

The Scantic Scribe



FEBRUARY 2022
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

Donna Richardson, Administrative Asst. & Volunteer Coordinator
scribe@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Activities Coordinator
activities@hampdenma.gov

Sharon Woodin & Joi Giuggio, Receptionists
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: Anne Thomas

COA BOARD MEETING:
TUESDAY, FEB. 8TH at 9AM
in PERSON or VIA ZOOM.

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

Greetings!

I hope you are staying warm on these bitterly cold days! Many thanks to those that donated to the Hampden Emergency Fuel fund last month. Contributions to this fund help Hampden residents in a heating crisis. We appreciate your support of this very important fund. If you find yourself in a heating crisis, please call Wendy for help.

We hope to see you for our Super Bowl luncheon on February 11th. Sign up for this great event, you don't want to miss out on football trivia & great prizes.

Also, be sure to sign up for the Valentine's Day Drive Through Sweet Treat!

Check out this newsletter from cover to cover because you don't want to miss all the great things we have going on!

Stay warm, stay healthy and stay safe,

BECKY.....



SUPERBOWL LUNCHEON

Friday, February 11th at 11:30am with Food, Fun, and Games!!

SPACE IS LIMITED Please call

566-5588 to sign up for a hamburger or hot dog!

Only \$2.00 per person.



Drive Up and Take Away
a Free Sweet Treat on
Monday, February 14th
from 1:00-1:30pm. Please
call 566-5588 to sign up.



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

Do you know a Senior in Hampden who is homebound and could use a little cheering up?

We would love to send a little gift to show we care and help put a smile on their face.

If you know someone who could use this gift of cheer please contact the Senior Center.

OUTREACH



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 for more information.**

SNAP: Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet the following monthly income guidelines:

Income guidelines for 1 person household—\$2,127

Income guidelines for 2 person household—\$2,873



BROWN BAG: 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—\$1,968

Income guidelines for 2 person household—\$2,658

NEXT PICK-UP IS TUESDAY, FEB. 15TH 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.

MEMORY CAFÉ - EVERY FRIDAY AT 10AM:

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, February 15th at 6pm

Are you caring for a loved one with dementia or other related memory impairments? This support group is a great way to help. Please call Wendy at 566-5588 for more information.

**CAREGIVER
SUPPORT
GROUP**

HEALTH/WELLNESS

Fuel Assistance

Income guidelines for 2021/2022 heating season

Family Size	Income Limit
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751

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.



free WINTER VEGETABLES

D & R FARM WINTER FARM SHARE

Twice a month D & R FARM is offering fresh produce & it is FREE with HIP or \$40 cash per month without HIP. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up. They are located on 146 Thresher Rd in Hampden.

Please call 413-244-3135 before visiting the farm.

PICK-UP IS WED, FEB. 9TH & FEB. 23RD AT 9:30AM.



Just because you can take the muffins out of the oven early, doesn't mean you should. If you continue to have symptoms related to Covid after day 5, you should stay home in isolation until your symptoms resolve. Exposure day is considered "day zero." The CDC guidance is disappointing and confusing and not best practice to prevent infection from. If you have been exposed to Covid, test on day 5 after that exposure. Also wear a mask day 5-10 when moving about outside the home. The CDC guidance is disappointing and confusing and not best practice to prevent infection from spreading. (There, I said it). Yes vaccines are not preventing infection BUT they are preventing serious illness. I still recommend vaccination to keep you out of the hospital. Oh, and while I'm at it the hospitals are full. It's time to consider your lifestyle choices not just to prevent yourself from getting covid but to help break the community transmission rates to keep your local hospital from collapse. Hospitals with no beds cannot magically create them when you need care for an unexpected problem.

Hampden's Public Health Nurse -Sheila Rucki PhD, PCNS, BC

Services and Information



TAX APPOINTMENTS ARE FULL. If you scheduled an appointment with AARP tax-aid in Hampden, you will be sent (the week before your Tuesday appointment) forms to be completed and brought with you when you drop off your tax package. It is important that you correctly fill these out in total. **Also, most important, is to state whether you did or did not receive the 2021 Economic Stimulus check that was directly deposited into your bank account (probably the end of March 2021).** This money is not taxable, but we **MUST** report the exact amount you received. We are happy to serve you and look forward to a successful season.

WINTER WEATHER ADVISORY and SAND FOR SENIORS

Watch channels 22 & 40 or sign onto wwlp.com or westernmassnews.com for information about cancellations. Watch for HAMPDEN SENIOR CENTER and GREATER SPRINGFIELD SENIOR SERVICES for information. A FREE 5-gallon bucket of sand is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver. Please call HSC at 566-5588 to sign up.



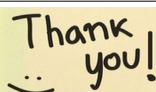
TRI TOWN TROLLEY SENIOR TRANSPORTATION SERVICES



Starting on January 3, 2022 out of town Trolley rides will be \$3 each way. In town trips remain \$1. Grocery shopping trips will only be scheduled on Wednesdays and Thursdays and there is a 3 bag limit on the van. Grocery store rides are scheduled on a first come first serve basis. **A 72 hour notice is REQUIRED for scheduling any rides**, so please call to schedule a ride as soon as you schedule a medical appointment. **Call 525-5412 with any questions or for more information.**

EASTERN HAMPDEN COUNTY VETERANS SERVICES

If you are looking for support, please contact our local Veteran Service Director Michelle Barrett at (O) 413-525-5436, (C) 573-355-6076 or email michelle.barrett@eastlongmeadowma.gov for an appointment.



Thank you for your support... Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund & to our Senior Center. **We appreciate you supporting our essential programs & services.**

FRIENDS OF HAMPDEN SENIORS 2022 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 2022 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 remember the traffic pattern is **BACKWARDS** in the parking lot during our **Grab N' Go** lunch program Tuesday through Friday from 11:00 - 12:00. **PLEASE USE CAUTION** when entering the parking lot.

Please drop in or call us if noted below to sign up!

ACRYLIC PAINTING with Nan Thursdays, 10:00-noon and 12:30-2:30, \$20/per class, includes materials. Limited space, call to sign up.



BILLARD ROOM

Mondays, Wednesdays, and Fridays - **Open play**.
Tuesdays, 9:00-noon - **Women's lighthearted no rules play**.
Thursdays, 9:00-noon - **Men's play**.

BINGO Thursdays, 12:30-2:00, \$.50 cents a card.

B I N G O				
14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

BRIDGE Mondays, 9:30-noon.

New **experienced** players welcome.

BUNCO Tuesdays, 12:00-3:00, \$5/per week.

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.

FOOTCARE Please call for appointment and pricing.

FUNCTIONAL FITNESS with Sue Kent Tuesdays and

Thursdays, noon-1:00, \$5/p er class.

HEARING CLINIC BY BAYSTATE HEARING

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



KNITTING/CROCHET Mondays, 9:00-11:00.

New people welcome, will teach.

LINE DANCING WITH MIKKI Will resume in the spring.

MAHJONG Fridays, 10:30-2:00.

New people welcome, will teach.



MANICURES with CAT Every other Friday.

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

MEMORY CAFÉ Fridays, 10:00-noon.

MOVIES Mondays, 12:15.

2/7~ **NO MOVIE TODAY**

2/14~ **Greater**, PG, Drama, Heartfelt, Inspiring

2/21 - **NO MOVIE TODAY**

2/28~ **Jungle Cruise**, PG-13, Disney, Action Comedy



PITCH Wednesdays, Sign up is at 12:15. Play time is 12:30.

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

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

Advanced Session - 9:15-10:15

Beginners Session - 10:30-11:30

TECHNOLOGY TRAINING Thursdays, 3:30-4:30. **FREE!**

Please call weekly to sign up.



TRIVIA Wednesdays, 10:00. **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

FEBRUARY 2022


Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
 Hampden Sr. Center reserves the right to utilize photos/videos of participants for publicity purposes. Participants not wanting their image used must notify the Senior Center in writing.	1 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	2 <u>HEARING CLINIC by appt.</u> 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	3 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	4 <u>CHAIR MASSAGE by appt.</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
7 <u>Please Note:</u> WE ARE OPEN BUT THERE ARE NO ACTIVITIES TODAY DUE TO STAFF TRAINING. THANK YOU!	8 <u>9:00 COA Board Meeting</u> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	9 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	10 <u>FACIALS by appt.</u> 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	11 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch OR 11:30 Superbowl Lunch Must be signed up, \$2.00/per person
14 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:15 Movie 	15 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:30 BROWN BAG 6:PM Caregiver Support	16 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	17 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	18 <u>CHAIR MASSAGE by appt.</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
21 <u>CLOSED</u> 	22 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	23 <u>FOOTCARE by appt</u> 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:00 Senator Lesser 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	24 <u>FOOTCARE by appt</u> 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	25 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Arts & Craft Class
28 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner 12:15 Movie	<div> <div>FEBRUARY</div> <div>National Heart Month</div>  </div>			

****FEBRUARY 2022 Grab 'n Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.****

You must be 60 or older as this is a Title IIIB, Older Americans Act funded program. Reservations must be made. The deadline is 10AM the day BEFORE you want lunch. **Meals MUST BE picked up at the senior center at 11:30 A.M.** A drive thru process is set up and no one will get out of their car. **YOUR NAME MUST BE ON THE LIST IN ORDER TO PICK UP A MEAL.** A suggested voluntary donation of \$2.00/meal will be accepted. Call 566-5588 and leave a message with your name, telephone number and the day (s) you would like to pick up lunch. It's that easy...if we need additional information, we will call you back.

Thank You to Greater Springfield Senior Services for this program!

Mon	Tue	Wed	Thu	Fri
	1 Blueberry French Toast Bake(280) Turkey Sausage(367) Hashbrown Potatoes(14) Orange Juice(2) Chilled Applesauce(3) Cal:848 Carb:91 Na:1013	2 Beef Chili(158) Mixed Vegetables(53) ½ Baked Potato(7) Sour Cream(9) Cornbread(90) Fresh Fruit(2) Cal:757 Carb:101 Na:401	3 Cheese Lasagna (376) Salad w/Italian(133) California Blend Veg(17) Whole Wheat Roll(210) Mixed Fruit(5) Cal:495 Carb:76 Na:610	4 NATIONAL SOUP DAY Ham and Swiss Sandwich Minestrone Soup Lettuce/Tomato(12) With a Whole Wheat Roll(210) Chilled Peaches(6) Cal:956 Carb:133 Na:1050
Menu subject to change without notice.  Suggested voluntary donation - \$2.00.	8 Dijon Herb Chicken Dill Carrots(54) Parslied Rice(29) 12 Grain Bread(200) Chilled Pineapple(1) Cal:562 Carb:86 Na:955	9 Baked Fish Topping(417) Stewed Tomatoes(221) Lemon Rice(19) Tartar (130) Whole Wheat Bread (115) Chilled Pears(4) Cal:781 Carb:95 Na:1021	10 Chicken Cordon Bleu(550) Herbed Cauliflower(45) MashSweet Potatoes(188) Rye Bread(193) Fresh Fruit Cal:642 Carb:72 Na:862	11 Spaghetti/Meatballs*(542) Salad w/Ranch(122) Garlic Knot(220) Tiramisu Cake Cal:698 Carb:81 Na:697
Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg) Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)	15 Shrimp Scampi(286) Steamed Broccoli(9) Spaghetti Noodles(1) Dinner Roll(210) Birthday Cupcake Cal:1021 Carb:94 Na:875	16 Chicken Pot Pie*(775) Steamed Green Beans(5) Biscuit Topping Orange Pineapple Juice(0) Chilled Spiced Pears(6) Cal:553 Carb:55 Na:436	17 Stuffed Rigatoni w/Sauce(373) Italian Blend Veg(26) Steamed Peas(7) Whole Wheat Bread(124) Fresh Fruit(1) Cal:843 Carb:139 Na:735	18 Pot Roast/Gravy*(502) Steamed Spinach(76) Roasted Butternut Apple Medley(4) Whole Wheat Bread(115) Fresh Fruit(1) Cal:697 Carb:82 Na:1013
If you have any special concerns regarding the menu, contact the GSSI Dietitian at 781-8806, EXT. 136 for more information.	22 Cheeseburger(519) Ketchup(82) Onions&Mushrooms(143) Tater Tots(205) Hamburger Bun(297) Mandarin Oranges(100) Cal:673 Carb:80 Na:1076	23 Chicken Fajita(310) Steamed Corn (8) Yellow Rice(20) Sour Cream (9) Flour Tortilla(170) Reg/Diet Cookies(109) Cal:726 Carb:85 Na:734	24 Broccoli Penne Alfredo(294) Salad w/Italian(123) Whole Wheat Roll(210) Apple Juice(5) Warm Fruit Compote(8) Cal:687 Carb:90 Na:764	25 Ham w/Pineapple Sauce*(471) Herb Roasted Carrots(80) Scalloped Potatoes(91) Whole Wheat Bread(124) Mixed Fruit(6) Cal:719 Carb:126 Na:876

2022 Trips with Bobbi

TAKING DEPOSITS (all trips include driver's tip, bring your Vax Card)

Call 413-566-8271 or email

bobbijg2@charter.net



Boston, Charles Playhouse/Blue Man Group w lunch, Sat, Feb 19, \$130/pp Deadline Jan 29.

Aqua Turf/Andy Cooney Show, Mon, Mar 14 w coffee/donuts, \$107/pp Deadline Feb 18.

Carriage House/Aging Disgracefully (cuz getting old is getting old!), Thurs, Apr 7, \$96/pp, \$66/pp self drive Deadline Mar 18

Log Cabin/Mother's Day Buffet Brunch with Englebert & Tom Jones, Mon, May 9, \$99/pp, \$69/pp self drive Deadline Apr 15

Mystic, CT: lunch, shopping, boat ride, etc., (lots of walking) Wed, June 8, \$107/pp Deadline May 16

Boston Duck Boats/ Lunch @ Maggiano's Little Italy, Aquarium, Tues, June 28, \$130/pp Deadline Jun 3

Hudson River Cruise/River Grill lunch, Hudson River Walkway, Wed, July 13, \$115/pp Deadline Jun 17

Log Cabin/Barry Manilow & Cher w Twin Lobsters or Prime Rib, Wed, July 27, \$109/pp, \$79/pp self drive Deadline Jul 8

Log Cabin/Neil Diamond & Billy Joel w Twin Lobsters or Prime Rib, Thurs, July 28, \$109/pp, \$79/pp self drive Deadline Jul 8

Cape Cod Canal Cruise/ lunch @ Lindsey's Family Restaurant, Whydah Pirate Museum, Wed or Thurs, Sept 14 or 15, \$110/pp Deadline Aug 19

Goodspeed Opera House/w lunch, 42nd St, Sept 16-Nov 6, \$227/pp Deadline Sept 23

Lakeside Turkey Train/Moulton Farm & Bakery, Wed, Oct 19, \$105/pp Deadline Sept 23

Log Cabin/Direct from Branson, Ozark Country Christmas, Thurs, Nov 10, \$109/pp, \$79/pp self drive Deadline Oct 14

FEBRUARY CRAFT WITH ROSE SULLIVAN

Come and enjoy making two lovely candle holders on Friday, February 25th from 1:00-2:30pm. Price is \$7 per person and includes materials! Limited to 10 participants so please call 566-5588 to sign up.



February is National Heart Health Month

Celebrate someone you love!



Take a walk 3 times this week



Cook a heart-healthy meal together



Schedule a health check-up for them

FREE Technology Help Sessions Are Back...

The Wilbraham & Monson Academy

Service Team will be at

the Sr. Center on Thursdays from 3:30-4:30.

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



ELMS COLLEGE NURSING STUDENTS

The Elms College Nursing Students will be here on Thursdays starting February 10th from 9am to noon to do blood pressure screening and provide educational health information.



STCC DENTAL HYGIENIST STUDENTS

Hygienist Students from Springfield Technical Community College will be here in March. They will provide information on dental hygiene and have free items to give out. Stay tuned for more info!



A Scantic River Artisans Exhibit

BIG ART SHOW

OF SMALL WORKS

To Place
in Small
Spaces

We invite you to
experience, explore
and purchase
the *small* diverse art
on display.



March 19 (10 - 4) • March 20 (11 - 3)
Reception: March 20 (12 - 2)

104 Allen St. Hampden, MA (Community Room - Hampden Sr. Center)



www.scanticriverartisans.com

For additional information about the Artisans and exhibiting opportunities, please leave a message at 413-205-7985 or email us at: scanticriverartisans@gmail.com