

# The Scantic Scribe



**DECEMBER 2022**  
**HAMPDEN SENIOR CENTER**  
**104 ALLEN STREET**

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

**Website: [www.hampdenma.gov](http://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](mailto:coa@hampdenma.gov)

Administrative Asst. & Volunteer Coord.

[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)

Wendy Cowles, Outreach Coordinator

[outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)

Diane Marino, Activities Coordinator

[activities@hampdenma.gov](mailto:activities@hampdenma.gov)

Sharon Woodin & Joi Giuggio,

Receptionists

[receptionist@hampdenma.gov](mailto: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, December 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!

Thank you to our amazing sponsors who helped us provide almost 200 Thanksgiving Grab and Go meals this year! Monson Savings Bank, St. Mary's Church, Bethlehem Church, Great Horse, The Reserve and Bluebird Estates. Also, thanks to the Local VFW Post 9397 in partnership with the Village Mart for providing lunch to the Senior Center on November 28th. We are so blessed to have such wonderful community partners!

I hope you all have a wonderful holiday season! Many thanks to senior center staff and volunteers for another amazing year here at the center.

Hope to see you soon! Merry Christmas, Happy Hanukkah and Happy New Year!

BECKY.....



## Holiday Luncheon

**Wednesday, December 21, 2023 at 12:00 noon**

Join us for a holiday celebration with a delicious meal of Chicken Cordon Bleu and Entertainment provided by Hampden's own, Rick Gilday.

Please call to sign up for this event at 566-5588.

Cost is a suggested donation of \$2.00 per person



## **Please vote for Hampden Council on Aging!!**

It's time to cast your vote for the 2023 Monson Savings Bank Community Giving Initiative. Each year, Monson Savings Bank asks the community to help plan the Bank's community giving activities by inviting people to vote for the non-profit organizations they would like the Bank to support during the upcoming year. Sign on to [www.monsonsavings.bank](http://www.monsonsavings.bank), and click on "Learn More" to vote. We can also help you vote at the Senior Center.

You only need to enter your email and vote for "Hampden Council on Aging". Thank you! We appreciate your support!!



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](mailto: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:



**NEW INCOME GUIDELINES**—1 person household—\$2,265; 2 person household—\$3,052

**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, December 20th, 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.

**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.



#### **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 via ZOOM or PHONE,**

**Tuesday, December 20th 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 help. Call Wendy for information.



#### **D & R FARM WINTER 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 \$40 cash per month. Shares will be available for pick up every other Wednesday starting in January and ending in June. Pick up 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](mailto:outreach@hampdenma.gov) to sign up.



#### **Help Us Stock the Shelves with Non-Food Items**

Thank you for those that donated toilet paper last month! We are off to a great start with our collection of non food items for our emergency closet. Every month we will target a different item to fill our shelves. People who qualify for SNAP are unable to use their benefits on non food items, so we hope this collection will help those most in need. This month we are collecting deodorant and bars of soap. Once the shelves are stocked, items will be available by request on a monthly basis. Call Wendy for details.



#### **Medicare Open Enrollment is happening NOW through December 7th**

Please call 566-5588 to schedule an appointment with SHINE Counselor, Becky Moriarty if you need to make any changes to your insurance or find out about what options are available to you.

# Services and Information



## Hampden Senior Center SHOP TILL YOU DROP Annual "HOLIDAY FUND RAISER"

is back in our lobby! Lots of great gifts for those special people in your life.

Proceeds benefit activities at the Hampden Sr. Center.

Sale starts Monday, October 31st and ends December 30th. Cash or checks only.

## HAMPDEN PLANNING BOARD VACANCY ASSOCIATE MEMBER

The Hampden Planning Board has an opening for an Associate Member. An Associate Member would be called upon to participate in Special Permit Hearings when a full board of the elected members is not present. Any Hampden resident interested in serving on the Board should send a letter of interest to:

Hampden Planning Board, 625 Main Street, Hampden, MA 01036

## AARP Tax-Aide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider whether you, or someone you know, might be willing to help this year. Please fill out an application to become a part of this invaluable team at:

[www.aarpfoundation.org/TaxaideVolunteer](http://www.aarpfoundation.org/TaxaideVolunteer). Training will be done this Fall. For questions or additional information, please contact: Director, at email address: [D5Taxaide@comcast.net](mailto:D5Taxaide@comcast.net) or [ritavailskz@charter.net](mailto:ritavailskz@charter.net).



## 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 **525-5412** to schedule a ride as soon as you schedule a medical appointment.

## FRIENDS OF HAMPDEN SENIORS 2023 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 2023 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](mailto: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, 12:00-3:30-Billiard League  
Tuesdays, 9:00-noon - **Women's** lighthearted no rules play  
Thursdays, 9:00-noon - **Men's** play  
Wednesdays and Fridays - **Open** play

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

**BLOOD PRESSURE SCREENING** Tuesdays and Thursdays,  
9:15-10:45.

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



**BUNCO** Tuesdays, 12:00-3:00, **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.  
**\*\*Holiday Gift Cards Available! Inquire at front desk.**

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

**FUNCTIONAL FITNESS with Sue Kent** Tuesdays and  
Thursdays, noon-1:00, \$5/per 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:** Every Friday 1-2PM, \$5.00 per class

**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



12/5-A Castle for Christmas, G, Comedy/Drama

12/12—Christmas with the Kranks, PG, Family/Comedy

12/19—The Christmas Chronicles, PG, Family/Comedy

12/26—Holiday in the Wild, PG, Comedy/Drama/Romance

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

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

**RUMMIKUB** Wednesdays, 12:30-2:30, **New people welcome,**  
**will teach.**

**SENATOR LESSER OFFICE HOUR** Wednesday, 11/30 11-12

**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.

**TRIVIA**

**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

# DECEMBER 2022

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036


Mon	Tue	Wed	Thu	Fri
			<b>1</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 1230 Bingo 1:00 Mat Yoga 3:30 Tech Help	<b>2</b> <b>MANICURES by appt</b> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 1:00 Line Dancing
<b>5</b> 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-A Castle for Christmas 1:00 Card Making	<b>6</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	<b>7</b> <b>HEARING by appt</b> 9:30 Canasta 9:30 Watercolors 10:00 Trivia <b>12:00 Lunch</b> 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	<b>8</b> <b>Facials by appt.</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting; Bingo 1:00 Mat Yoga 3:30 Tech Help	<b>9</b> <b>Chair Massage by appt</b> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 1:00 Line Dancing  <b>6:00 Paint Sip Fun!</b>
<b>12</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Comm Mtg <b>12:00 Lunch</b> 12:00 Billiard League 12:30 Movie - Christmas with the Kranks	<b>13</b> <b>FOOTCARE by appt</b> <b>9:00 COA Board</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	<b>14</b> <b>FOOTCARE by appt</b> <b>8:30 COLLATE SCRIBE</b> 9:30 Canasta 9:30 Watercolors 10:00 Trivia <b>12:00 Lunch</b> 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	<b>15</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help	<b>16</b> <b>MANICURES by appt</b> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 1:00 Line Dancing
<b>19</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:00 Billiard League 12:30 Movie - The Christmas Chronicles	<b>20</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 CHAIR YOGA <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 MAT YOGA <b>1:30 BROWN BAG</b> <b>6:00 ZOOM support group</b>	<b>21</b> 9:30 Canasta 10:00 Trivia <b>12:00 HOLIDAY LUNCHEON</b> <b>12:30 NO PITCH</b> 12:30 Rummikub	<b>22</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	<b>23</b> <b>Chair Massage</b> 9:00 Quilting 10:30 NO Memory Cafe 10:30 Mahjong <b>12:00 Lunch</b> <b>CLOSING AT 12:30</b>
<b>26</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:00 Billiard League 12:30 Movie - Holiday in the Wild	<b>27</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 12:30 Readers Group 1:00 Mat Yoga	<b>28</b> 9:30 Canasta 10:00 Trivia 11:00 Senator Lesser <b>12:00 Lunch</b> 12:30 Pitch 12:30 Rummikub	<b>29</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	<b>30</b> 9:00 Quilting 10:30 NO Memory Cafe 10:30 Mahjong <b>12:00 Lunch</b> <b>CLOSING AT 12:30</b>

**Hampden Senior Center**  
**104 Allen Street**  
**Hampden, MA 01036**

# DECEMBER 2022

## LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p><b>*High Sodium Entrée</b></p> <p>Puree Meals available  Call GSSSI at  781-8800 Ext. 136</p>	<p>Special concerns regarding the menu?  Contact the GSSSI Dietitian, Mary, at 781-8806, EXT. 136</p> <p>Suggested Voluntary Donation \$2.00 per meal.  Menu subject to change without notice.</p>	<p>Key for Symbols:  Cal = Total Calories  Carb = Total Carbs  Na = Total Sodium  * Sodium mg content (&gt;500mg)  Tot Sodium &amp; Cal include regular dessert, milk (100mg NA) &amp; margarine (15mg Na)</p>	<p><b>1</b></p> <p>NE Fish Chowder  Green Beans  Corn Bread  Chilled Peaches  Cal:601 Carb:78 Na:616</p>	<p><b>2</b></p> <p>Shepherd's Pie  Steamed Peas  Mashed Potato Topping  12 Grain Bread  Spiced Pears  Cal:659 Carb:72 Na:622</p>
<p><b>5</b></p> <p>American Chop Suey  Roman Blend Veg  Wheat Roll  Reg/Diet Cookie  Cal:727 Carb:102 Na: 700</p>	<p><b>6</b></p> <p>Pork Chop w/Apple Gravy  Steamed Peas  Mashed Potatoes  Whole Wheat Bread  Cal: 710 Carb:95 Na: 1159</p>	<p><b>7</b> High Sodium Day</p> <p>Steak &amp; Cheese Sandwich  Onions &amp; Peppers  Sun Chips  Hot Dog Bun  Peach Crisp  Cal:673 Carb:86 Na:1499</p>	<p><b>8</b></p> <p>Jamaican Jerk Chicken  Steamed Broccoli  Coconut Rice  Oatnut Bread  Mixed Fruit  Cal:646 Carb:78 Na:579</p>	<p><b>9</b></p> <p>Eggplant Parm*  Tossed Salad w/Italian  Penne Pasta  Blueberry Snack Loaf  Reg/Diet Jell-O  Cal:882 Carb: 117 Na:992</p>
<p><b>12</b></p> <p>Turkey Chili/Sour Cream  Mixed Vegetables  1/2 Baked Potato  Mini Cornbread  Fresh Fruit  Cal:846 Carb:119 Na:655</p>	<p><b>13</b></p> <p>Potato Pollock Filet/Tartar  Steamed Broccoli  Lemon Rice  Whole Wheat Bread  Chilled Pears  Cal: 615 Carb:75 Na:532</p>	<p><b>14</b></p> <p>Ham w/Maple Sugar Glaze  Green Beans  Au Gratin Potatoes  Dinner Roll  Birthday Cupcake  Cal:936 Carb:136 Na:1146</p>	<p><b>15</b></p> <p>Honey Ginger Soy Chicken  Oriental Blend Veg  White Rice  Whole Wheat Bread  Reg/Diet Jell-O  Cal:662 Carb:75 Na:686</p>	<p><b>16</b></p> <p>Broccoli Alfredo Pasta  Steamed Spinach  Orange Juice  Whole Wheat Roll  Chilled Peaches  Cal:646 Carb:100 Na:927</p>
<p><b>19</b></p> <p>Spaghetti w/Meat sauce  Italian Blend Veg  Italian Bread  Reg/Diet Cookie  Cal:757 Carb:103 Na:529</p>	<p><b>20</b></p> <p>Pot Roast w/Gravy  Brussels Sprouts  Garlic Mashed Potatoes  Whole Wheat Bread  Fresh Fruit  Cal:604 Carb:80 Na:402</p>	<p><b>21</b> Holiday Meal</p> <p>Chicken Cordon Bleu  Steamed Broccoli  Sweet Potatoes  Dinner Roll  Red Velvet Cake  Cal: 783 Carb: 94 Na:996</p>	<p><b>22</b></p> <p>Turkey Sloppy Joe*  Coleslaw  Oven Roasted Potatoes  WW Hamburger Bun  Mixed Fruit  Cal: 761 Carb: 94 Na: 1070</p>	<p><b>23</b></p> <p>Butter Crumb Fish  Steamed Carrots  Rice Pilaf  Wheat Roll  Chilled Apricots  Cal: 675 Carb: 83 Na: 964</p>
<p><b>26</b></p> <p><b>CLOSED</b></p> 	<p><b>27</b></p> <p>Chicken Pot Pie  Steamed Green Beans  Biscuit Topping  Pear Crisp  Cal:518 Carb:49 Na:542</p>	<p><b>28</b></p> <p>Pierogis &amp; Sour Cream  Sauteed Red Cabbage  Parslied Carrots  Rye Bread  Fresh Fruit  Cal:518 Carb:84 Na:829</p>	<p><b>29</b></p> <p>Turkey Taco Plate  Mexican Corn  Yellow Rice/Sour Cream  Tortilla Chips/Cheddar  Reg/Diet Cookies  Cal:766 Carb:75 Na:818</p>	<p><b>30</b></p> <p>Meatloaf w/Mushroom Gravy  Steamed Peas  Mashed Potatoes  Whole Wheat Bread  Pound Cake/Diet Cookie  Cal: 674 Carb: 77 Na:853</p>

## Notes and Thoughts from Diane Marino, Program Coordinator



Springfield College Occupational Therapy  
Students will be here on Tuesdays, December  
6th & 13th and

Thursdays, December 8th & 16th

There will be games available for them to teach or "refresh" to  
anyone interested in dropping in to participate!

**"Classic games not only bring on the nostalgia, but they pretty  
much guarantee a good time!"**

Rummikub, Othello, Cribbage, Checkers, Left Right Center and  
puzzle making!

A long cold winter is ahead of us, so brush up on your skills and  
we'll create a time to come in, warm up and pass a few hours with  
Old Fashioned Game Playing!



## 2023 Trips with Bobbi

Bus seat assigned upon receipt of \$20  
deposit (all incl driver's tip)

Thanks to everyone who traveled with me this season; hope you enjoyed  
the variety.

Some exciting possibilities for the 2023 season are:

Atlantic City: 3 days/2 nights, Tues, Wed, Thurs, Feb 21 – 23

Accommodations @ Caesars Casino Resort Hotel

\$50 in Slot Bonus; \$50 in Food Vouchers

2 Shows: Simon & Garfunkel, and Carpenters Tributes

\$285/pp dbl, \$275/pp triple, \$385/pp single

The Aqua Turf Club w coffee/donuts, free drink & door prizes @  
\$119/pp;

Cape Cod Canal Cruise (narrated) w lunch @ Lindsey's @ \$116/pp;

Cape Cod 3-day Getaway in Sept (incls Canal Cruise, 3 meals,  
Pirate Museum & more) @ \$399/pp dbl;

Newport Playhouse Lobsterfest, show & cabaret, \$ TBD

VT Fall Foliage w stop @ Honora Winery for lunch, tour Grafton  
Village Cheese Co, \$ TBD;

Webster, MA, cruise Lake Webster on stern wheeler w lunch @  
Foppema's Farm, \$ TBD

Boston's Duck Boats w lunch, \$TBD

Have a wonderful holiday season; see you in the Spring.

Bobbi, 413-566-8271 or [bobbijq2@charter.net](mailto:bobbijq2@charter.net)



## Drumming & Movement w/ Tara Murphy

Monday afternoons from 1-2 PM.

Starting on Jan 9th for 6 weeks. Drums and sticks will be  
provided. Class size is limited, so sign up early.

\$6.00 per class or \$30 for all 6 classes pre paid.

Inspired by West African dance and  
drumming, this activity is therapeutic and a great outlet for  
creative expression. First, instructor Tara Murphy leads  
simple, rhythmic chair dance movements to African  
music for the first 30 minutes of class. Then the  
class will play African drums, *dun duns*, with sticks.



## Come join us on Tuesday, December 27th at 12:30 for Our Reader's Gathering "Between the Lines"

We will be discussing stories from "Children of  
Christmas" by Cynthia Ryland and "Gift of the Magi" by O.  
Henry and as always sharing other favorite reads you'd like to  
talk about! Call to sign up to save a seat!

## Health and Wellness



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

### FREE BLOOD PRESSURE CLINIC

Tuesdays with Silver Linings

Thursdays with Ashley Boudreau, RN, Public Health

Nurse Walk in 9:15 - 10:45am



**FOOTCARE:** Tuesday, December 13th and  
Wednesday, December 14th

Please call for an appointment and cost.

## It is almost Tax Season!



AARP Tax-Aide volunteers will be at the  
Hampden Senior Center starting in February  
to prepare taxes. You may call to schedule an  
appointment starting on January 3, 2023.

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.



## FREE Technology Help Sessions Are Back!

The Wilbraham & Monson Academy Service  
Team will be here on Thursdays (12/1, 12/8  
& 12/15) from 3:30-4:30. They will assist you with all your  
technology questions.

**Students will meet with you one on one.**

Bring your phone, iPad, tablet, or laptop computer and your  
questions! Please call 566-5588 to sign up.



# GET READY FOR WINTER



## WINTER WEATHER ADVISORY

**Remember to watch channels 22 & 40 for information about cancellations.**

**Watch for HAMPDEN SENIOR CENTER and GREATER SPRINGFIELD SENIOR SERVICES for information.**

## Sand for Seniors

Now through April, 2023 the Fire Department and Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps & walkways. If you wish to have a bucket of sand delivered, please call the Hampden Senior Center at 566-5588 and leave a message with your name, address, phone #, and the location of property where you would like the bucket.

If we need additional information we will call you back, otherwise you're all set!

Thanks to the Hampden Fire Department for continuing this great program!

## Fuel Assistance

**Income guidelines for 2022/2023 heating season**

<u>Family Size</u>	<u>Income Limit</u>
1	<b>\$42,412</b>
2	<b>\$55,462</b>
3	<b>\$68,512</b>
4	<b>\$81,562</b>

**The following documentation is also required:**

- Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, or Wages
- Electric Bill - most recent
- Oil Statement or Gas Bill (or both) - most recent
- Property Tax and/or Homeowners Bill
- Water/Sewer Bill
- Photo ID, Social Security Card or Birth Certificate
- Mortgage Statement if not paid in full or Monthly Rent
- Current Homeowners Insurance Bill
- If working, 4 previous pay stubs (must be the most recent)

**Please contact Wendy with any questions.**

## FOOD 4 VETS

Veteran's Food Security Resource at the Eastfield Mall Springfield Empowerment Center:

Tuesday-Thursday 12pm-5pm.

The purpose of the Empowerment Center is to provide well-balanced, shelf-stable food to help alleviate food and nutritional insecurity for Veterans, active-duty Military and their families.

This service is free of charge to Military, Veterans and their families.

Open Tuesday, Wednesday, and Thursday  
12:00pm - 5:00pm.

Eastfield Mall (Near the Old Navy Store)  
1655 Boston Road Springfield, MA 01129

To make a reservation to shop please visit  
[www.mmsfi.org/empowerment-centers](http://www.mmsfi.org/empowerment-centers)

## HAMPDEN EMERGENCY FUEL FUND



The Hampden Emergency Fuel Fund is made available through private donations throughout the year and is supported by the Friends of Hampden Seniors. We are grateful for the support of this valuable program. The Fuel Fund is 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.

Contact Wendy for information.



# Holiday Paint Sip Fund-Raiser

Hampden Senior Center  
104 Allen St., Hampden  
413-566-5588

**Date: December 9th**

**Time: 6 pm**

**Cost: \$40. (all materials included)**



Come and have some fun with Nan Hurlburt and create this easy painting to decorate and celebrate the holiday's while helping the center raise funds..

**Sign up early, this much fun,  
good snacks and wine  
is bound to be a sell out!**



Sponsored in part by: Friends of Hampden Seniors

## Friends of Hampden Seniors Hartsprings Fundraiser

Have you seen the new purple bin in the Senior Center Parking Lot? Bring your unwanted clothing, shoes, housewares, and more! The Hampden Senior Center is one of Hartsprings newest 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! Call or stop by the senior center if you have any questions about what can be donated in the bin.



# Friends of Hampden Seniors Fundraiser

## FRIENDS OF HAMPDEN SENIORS JANUARY 2023 FUNDRAISER CALENDAR

THANK YOU TO OUR GENEROUS SPONSORS!  
WE APPRECIATE YOUR SUPPORT!

1 \$100 CASH! John Flynn	2 \$25 CASH! Rick Green Insurance	3 \$25 Reid's Gift Card	4 \$25 CASH! Chet & Son Painting	5 \$25 Bilton's CASH!	6 \$50 CASH! Gio's Pizzeria	7 \$50 The Mane Event Gift Card
8 \$50 Stop & Shop Gift Card	9 \$25 CASH! Rick Green Insurance	10 \$25 Rosewood Gift Shop Gift Card	11 \$25 Gio's Pizzeria Gift Card	12 \$25 CASH! Rick Green Insurance	13 \$50 CASH! Brodeur Campbell Fence	14 \$50 CASH! Atty. Jeffrey Bohnet
15 \$50 CASH! Anonymous Donation	16 \$50 CASH! Atty. Geoffrey Farrington	17 \$25 Bagel Nook Gift Card	18 \$25 CASH! Architecture E.L.	19 \$25 CASH! Rick Green Insurance	20 \$50 CASH! Gio's Pizzeria	21 \$50 CASH! Anonymous Donation
22 \$50 CASH! Rick Green Insurance	23 \$25 CASH! Rick Green Insurance	24 \$25 Big Y Gift Card	25 \$25 Gio's Pizzeria Gift Card	26 \$25 CASH! Rick Green Insurance	27 \$50 CASH! Brodeur Campbell Fence	28 \$50 La Cucina Gift Card
29 \$50 CASH! Gio's Pizzeria	30 2 Tix to the Majestic Theater Donated by Cindy O'Sullivan	31 \$100 CASH! Gio's Pizzeria				



Back by popular demand, the Friends of Hampden Seniors, are selling a one-month lottery calendar for \$10.00 each to support the Senior

Center Building Fund. Calendar Sales will end December 30th. For each day of January 2023 one lucky winner will be drawn. These calendars make great holiday gifts and stocking stuffers!!

One name will be drawn daily in the month of January. Holiday and weekend winners will be drawn the Friday before they occur.

We will call you if you win & you can choose to pick up your prize or we can mail you the check or gift card.



**Remember you can win more than once!**

Use this calendar to the left, or we can mail one to you once payment is received or you can pay and pick up calendars at the senior center. Thank you for your support of the Friends of Hampden Seniors! Make checks payable to Friends of Hampden Seniors with "Calendar Raffle" in the Memo line.

**\*\* Please use the form to the left to purchase a calendar and drop off or mail to the Senior Center.**



Please fill out & return with your check for \$10 made out to: Friends of Hampden Seniors. Each calendar holder is eligible to win every day!

Winners will be notified by phone.

Good Luck and Thank You for your support.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Return to: Hampden Senior Center, 104 Allen Street, Hampden, MA 01036