

The Scantic Scribe



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

COA BOARD MEETING:

Tuesday, December 12th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813

BUILDING COMMITTEE MEETING:

Monday, December 4th & 18th at 11:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 82653444250
ZOOM Password: 782446

Thank you for your support...

Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund and to our Senior Center.
We appreciate you supporting our essential programs and services.

Happy Holidays!

The staff at the Hampden Senior Center wishes you a safe, happy and healthy holiday season. And while we know the holidays can be difficult for some people, it is our hope that everyone can find peace, solace and reasons to be happy and grateful at this time of the year.

Thank you to our amazing sponsors who made our Thanksgiving Grab and Go dinners possible. We were able to distribute 220 meals and could not have done it without our sponsors and amazing staff and volunteers.

The Scribe is packed with programs and up and coming events, so check out everything that is going on and be sure to sign up early.

Information about the RSV clinic is also in this Scribe. We strongly encourage you to talk to your doctor about whether or not this vaccine is right for you.

The Senior Center will be closed Dec. 25th and Dec. 26th and Jan. 1st.

Have a wonderful holiday season and Happy New Year! Becky.....



RSV Clinic

Monday, December 11th, 1:00 pm to 3:00 pm

You must schedule an appointment and bring a copy of your insurance card BEFORE December 5th.

Please call 566-5588 to preregister by December 5th.

All ages are welcome!

Vaccines provided by Big Y pharmacy.



Join us for a Holiday Luncheon Celebration with a delicious meal of Lemon Chicken, Parslied Carrots, Rice Pilaf, and Chocolate Cake for Dessert provided by GSSI.

Wednesday, December 20th at 12:00 pm

Entertainment provided by father/daughter duo Gary & Natalie Jones.

Cost is \$5 per person. (\$3 for entertainment/\$2 suggested donation to GSSSI for meal).

HOLIDAY RAFFLE

Tickets are available at the senior center for your chance to win a beautiful Diamond Dotz Santa Claus Wall Hanging.

Thank you to Sheree Butts for hand crafting this amazing piece and donating it to the Senior Center.

Tickets cost \$1.00 each or \$5 for 6 tickets.



The drawing will take place on Wednesday, December 20th at the Holiday Luncheon.

All proceeds will benefit the Senior Center Building Fund.



Outreach Updates

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

- SNAP:** **INCOME GUIDELINES:**
1 person household—\$2,430; 2 person household—\$3,287
 Provides a monthly supplement for purchasing nutritious food. Participants must Complete an application and meet monthly income guidelines.
 
- Brown Bag:** **INCOME GUIDELINES:**
1 person household—\$2,430; 2 person household—\$3,287
 Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet monthly income guidelines.
Next pick-up is: Tuesday, November 21st, between 1:30—2:30pm

- Registry of Motor Vehicle:** **Beginning May 7th, 2025**, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA acceptable form of ID at airport security checkpoints for domestic air travel. If you have RMV related questions, or need help with processing RMV applications online, please call Wendy at 566-5588 to make an appointment.



ATTENTION SNAP RECIPIENTS

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



D & R Farm Winter Share

D & R Farm is offering fresh produce twice per month starting in January, through June. **FREE with SNAP/HIP if you qualify!**

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

Shares are limited. Please call Wendy at 566-5588, or email outreach@hampdenma.gov to sign up.



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.



HELP US STOCK OUR SHELVES with Liquid Dish Soap!

Thank you to those that donated disinfecting wipes last month. Every month we will target a different item to help fill monthly Personal Needs Bags.

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



CAREGIVER SUPPORT GROUP

via ZOOM or PHONE

Tuesday, December 19th 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.



We are seeking donations of Holiday Wrapping Paper and Ribbon.

Please drop off at the senior center front desk. Thank you!



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, 2024 the Hampden Fire Department and Hampden 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 and walkways.

If you wish to have a bucket of sand delivered, please call the Senior Center at 566-5588 and leave a message with your name, address, phone #, and the location of the property where you would like the bucket delivered.

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 2023/2024:

<u>Family Size</u>	<u>2023/2024 Income Limit</u>
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

The following documentation is required for new applications:

- Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages - Bank Statements are no longer accepted.
- Electric Bill - most recent
- Oil Statement or Gas Bill (or both) - most recent
- Property Tax and/or Homeowners Bill
- Photo ID, Social Security Card or Birth Certificate
- Mortgage Statement if not paid in full, or Monthly Rent
- Current Homeowners Insurance Bill
- Water/Sewer Bill
- If working, 4 previous pay stubs (must be the most recent)

If you have received your BLUE recertification application:

It is very important that you bring the following paperwork, which pertains to your household to your appointment in order for the application to be complete:

- Blue Recertification Application
- Proof of all income in your household
- A complete copy of your most recent electric bill



Hampden Resident Emergency Fuel Fund

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 Wendy at 566-5588 for more information or to schedule an appointment.

All information provided is confidential.

The Hampden Emergency Fuel Fund is made possible through private donations throughout the year.

We are so grateful for the support of this valuable program.



Meet your new Veteran Service Officer Jason Burgener, VSO

**Wednesday, December 6th at 9:30 am
at the Hampden Senior Center.**

Coffee and light refreshments will be provided.
**Jason's office hours are Wednesdays, 9:00 am to 4:00 pm at
the Hampden Townhouse auditorium.**

Please call Jason directly at 413-640-0540
to schedule an appointment.



FREE Technology Help Sessions Are Back!

**The Wilbraham & Monson Academy
Service Team will be here**

Thursday, December 7th, 3:30 pm to 4:30 pm

Students will meet with you one on one, and assist you with all
of your technology questions. Bring your phone,
laptop computer, iPad, or tablet, and your
questions! Please call 566-5588 to sign up.



Health and Wellness



**Baystate Hearing services are no longer be offered
at the Hampden Senior Center.**

You may call Jim Calderola from Baystate Hearing Aides
directly at 413-427-8986.



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, December 12th, & Wednesday, December 13th.

Did you know we have...



Chair Massage with Mindy

Tuesdays December 5th & 19th, \$10 for 10 minutes.
Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month by appointment.
Please call 566-5588 for appointment and pricing.



Manicures with Cat

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

Gift Cards are Available



Tri Town Trolley Transportation Services

Operates for Hampden, East Longmeadow,
and Longmeadow seniors.

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

Grocery store trips will only be scheduled on Wednesdays and
Thursdays with a 3 bag limit on the van. 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.



"SHOP TILL YOU DROP"

Annual Holiday Fundraiser is back!

Lots of great gifts for those special people in your life.

**Holiday sale tables will be available through
Friday, December 29th.**

Cash or checks only.

All proceeds benefit activities at the Hampden Senior Center.



We need your Vote!

The Friends of Hampden Senior Citizens
has the opportunity to receive a donation through the
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 organization's they would like the Bank to support during
the upcoming year.

Visit their link, **www.monsonsavings.bank/CGI** and
click "**VOTE NOW**",

Where it says Organization Name*, scroll down and
click on

"Friends of Hampden Seniors" and **Submit.**

Call the Senior Center at 566-5588 with any questions.

Nurse Notes

From Sheila Rucki, RN

As we move forward, we see the signs of Christmas around us.
Rather than focus on the health concerns this month I would like
to share an Irish blessing with you. Irish blessings focus on good
luck, health, prosperity, and harmony inside the family.

Here is my favorite:

Irish Christmas Blessing

The light of the Christmas star to you,
The warmth of home and hearth to you,
The cheer and good will of Friends to you,
The hope of a childlike heart to you,
The joy of a thousand angels to you,
The love of the Son and God's peace to you.



Hampden Annual Tree Lighting

December 3rd at 6:00 PM in front of Town Hall,
Main Street

Christmas Caroling with Green Meadows Singers
and a visit from Santa and Mrs. Claus.

Bring a non-perishable food item for the Girl Scouts food drive.



African Drumming with Jason

6-week session

Fridays, December 1st, 8th, 15th, and 22nd at 2:15 pm

Cost is \$5 per class. Session started November 3rd.
If interested, please call ahead for availability at 566-5588.
Space is limited.



Create a Greeting Card with Ellie!

Monday, December 4th,
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.

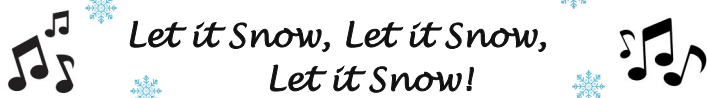


Diamond Dotz Snowflakes with Sheree!

Wednesday, December 6th
1:00 pm to 3:00 pm

It's becoming the Diamond Dotz craze. Everyone's loving Diamond Dotz! Come and make a snowflake keychain and keep it for yourself or add it to a Christmas Gift with a bow!

Get out of the cold and enjoy a warm cozy space with new friends, great conversation, and lots of laughs, complete with treats and a beverage!



*Let it Snow, Let it Snow,
Let it Snow!*

Cost is \$5.00 per person (all materials included). Please call 566-5588 to reserve your seat. Space is limited.



Let us do your holiday wrapping!

Wednesday, December 13th
10:00 am to 2:00 pm

Bring your gifts in that need wrapping and let us take care of it for you. We'll make it look pretty!

Cost will range between \$1.00 - \$5.00 for average size boxes.
Cost of oversized gifts will be determined at time of service.

All proceeds will go toward the Hampden Senior Center Building Expansion Fund.

Thank you for supporting your Senior Center.



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.



2023 Trips with Bobbi

Thanks to all those who traveled with me this 2023 season. Here are a few morsels to whet your appetite for '24. A minimum of 40 travelers are needed for any trip to run; let me know your thoughts:

March 28, Thur - Newport Playhouse; lunch, show, "The Ladies Foursome" (a little golf, a lot of secrets), cabaret; \$125pp

April 23-25, Tue-Thur - Lancaster, PA/Amish Country
Amish Farm Tour; "Daniel" at the Sight 'n' Sound Theater; flyer avail, \$100pp deposit due at sign-up; \$539pp dbl; Full payment due 3/15. Optional Cancellation Ins. \$49pp

May 7, Tue - The Aqua Turf Club

Show with *Debby Boone*, family-style lunch; \$130pp

June 6, Thur - Newport Playhouse; buffet lunch, show, "The Cemetery Club" (squashing a graveyard romance), cabaret; \$125

July 4, Thur - Tanglewood Shed

James Taylor Concert, Fire Works; \$ TBD

July 10, Wed - Log Cabin; "Margaritaville" Jimmy Buffet Tribute, Twin Lobster or Prime Rib; \$92pp - Self-Drive Only

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

August 26, Mon - Newport Playhouse; "Nunsense: A Musical", buffet lunch, show, cabaret; \$125pp

OR, August 28, Wed - Newport Playhouse; "Nunsense: A Musical", buffet lunch w/Lobster, show, cabaret; \$135pp

Late Sept/Early Oct - Fall Foliage Trip - American Heritage Museum in Hudson, MA; Lunch at Pickety Place in Mason, NH; Wine Tasting at Fulchino Vineyard in Hollis, NH; \$ TBD

Early Oct - Essex Steam Train & Riverboat; choice of lunch on board, scenic river cruise; \$ TBD

Late Nov/Early Dec - Radio City Music Hall; Rockettes matinee Christmas Show: \$ TBD

December 11, Wed - The Aqua Turf Club; "Deck the Halls Christmas" with Buddy Holly & Elvis; family-style lunch; \$130/pp

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

Only one check per trip please.

Note trip name on memo line of your check.

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



December Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available December 1st. Do your best, but have fun with it!! Return your puzzle pack to the Senior Center by **December 29th** for a chance to win.

Drawing will be held Friday, January 2nd.

Congratulations to Catherine Ferrero, she is our October Puzzle Pac Winner!

Senior Center Activities

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

ACRYLIC PAINTING with Nan Hurlburt

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



BILLIARD ROOM

Mondays, 12:00pm-3:30pm: Billiards League
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, December 4th.

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

CHAIR MASSAGE

Tuesdays, December 5th & 19th. \$10 for 10 minutes.
Please call for appointment.

CRIBBAGE Fridays, 12:30 pm.

DRUMMING with Jason Fridays, 2:15pm-3:15pm.

December 1st, 8th, 15th, & 22nd.

\$5 for a drop-in class - call for availability.

FACIALS with Diane Neill Thursday, December 14th.

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

FOOTCARE with Paul

Tuesday and Wednesday, December 12th & 13th.

Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

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 by appointment only.

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

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.

12/4 - **Holiday In The Wild**, TV-PG, Comedy/Drama/Romance

12/11 - **Last Holiday**, PG-13, Comedy/Romance

12/18 - **Christmas Vacation**, PG-13, Comedy

12/25 - **No Movie Today—Senior Center Closed**



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

Play time begins promptly at 12:30pm.

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

New people welcome.

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

New people welcome, will teach.

SENATOR/STATE REP HOUR

Wednesday, December 27th, 10:30am-11:30am.

4th Wednesday of every month.

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

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

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

UKULELE new session TBD

Information coming soon.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

WATERCOLORS with Chris Sterritt

Wednesdays, 8 week session starting in January.

Beginning January 10th through February 28th.

Morning Session, 9:30am-12:00pm.

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

\$80 for session. Please call for availability. Space is limited.

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.

Please call
413.566.5588 for
additional information

December 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036


Mon	Tue	Wed	Thu	Fri
			<p>December Birthstones: Blue Topaz & Turquoise</p> <p>December Flower is: Holly, Poinsettia, Narcissus or Orchid</p>	<p>1</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing 2:15 Drumming</p>
<p>4</p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiards League 12:30 Movie 1:00 Card Making</p>	<p>5 <u>Chair Massage 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>6</p> <p>9:30 Vets Coffee Hour 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 1:00 Diamond Dotz Craft</p>	<p>7</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 3:30 Tech Help</p>	<p>8</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing 2:15 Drumming</p>
<p>11</p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 1:00 RSV Clinic</p>	<p>12 <u>Footcare by Appt</u></p> <p>9:00 COA Board Mtg 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>13 <u>Footcare by Appt</u></p> <p>10:00 Holiday Wrapping 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub</p>	<p>14 <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>15</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing 2:15 Drumming</p>
<p>18</p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiards League 12:30 Movie</p>	<p>19 <u>Chair Massage 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 1:30 Brown Bag 6:00 Zoom Support Group</p>	<p>20</p> <p>8:30 Collate Scribe 10:00 Trivia 12:00 Holiday Lunch 12:30 Pitch Cancelled 12:30 Rummikub</p>	<p>21</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</p>	<p>22</p> <p>9:00 Quilting 10:00 NO MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing 2:15 Drumming</p>
<p>25 Closed</p> <p></p>	<p>26 Closed</p> <p></p>	<p>27</p> <p>10:00 Trivia 10:30 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub</p>	<p>28</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</p>	<p>29</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing</p>

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

December 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>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>			<p>1</p> <p>Baked Penne and Meatballs* Tossed Salad w/Italian Garlic Toast Fresh Fruit</p> <p>Cal:914 Carb:102</p>
<p>4 <u>High Sodium Day</u></p> <p>Hot Dog w/Bun* Potato Salad Baked Beans Ketchup/Mustard Fresh Fruit</p> <p>Cal:946 Carb:101 Na:1402</p>	<p>5</p> <p>"Lazy" Stuffed Cabbage Peas & Onions Whole Wheat Bread Reg/SF Jello w/Topping</p> <p>Cal:625 Carb:69/53</p>	<p>6</p> <p>Pork w/Gravy Collard Greens Mashed Butternut Squash Buttermilk Biscuit Chilled Applesauce</p> <p>Cal:739 Carb:76 Na:872</p>	<p>7</p> <p>Creamy Sundried Tomato Pasta w/Chicken Steamed Broccoli Whole Wheat Bread Mixed Fruit</p> <p>Cal:771 Carb:110 Na:820</p>	<p>8 </p> <p>Turkey & Provolone* Sandwich Lettuce/Tomato/Mayo Chicken Vegetable Soup Wheat Roll Reg/Diet Cookie</p> <p>Cal:680 Carb:55 Na:1175</p>
<p>11</p> <p>Breakfast Sausage Spiced Applesauce Potatoes O'Brien French Toast Fresh Fruit</p> <p>Cal:725 Carb:104 Na:850</p>	<p>12</p> <p>Chicken Pot Pie California Blend Veg Biscuit Topping Peach Crisp</p> <p>Cal:612 Carb:70 Na:662</p>	<p>13</p> <p>Hamburger w/Cheese Lettuce & Tomato Tater Tots Ketchup Wheat Burger Bun Mandarin Oranges</p> <p>Cal:712 Carb:82 Na:1013</p>	<p>14 <u>Birthday Celebration</u></p> <p>Chicken Cordon Bleu* Herbed Green Beans 1/2 Baked Potato Dinner Roll Reg/Diet Cupcake</p> <p>Cal:816 Carb:109/97 Na:1091</p>	<p>15</p> <p>Shrimp Scampi Brussels Sprouts Spaghetti Noodles Whole Wheat Roll Reg/SF Jello w/Topping</p> <p>Cal:753 Carb:91/73 Na:967</p>
<p>18</p> <p>Chicken Cacciatore Penne Noodles Whole Wheat Bread Mandarin Oranges</p> <p>Cal:585 Carb:81 Na:707</p>	<p>19</p> <p>Ham w/Pineapple Sauce* Herbed Green Beans 1/2 Baked Sweet Potato Dinner Roll Fresh Fruit</p> <p>Cal:624 Carb:104 Na:976</p>	<p>20 <u>Holiday Luncheon</u></p> <p>Chicken Piccata Parslied Carrots Rice Pilaf Whole Wheat Bread Chocolate Cake/ Diet Red Velvet</p> <p>Cal:861 Carb:110/90 Na:903</p>	<p>21</p> <p>Beef Stroganoff Steamed Broccoli Egg Noodles Wheat Roll Reg/SF Pudding w/Topping</p> <p>Cal:895 Carb:94/90 Na:550</p>	<p>22</p> <p>Turkey w/Gravy Steamed Peas Mashed Potatoes Cranberry Stuffing Pineapple</p> <p>Cal:774 Carb:111 Na:1041</p>
<p>25 Closed</p> <p></p>	<p>26 Closed</p> <p></p>	<p>27</p> <p>BBQ Pulled Pork Spinach 1/2 Baked Potato Whole Wheat Bun Reg/Diet Cookie</p> <p>Cal:756 Carb:86 Na:940</p>	<p>28</p> <p>Seafood Newburg* Tossed Salad w/Ranch Egg Noodles Cornbread Spiced Peaches</p> <p>Cal:879 Carb:108 Na:1157</p>	<p>29</p> <p>Chicken Fajitas Fajita Blend Veg Yellow Rice Flour Tortilla Sour Cream Fresh Fruit</p> <p>Cal:508 Carb:61 Na:819</p>



RSV Clinic at the Hampden Senior Center on December 11, 2023 from 1-3 PM.

You must schedule an appointment and provide insurance information when you call PRIOR to the clinic.

What is RSV? Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. Vaccines are available to protect older adults from severe RSV. The CDC recommendations are that adults aged 60 years and older **may** receive a single dose of RSV vaccine using shared clinical decision-making with their primary care provider.

Who is it for:

Adults 60 years and older should talk with their health care provider about whether RSV vaccination is right for them. There is no maximum age for getting the RSV vaccination. RSV vaccine is given as a single dose. If you're 60 or older, your health care provider might recommend RSV vaccination for you, especially if you have a weakened immune system from illness (e.g., leukemia or HIV infection) or from medications (e.g., treatment for cancer or organ transplant), if you have chronic medical conditions such as heart or lung disease, or if you live in a nursing home. If any of those apply to you, you might be at higher risk of severe RSV disease and an RSV vaccine could help prevent serious illness.

Side effects:

Side effects such as pain, redness, and swelling where the shot is given, fatigue, fever, headache, nausea, diarrhea, and muscle or joint pain are possible after RSV vaccination. These side effects are usually mild. Patients who have experienced these symptoms when getting other vaccines might be more likely to experience them after RSV vaccination. Talk to your doctor if you have questions or concerns. For the 2023-24 RSV season, if you are 60 years or older and your health care provider recommends RSV vaccination for you, you should get an RSV vaccine as soon as it is available in your community, before the number of cases of RSV start to increase, which is usually in the fall and winter.

How well do these vaccines work:

One dose of RSV vaccine provides protection against RSV disease in adults ages 60 years and older for at least two winter seasons, when RSV normally circulates.



Friends of Hampden Senior Citizens Hartsprings Fundraiser

Your donation helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but it 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, • Kitchenware, • 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!

Friends of Hampden Senior Citizens 2024 Fundraiser

FRIENDS OF HAMPDEN SENIORS JANUARY 2024 FUNDRAISER CALENDAR

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

	1 \$150 CASH! Rick Green Insurance	2 \$25 Hampden Liquors Gift Card	3 Gift Card Kinderhook and Flowers in Mason Jar	4 \$25 Bilton's Gift Card	5 \$50 CASH! Architecture EL	6 \$50 Village Mart Gift Card
7 \$100 CASH! John Flynn	8 \$25 Ferrindino Maple Gift Card	9 \$25 Casa Bella Gift Card	10 \$25 Bagel Nook Gift Card	11 \$25 Mountain View Gift Card	12 \$50 CASH! Honoring Hampden Fire Dept.	13 \$50 CASH! Stone Meadow Farm
14 \$100 CASH! Rick Green Insurance	15 Golf Foursome @ Quabog CC	16 \$25 Reid's Corner Gift Card	17 \$25 Bagel Nook Gift Card	18 \$25 CASH! Chet & Son Painting	19 \$50 Big Y Gift Card Rediker Software	20 \$50 VISA Gift Card Anonymous Donation
21 \$100 La Cucina Gift Card	22 \$50 Gio's Pizzeria Gift Card	23 \$25 Hampden Beauty Nails Gift Card	24 \$25 Bagel Nook Gift Card	25 \$25 Stop&Shop Gift Card Vermette Family	26 \$50 Village Mart Gift Card Anonymous Donation	27 \$100 CASH! Gio's Pizzeria
28 \$125 CASH! Anonymous Donation	29 Gift Card for a Hair Cut at Mane Event	30 4 tix to Hampden Theatre Guild Howarth Family	31 \$150 CASH! Gio's Pizzeria			



Back by popular demand, the Friends of Hampden Senior Citizens, are selling one-month lottery calendars for \$10.00 each to support the Hampden Senior Center Building Expansion Fund.

Calendar Sales will begin on November 6th and end December 30th.

You have a chance to win a cash prize or gift card to a local business every day for the month of January. One name will be drawn daily, holiday and weekend winners will be drawn the Friday before they occur. Winners will be notified and can pick up their prize or we will mail it to them.

Lottery calendars make great holiday gifts for teachers, coaches, friends, co-workers, mail/newspaper delivery people, babysitter, and don't forget your veterinarian! It's a great way to say thank you to those people that make our lives a little better. These calendars make great stocking stuffers for family members!

Remember you can win more than once!

You have a chance win EVERY day for the month of January.

You can purchase lottery calendars at the Senior Center or fill out the form below, and mail it back to us with a check for the total number of calendars you are purchasing. We will need the name, address and phone number for each person you are purchasing a calendar for. Once payment is received, we will mail the calendars back to you, or you can pick them up at the Senior Center.

The above calendar is for you to keep if you are purchasing a calendar for yourself. If you are purchasing multiple calendars for gifts, you can either pick up the calendars or we will mail them to you once payment is received.

Please fill out & return with your check for \$10 for each calendar you are purchasing. Attach a separate sheet to list each person you are gifting a calendar to, along with your check, and return to:
Hampden Senior Center, at 104 Allen Street, Hampden 01036.

Please make check payable to: **Friends of Hampden Senior Citizens**, and put "Calendar Raffle" in memo line.

of Calendars: _____

Name: _____ Phone #: _____

Address: _____

Winners will be notified by phone. Good Luck and Thank You for your support.