

The Scantic Scribe



FEBRUARY 2024
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 GSSI: Cheryl Delviscio

Cliff Bombard, Monique Downey,

Suzanna Haskins, Juanita Markham,

Anne-Marie Villamaino

COA BOARD MEETING:

Tuesday, February 13th at 9:00 am

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Call for February Meeting dates or check the town website. In PERSON or VIA ZOOM

ZOOM Meeting ID: 8265344250

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 your Support of our essential programs and services.

Greetings!

Happy February! As I write, the streets are covered in snow and the temperatures are dropping. The snow is beautiful, but be careful on the roads and when you are clearing snow from your sidewalks and driveways. Check in on your friends and neighbors. Buckets of sand are still available from the Fire Department. Call the senior center and we will arrange to have one delivered to your house.

This is a busy month full of great programs and events. Be sure to sign up early to get your name on the list.

Many thanks to those who have donated to the Stock our Shelves initiative. We are grateful to those who have been able to help fill Personal Needs Bags for those receiving SNAP benefits. Check inside this newsletter to see what we are collecting next.

This month we will deliver warming hearts bags to our older adult friends who are homebound. If you know of someone who might benefit from a delivery, please call to let us know. Have a great month, stay warm, and enjoy the beauty of the winter wonderland.

Becky.....



Grab and Go Super Bowl Dinner

Friday, February 9th

pick up from 2:00 pm to 2:30 pm



Get ready for game day! Eat it tonight, or hold it over till Sunday.

Meatball Grinder, Pasta Salad, Chips, and Dessert.

Cost is \$5 per person.

Please call 566-5588 starting February 2nd to order your dinner.



Celebrate Mardi Gras (Fat Tuesday) with us!

Tuesday, February 13th, 9:30 to 10:30 am

Stop by for a free Donut Dip donut and coffee.

Please call 566-5588 to let us know you'll be joining us.

Sponsored by Jason Burgener, our Veteran Service Officer.



Valentine Lunch

Come and enjoy a delicious meal of Baked Ziti provided by Village Food Mart, tossed salad provided by The Reserve at East Longmeadow, and a scrumptious dessert prepared by your senior center staff.

Wednesday, February 14th at 12:00 noon



Entertainment provided by Freddie Marion.

Cost is \$5 per person. Please call 566-5588 starting February 2nd to reserve your seat. Space is limited.

Sponsored by The Reserve at East Longmeadow and Village Food Mart.

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.
NEW PICK-UP TIME is between 12:30—1:30 pm. Next pick-up is: Tuesday, February 20th.

- 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 a month **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.

PICK-UP is on Wednesdays, February 7th & 21st at 9:30 am.



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 tissues 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, February 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 get help. Call Wendy at 566-5588 for information.



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.



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 Veteran Service Officer Jason Burgener

**Wednesday, February 7th 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.**

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



WARMING HEARTS PROGRAM for Homebound Older Adults in Hampden

Do you know an older adult in Hampden who is homebound and
could use some mid-winter cheer?

Our warming hearts deliveries are a small way for us to let people
know we are thinking of them and that we are here should they
need anything. Deliveries will include soups, treats, games and
more and will take place during the month of February.

Interested in delivering? Call Wendy at 566-5588.



Elms College Nursing Students

**will be here Wednesdays,
from 9:15 am to 12:00 pm.**

Students will do blood pressure screening, and provide
educational health information.

FREE Technology Help Sessions will return Spring 2024!



The Wilbraham & Monson Academy Service Team
will return in the spring to meet with you one on one,
and assist you with all of your technology questions.

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 9:15-10:45 am.
Tuesdays with Ann Maggio, RN Thursdays with
Ashley Boudreau, RN, Public Health Nurse



FOOTCARE: Please call for an appointment and cost.
Tuesday & Wednesday, February 20th & 21st.

Did you know we have...



Chair Massage with Mindy

Tuesdays February 13th & 27th, \$10 for 10 minutes.
Please call 566-5588 for appointment.



Facials with Diane Neill

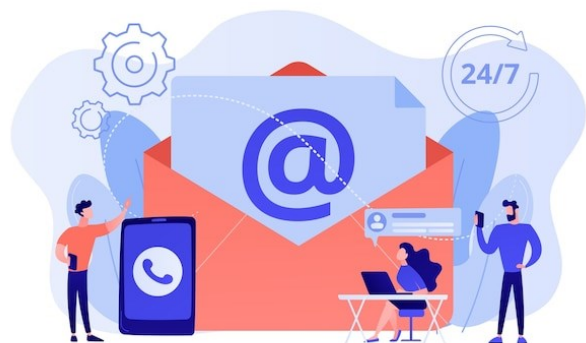
2nd Thursday of every month by appointment.
Please call 566-5588 for appointment and pricing.



Manicures with Cat

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

Gift Cards are Available



You've Got Mail

Joe Green will teach a 3 part class on the use of email.

**The class will be on Wednesdays at 9:00 am to 9:45 am
starting March 6th, 13th and 20th.**

- Part 1: Getting started with Email - Setting up an account**
- Part 2: Using Email (sending and receiving emails)**
- Part 3: Tips & Tricks**

Bring your own personal device; laptop, tablet, or mobile phone fully charged.
Sessions are free. Please call 566-5588 to sign up. Space is limited.



Irish Dance WITH PHIL

New this month!

Get your dancing shoes on, and get ready for some Saint Paddy's Day fun!

6 week session on Fridays

Begins Friday, February 2nd at 1:00 pm.

Learn Irish dance moves with Phil. Right from Ireland herself, you could not ask for a better teacher.

Her Irish brogue comes at no extra cost to you.

Cost is \$30 for the session when paid in full, or \$6 per class.

Please call 566-5588 to sign up.



"African Drumming" with Jason is back!

12 week session

Fridays at 2:15 pm to 3:15 pm

Session started mid January and is going through April 12th.

Cost is \$6 per class. **Class is currently full.**

Please 566-5588 for availability if there is a cancellation, and to put your name on our waitlist for future classes.



Create a Greeting Card with Ellie!

Come and discover endless possibilities for creating your own personal greeting cards. Meet new friends, and learn new techniques each month.

Monday, February 5th, 1:00 pm to 3:00 pm

Cost is \$3.00 per person. All materials are provided.

Please call 566-5588 to reserve your seat, space is limited.



February Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available February 2nd.

Do your best, but have fun with it! Return your puzzle pack to the Senior Center by **March 1st** for a chance to win.

Drawing will be held on March 4th.

**January Puzzle Pac Winners will be announced
In the March Scribe!**



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; \$131pp

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

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; \$121/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.

Please note trip name on memo line of your check.

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



The Friends of Hampden Senior Citizens want to thank all who generously donated, as well as those who purchased items during our

Holiday Sale of 2023. Because of your generosity, we raised approximately \$1,500.00 which will go toward programs and activities at the Hampden Senior Center.

You were all instrumental in our sales success, and we could not have done it without you.

We will start accepting donations for our 2024 sale in September.

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, Wednesdays, 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, February 5th.

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

CHAIR MASSAGE

Tuesdays, February 13th & 27th. \$10 for 10 minutes.
Please call for appointment.

CRIBBAGE Fridays, 12:30 pm.

DRUMMING - Class is full

Fridays, 2:15pm-3:15pm
12 week session. \$6 per class - call for availability.

FACIALS with Diane Neill Thursday, February 8th.

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

FOOTCARE with Paul

Tuesday and Wednesday, February 20th & 21st.
Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

IRISH DANCE with Phil - New this month

Fridays, 1:00pm-1:45pm.
6 week session - February 2nd through March 8th,

KNITTING/CROCHETING Mondays, 9:00am-10:30am.

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.

2/5 - **Game Plan**, PG, Comedy/Family/Sport

2/12 - **First Wives Club**, PG, Comedy/Drama

2/19 - **No Movie Today—Senior Center Closed**

2/26 - **Snow Dogs**, PG, Adventure/Comedy/Family



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, February 28th, 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.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

WATERCOLORS with Chris Sterritt - Class is full

Wednesdays, 8 week session - through February 28th.

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

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

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 Assist: Tuesdays and Thursdays, 11:00am-12:00pm.

Mat: Tuesdays and Thursdays, 1:00pm-2:00pm.







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 Hampden Senior Center in writing.

Please call
413.566.5588 for
additional information

February 2024

Hampden Senior Center
104 Allen Street
Hampden, MA 01036


Mon	Tue	Wed	Thu	Fri
 <p>Winter Walks, and starlit nights, Good books and cozy hours, Time for friends, and heartfelt sharing, Dreams of springtime flowers... Although it may be short on days, Each February brings The simple little gifts we count Among life's precious things.</p> 			1 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	2 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Irish Dance 2:15 Drumming
5 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 Card Making	6 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	7 9:15 Blood Pressure 9:30 Farm Share 9:30 Vets Coffee Hour 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	8 <u>Facials by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	9 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Irish Dance 2:00 Grab & Go 2:15 Drumming
12 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	13 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:30 Fat Tuesday 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	14 9:15 Blood Pressure 9:30 Watercolors 10:00 Trivia 12:00 Valentine Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	15 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	16 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Irish Dance 2:15 Drumming
19 Closed 	20 <u>Footcare by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 6:00 Zoom Support Group	21 <u>Footcare by Appt</u> 8:30 Collate Scribe 9:15 Blood Pressure 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	22 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	23 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Irish Dance 2:15 Drumming
26 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	27 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	28 9:15 Blood Pressure 9:30 Watercolors 10:00 Trivia 10:30 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	29 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	

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

February 2024

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>Turkey w/Gravy Herbed Green Beans Mashed Potatoes Cranberry Stuffing Chilled Applesauce</p> <p>Cal:579 Carb:73 Na:690</p>	<p>2</p> <p>Hamburger w/Cheese Lettuce & Tomato Sun Chips Whole Wheat Burger Bun Chilled Pineapple</p>
<p>5</p> <p>Breakfast Sausage Spiced Apples Potatoes O'Brien French Toast Bites Maple Syrup Fresh Fruit</p> <p>Cal:791 Carb:123 Na:873</p>	<p>6 <u>High Sodium Day</u></p> <p>Hot Dog w/Bun* Potato Salad Baked Beans Ketchup/Mustard Tropical Fruit</p> <p>Cal:956 Carb:99 Na:1435</p>	<p>7</p> <p>Pork w/Gravy Collard Greens Mashed Sweet Potatoes Buttermilk Biscuit Reg/Diet Cookie</p> <p>Cal:821 Carb:82 Na:1031</p>	<p>8</p> <p>Shrimp Scampi* Steamed Broccoli Spaghetti Noodles Whole Wheat Roll Reg/SF Jello w/Topping</p> <p>Cal:742 Carb:88/73 Na:964</p>	<p>9</p> <p>Chicken Pot Pie California Blend Veg Biscuit Topping Pear Crisp</p> <p>Cal:609 Carb:65 Na:676</p>
<p>12</p> <p>Beef Stroganoff Brussels Sprouts Egg Noodles Multigrain Bread Reg/SF Pudding w/Topping</p> <p>Cal: 931 Carb:97/93 Na:880</p>	<p>13</p> <p>Chicken w/Sausage Gravy Dill Carrots Roasted Red Potatoes Buttermilk Biscuit Mandarin Oranges</p> <p>Cal:679 Carb:76 Na:1039</p>	<p>14 <u>Valentine Luncheon</u></p> <p>Baked Ziti Tossed Salad Surprise Dessert</p> <p></p>	<p>15</p> <p>Ham w/Pineapple Herb Green Beans Au Gratin Potatoes Whole Wheat Bread Raisins</p> <p>Cal:679 Carb:102 Na:1059</p>	<p>16</p> <p>Eggplant Parmesan* Penne w/Sauce Tossed Salad w/Italian Garlic Bread Reg/SF Jello w/Topping</p> <p>Cal:767 Carb:119/103 Na:1176</p>
<p>19 Closed</p> <p></p>	<p>20</p> <p>Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Peaches</p> <p>Cal:670 Carb:85 Na:650</p>	<p>21</p> <p>Chicken Fajitas Fajita Blend Veg Yellow Rice Flour Tortilla Reg/SF Jello w/Topping</p> <p>Cal:539 Carb:59 Na:883</p>	<p>22 <u>Birthday Celebration</u></p> <p>BBQ Pulled Pork Baked Beans 1/2 Baked Sweet Potato Whole Wheat Burger Bun Reg/Diet Cupcake</p> <p>Cal:920 Carb:124/112 Na:1126</p>	<p>23</p> <p>Crab Cake* w/Tartar Sauce Coleslaw Whole Wheat Bread Fresh Fruit</p> <p>Cal:591 Carb:97 Na:1137</p>
<p>26</p> <p>American Chop Suey Roman Blend Veg Wheat Roll Rice Krispie Treat</p> <p>Cal:685 Carb:94 Na:662</p>	<p>27</p> <p>Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Raisins</p> <p>Cal:901 Carb:116 Na:1197</p>	<p>28</p> <p>Braised Port w/Apple Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Fresh Fruit</p> <p>Cal:838 Carb:114 Na:590</p>	<p>29 <u>High Sodium Day</u></p> <p>Leap Year Soup & Salad Chef Salad w/Ham & Turkey Tomato Soup Garlic Bread Reg/SF Jello w/Topping</p> <p>Cal:761 Carb:64/48 Na:1431</p>	<p></p>

Thank you

The Friends of Hampden Senior Citizens offer their sincere thanks to the sponsors of the January 2024 Calendar Raffle Fundraiser. Because of their generous donations, 100% of the proceeds will go towards the expansion fund for the Hampden Senior Center.

The calendar was such a great success; we raised \$3,450.00!

Please consider supporting all of the local businesses listed below and, if you know any of the individual donors, be sure to thank them.

Gio's Pizzeria, Rick Green Insurance, John Flynn, La Cucina di Hampden House, Village Food Mart, Lou's Bagel Nook, Architecture Environment Life, Inc., Stone Meadow Farm, Rediker Software, Bilton's Mountainside Orchard, Casa Bella, Chet & Son Painting, Ferrindino Maple, Hampden Beauty Nails, Hampden Liquors, Kinderhook Flowers & Gifts, Mountain View Restaurant, Reid's Corner, Vermette Family, Howarth Family, Mane Event, Quabog Country Club, and those sponsors who wish to remain Anonymous.

Thank you to all who purchased calendars, and supported the Friends of Hampden Seniors Citizens, and the Hampden Senior Center, and Congratulations to all the Calendar Raffle Winners. All winners have been notified.



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)

During normal business hours (M-F, 9-3) if you drop items off and the bin is full, please stop in and let a staff member know.

PLEASE DO NOT LEAVE ITEMS OUTSIDE OF THE BIN. Thank you!

Only use tall kitchen size garbage bags or smaller for your donations to fit in the bin. If the bin is full, please bring your donations to our front office and we will make arrangements to have your items picked up.

FRIENDS OF HAMPDEN SENIOR CITIZENS 2024 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** 2024 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!

A Scantic River Artisans Exhibit

BIG ART SHOW

OF SMALL WORKS



Feb 10 (12 - 5) & Feb 11 (11 - 3)
Reception: February 11 (12 - 2)

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

Join us for a celebration of creativity with paintings, jewelry, pottery, metalwork and a local author book signing. Uncover unique treasures and purchase the craftsmanship of talented artisans.

Visit us at: www.scanticriverartisans.com

Scantic River Artisans present:

Cosmic Bracelet Class

Unveil the Power of Your Zodiac Gemstone!



Sip Wine and Create



Interactive Learning
Through Art

When: February 22, Thursday, 6:00 - 8:00pm

Where: 104 Allen Street, Hampden, MA (Community Room, Hampden Sr. Center)

Cost: \$20 (Wine and one bracelet)

Sign up - contact: Sue Superson - sjsrighter@aol.com