

The Scantic Scribe

February 2020

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 Cowles, Outreach Coordinator
outreach@hampdenma.gov
Nan Hurlburt, Activities Coordinator
activities@hampdenma.gov
Holly Normoyle, Receptionist
receptionist@hampdenma.gov
Rudie Voight, Custodian

Greetings!

We made it to February, so spring is right around the corner!! I'm hoping the weather is mild for the next couple of months.

This month we are targeting those that are isolated and homebound. Do you know someone who might benefit from a small gift of cheer? Let us know as we are busy putting gift bags together for those that are homebound. Also, let us know if you would like to make a donation towards this project or be a part of the team that makes deliveries.

Be sure to check out everything in this Scribe so you know when we are celebrating Red Day, Pie Day, Valentine's Day and so much more!

Stay warm! 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 GSSI: John Shay

NEXT COA BOARD MEETING:

Tuesday, February 11th @ 8:30am

WINTER WEATHER ADVISORIES!!!



Remember to watch channels 22 and 40 for information about delayed opening or cancellations. Watch for HAMPDEN SENIOR CENTER & GREATER SPRINGFIELD SENIOR SERVICES. Or check out our Facebook page for information.

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

**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 2020 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 TUES, FEBRUARY 18TH**

CAREGIVER SUPPORT GROUP: MONDAY, FEBRUARY 10TH
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.

Fuel Assistance

Income guidelines for 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)
- 2020 Electric Bill
- Oil Statement or Gas Bill (or both)
- 2020 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.



HEALTH/ WELLNESS CORNER



BAYSTATE HEARING: 1ST WEDNESDAY OF THE MONTH. FEBRUARY 5TH CALL FOR APPOINTMENT



FOOTCARE: THURSDAY, FEBRUARY 27TH
CALL FOR APPOINTMENT



FREE BLOOD PRESSURE CLINIC
TUESDAYS AND THURSDAYS at 10AM

“ 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 & 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.



Attention: Homeowners and renters who do not file Massachusetts taxes because your income is low or moderate!!!!

On the Massachusetts income tax Form 1, there is a **“Circuit Breaker Credit” for Seniors age 65+.** The credit is a **refundable** credit which means that if you qualify by income and paid nothing into the state taxes, you still get the refund.

People who most often qualify for this credit are those with low or moderate incomes (perhaps only Social Security).

The concept is this: your total income (Social Security, pension, interest, dividends, etc.) is totaled and divided by ten (10%). If the real estate taxes you paid in the calendar year 2019 plus 50% of water/sewer (if applicable), is greater than 10% of your total income, the Circuit Breaker Credit applies—up to \$1,110 for the year 2019. (Rent also is considered if 25% of your rent is greater than 10% of your income, the circuit breaker credit applies).

AARP volunteers are completing free tax returns at the Hampden Senior Center on Tuesdays starting in February **by appointment only.** Please call 566-5588 after the New Year to make your appointment.

ELDER LAW CORNER - COMMON ISSUES, QUESTIONS & ANSWERS



*Who will make medical decisions for me when I can no longer make them myself?
I do not wish to be kept alive by artificial means if I am ever terminally ill.
Can I sign a document now which will be honored when that time comes?*



Massachusetts has authorized by statute a document called an **Appointment of Health Care Proxy** which allows you to designate an individual (and alternates, as I strongly recommend) to make health care decisions for you if you are ever unable to make or communicate your own decisions. Once validly executed (two independent and disinterested witnesses to your signature), this document authorizes your designated agent to make health care decisions for you whenever you can no longer act for yourself as determined by your doctor. In fact, when you enter a hospital or nursing facility, they are now required to ask you if you have an advance medical directive - and most hospitals and facilities will make the form available to you if you do not currently have one in place. This document is essential to assist your loved ones in making decisions for you without having to go to Probate Court to get that authority.

Many individuals also elect to sign a document called a **Living Will** which states your wishes as to the withholding of different types of life support in the event of a terminal illness. Massachusetts is one of the few states which does not have a specific statute authorizing a Living Will, but this does not mean you should not execute such a document. It is always vital that you provide your loved ones with written and specific instructions as to what you want done at the time of a potential terminal illness when you may be unable to express these desires. This decision is very difficult to make for someone else without any knowledge of your wishes. You should consult with your family physician to discuss this and to get their input prior to signing such a form. Your lawyer should have several forms available, which may help you as you draft such a document. You should then provide the completed document to your loved ones for their records should such a situation ever arise. Some individuals elect to sign the **MOLST form** with their doctor. This is a legally binding form typically done by those who have entered hospice care or have a terminal illness. **MOLST means "Medical Orders for Life Sustaining Treatment."** This is a very specific, legally binding document signed by your doctor or other medical professional and by you or your Health Care Proxy, which gives very specific direction as to many life sustaining procedures and whether you desire any such procedures. **The form developed by the MA Department of Public Health is available for viewing and printing at: www.molst-ma.org.**

I strongly urge everyone to have these medical directives in place so that your treatment can proceed smoothly without any court involvement upon your inability to make your own decisions. If at minimum you do not have the Appointment of Health Care Proxy in place, please consult your physician immediately to get it done!

If you have any questions or need additional information, please contact **David G. Carlson, Esq. / 200 North Main Street - Suite 6 / East Longmeadow, MA 01028 / 413 525-1313 / www.davidgcarlson.com.**

DID YOU KNOW...



WE HAVE A LOCK BOX PROGRAM



This program is a cooperative effort between Hampden Police Department and Hampden Senior Center to be used in emergency situations only. The lock box program is to be used along with other community support systems. The police department will have the only key to the lock box. Someone should still have a key to your house in case of lockouts, etc.

Criteria for placement:

- Live alone or person(s) they live with is (are) also incapacitated
- No family able to give a rapid response
- Frail, with difficulty ambulating. Uses cane, walker or wheelchair
- History of falling
- Isolated

Individuals will be asked to pay a nominal fee \$10.00 per year for this service. If individuals cannot afford the fee, the Senior Center may waive the fee. **Anyone interested in having a lock box installed should contact the Outreach Coordinator, Wendy Cowles at the Hampden Senior Center at 566-5588.**



TRIPS WITH BOBBI GRANT

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

Now Taking Deposits on the Trips Listed Below;
Flyers are available at the Reception Desk.

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—**ROOM IS STILL AVAILABLE!**

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

Wed, May 20 – 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

Thurs, June 25 – Two-for-One Day Trip: Lovely Morning @ Broad Meadow Brook Wildlife Sanctuary, Lunch @ O’Connor’s Restaurant in Worcester, Wine & Cider Tasting @ Cameron’s Winery. Cameron’s is **NOT HANDICAP ACCESSIBLE**. Full Payment Deadline May 29. \$86/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 Valli’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 TO COME...



MONDAY MOVIES

CHECK TIMES BELOW



FEB 3 – AVENGERS: ENDGAME—STARTING AT NOON
Inspiring Action Adventure / Rated PG-13 / 3 hours

The events of Infinity War leaves half of the universe in ruins, the remaining Avengers must work together to recruit old and new allies, and muster all of their remaining strength and resources to defeat the mad titan Thanos and bring their friends back from the brink of oblivion. **CAST:** Robert Downey Jr., Chris Evans, Mark Ruffalo, Chris Hemsworth, Scarlett Johansson

FEB 10 – CRAZY RICH ASIANS—STARTING AT 12:15
Comedy Romance / Rated PG-13 / 2 hours

Crazy Rich Asians follows native New Yorker Rachel Chu as she accompanies her longtime boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors. Being on Nick's arm puts a target on Rachel's back, with jealous socialites and, worse, Nick's own disapproving mother taking aim. And it soon becomes clear that while money can't buy love, it can definitely complicate things. **CAST:** Constance Wu, Henry Golding, Gemma Chan, Awkwafina

FEB 24 – ROCKETMAN—STARTING AT 12:15
Inspiring Musical Drama / Rated R / 2 hours

This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll. **CAST:** Taron Egerton, Jamie Bell, Bryce Dallas Howard



Warm your **HEART** by helping
warm the **HEARTS** of others!

We are still collecting spare change to purchase soup, tea, & hot chocolate for seniors who are homebound. If you know someone who could use this gift of cheer please let us know. Spread the word and **THANK YOU** for all your support helping to fill the jar located in our lobby.





LOOKING FOR SOME FRESH LOCALLY GROWN PRODUCE IN THE MIDDLE OF WINTER?

D & R FARM, 146 Thresher Rd in Hampden has it...

Lettuce, Spinach, Kale, Celery, Carrots, Potatoes, Onions, Beets, Sweet Potatoes and More!

Please call 244-3135 before stopping by.

They accept SNAP and HIP too!!

HEART HEALTHY FOODS

DID YOU KNOW YOU CAN REDUCE YOUR RISK OF HEART DISEASE, CANCER, AND HIGH CHOLESTEROL WITH THESE FOODS:

- ⇒ Tart Cherries– Full of Vitamin A
- ⇒ Tomatoes– Full of Lycopene, a Powerful Antioxidant
- ⇒ Red Lentils– Full of Protein
- ⇒ Beets– Full of Betaine, Protect blood vessels from artery-clogging plaque
- ⇒ Strawberries– Full of Vitamin C
- ⇒ Kidney Beans– Full of Fiber
- ⇒ Red Potatoes– Full of Vitamin B6 & Potassium
- ⇒ Brown Rice– Easy to Digest, High Fiber
- ⇒ Spinach– Lowers cholesterol, High in Fiber
- ⇒ Sweet Potato– Vitamin C, High in Fiber
- ⇒ Walnuts– High in Omega, High in Protein
- ⇒ Salmon– Lowers Blood Pressure, Low Carb

THANK YOU

Many thanks to all who so generously donated items for our Annual Holiday Fund Raiser. It was a great success yielding over \$1000 for special programming at the Senior Center. Looking forward to another successful event in "2020".....BOBBI

TIME IS ALMOST UP FOR DAFFODIL DAYS ... PURCHASE YOURS TODAY AND GIVE HOPE!

Please join the Hampden Senior Center in support of the American Cancer Society Daffodil Days Campaign.

Purchase a mini-potted Daffodil for only \$15. The deadline is February 21st and the flowers will be delivered to the Senior Center late March just in time for spring! Place your orders today with cash or checks made out to the Town of Hampden. If you have any question, contact Donna at 413-566-5588.

Daffodils are a universal symbol of hope and life. The mission of American Cancer Society is to save lives, celebrate lives and lead the fight for a world without cancer; we are proud that the Hampden Senior Center can help with this mission!



DID YOU KNOW THAT VOLUTEERING CAN IMPROVE YOUR HEALTH BY...



**THANK YOU TO ALL OUR ACTIVE VOLUNTEERS!
WE COULD NOT DO THIS WITHOUT YOU!**

If you would like to volunteer at the Senior Center please contact Donna at 566-5588 or email scribe@hampdenma.gov or stop on by!

Senior Center Activities

ACRYLIC PAINTING Thursdays - \$15.00 includes all materials
New Time for the Winter - 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



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. **FEBRUARY 10TH**

CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd Friday of the month, 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.**

FALLON INSURANCE Tuesday, FEBRUARY 11TH, 10:00AM

FUNCTIONAL FITNESS

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



HEARING First Wednesday of the month. Call for appointment

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

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



LICSW,JOE D'AMICO Clinical social worker. Call for appointment

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



MOVIES Mondays, 12:15PM

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 Class currently in session. Please watch for next session date.

WEIGHT TRAINING Join Vicky & Claire from 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. **On 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.

February 2020

Mon	Tue	Wed	Thu	Fri
<p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p>	<p>The <u>Hampden Lion's Club</u> provides the paper for the SCRIBE and <u>Friends of Hampden Seniors</u> provide postage. Many thanks to both organizations!</p>			<p>GROUNDHOG DAY <i>February 2nd</i></p> <p>SUPER BOWL SUNDAY</p>
<p>3</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 MOVIE STARTS AT NOON TODAY!!! 12:30 Watercolor Class</p>	<p>4</p> <p>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</p>	<p>5</p> <p>HEARING</p> <p>9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch</p>	<p>6</p> <p>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</p>	<p>7</p> <p>MANICURES 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p> <p>National Wear Red Day & Pie Day</p>
<p>10</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor Class 1:00 Caregiver Support</p>	<p>11</p> <p>9:00 Ladies Pool 8:30 COA Board Meeting 10:00 FALLON INSURANCE 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga</p>	<p>12</p> <p>9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch</p>	<p>13</p> <p>FACIALS 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</p>	<p>14 </p> <p>VALENTINES DAY</p> <p>NO MEMORY CAFÉ 9:00 Quilting 11:00 Mahjongg 11:30 LUNCH w/Music from Steve & Eydie Gorme</p>
<p>17 CLOSED</p> <p></p>	<p>18</p> <p>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</p>	<p>19</p> <p>9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch</p>	<p>20</p> <p>COLLATE 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</p>	<p>21</p> <p>CHAIR MASSAGE MANICURES</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>24</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor Class</p>	<p>25</p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga</p>	<p>26</p> <p>ASH WEDNESDAY 9:00 DAV 9:30 LINE DANCING 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch</p>	<p>27</p> <p>FOOTCARE 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</p>	<p>28</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>

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

February 2020

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>CAL=Calories SOD=Sodium</p> <p>*Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>	<p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800 Ext. 136</p>			
<p>3</p> <p>Chicken Broccoli Alfredo/Ziti Noodles Whole Wheat Bread Spiced Peaches</p> <p>Tot Cal:968 Sod: 983</p>	<p>4</p> <p>Turkey Pot Pie Butternut Squash Collard Greens Biscuit Topping Fresh Fruit</p> <p>Tot Cal: 760 Sod: 599</p>	<p>5</p> <p>Taco Salad Yellow Rice Crispy Tortillas Fruited Jell-O</p> <p>Tot Cal: 694 Sod:856</p>	<p>6</p> <p>Mini Raviolis/Sauce Mixed Vegetables Italian Bread Applesauce</p> <p>Tot Cal: 662 Sod: 879</p>	<p>7</p> <p>Chicken Paprikash Mixed Vegetables Egg Noodles 12 Grain Bread Lemon Pudding</p> <p>Tot Cal:806 Sod:703</p>
<p>10</p> <p>BBQ Pull Pork Slider Sweet Potatoes Creamy Coleslaw Slider Buns Spiced Pears</p> <p>Tot Cal: 796Sod: 626</p>	<p>11</p> <p>Chicken Cordon Bleu* Steamed Spinach Mashed Yams Dinner Roll Mandarin Oranges</p> <p>Tot Cal: 625 Sod:1011</p>	<p>12</p> <p>Hot Dog* with Bun Onions & Peppers Baked Beans Pineapple</p> <p>Tot Cal: 757 Sod:996</p>	<p>13</p> <p>Shepherd's Pie Mashed Potato Top Glazed Carrots Blueberry Snack Loaf Spiced Apples</p> <p>Tot Cal: 748 Sod: 584</p>	<p>14 </p> <p>Eggplant Rollatini Steamed Broccoli Ziti with Marinara Italian Bread Cookies</p> <p>Tot Cal: 736 Sod: 867</p>
<p>17CLOSED</p> <p></p>	<p>18</p> <p>Beef Stew Garlic Mash Potatoes Oat Nut Bread Warm Fruit Compote</p> <p>Tot Cal:765 Sod:417</p>	<p>19</p> <p>Chicken Da Vinci* Brussels Sprouts Ziti Noodles 12 Grain Bread Brownie</p> <p>Tot Cal:926 Sod:1131</p>	<p>20</p> <p>Roast Pork Seasoned Cauliflower Yellow Rice Roll Fresh Fruit</p> <p>Tot Cal:720 Sod:385</p>	<p>21</p> <p>Lemon Butter Pollock Steamed Green Beans Scalloped Potatoes 12 Grain Bread Vanilla Pudding</p> <p>Tot Cal: 805 Sod: 735</p>
<p>24</p> <p>American chop suey Mixed Vegetables Oatmeal Bread Spiced Peaches</p> <p>Tot Cal:643 Sod: 577</p>	<p>25</p> <p>Meatloaf w/Mushroom Gravy Garlic Green Beans Mashed Potatoes 12 Grain Bread Mixed Fruit</p> <p>Tot Cal:640 Sod:668</p>	<p>26</p> <p>Baked Potato Bar Chili / Sour Cream Cheesy Spinach Wheat Roll Birthday Carrot Cake</p> <p>Tot Cal: 974 Sod:915</p>	<p>27</p> <p>Chicken Fajitas Peppers/Onions Yellow Rice Tortillas/Sour Cream Butterscotch Pudding</p> <p>Tot Cal: 702 Sod: 946</p>	<p>28</p> <p>Fish Sandwich Dill Carrots Steamed Corn Burger Bun Fresh Fruit</p> <p>Tot Cal:772 Sod:922</p>

The Hampden Senior Center is excited to be participating in Daffodil Days. Throughout January & February you can purchase a mini-potted Daffodil for only \$15.

**Questions? Contact: Donna Richardson,
Administrative Assistant/Volunteer Coordinator
at 413-566-5588 or scribe@hampdenma.gov**

This spring brings a new tool in the fight against cancer: daffodils. Daffodils are a universal symbol of hope and life, and they're at the center of the American Cancer Society's Daffodil Days® campaign. The campaign will deliver thousands of flowers across the country to raise awareness and funds for the fight against cancer.

The Hampden Senior Center will be collecting orders now through February 21st, 2020, for delivery Late March 2020.

To place an order, contact the center (413-566-5588) with cash or a check made out to the Town of Hampden.

In addition to providing smiles for those in need, the program raises funds for the American Cancer Society's life-saving mission of attacking cancer from every angle. The Society works tirelessly to create awareness and impact, to build communities to support those affected by cancer and help with access to treatment. They empower people with information to outsmart cancer and launch innovative research and develop game changing approaches to addressing the cancer burden for all.



Friday, February 7th



**Come and enjoy
lunch with
us (\$2.00)
and stay to
have a
delicious piece
of pie!**





Episode: **Managing Pain**

Viewing will be followed by discussions, RAFFLE PRIZES and GIVE AWAYS!!

Lunch & Learn...Come and have lunch (\$2.00) and stay to watch this free informative program.

Right at Home is a proud sponsor of this new PBS health series hosted by Jane Seymour. The program is focused on the best ways seniors can continue to live healthy and feel grand.

VIEWING PARTY

Date **Tuesday, February 25th**

Time **11:45 am**

February 14th, Valentine Luncheon *11:30 am Cost \$5.00*

Salad, Eggplant Rotini, Penne with Meatballs in Sauce
and a Special Dessert Creation!



Peter and Laura Hicks call themselves, "Musically Married". They have been "married" for 36 years and each sing "musically" in events throughout Western Mass. Peter has starred in several community theater musical productions such as "Oliver" and "Anything Goes" and Laura sings with the Springfield Symphony Orchestra Choir and for Veterans events. They have also traveled throughout New England singing Peter's original Christian songs at various churches. They will be sharing their love of the music and songs from Steve and Eydie Gorme to celebrate Valentine's Day.