

The Scantic Scribe

December 2019

HAMPDEN SENIOR CENTER
104 ALLEN STREET

Monday-Friday 9:00am—3:00pm

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

Website: www.hampdenma.gov



FREE WI-FI

E-mail!

Please let us know if you would like to receive this newsletter via email.
Call us with your email address or leave it at the front desk!

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov
Donna Richardson, Administrative Asst &
Volunteer Coordinator
scribe@hampdenma.gov
Wendy Turer, Outreach Coordinator
outreach@hampdenma.gov
Nan Hurlburt, Activities Coordinator
activities@hampdenma.gov
Holly Normoyle, Receptionist
receptionist@hampdenma.gov
Rudie Voight, Custodian

Greetings!

It is hard to believe December is upon us! I hope you had a nice Thanksgiving. So many things are going on here at the senior center. I encourage you to read this scribe and come to visit us and participate!

As this year draws to a close I offer my thanks to the Senior Center Staff. Wendy, Holly, Nan, Donna, Rudie and Karen (GSSSI) always go above and beyond and make the senior center such a great place to be. In addition, many thanks to all the volunteers who help us on a daily basis.

Enjoy the beauty of this month and this holiday season. Enjoy the crisp cool days of fall and prepare for the beautiful days of winter.

Merry Christmas, Happy Hanukkah and Happy New Year!

BECKY.....



COA BOARD MEMBERS

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

NEXT COA BOARD MEETING:

Tuesday, December 10th @ 9:15am

Hampden Senior Center SHOP TILL YOU DROP annual
"HOLIDAY FUND RAISER" located in our lobby! Lots of great gifts for those special people in your life. Proceeds benefit many activities at the Hampden Senior Center.

Sale ends December 31st.



Please use this form to make a donation to the **FRIENDS OF HAMPDEN SENIORS**.
We appreciate your support! Please make checks payable to "Friends of Hampden Seniors"

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

In Honor of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Donation to be used for: _____ Memory Café _____ Food Pantry _____ Emergency Fuel Fund
_____ Programs & Activities _____ General Need _____ Other (Specify) _____

FRIENDS OF HAMPDEN SENIORS 2019 MEMBERSHIP FEE \$5.00: _____

Mail to: 104 Allen Street, Hampden, MA 01036 or drop off at the front desk at the senior center

OUTREACH

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

The Outreach Program is partially funded by a grant from the Executive Office of Elder Affairs and the Federal Administration for Community Living

BROWN BAG: Free bag of groceries once per month. In conjunction with the Food Bank of Western MA. Call Wendy for eligibility or to apply.

NEXT PICK UP: TUESDAY, DECEMBER 17TH

CAREGIVER SUPPORT GROUP: MONDAY, DECEMBER 9TH

Second Monday of every month from **1:00-2:00 PM**. For those caring for a loved one with dementia or other related memory impairment. Facilitated by Suzanne McElroy, MSW, Home Instead Senior Care. Other respite & caregiving options also available. **Call HSC at 566-5588 to sign up.**

SHINE: (Serving Health Information Needs of Everyone)
Call for an Appointment with Becky if you need help navigating the Medicare maze!

SNAP: Applications for Food Stamps can be processed here online! Call to make an appointment with Wendy to apply or ask any other questions about your SNAP benefits.
Income guidelines for 1 person household—\$2,082
Income guidelines for 2 person household—\$2,818

RMV Near Me: Need help with your license or registration? Call for an appointment with Wendy. 566-5588.

Joseph D'Amico, LICSW

Joseph D'Amico is a clinical social worker with extensive experience working with older adults. He offers a variety of services included but not limited to supportive psychotherapy & friendly visits. Call to schedule a one on one appointment with Joe here at the senior center.

Thank you to EVERYONE who made our 20th Anniversary Gala a Huge Success!!



HEALTH/WELLNESS CORNER



BAYSTATE HEARING: 1ST WEDNESDAY OF THE MONTH. CALL FOR APPOINTMENT



FOOTCARE: THURSDAY, DECEMBER 26th
CALL FOR APPOINTMENT



FREE BLOOD PRESSURE CLINIC
TUESDAY AND THURSDAY
10:00 AM—11:00 AM

" The Journey": A Memory Café

The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers and/or family and friends to gather in a safe, supportive and engaging environment.

Every Friday from 10am to noon

Please call Wendy if you would like more information about the café.

Sponsored in part by Homewatch
Caregivers, Friends of Hampden Seniors and private donations.



Fuel Assistance

Income guidelines for 2019/2020 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846

The following documentation is also required:

-Copy of Social Security check or bank statement showing deposits of all income (not more than 30 days old)

-2019 Electric Bill

-Oil Statement or Gas Bill (or both)

-2019 Telephone Bill

-Property Tax and/or Homeowners Bill

-Photo ID, Social Security Card or Birth Certificate

-Mortgage statement if not paid in full

-Current Homeowners Insurance Bill

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

Please contact Wendy with any questions or to schedule an appointment at 566-5588

WINTER WEATHER ADVISORIES!!!

Remember to watch channels 3, 22 and 40 for information about delayed opening or cancellations. Watch for **HAMPDEN SENIOR CENTER & GREATER SPRINGFIELD SENIOR SERVICES.**



If Hampden Wilbraham Schools are closed, the meal site is automatically closed, but the center might still be open for activities, Call 566-5588.



TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271 ;
Email: bobbijg2@charter.net

**Now Taking Deposits on the Trips Listed Below;
Flyers will be available soon at the Reception Desk.**

LOOKING AHEAD to 2020

Tues, Wed & Thurs, Feb 18-20 – Atlantic City Getaway: 2 Nights Stay @ Caesars Resort Hotel, \$50 Slot and \$50 Meal Bonuses, 3 Fantastic Shows, Cancellation Protection and More! Deposit of \$75/pp Required by Nov 15, 2019. Full Payment Deadline Jan 11. \$247/pp dbl, \$237/pp triple, \$347/pp single

Tues, April 28 – The Aqua Turf Club, direct from Branson, "Stars of the Grand Ole Opry", Enjoy Delicious Family – Style Luncheon, World Class Fiddler "Doofus Doolittle", Great Country Music, Good Clean Fun. Full Payment Deadline Mar 27. \$91/pp

Tues, May 19 – The Newport Playhouse, "Sex Please We're 60" A Saucy Senior Comedy about Bedroom Fun, Mixed up Medications & Menopause; Enjoy a Delicious Buffet Lunch, the Play, and the Cabaret After the Performance. Full Payment Deadline April 24. \$100/pp

Tues, July 21 – The Log Cabin Restaurant, Delicious Lunch of Either Twin Lobsters OR Prime Rib followed by "Rag Doll" Band Performing Beach Boys' and Frankie Valley's Greatest Hits. Full Payment Deadline June 26. \$90/pp

Wed, Sept 9 – High Meadow, Granby, CT: BBQ, Bingo, Bocce, Swimming Pool, Mini Golf, Shuffleboard, Basketball, Volleyball, Horseshoes, Badminton, Ping Pong, Afternoon Country Music Show, All-You-Can-Eat Buffet from 10AM – 2:30PM. Cash Bar. Full Payment Deadline Aug 14. \$86/pp

**Bus Seat Assigned as your \$20/pp Deposit is Received,
Unless Otherwise Noted.**

**Full Payment Deadlines approx. 1 Month Before the Trip.
All Prices Include Transportation and our Driver's Tip.**



HAMPDEN TRAVEL CLUB

Call NORA at 566-5796

**Limousine service from Hampden to the airport and back to Hampden. ** Tour guide stays with you for your trip.



LISTINGS 2020:

Dutch & Belgian River Cruise April 28-May 6, 2020

Bluegrass Country and Smoky Mountains June 4-12, 2020

American Cowboy Country September 13-20, 2020

New Mexico Balloon Festival Oct 9-14, 2020

MORE TRIPS COMING AFTER THE HOLIDAYS...

MONDAY MOVIES @ 12:15



December 2- CHURCHHILL

Focusing on British Prime Minister Winston Churchill in the hours before the June 1944 D-Day landings, this World War II drama chronicles the growing tensions between Churchill and the Allied leaders as they prepare to retake Nazi-occupied Europe. (Inspiring Drama/PG) Cast: Brian Cox, Miranda Richardson, John Slattery

December 9– A DOGS'S JOURNEY

Picking up where A Dog's Purpose left off, Ethan's dog Bailey finds a new destiny: Protect Ethan's granddaughter at any cost. His multiple lives are filled with love and devotion and a few really good belly rubs. (Heartfelt Drama/PG) Cast: Dennis Quaid, Josh Gad, Marg Helgenberger, Betty Gilpin

December 16– BOOK CLUB

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results. (Comedy/PG) Cast: Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen, Craig T. Nelson, Richard Dreyfuss

December 23– How The Grinch Stole Christmas

Jim Carrey plays the titular role of the green-faced villain who plots to rob Whoville of Christmas. The Grinch has been an outcast all his life, but a dash of kindness from little Cindy Lou Who and her family may be enough to melt his heart. (Comedy/PG)Cast: Jim Carrey, Taylor Momsen

December 30– NEW YEAR'S EVE

In this star-studded romantic comedy, the fates of a diverse group of New Yorkers are wound together on New Year's Eve -- including one expectant couple hoping their baby will be the first to be born in the Big Apple after midnight. (Feel Good Comedy/PG13) Cast: Halle Berry, Jessica Biel, Jon Bon Jovi, Abigail Breslin, Ludacris, Robert De Niro

HOLIDAY DECORATING DAY

JOIN US ON MONDAY, DECEMBER 2ND AT

1:00PM to decorate the senior center.

Please call HSC to sign up for a festive fun day!



Senior Center Activities

ACRYLIC PAINTING - Thursdays - \$15.00 includes all materials
Thursday, Dec 5th - 9:45-11:45am. New Time for the winter starting Thursday, Dec. 12th - 1:00-3:00pm

BRIDGE Mondays, 9:30am. Always looking for players.

BINGO Thursdays, 12:00 noon, \$.50 cents a card.

BUNCO Tuesday, 12:00 noon, \$4.00



CANASTA Tuesdays, 12:30pm

CAREGIVER SUPPORT GROUP for those caring for a loved one with dementia. Second Monday of every month at 1:00 PM. Sponsored by Home Instead Senior Care. **DECEMBER 9TH**

CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd Friday, 10am, 15 minutes for \$10.00

CHAIR YOGA

Join Sue Kent on Tuesday & Thursday, 11am \$5/Class

D.A.V. Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield will be here Wednesdays from 9am-1pm. Call for an appointment.

FACIALS 2nd Thursday of every month. 1 hour for \$30.00. **Call for an appointment.**

FUNCTIONAL FITNESS

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



GENEALOGY/FAMILY HISTORY - Last class for 2019, Dec. 5th, 12:30. **Class will resume in the Spring.**

HEARING First Wednesday of the month. Call for appointment

JEWELRY

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

KNITTING/CROCHET Join Barbara Dunwoody and class in learning different patterns Mondays 9:00 am



LINE DANCING Wednesdays 9:30-10:30am, \$5.00

MAHJONG Fridays, 11am, will teach anyone interested

MANICURES Twice a month. Call Cathy at 335-7422

MEMORY CAFÉ Fridays from 10-12 noon



NOTARY SERVICES Monday-Friday 10-2. Call and speak to Holly for an appointment.

PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY at 12:00 noon. Come join all the fun!

POOL ROOM LADIES (Tuesday); MEN (Thursday)



PINOCHLE Tuesdays, 12:30pm

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

SOCIAL DANCING Call for information

TAI CHI Mondays

ADVANCED CLASS - 10:00am TO 10:45 \$5.00

BEGINNER CLASS - 11:15am TO 12:00 \$5.00

TRIVIA Wednesdays @ 10am. Always looking for fresh minds!

WATERCOLOR 8 weeks for \$80.00 starting Monday, January 27, 2020, 12:30-2:30. **Call to register.**

WEIGHT TRAINING

Join the YMCA - Tuesdays & Thursdays, 10am, \$3.50

YOGA Join Sue Kent on Tuesday & Thursday, 1:00pm, \$5.00/Class





Please check our events calendar monthly for any CANCELLED classes.



TRI TOWN TROLLEY (413) 525-5412

The TRI Town Trolley operates for **Hampden**, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-3:00pm. **Tuesdays, Hampden Seniors can book rides for grocery, banking, shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.**

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.

Mon	Tue	Wed	Thu	Fri
2 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	3 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Funct. Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga	4 <u>HEARING</u> 9:00 DAV 9:30 LINE DANCING 10:00 Trivia 11:30 National Cookie Day following lunch 12:00 Pitch	5 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga	6 9:00 Quilting 10:00 Memory Café 11:00 Mahjongg
9 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 1:00 Caregiver Support	10 9:00 Ladies Pool 9:15 COA Board Meeting 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Funct. Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga	11 9:00 DAV 9:30 LINE DANCING 10:00 Trivia 11:30 Lunch & Learn 12:00 Pitch	12 <u>FACIALS</u> 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga	13 <u>MANICURES</u> 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
16 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	17 9:00 Ladies Pool 9:30 JEWELRY CLASS 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga 1:00 BROWN BAG	18 9:00 DAV 9:30 LINE DANCING 10:00 Trivia 11:30 Ugly Holiday Sweater Lunch NO PITCH TODAY	19 <u>COLLATE</u> 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga	20 CHAIR MASSAGE 9:00 Quilting 10:00 Memory Café 11:00 Mahjongg
23 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	24 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure NO YOGA TODAY CLOSING AT NOON	25 CLOSED 	26 <u>FOOTCARE</u> 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights NO YOGA TODAY NO ART CLASS TODAY	27 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
30 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie	31 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure NO YOGA TODAY CLOSING AT NOON	1 CLOSED 	Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!	The <u>Hampden Lion's Club</u> provides the paper for the <u>SCRIBE</u> and <u>Friends of Hampden Seniors</u> provide postage. Many thanks to both organizations!

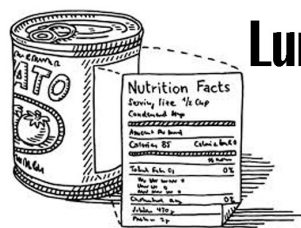
Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413-566-5588

December 2019

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
2 Mini Raviolis Meat Sauce Mixed Vegetables Italian Bread Fresh Fruit	3 Chicken Fajitas Peppers & Onions Yellow Rice Tortilla Lemon Pudding	4 Teriyaki Pollock Oriental Vegetables Fried Rice Whole Wheat Roll Choc. Chip Cookie	5 Pot Roast & Gravy Mixed Vegetables Roasted Yams Cherry Snack Loaf Mandarin Oranges	6 Turkey Pot Pie Butternut Squash Collard Greens Biscuit Topping Applesauce
9 Crispy Fish Filet Dill Carrots Steamed Corn Oat Nut Bread Mixed Fruit	10 Eggplant Rollatini Steamed Broccoli Ziti w/ Marinara Italian Bread Fresh Fruit	11 Beef Stew Garlic Mash Potatoes Oat Nut Bread Warm Fruit Compote	12 Balsamic Chicken Stewed Tomatoes Rice Pilaf Whole Wheat Bread Tapioca Pudding	13 BBQ Pork Slider Sweet Potatoes Creamy Coleslaw Slider Bun Spiced Pears
16 Swedish Meatballs Steamed Spinach Egg Noodles Dinner Roll Orange Juice Fresh Orange	17 Sweet & Sour Pork Oriental Vegetables White Rice CranberryOrange Loaf Mandarin Oranges	18 *Maple Glazed Ham* Green Beans Scalloped Potatoes Dinner Roll Apple Pie	19 Fish Tacos Cilantro Coleslaw Yellow Rice Flour Tortilla Pineapple	20 Butternut Mac' n Cheese Brussels Sprouts 12 Grain Bread Peach Crisp
23 BBQ Drumsticks Cauliflower Rice Pilaf Whole Wheat Bread Fresh Fruit	24 *Hot Dog with Bun* Baked Beans Onions & Peppers Pineapple	25 CLOSED	26 Chicken Broccoli Alfredo Salad/Italian Dressing Ziti Noodles Whole Wheat Bread Spiced Peaches	27 Baked Potato Bar Chili / Sour Cream Cheesy Spinach Wheat Roll Spiced Birthday Cake
30 *Southwest Chicken* Bake/onion/peppers Yellow Rice 12 Grain Bread Warm Fruit Compotes	31 Resolution Stew Green Peas Mashed Potatoes Dinner Roll Chocolate Pudding	 HAPPY NEW YEAR	*High Sodium* Entrée Puree Meals available Call GSSI at 781-8800 Ext. 136	Suggested Voluntary Donation \$2.00 per meal. Menu subject to change without notice.



Lunch & Learn Wednesday, December 11th @ 11:30

Greater Springfield Senior Services will be explaining how the labeling works. Are you confused at the grocery store? Here is your chance to get answers!

Acrylic Painting Classes



Nan Hurlburt
Certified Instructor

This method of teaching allows participants with NO previous drawing or painting experience to complete a painting of a subject of their choice in a few short weeks. Participants with previous experience are amazed at the results of this method. Cost is \$15.00 per session and all materials, easels, brushes, paint etc. are supplied. Please wear old clothes as fun can be messy! Please sign up at front desk, class size is limited.

**Acrylic Painting Instruction New Time Starting Thursday,
December 12th = 1pm to 3pm**

**Looking Ahead
check back in January for more info:**

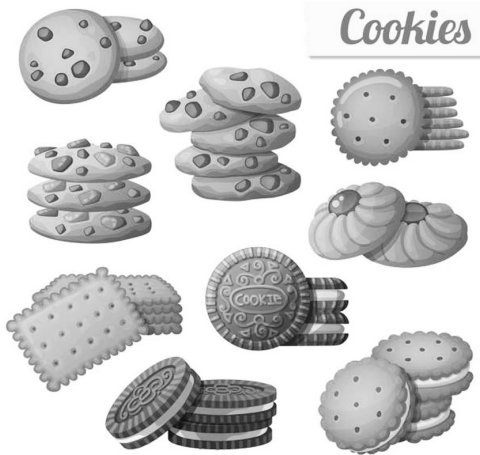
**Thursday, January 16th
National Winter Skin Relief Day**

**Monday Watercolor Classes starting January 27th for
8 weeks, cost \$80.00. Chris Sterrit will be teaching.**

**Please call or sign up at front desk for all activities
413 566 5588**

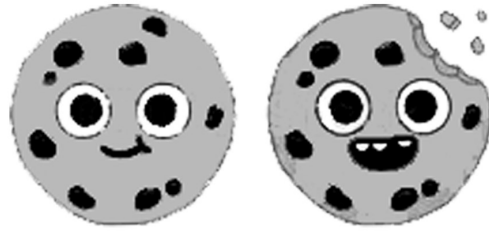
National Cookie Day

Wednesday December 4th...



Cookies

**Come and have lunch (\$2.00) at 11:30
and enjoy
some delicious cookies to
celebrate this fun day.**



HOLIDAY PROGRAM



Wednesday, December 18th @ 11:30 Cost \$5.00

Maple Glazed Ham Dinner

PROGRAM DESCRIPTION: A Winter Solstice Celebration includes traditional Chanukah songs, Christmas carols, and familiar seasonal sing-alongs. The program may also include songs of light from other cultural traditions. The concert is performed on guitar, banjo, mandolin, ukulele, Irish Bodhran, harmonica and Russian balalaika. Performed by Roger Tinknell.

This program is supported in part by a grant from the Hampden Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Wear your ugly holiday sweater and win a prize!