SNAP/HIP if you qualify!**

If you do not qualify for SNAP/HIP, you may purchase a share for \$40 cash per month. **New applications are required.** If interested, please contact Wendy to get your application in!

Please let us know if you need your shares delivered. Shares are limited. Please call Wendy at 566-5588, or email outreach@hampdenma.gov to sign up.

PICK-UP is on Wednesdays, April 3rd & 17th at 9:30 am.



MEMORY CAFÉ - EVERY FRIDAY AT 10:00 AM

The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers, family or friends, to gather in a safe, supportive and engaging environment. Please call Wendy at 566-5588 if you would like more information about the café.

Sponsored by:

Friends of Hampden Senior Citizens, and private donations.



CAREGIVER SUPPORT GROUP

via ZOOM or PHONE

Tuesday, April 16th at 6:00 pm

Are you caring for a loved one with dementia or other related memory impairments? This support group is a great way to get help. Call Wendy at 566-5588 for information.

COMING SOON...



D & R Farm Summer Farm Share

D & R FARM is offering fresh produce twice a month, **FREE with SNAP/HIP if you qualify!**

If you do not qualify for SNAP/HIP you may purchase a share for \$40 cash per month.

New applications for Summer Farm Share are required and must be completed, and submitted to Wendy by May 15th.



Please let us know if you need your shares delivered. Shares are limited. Please call Wendy at 566-5588, or email outreach@hampdenma.gov to sign up.

Get Help Paying Medicare Costs

What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare Beneficiaries who meet the following limits:

You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month
NEW AS OF MARCH 1, 2024: THERE IS NO ASSET LIMIT	

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



Meet your Veteran Service Officer Jason Burgener

Wednesday, April 3rd at 9:30 am
at the Hampden Senior Center.

Coffee and light refreshments will be provided.

Jason's office hours are Wednesdays, 9:00 am to 4:00 pm
at the Hampden Townhouse.

Please call Jason directly at 413-640-0540



STCC Dental Hygiene Program

Is hosting a community dental day. Free fillings, extractions, etc.

When: April 27th from 8:00 am to 4:00 pm

Where: Springfield Technical Community College
One Armory Square, Springfield, MA 01105

Clinic Location: Building 20, Room 238

Springfield Technical Community College dental hygiene students are under the direct supervision of licensed dental hygienists. Dentists provide all treatment procedures.

Please call 413-755-4900 for more information and to make an appointment.

STCC Dental offers the following procedures:

Dental Exams, Regular Cleanings with X-rays, Deep Cleanings, Full Mouth X-Rays, Panoramic X-rays, etc.

A full menu of procedures and fees is available at the reception desk at the Hampden Senior Center.

Did you know we have...



Chair Massage with Mindy

Tuesdays April 9th & 23rd, \$10 for 10 minutes.

Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month by appointment.

Please call 566-5588 for appointment and pricing.



Manicures with Cat

Please call Cat directly at 413-335-7422

for appointment and pricing.

Gift Cards are Available

Tri-Town Trolley Transportation Services

Operates for Hampden, East Longmeadow, and Longmeadow seniors.

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

Grocery store trips will only be scheduled on

Wednesdays and Thursdays with a 3 bag limit on the van.

A 72 hour notice is required for scheduling rides.

As soon you schedule a medical appointment,

*please call **525-5412** to schedule a ride.*

\$2 each way for in-town rides,

\$4 each way for out-of-town rides

Please have exact change.



Elms College Nursing Students

Wednesdays, 9:15 am to 12:00 noon

They will do blood pressure screening,



HELP US STOCK OUR SHELVES with Disinfecting Wipes!

Thank you to those that donated toothpaste and tooth brushes last month. Every month we will target a different item to help fill monthly Personal Needs Bags.

Due to space constraints, please refrain from purchasing warehouse size items.





Create a Greeting Card with Ellie!

Come and discover endless possibilities for creating your own personal greeting cards. Meet new friends, and learn new techniques each month.

Tuesday, April 2nd, 1:00 pm to 3:00 pm

Cost is \$3.00 per person. All materials are provided. Please call 566-5588 to reserve your seat, space is limited.



"African Drumming" with Jason

New 12-week session

Beginning April 26th through July 26th.

No classes May 31st and July 5th.

Fridays at 2:15 pm to 3:15 pm

Join in the fun, and see what we've learned. We are having a concert on April 5th at 2:45 pm.

Save money by paying for session in full.

Cost is \$65 for session, or \$6 per class.

New students are welcome.

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



Learn to play the Ukulele with Sue

Mondays, 1:00 pm to 2:00 pm

Instructor Susan Mc Hand will teach you the necessary skills to master this charming instrument. Accepting new students.

Cost is \$5 per class. Please call 566-5588 to reserve your spot.

Space is limited.

Crafting with Sheree

This month, we will make Spring Hat Décor. Hang it on your door, beautify a spot in your home, or gift it to a friend.



Tuesday, April 16th, 12:30 pm to 3:00 pm

Cost is \$8 per person, all supplies will be provided.

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



Coming in May...

Let's Go Surfin with Joe Green

Joe will be here to show you the ins and outs of surfin the web. Make a list of your questions, and Joe will cover it all.

Put these dates on your calendar and sign up early,

Tuesdays, May 21st and 28th, 9:30 am to 10:30 am

Bring your own personal device; laptop, tablet, or mobile phone fully charged. Sessions are free.

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



Trips with Bobbi

A minimum of 40 travelers are needed for any trip to run. Flyers available at the Senior Center, via email.

May 7, Tue - The Aqua Turf Club

Show with *Debby Boone*, family-style lunch; \$131pp.

Full payment due April 19.

July 4, Thur - Tanglewood Lawn

James Taylor Concert, Fire Works; \$100pp.

Full payment due June 7.

July 10, Wed - Log Cabin; "Margaritaville" Jimmy Buffet Tribute,

Twin Lobster or Prime Rib; \$92pp - Self-Drive Only

Full payment due June 14.

August date TBD - Mt. Washington, Cog Railway, stop in Manchester ½ way, lunch; \$ TBD

August 26, Mon - Newport Playhouse; "Nunsense: A Musical," buffet lunch, show, cabaret; \$125pp. Full payment due Aug 7.

October 23, Wed - Fall Foliage Trip - American Heritage Museum in Hudson; Lunch at O'Connors Restaurant in Worcester (menu choice); Wine Tasting at Hardwick Vineyard & Winery in Hardwick; \$135pp. Full payment due October 3.

Late Nov/Early Dec - Radio City Music Hall

Rockettes matinee Christmas Show: \$ TBD

December 11, Wed - The Aqua Turf Club

"Deck the Halls Christmas" with Buddy Holly & Elvis;

family-style lunch; \$131/pp. Full payment due November 20.

Coach seat assigned upon receipt of your \$20 deposit (unless otherwise noted). Please write a separate check for each trip, made payable to: **Bobbi Grant**
Please note trip name on memo line of your check.

Questions/comments, please call Bobbi at 413-566-8271 or email bobbijg2@charter.net



April Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available May 1st.

Do your best, but have fun with it! Return your puzzle pack to the Senior Center by **May 31st** for a chance to win.

Drawing will be held on June 3rd.

Congratulations to Chris Dodd, our February Puzzle Pac Winner.



The Hampden Garden Club

will have guest speaker **Lee Duquette**
at Academy Hall,
Main Street, Hampden.



Thursday, April 18th at 7:00 pm

Lee, a local beekeeper has been keeping bees since 2009. He is learning, and teaching as much as he can about honeybees to contribute to local agriculture, and spreading **bee** love.

Senior Center Activities

Please call 566-5588, or drop in to sign up for activities. If you have any questions or suggestions for new activities, please call Diane or email her at activities@hampdenma.gov.

ACRYLIC PAINTING with Nan Hurlburt

Thursdays, 10:00am-12:00pm & 12:30pm -2:30pm
\$20/per class, includes materials.
Space is limited. Call to sign up.



BILLIARD ROOM

Mondays, 12:00pm-3:30pm: Billiards League (ends 4/1)
Tuesdays, 9:00am-12:00pm: Women's no rules play
Thursdays, 9:00am-12:00pm: Men's play
Wednesdays and Fridays: Open play

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

BLOOD PRESSURE SCREENING

Tuesdays, Wednesdays, and Thursdays, 9:15am-10:45am.

BRIDGE Mondays, 9:30am-12:00pm.

New experienced players welcome.



BUNCO Tuesdays, 12:00pm-3:00pm.

New people welcome, will teach.



CARD MAKING with Ellie Tuesday, April 2nd.

1:00pm-3:00pm. Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE

Tuesdays, April 9th & 23rd. \$10 for 10 minutes.
Please call for appointment.

CRIBBAGE - Please call if interested.

DRUMMING - Accepting new students.

Fridays, 2:15pm-3:15pm. New 12-week session.
Begins April 26th through July 19th.
No class July 5th.

\$65 for session if paid in full or \$6 per class.

FACIALS with Diane Neill Thursday, April 11th.

2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE

Please call for appointment days/times & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

KNITTING/CROCHETING Mondays, 9:00am-10:30am.

New people welcome, will teach.

MAHJONG Fridays, 10:30am-3:00pm,.

New people welcome, will teach.

MANICURES with Cat by appointment only.

Please call Cat directly at 413-335-7422 for appt. and pricing.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.

4/1 - **The Glass Castle**, PG-13, Drama

4/8 - **Blended**, PG-13, Comedy/Romance

4/15 - **NO Movie, Senior Center Closed**

4/22 - **Maestro**, PG-13, Biography/Drama

4/29 - **White Chicks**, PG-13, Comedy/Crime



PITCH Wednesdays, Sign up is at 12:00pm.

Play time begins promptly at 12:30pm.

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

New people welcome.

RUMMIKUB Wednesdays, 12:30pm-2:30pm.

New people welcome, will teach.

SENATOR/STATE REP HOUR

Wednesday, April 24th, 10:30am-11:30am.

4th Wednesday of every month.

TAI CHI with Heather Duncan Mondays, \$5/per class.

Advanced Session - 9:15am-10:15am.

Beginners Session - 10:30am-11:30am.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

UKULELE with Sue McHand

Mondays, 1:00pm-2:00pm. \$5/per class paid to instructor.

WATERCOLORS with Chris Sterritt - Class is full

Wednesdays, 8 week session - March 13th through May 1st
Morning Session, 9:30am-12:00pm.

Afternoon Session, 12:30pm-3:00pm.

WEIGHT TRAINING with YMCA

Tuesdays and Thursdays, 9:30am-10:30am.

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

YOGA with Sue Kent \$5/per class paid to instructor.

Chair Assist: Tuesdays and Thursdays, 11:00am-12:00pm.

Mat: Tuesdays and Thursdays, 1:00pm-2:00pm.

Is there something you don't see? Let Diane, our Activities Coordinator know about it, and she will do her best to make it happen.



The Hampden Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Hampden Senior Center in writing.

Please call
413.566.5588 for
additional information

April 2024

Hampden Senior Center
104 Allen Street
Hampden, MA 01036



Mon	Tue	Wed	Thu	Fri
1 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 1:00 Ukulele	2 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:00 Card Making	3 9:15 Blood Pressure 9:30 Farm Share 9:30 Vets Coffee Hour 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	4 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness Canceled 12:30 Acrylic Painting 12:30 Bingo Canceled 1:00 Mat Yoga Canceled 1:00 The Beatles	5 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming Class 2:45 Drumming Concert Session Ends
8 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:30 Movie 1:00 Ukulele	9 <u>Chair Massage by Appt</u> 9:00 COA Board 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	10 9:15 Blood Pressure 9:30 Watercolors 10:00 Wildlife on Wheels Program 10:00 Trivia 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	11 <u>Facials by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	12 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
15 Closed 	16 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Craft with Sheree 12:30 Brown Bag 1:00 Mat Yoga 6:00 Zoom Support Group	17 8:30 Collate Scribe 9:15 Blood Pressure 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	18 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	19 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming - New Session Begins
22 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:30 Movie 1:00 Ukulele	23 <u>Chair Massage by Appt.</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	24 9:15 Blood Pressure 9:30 Watercolors 10:00 Trivia 10:30 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	25 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 2:00 Grab and Go	26 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
29 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Movie 1:00 Ukulele	 <p>PATRIOTS' DAY THE FORGOTTEN HISTORY OF AMERICA'S PATRIOTS' DAY AND WHAT IT COMMEMORATES</p>			<div> April To-do List Wake up with gratitude and joy Tell a joke that makes people laugh Take time to wind down before bed Spend time on a hobby Do a brain dump for mind clarity </div>

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

April 2024

LUNCH MENU

**Lunch served daily at
12pm. RSVP by 11am
the day before by
calling 566-5588**

Mon	Tue	Wed	Thu	Fri
1 Breakfast Sausage Spiced Apples Potatoes O'Brien Mini Maple Chip Waffles Syrup Fresh Fruit Cal:656 Carb:101 Na:783	2 <u>High Sodium Day</u> Hamburger w/ Cheese Ketchup Coleslaw Macaroni Salad Wheat Burger Bun Reg/Diet Cookie Cal:909 Carb:85 Na:1377	3 Butter Chicken Steamed Spinach White Rice Buttermilk Biscuit Mandarin Oranges Cal:786 Carb:91 Na:1093	4 Turkey w/Gravy Parslied Carrots Mashed Potatoes Whole Wheat Bread Chilled Applesauce Cal:527 Carb:72 Na:767	5 Shrimp Scampi Steamed Broccoli Spaghetti Noodles Whole Wheat Roll Reg/SF Jello w/Topping Cal:738 Carb:88/73 Na:946
8 <u>Soup & Sandwich</u> Traditional Egg Salad Broccoli Slaw Creamy Tomato Soup LS Wheat Bread Raisins Cal:980 Carb:111 Na:831	9 Beef Stroganoff Brussels Sprouts Egg Noodles Multigrain Bread Reg/SF Pudding w/Topping Cal:862 Carb:98 Na:659	10 Crab Cake* Tartar Sauce Steamed Corn Coleslaw Whole Wheat Bread Fresh Fruit Cal:591 Carb:97 Na:1137	11 Spaghetti & Meatballs Tossed Salad w/Ranch Steamed Spinach Garlic Toast Reg/Diet Cookie Cal:741 Carb:81 Na:1073	12 Ham w/Pineapple Herbed Green Beans Au Gratin Potatoes Whole Wheat Dinner Roll Mandarin Oranges Cal:577 Carb:91 Na:981
15 Closed 	16 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Reg/SF Jello w/Topping Cal:634 Carb:83/69 Na:845	17 Chicken Pesto Pasta* Steamed Spinach Cranberry Juice Whole Wheat Roll Chilled Pineapple Cal:770 Carb:98 Na:1149	18 BBQ Pulled Port Celery Salad Baked Potato Mini Cornbread Loaf Fresh Fruit Cal:830 Carb:98 Na:768	19 Crispy Fish Sandwich Tartar Sauce w/Cheese Coleslaw Steamed Corn Hamburger Bun applesauce Cal:712 Carb:102 Na:1121
22 American Chop Suey Roman Blend Veg Whole Wheat Roll Rice Crispy Treat Cal:685 Carb:94 Na:662	23 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Raisins Cal:901 Carb:116 Na:1197	24 <u>Soup & Sandwich</u> Chicken Vegetable Soup Ham & Swiss Hamburger Bun Citrus Carrot Salad Fresh Fruit Cal:724 Carb:84 Na:969	25 Mediterranean Turkey Tomato Cucumber Salad Couscous Whole Wheat Bread Spiced Pears Cal:712 Carb:92 Na:968	26 Pasta Primavera Orange Juice Tossed Salad w/Italian Garlic Bread Reg/SF Jello w/Topping Cal:929 Carb:118/103 Na:847
29 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Peaches	30 <u>Birthday Celebration</u> Chicken Cordon Bleu Steamed Broccoli 1/2 Sweet Potato Dinner Roll Reg/Diet Cupcake Cal:799 Carb:101/89		<div> Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg) Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na) </div>	<div> Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136. Suggested Donation \$2.00 per meal. Menu subject to change without notice. </div>



The Friends of Hampden Seniors are hosting a Hartsprings Truck Event

This is not a recycling event. All donations should be in working condition, and saleable.

Saturday, April 6th from 10:00 am - 1:00 pm

Will accept all cloth items, such as clothing, including scrap sewing/quilting material, bedding, linens, towels, shoes, and purses. Books, kitchenware, breakable knickknacks, small appliances, small speakers, and sporting goods. Toys must be boxed to be accepted. Table lamps will be accepted only if they are boxed and protected from breaking.

NO encyclopedias, textbooks, or baby items such as strollers, cribs, carriages, stuffed animals, or pillows.

This truck event is an opportunity to drop off all your larger bags or boxed items for Spring Cleanup. In doing so, you're also helping the Senior Center earn a small percentage based on the total weight of items received from Hartsprings for helping their cause.

There is no charge to drop off these items, however all monetary donations will be accepted and appreciated. All proceeds from this event will benefit the Hampden Senior Center Building Fund.

Our purple bin remains in our parking lot for your convenience to drop off donations any time you desire, however our bin is limited as to the size of the bag that you're able to fit in the opening. If the bin is full, and it's normal business hours for the Senior Center (M-F, 9-3), please let a staff member know and we will hold your items in the office until they can be picked up.

PLEASE DO NOT LEAVE ITEMS OUTSIDE OF THE BIN. Thank you!

Only use tall kitchen size garbage bags or smaller for your donations to fit in the bin. If the bin is full, please bring your donations to our front office and we will make arrangements to have your items picked up.



FRIENDS OF HAMPDEN SENIOR CITIZENS 2024 ANNUAL MEMBERSHIP DUES & DONATION FORM

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. All "FRIENDS" are volunteers, including the directors. Membership is open to persons of any age from any location. If you desire to become a member, wish to renew your membership, or make a donation please complete this form.

Please make checks payable to "FRIENDS OF HAMPDEN SENIOR CITIZENS" and mail to:
Friends of Hampden Senior Citizens, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the Senior Center.

☐ Please check this box if you are paying your annual **FRIENDS OF HAMPDEN SENIOR CITIZENS 2024** membership dues of \$5.00. *Membership Dues payments are not tax deductible and will not be acknowledged with a receipt of payment.

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

In Honor Of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Use donation for: 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: _____

We appreciate your support!



Hampden Senior Center Public Forum

The Hampden Senior Center Building Committee will host a second informational forum in April, at the Hampden Senior Center at 104 Allen Street, date and time to be determined.

The intent of the forum is to introduce the work of the Senior Center Building Committee and its consultant regarding the planned renovation and expansion of the Center. The committee will provide a brief presentation of the results of their year and a half review of the current and future needs of the Senior Center followed by a tour of the building.

Committee members will also be available during this time to answer questions which might arise. Town of Hampden residents are encouraged to attend, and may obtain additional information from the Committee at the Town of Hampden website: <http://www.hampdenma.gov/senior-center-building-committee>

Town of Hampden Emergency Notification Portal

****A Robocall (an automated pre-recorded call) from the town will go out prior to the meeting to provide the date and time.**

Do you receive informational and emergency notification calls from the town?

Would you like to add your phone number to the townwide communication system so you get calls in the future?

Go to the town website at www.hampdenma.gov and click on **Emergency Notification Portal**. You will be asked to set up a log in and you will then be able to update or add your information. Need help with this? Call the senior center for assistance.

Don't miss out on what is going on around town! Sign up for notifications today!



The 2024 Older Americans Month theme is Powered by Connection,

which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Save these Dates!

We will have more information in the May Scribe.

Join us during the month of May as we celebrate Older Americans Month—Powered by Connection.

Wednesday, May 1st at 9:30 am	Stop by for a FREE Donut Dip donut, and coffee. Sponsored by Jason Burgener, Veteran Service Officer
Thursday, May 2nd at 6:00 pm	Paint & Sip Fundraiser to support the Hampden Senior Center Building Fund.
Friday, May 10th at 12 noon	Lunch, and How to Prevent Elder Fraud with FBI Agent Matthew Fontaine
Tuesday, May 14th at 11:00 am	Tara Hammes, MCOA Director of Healthy Aging and Nutrition, Nutrition and Brain Health: Five Foods for your Future
Wednesday, May 15th at 6:00 pm	Estate Planning with Attorney David Carlson
Thursday, May 16th at 12 noon	Lunch, and BINGO with the Hampden Fire Department
Wednesday, May 22nd at 10:30 am	Living Stronger, Longer with Lamar Moore Stability Training for Healthspan Maintenance and Extension
Friday, May 31st at 12 noon	Lunch, and Ukulele concert performed by or own Hampden Senior Center Ukulele Students.

Attend any of the above programs, and your name will be entered into a raffle prize drawing.

The winner will be chosen at the end of May.

The more events you attend, the more chances you have to win!

Learn how to create a Stoneware Clay Spoon Rest



ScanticRiver
ARTISANS

Learn how to work with
stoneware clay
to create a SPOON REST
using leaves from nature.
Your creations will be fired and glazed.



When: Thursday, April 18, 6:00 - 7:30pm

Where: 104 Allen St., Hampden, MA
(Community Rm., Hampden Senior Center)

Cost: \$20 per person

To reserve your seat, please contact:
Sue Superson: sjsrighter@aol.com

For more info, visit:
www.scanticriverartisans.com



Paint & Sip Fundraiser

Thursday, May 2nd at 6:00 pm

At the Hampden Senior Center, 104 Allen Street.



Join in the fun while supporting the Hampden Senior Center Building Fund. Sign up early to reserve your seat!
Please call 566-5588. Space is limited.



- ♦ PAINT this beautiful arrangement of Hydrangea flowers.
- ♦ SIP on wine and enjoy cheese, crackers, and snacks.
- ♦ Most of all, have FUN! Nan Hurlburt is the artist of this beautiful painting, and your instructor for the evening.

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

Cost is \$40 per person. Please send or drop off your payment early to secure your spot.

Please make checks payable to:
"Friends of Hampden Senior Citizens"

Sponsored by Friends of Hampden Seniors Citizens