

The Scantic Scribe



AUGUST 2022

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

Administrative Asst. & Volunteer Coord.

scribe@hampdenma.gov

Wendy Cowles, Outreach Coordinator

outreach@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 Chairman: Ed Norman

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Tina Doran, Monique

Downey, Suzanna Haskins, Deanna Vermette

Rep to GSSSI: Cheryl Delviscio

COA BOARD MEETING:

TUESDAY, SEPTEMBER 13TH at 9AM

in PERSON or VIA ZOOM.

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

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 you supporting our essential programs and services.

Greetings!

Many thanks to those that have reached out and offered kind, congratulatory words following my receiving the Director of the Year award from MCOA. It is such an honor for me and I appreciate the many kind words. I love being here in Hampden. This Scribe is packed with great programs and activities for August and beyond, so be sure to check out what's happening!

The town is seeking interested persons to serve on the Senior Center Building Committee. Check out the blurb in this newsletter and follow up if you are interested. Stay cool on these hot summer days! We hope to see you soon! BECKY.....

Alzheimer's Fundraiser Dinner

In an effort to raise funds for the **TRI TOWN Alzheimer's Association Walk Team,** **join us on SATURDAY, AUGUST 6TH at 5:30 PM** for a fundraiser dinner dance!

Entertainment will be provided by Union Jack British Invasion Band.

Cost is \$30.00 Prepaid, Per Person. Includes Appetizers, stuffed chicken breast, delicious sides, complimentary cocktail and dessert.

Cash Bar & Raffle Prizes

Place your reservation and purchase your tickets today! Payment must accompany reservations. Seating will be assigned.

Please make checks payable to the Town of Hampden.

If you are sending a check in the mail and would like your tickets mailed to you, please include a self addressed stamped envelope.

All proceeds benefit the Alzheimer's Association.

Alzheimer's Association Memory Walk at Holyoke Community College **SAVE THE DATE, September 25th**

This year, Hampden, East Longmeadow and Longmeadow are joining forces to raise money for the Alzheimer's Association. The TTT (Tri Town Team) will walk in September and we want you to join us. Please stop in for a registration form and we will add you to the team roster.

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: NEW INCOME GUIDELINES—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—\$2,096

Income guidelines for 2 person household—\$2,823

NEXT PICK-UP IS TUESDAY, August 16th 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 10:30AM:

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**

CAREGIVER SUPPORT GROUP via ZOOM or PHONE **Back in September**

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 ID at airport security checkpoints for domestic air travel.

HEALTH/Wellness



FREE BAYSTATE HEARING: 1st Wednesday of the month. Please call for an appointment.



FREE BLOOD PRESSURE CLINIC w/Silver Linings: Every Tuesday & Thursday. Walk in 9:15 - 10:45am



FOOTCARE: Wednesday, and Thursday, Please call for an appointment and cost.



D & R FARM SUMMER FARM SHARE

D & R FARM is offering fresh produce and it is **FREE with SNAP/HIP** if you qualify! If you do not qualify for SNAP/HIP you may purchase a share for \$10 cash per week.

Shares will be available for pick up Wednesdays

July 6th - October 26th from 9:30-10:30am at the Hampden Senior Center. Please let us know if you need your share delivered. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up. D & R Farm is located on 146 Thresher Rd in Hampden.

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



Farmers Market hosted by D & R Farm on Thursday, August 18th 10:00am-1:00pm. Purchase fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more to help support your local farmers!



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/E. 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 each way. **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 information.

EASTERN HAMPDEN COUNTY VETERANS SERVICES

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



Services and Information

SENIOR CENTER BUILDING COMMITTEE

The Hampden Board of Selectmen is seeking interested Hampden residents to serve on the Hampden Senior Center Building Committee. This committee is charged with discussing possibilities for a future expansion of the Hampden Senior Center, looking at the feasibility study that was completed within the last year, discussing costs, needs, design and all other aspects of said project and reporting back to the Board of Selectmen. Ideally the committee will consist of people who are familiar with town government and operations, a strong familiarity of senior center operations and programming, procurement, interior design, contractors, architects, municipal construction experience and the like. The Director of the Senior Center will serve on the committee as an ex-officio member. Appointments to this committee will be done by the Hampden Board of Selectmen. Anyone interested in serving on the board should email Town Administrator Bob Markel at townadmin@hampdenma.gov

IS YOUR HOUSE NUMBER DISPLAYED?

Please help us keep YOU SAFE by making sure your house number is VISIBLE from the street. Street numbers are vital so that emergency responders can locate your home quickly. If you are a Hampden resident and would like a 4" reflective block style number placed in plain view of the road, please call the senior center 566-5588 to sign up. Cost is \$10 for Seniors and \$15 for under age 60. Sponsored by Hampden's County Sheriff's TRIAD, Hampden Fire Department and Hampden Senior Center.

THINK
BE SAFE
NOT SORRY



SAVE THE DATE! Friends of Hampden Seniors Bucket-Load Plant Sale!
On Friday, September 9th from 10AM to 3PM at the Senior Center. Cost per plant is \$4.
Nothing will be potted so please bring your own containers or plastic bags.
All proceeds will benefit the Senior Center's Building Fund.



Hampden Garden Club 90th Anniversary Celebration

Hampden Garden Club members traded in garden gloves and trowels for tea cups and croquet mallets at a Garden Tea Party on Sunday, June 26th at the home of Ginny and Larry Blake. Thanks to the Blakes!

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. If you have any questions or suggestions on new activities, please call Diane or email her at activities@hampdenma.gov.

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 Tuesdays and Thursdays,
9:15-10:45, **FREE** with Silver Linings.

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

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



CANASTA Wednesdays, 9:30-11:30.
New people welcome, 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/CROCHETING Mondays, 9:00-11:00.
New people welcome, will teach.

LINE DANCING: No classes until further notice.



MAHJONG Fridays, 10:30-3:00.

New people welcome, will teach.

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

MEMORY CAFÉ Fridays, 10:30-noon.



MOVIES Mondays, **12:30**

8/1~**Red Notice**, PG-13, Action/Comedy

8/8~**Hustle**, R, Sports/Drama

8/15~**Marry Me**, PG-13, Romance/Comedy

8/22~**House of Gucci**, R, Drama/Crime

8/29~**Being The Ricardos**, R, Drama

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

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

RUMMIKUB Starting in the fall on Wednesdays, 12:30-2:30.
New people welcome, will teach.

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

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

AUGUST 2022

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
1 MINDFUL MONDAY 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie-Red Notice	2 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	3 HEARING by appt. 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	4 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	5 CHAIR MASSAGE by appt 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
8 MINDFUL MONDAY 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - Hustle	9 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	10 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	11 Facials by appt. 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 2:00 Grab & Go Dinner	12 MANICURES by appt 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Line Dancing
15 MINDFUL MONDAY 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - Marry Me	16 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Rock Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:30 BROWN BAG	17 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	18 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 FARMERS MARKET 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	19 CHAIR MASSAGE by appt 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Line Dancing
22 MINDFUL MONDAY 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - House of Gucci	23 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 CHAIR YOGA 12:00 Lunch 12:00 FUNCTIONAL FITNESS 12:00 Bunco 1:00 MAT YOGA	24 8:30 COLLATE SCRIBE 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	25 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	26 MANICURES by appt 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Line Dancing
29 MINDFUL MONDAY 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - Being the Ricardos	30 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	31 FOOTCARE by appt 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 11:00 Senator Lesser 12:00 Lunch 12:30 Pitch		

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

AUGUST 2022

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
1 Med Tortellini Salad Chickpea Tomato salad Cucumber salad Wheat Pita Jell-O Cal: 613 Carb:74 Na: 733	2 *Korean Meatballs Oriental Blend Veg White Rice Pudding Cal:745 Carb:107 Na:1295	3 Natl Watermelon Day Hamburger w/Cheese Onions/Mushrooms Tater Tots Wheat Bun Fresh Watermelon Cal: 742 Carb:83 Na: 1191	4 Choc Chip Cookie Day Roast Turkey w/Gravy Peas & Carrots Cranberry Stuffing Oatnut Bread Cookies Cal:724 Carb:116 Na:1195	5 Pierogis w/ Sour Cream Cabbage & Carrots Harvard Beets Rye Bread Pineapple Cal:650 Carb:107 Na:765
8 Ham Salad Tomato Onion Salad Ziti Broccoli Salad Wheat Bread Chilled Peaches Cal:575 Carb:74 Na:840	9 *Hot Dog w/Bun Potato Salad Baked Beans Ketchup, mustard, relish Jell-O Cal: 758 Carb:81 Na: 1271	10 Egg Salad Three Bean Salad Broccoli Pasta Salad Wheat Roll Fresh Fruit Cal:1029 Carb:86 Na:808	11 Fish Tacos Cilantro Coleslaw Yellow Rice Tartar Sauce/ Tortilla Peaches Cal:604 Carb:54 Na:818	12 Birthday Lunch Chicken Cordon Bleu Brussels Sprouts Mashed Sweet Potato Oatnut Bread Cupcake Cal:677 Carb:80 Na:874
15 Seafood Salad Corn Salad Bowtie Pasta Salad Wheat Bread Peaches Cal:1024 Carb:105 Na:966	16 Turkey Sausage Cheese Omelet Potatoes O'Brien Blueberry Snack Loaf Sliced Apples Cal: 853 Carb:110 Na:943	17 Jerk Chicken Steamed Broccoli Coconut Rice Wheat Bread Mixed Fruit Cal:646 Carb:78 Na:579	18 Crab Cake Steamed Corn Coleslaw Wheat Bread Jell-O Cal:647 Carb:94 Na:1026	19 Cabbage Roll Skillet Summer Squash White Rice Pumpernickel Bread Oreo Cookies Cal:648 Carb:87 Na:766
22 Ham & Swiss Broccoli Slaw Potato Salad Multigrain Bread Chilled Pears Cal:745 Carb:74 Na:1198	23 Shepherd's Pie Steamed Peas Mashed Potato 12 Grain Bread Spiced Pears Cal:659 Carb:72 Na:622	24 Chef's Salad w/Italian w/Turkey, ham, cheese, egg Broccoli Pasta Salad Wheat Bread Cookies Cal:917 Carb:86 Na:1112	25 Pulled Pork Glazed Carrots Baked Sweet Potato Wheat Bun Pineapple Cal:744 Carb:75 Na:1073	26 Chicken Teriyaki Oriental Blend Veg White Rice Wheat Bread Mandarin Oranges Cal:522 Carb:70 Na:882
29 Dilly Egg Salad Three Bean Salad Broccoli Pasta Salad Wheat Roll Fresh Fruit Cal:9645 Carb:82 Na:920	30 Chicken Quesadilla Mexicali Corn Yellow Rice Sour Cream Pudding Cal:763 Carb:62 Na:1182	31 Fish Sticks Tartar Sauce Brussels Sprouts Brown Rice Pilaf Wheat Roll Peaches Cal:781 Carb:118 Na:1143	<div><div>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)</div><div>Special concerns regarding the menu? Contact the GSSSI Dietitian at 781-8806, EXT. 136 for more Information. Suggested Voluntary Donation \$2.00 per meal.. Menu subject to change without notice.</div></div>	



2022 Trips with Bobbi

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

Newport Playhouse/Delicious Buffet Lunch, Hilarious Broadway comedy *Social Security* and a Cabaret Show, Wed, Sept 21; \$117/pp. Due by Sept 2

Lakeside Turkey Train/Delicious Harts Turkey Dinner/ Stop at Moulton Farm & Bakery, Wed, Oct 19; \$105/pp; "48 People Max". Due Sept 28

Log Cabin/Direct from Branson, Ozark Country *Christmas*, comedy, music, family-style lunch, Thurs, Nov 10; \$109/pp. Due by Oct 21

AUGUST CRAFT WITH ROSE SULLIVAN

Join us on Tuesday, August 16th from 10-12 for a Rock Painting class to beautify the senior center front gardens. Rose will lead this painting class and your finished rocks will then be used to line the senior center sidewalk.

Come help us beautify our entrance and share your artistic talents with us. Sign up by calling the senior center and let us know if you'd like to stay for lunch at noon!

(In order to prepare your rocks for this class, please stop in on Monday between 10-1 to paint the base coat.)



Grab and Go Dinners

August 11th - Crispy Chicken Salad with dinner roll and dessert

September 1st - Hot Dogs, baked beans, BLT pasta salad and dessert

These delicious meals will be prepared by the Senior Center Staff for you to take home, heat and enjoy! Pick up your meal between 2:00-2:30pm.

Cost is \$5/per meal and reservations are required. Unable to pick up a meal? We can arrange delivery for Hampden residents. Proceeds will go towards the Building Fund.

Line Dancing!

**LINE DANCING IS BACK!!!
STARTING**



FRIDAY, AUGUST 12th; 1-2PM

Get some exercise, make new friends, and have fun while learning how to line dance!

This is a beginner level class taught by Rose Sullivan; no line dancing experience is needed. We will dance to all types of music so there will be something for everyone. You will learn easy, beginner level line dance steps and dance patterns. The focus will be on fun with slow, patient instruction. We will learn 1-2 new line dances per week, while reviewing dances from prior weeks.

Line dancing has proven health benefits!!

Wear comfortable shoes or sneakers.

Join us! \$5.00 per class.

Save the Date for a Fall Book Discussion Group

Thursday, September 15th at 12:30



Did you read any good books this summer? Join Diane to talk about it and share it with others. Sign up today and let us know if you would like to have lunch at noon before the book discussion.

Smart Phone Photography Classes



Are you interested in learning how to take better pictures with your cell phone?

Please call Diane at 566-5588 and add your name to the list! If we get enough interest, we will schedule a class in the fall.

Summer Treasures turned into Art



Be on the lookout for sea glass and small beach rocks for a fun shadowbox class coming this fall.



mindful *Mondays*

JOIN US FOR LUNCH AND THE MINDFUL MONDAY SPEAKER SERIES!

Each Monday, we will have a different guest speaker sharing mindfulness practices, such as Reiki, deep breathing, being present, cultivating positivity, skin protection & showing kindness. Including these items into your weekly routine can help you minimize stress and stay focused on beneficial healthy behaviors that may reduce the onset of chronic diseases, such as diabetes and cardiovascular disease.

Please call 566-5588 or sign up at the front desk for all these great events.
(Suggested voluntary donation of \$2 per meal)

August 1st – lunch/presentation @ noon - Nutrition and Making Healthy Choices with Dan Ingram

Dan is the founder of My Fit Weight and My Fit Weight Nutrition Coaching. He has over 25 years of management experience in the Health, Fitness and Wellness Industry.

August 8th – lunch/presentation @ noon - Meditation with Sue Kent

Sue will bring us a peaceful and relaxing meditation experience. Sue teaches Yoga and Functional Fitness here at the Hamden Senior Center on Tuesdays and Thursdays.

August 15th – lunch/presentation @ noon - 10-10-10, Meditation, Tai Chi and Yoga with Trish Dalessio

Trish Dalessio has worked with both individuals, and groups, to assist in defining pathways towards a positive mindset! Having been in the stressful corporate world of computer technology for almost 30 years she recognized it was time for a change of mindset and went on to get a masters degree in psychology. This degree set the groundwork for launching her company : Soft Skills 1st, which specializes in helping both individuals and organizations change their mindset for better relationships and a better life. Trish applies a newer approach using mindfulness, breathing, meditation, emotional freedom technique, and yoga, to name a few. During her visit, she will give a brief overview of her approach, then take the class through a short hands-on session... guaranteed to leave you in a relaxed state!

August 22nd – lunch/presentation @ noon - The Writer Within with Sandy Howell

Come and learn techniques on how to become a better writer. Sandy is a college professor, award winning author and avid horse enthusiast and is a founding member of Western MA Authors and secretary of the Scantic River Artisans. She has been a contributing writer for equine journals and magazines.

August 29th – lunch/presentation @ noon - “Beat” Drumming with Kelly Phillips

BEAT Drumming created by Kelly Phillips, certified fitness instructor, is super-fun music with rhythmic drumming. It combines different types of fitness into one exciting class. Come and learn more about this fun, new exercise program. Kelly is certified in Pound, Beat, TRX, TRX Yoga, Zumba and is a 200 hour Yoga teacher