

The Scantic Scribe



AUGUST 2023

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 Chairman:

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Monique Downey,
Suzanna Haskins, Deanna Vermette
Rep to GSSI: Cheryl Delviscio

COA BOARD MEETING:

Tuesday, September 12th at 9:00 am

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, August 14th & 28th at 11:00 am

in PERSON or VIA ZOOM

ZOOM Meeting ID: 8265344250

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 you supporting our
essential programs and services.**

Greetings!

I hope you are doing well and continue to keep cool during the hot summer months. Stay hydrated, wear sunscreen and protect yourself from the sun and the heat as much as you can. The senior center is a nice place to stop in, cool off, and participate in a great program or activity while you're here! There is so much going on this month. We are fortunate that our senior center has a handicap accessible entrance. If you need to pull your car up to the front sidewalk for any reason other than dropping someone off or picking someone up, please remember to pull forward far enough so you are not blocking the entrance area. We need to be sure that all our friends have access to the front entrance area without any barriers. Thank you for your help. Remember that we have a lost and found at the senior center. Be sure to check it out when you are here, just in case you may have left something behind. We recently found a hearing device and would be glad to get it back to its owner. Always check at the front desk if you think you may have lost something. Enjoy August. Hope to see you soon. BECKY.....



In honor of National Pet Day

Thursday, August 24th at 12:00 pm

GSSI is preparing a Hot Dog Lunch

with Italian Pasta Salad, Baked Beans & Fresh Fruit

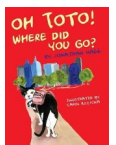
\$2.00 Suggested Donation. Please call 566-5588 to RSVP by 11:00 am the day before.

**"Toto" the Tornado cat is coming to The Hampden Senior Center
For National Pet Day**

Thursday, August 24th at 12:30 pm

All ages are welcome!

***Enjoy Lemonade and Cookies while Jonathan reads his
books about Toto!***



A visit from Toto the cat, and author Jonathan Hall will be here to read books written about Toto. If interested, books will be available to purchase and you can have your copy autographed by Jonathan and Toto too!
100% of proceeds are donated to Animal Care & Shelters.

"Furry Friends" from Bright Spot Therapy Dogs will also pay a visit!!

There is no cost to this event, but if you'd like to donate your spare change to help care for animals in need, we will have a container in our lobby through the end of the month and donations will go to a local animal rescue center.

Don't miss this fun event! Please call 566-5588 to sign up.



Grab and Go Dinner, Wednesday, August 23rd

pick up is 2:00 pm to 2:30 pm

Enjoy a delicious dinner of Shepherd's Pie, Tossed Salad, and Dessert.
Cost is \$5 per person. Please call 566-5588 August 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:** **NEW INCOME GUIDELINES as of February 1st:**
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:** **NEW 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.
Next pick-up is: Tuesday, August 15th, between 1:30—2:30pm
- **REGISTRY OF MOTOR VEHICLES:** RMV related questions or help with processing RMV applications online.
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



D & R FARM SUMMER FARM SHARE

Wednesdays at 9:30 am

D & R FARM is offering fresh produce weekly **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.

If interested, contact Wendy ASAP 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.



Farmer's Market with D & R Farm

Tuesdays, August 22nd and September 26th - 9:30 am to 1:30 pm

Fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more!



ATTENTION SNAP RECIPIENTS

If you are currently receiving SNAP benefits you are eligible to receive a pre-packed bag of items from the Senior Center 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 and 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.



HELP US STOCK OUR SHELVES **with laundry detergent!**

Thank you for those that donated disinfecting wipes last month. Every month we will target a different item to fill our shelves.

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

TRI TOWN TROLLEY TRANSPORTATION SERVICES

Operates for Hampden, East Longmeadow & 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. Out of town rides are \$3 each way, in town trips are \$1 each way.

A 72 hour notice is required for scheduling rides.

As soon as you schedule a medical appointment, please call 525-5412 to schedule a ride.

IS YOUR HOUSE NUMBER DISPLAYED?

Make it easier for Emergency Personnel to find your house...

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 inch reflective block style number placed in plain view of the road, please call the senior center 566-5588. 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.

**BE
SAFE!**





Alzheimer's Fundraiser Dinner Dance

Saturday, August 5th at 5:30 pm

Join us for a night of great food, music & dancing while you help make a difference in the fight to end Alzheimer's.

Entertainment provided by **Off The Record**.

Cost is \$30.00 prepaid, per person. Includes Appetizers, Chicken Parmesan and Pasta Dinner, Complimentary Cocktail and Dessert.
Cash Bar & Raffle Prizes!

Reserve and purchase your tickets today by calling 566-5588.

All proceeds will benefit the Alzheimer's Association.



Please make checks payable to: Friends of Hampden Senior Citizens

Generously sponsored by: Gio's Pizzeria, Peppa's Pizza, Loomis Communities, Tudor House Liquors, Brodeur Campbell Fence Co. and, Monson Savings Bank



Pleasant View Senior Center Trunk Sale Fundraiser

Saturday, August 26th from 9:00 am to 12:00 pm

328 North Main Street, East Longmeadow

Come shop or set up a trunk with your household items for sale!
Parking spots are \$25 each or 2 for \$40 for those who would like to sell. You keep your earnings!

Sellers, please call 413-525-5436 to reserve a parking space.



Join the Tri Town Team with the Hampden Senior Center and Walk to End Alzheimer's

Sunday, October 15th at 9:00 am

**Holyoke Community College,
303 Homestead Avenue, Holyoke, MA**

Register online at act.alz.org, click on Find a Walk Near You, click on Find a Team and select the Tri Town Team and follow instructions to register. Call 566-5588, we can help you register.



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.**



Coming Soon!

**Tech Help from Wilbraham & Monson Academy
starting in September. Details to follow.**



Save the Date!

Flu Clinic

**Friday, September 22nd,
1:00 pm to 4:00 pm**

Hampden Senior Center, 104 Allen Street

**This is one flu shot you don't want to miss!
We will have goody bags, prizes and snacks
for everyone who receives a flu shot.**

Appointments are required.

Please call 566-5588 to preregister.

All ages are welcome!

Sponsored in part by the National Council on Aging.



CAREGIVER SUPPORT GROUP

via ZOOM or PHONE

Tuesday, August 15th 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.

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 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
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 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 Monday, August 7th.

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

CRIBBAGE Fridays, 12:30 pm.

DRUMMING with Tara

Will be back in the Fall, information to follow.

FACIALS with Diane Neill Thursday, August 10th.

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

FOOTCARE with Paul

Tuesday, August 22nd, and Wednesday, August 23rd.
Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

HEARING CLINIC BY BAYSTATE HEARING

Wednesday, August 2nd.

1st Wednesday of the month. Please call for appointment.

KNITTING/CROCHETING Mondays, 9:00am-11:00am.

New people welcome, will teach.

LINE DANCING Fridays 1:00pm-2:00pm, \$5.00 per class

New people welcome, will teach.

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

New people welcome, will teach.

MANICURES with Cat every other Friday.

August 11th & 25th. Please call Cat directly at 413-335-7422 for appointment and pricing

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.



8/7 - **Rush Hour**, PG-13, Action/Comedy/Crime

8/14 - **Old Yeller (1957)**, G, Western/Drama/Family

8/21 - **Moneyball**, PG-13, Biography/Drama/Sport

8/28 - **Shall We Dance (1937)**, Comedy/Musical/Romance

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

Play time begins promptly at 12:30pm.

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

New people welcome.

READERS GROUP Tuesday, August 29th at 12:30pm.

Last Tuesday of every month.

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

New people welcome, will teach.

SENATOR/STATE REP OFFICE HOURS

Wednesday, August 23rd, 11:00am-12:00pm.

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.



WEIGHT TRAINING with YMCA

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

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 \$5/per class

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

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



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

Notes & Thoughts...

from Diane Marino, Program Coordinator

I am currently working on scheduling Fall classes for the very popular "Drumming & Movement" class with Tara, and the beginning classes for a 6-week session on how to play the Ukelele with instructor Chris Foe. Please call to show your interest, or if you have any questions that I may help you with! Looking forward to the "Beat of Musical Movements and Song" to welcome the cooler weather!

Dates will be posted in the September Scribe.

"Music has infinite power to reach the gap between the heart and the soul to create infinite and ineffable joy." — **Debasish Mridha**



Create a Greeting Card with Ellie!

Monday, August 7th, 1:00 pm to 3:00 pm

Cost is \$3.00 per person, materials are provided.

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

Future dates are scheduled for September 11th & October 2nd.

Save the Date



Tuesday, September 12th at 12:00 pm

Lunch menu will be Ham, Au Gratin Potatoes, Green Beans, and Dinner Roll, provided by GSSSI. \$2 Suggested Donation.

Entertainment by Hampden's own "Rick Gilday"!



Calling all hidden "Chair Volleyball Players!"

More fun than you can possibly stand while seated! Come enjoy this fun-filled game. It is great for upper body mobility & joint flexibility. Enhances muscle tone, reflexes, hand-to-eye coordination, and endurance.

The game is played with a beach ball and a five-foot-high net.

Rules are similar to regular volleyball, except

"cheeks are on the chair!"

Minimum of 12 people needed to play the game. If interested, please call 566-5588 to register. A Fall start date TBD.



"Between the Lines" Reader's Group

There will be no formal meeting of "Between the Lines" in July.

At our next meeting, Tuesday, August 29th we will discuss Frances Mayes' memoir "Bella Tuscany", a sequel to her book "Under the Tuscan Sun".

The charms of the people and the countryside will enthrall all who travel to "Bella Italia" through reading!

If interested, call Diane at 566-5588 for more details.

"I find other countries have this or this, but Italy is the only one that has it all for me. The culture, the cuisine, the people, the landscape, the history."

Just everything to me comes together there. Frances Mayes



2023 Trips with Bobbi

Bus seat secured upon receipt of \$20 deposit
(includes tip to driver)

Please make a separate check for each trip payable to Bobbi Grant. You may pay for multiple people, but please write which trip you are paying for on the memo line.

Only one (1) trip per check please.

If you have any questions, call Bobbi at 413-566-8271 or Email bobbijg2@charter.net

The Aqua Turf Club, Tuesday, August 15

Come Fly with Me—Dance to music from Frank Sinatra, Kenny Rogers, Tim McGraw and more Includes: coffee/donuts, free drink, lunch, show and door prizes, \$119/pp - Full payment deadline August 1

Boston's Duck Boats, Tuesday, September 12

Includes: Lunch at Maggiano's, Duck Tour and Free Time at Quincy Market, \$140/pp - Full payment deadline August 29

Newport Playhouse, Thursday, September 28. **NEW LOWER PRICE**

Includes: All-You-Can-Eat Buffet, Hilarious Show "Ghost of a Chance" & Cabaret, **\$132/pp** - Full payment deadline September 14

Atlantic City Getaway, Tuesday-Thursday, October 10-12

Caesars Casino Resort Hotel, \$50 bonus in slot & food, 2 fantastic shows; \$295/pp dbl, \$285/pp trpl, \$395/pp single. \$50 deposit at signup - Full payment deadline Sept 8. Cancellation Insurance Avail.

The Aqua Turf Club, Wednesday, November 8

ELVIS is in the Building!

Includes: coffee/donuts, free drink, lunch, show and door prizes, \$119/pp - Full payment deadline October 18. Seating is limited.



July/August Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available July 3rd!

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

Drawing will be held Friday, September 1st.

Congratulations to Jim Dupuis, our lucky June winner!

Health and Wellness



FREE Baystate Hearing: Please call for an appointment. 1st Wednesday of the month, August 2nd.



FREE Blood Pressure Clinic: Walk in 9:15 - 10:45am.

Tuesdays with Ann Maggio, RN

Thursdays with Ashley Boudreau, RN, Public Health Nurse



FOOTCARE: Please call for an appointment and cost Tuesday, August 22nd and, Wednesday, August 23rd.





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 senior center in writing.

Please call
413.566.5588 for
additional information

August 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
<p><i>"Did you know that a bee dies after he stings you? And that there's a star called Aldebaran? And that around the tenth of August, any year, you can look up in the sky at night and see dozens and dozens of shooting stars?"</i></p> <p>- Elizabeth Enright </p>	<p>1</p> <p>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</p>	<p>2 <u>HEARING by appt</u></p> <p>9:30 Summer Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub</p>	<p>3</p> <p>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</p>	<p>4</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing</p>
<p>7</p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Card Making</p>	<p>8</p> <p>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</p>	<p>9</p> <p>9:30 Summer Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub</p>	<p>10 <u>FACIALS by appt</u></p> <p>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</p>	<p>11 <u>MANICURES by appt</u></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing</p>
<p>14</p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie</p>	<p>15</p> <p>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 1:30 Brown Bag 6:00 ZOOM Support Group</p>	<p>16</p> <p>9:30 Summer Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing</p>
<p>21</p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie</p>	<p>22 <u>FOOTCARE by appt</u></p> <p>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</p>	<p>23 <u>FOOTCARE by appt</u></p> <p>9:30 Summer Farm Share 10:00 Trivia 11:00 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 2:00 Grab & Go</p>	<p>24 <u>8:30 Collate Scribe</u></p> <p>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—Pet Day 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo—CANCELLED 12:30 Jonathan Hall & Toto 1:00 Mat Yoga</p>	<p>25 <u>MANICURES by appt</u></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing</p>
<p>28</p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie</p>	<p>29</p> <p>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 12:30 Reader's Group 1:00 Mat Yoga</p>	<p>30</p> <p>9:30 Summer Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub</p>	<p>31 9:00 Men's Billiards</p> <p>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</p>	<p>August Flowers: <i>Gladiolus & Poppy</i></p> 

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

August 2023

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)</p>	<p>1</p> <p>“Lazy” Stuffed Cabbage Peas & Onions Italian Bread Jell-O w/Topping</p> <p>Cal:630 Carb:72 Na:588</p>	<p>2</p> <p>Pot Roast w/Gravy Herbed Green Beans Garlic Mashed Potatoes Whole Wheat Bread Reg/Diet Cookies</p> <p>Cal:623 Carb:82 Na:429</p>	<p>3 <u>Nat'l Watermelon Day</u></p> <p>Hamburger w/Cheese Lettuce & Tomato Ketchup Oven Roasted Potatoes Wheat Burger Bun Fresh Fruit</p> <p>Cal:748 Carb:94 Na:1009</p>	<p>4</p> <p>Butter Crumb Fish Dill Carrots Lemon Rice Tartar Sauce Wheat Roll Chilled Pineapple</p> <p>Cal:661 Carb:80 Na:763</p>
<p>7</p> <p>Chicken Pot Pie California Blend Veg Biscuit Topping Pear Crisp</p> <p>Cal:644 Carb:69 Na:695</p>	<p>8</p> <p>Pierogis Sautéed Red Cabbage Parslied Carrots Whole Wheat Bread Fresh Fruit</p> <p>Cal:530 Carb:94 Na:837</p>	<p>9</p> <p>Turkey Taco Plate Zesty Corn Salad Yellow Rice Sour Cream Tortilla Chips Chilled Peaches</p> <p>Cal:903 Carb:106 Na:966</p>	<p>10 <u>High Sodium Day*</u></p> <p>Steak & Cheese Sandwich* Onions & Peppers Potato Salad Wheat Hamburger Bun Reg/Diet Cookies</p> <p>Cal:786 Carb:77 Na:1348</p>	<p>11</p> <p>Chicken Marsala* Green Beans Penne w/Sauce Whole Wheat Roll Reg/Diet CC Cookies</p> <p>Cal:757 Carb:109 Na:1172</p>
<p>14</p> <p>Creamy Pesto Tortellini* Summer Blend Veg Whole Wheat Bread Reg/Diet Cookies</p> <p>Cal:758 Carb:95 Na:1181</p>	<p>15</p> <p>Turkey w/Dijon Sauce* Parslied Carrots Rice Pilaf Whole Wheat Bread Fresh Fruit</p> <p>Cal:557 Carb:74 Na:1104</p>	<p>16 <u>Cold Plate</u></p> <p>Turkey Bacon Lettuce & Tomato Mayonnaise Potato Salad Club Roll Jell-O w/Topping</p> <p>Cal:656 Carb:59 Na:1143</p>	<p>17</p> <p>Sloppy Joe* Coleslaw Multigrain Sun Chips Wheat Hamburger Bun Mixed Fruit</p> <p>Cal:718 Carb:82 Na:1072</p>	<p>18</p> <p>Chicken Piccata Steamed Broccoli Rice Pilaf Whole Wheat Bread Fruit Ambrosia</p> <p>Cal:530 Carb:73 Na:550</p>
<p>21 <u>Birthday Celebration</u></p> <p>Chicken w/Sausage Gravy Green Beans Mashed Potatoes Buttermilk Biscuit Cupcake</p> <p>Cal:807 Carb:85 Na:1183</p>	<p>22</p> <p>BF Turkey Sausage Cheese Omelet Potatoes O'Brien Snack Loaf SF Maple Syrup Warmed Applesauce</p> <p>Cal: 835 Carb:89 Na:1029</p>	<p>23</p> <p>Korean Meatballs Oriental Blend Veg White Rice Oatnut Bread Mandarin Oranges</p> <p>Cal:656 Carb:99 Na:883</p>	<p>24 <u>National Pet Day</u></p> <p><u>High Sodium Day*</u> Hot Dog w/Bun* Italian Pasta Salad Baked Beans Ketchup/Mustard Fresh Fruit</p> <p>Cal:852 Carb:101 Na:1433</p>	<p>25</p> <p>Shrimp Scampi Steamed Broccoli Spaghetti Noodles Whole Wheat Bun Jell-O w/Topping</p> <p>Cal:691 Carb:87 Na:855</p>
<p>28</p> <p>Spinach and Tomato Penne Bake Steamed Peas Whole Wheat Bread Apple Juice Jell-O w/Topping</p> <p>Cal:713 Carb:106 Na:622</p>	<p>29</p> <p>Ground Beef Stroganoff Parslied Carrots Egg Noodles Whole Wheat Dinner Roll Mandarin Oranges</p> <p>Cal:692 Carb:81 Na:565</p>	<p>30 <u>Cold Plate</u></p> <p>Turkey w/Cheddar Lettuce & Tomato Mayonnaise/Mustard Potato Salad Club Roll Fresh Fruit</p> <p>Cal:739 Carb:78 Na:1151</p>	<p>31</p> <p>Spaghetti & Meatballs* Tossed Salad w/Ranch Garlic Bread Mixed Fruit</p> <p>Cal:854 Carb:100 Na:1140</p>	<p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p>



SAVE THE DATE for our HALF WAY to ST. PATRICK'S DAY FUNDRAISER GRAB & GO

Sunday, September 17, 2023; Pick up from 2:00-2:30

Pick up a delicious meal of Corned Beef and Cabbage complete with Rye Bread and Dessert.
All proceeds from this event will benefit the Senior Center Building Fund.

\$10 per meal. Call 566-5588 today to make your reservation.
Stay tuned for more details!



The Scantic River Artisans is hosting an Art Show, "Fall into Art"
Featuring "The New England Mosaic Wall"



Saturday, September 23rd, 3:00 pm to 8:00 pm with music and, wine and wine and cheese reception.
Sunday, September 24th 11:00 am to 3:00 pm

The Mosaic Wall is made up of 264 individual canvas "tiles" created by over 200 area artists. The art ranges from fine art paintings to fabric art, metal art and, multimedia art that capture the beauty and diversity of New England life.



The Artisans invite you to experience, explore and purchase the diverse art on display.

The show will be held in the Community Room at the: Hampden Senior Center, 104 Allen Street, Hampden, MA



Friends of Hampden Senior Citizens Hartsprings Fundraiser

The Hampden Senior Center is one of Hartsprings Community Partnership Bin locations, which means your donation not only helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but also helps to fund all the amazing programs at the Hampden Senior Center! **Items accepted in the Purple Bin outside the Senior Center:**

- All cloth items, • Clothing (all sizes, styles, ages, and genders), • Bedding and Draperies (NO BED PILLOWS), • Shoes • Small appliances,
- Electronics, • Kitchen ware, • Household goods • Sporting goods, • Toys, • Books (no encyclopedias, textbooks, or library books)

FRIENDS OF HAMPDEN SENIOR CITIZENS 2023 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 2023** 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!