

The Scantic Scribe

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

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, January 14th @ 9:15am

Happy New Year!

I hope you had a wonderful holiday season. The Hampden Senior Center staff hopes you have a happy and healthy 2020! We look forward to seeing you in the new year. Please let us know what programs and activities you would like to see at the senior center and we will do our best to make it happen.

Many thanks to those that gave to our Stocking for Seniors project and for those that generously gave to the senior center during the past year. We could not operate without your support.

We anticipate more snow this winter. Be sure to stay safe and warm during each storm and give a call to your neighbors to make sure they are ok.

Please remember that the senior center administers the Emergency Fuel Fund if you or someone you know is having difficulty with heating costs. In addition the food pantry shelves are stocked, so stop in if you are in need. Enjoy the beautiful days that winter brings. BECKY.....



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.

FRIENDS OF HAMPDEN SENIORS 2020 MEMBERSHIP FEE IS DUE

It's that time of year again! Dues for membership to the Friends of Hampden Seniors can be sent in for 2020. 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 or wish to renew your membership, please fill in the application and mail with \$5.00 for the upcoming year.

NAME: _____ ADDRESS: _____

PHONE: _____ DOB: _____

RENEWAL: _____ NEW MEMBER: _____

Mail to Friends of Hampden Seniors, Inc., 104 Allen Street, Hampden, MA 01036

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, JANUARY 21ST**

CAREGIVER SUPPORT GROUP: MONDAY, JANUARY 13TH
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.**

FALLON INSURANCE: Tuesday, JANUARY 7TH, 10:00 AM

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 2019/2020 heating season

Family Size	Income Limit
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)
- 2019 Electric Bill
- Oil Statement or Gas Bill (or both)
- 2019 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. CALL FOR APPOINTMENT

FOOTCARE: THURSDAY, JANUARY 30TH
CALL FOR APPOINTMENT



FREE BLOOD PRESSURE CLINIC
TUESDAY AND THURSDAY

"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.



TRIPS WITH BOBBI GRANT

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

**Now Taking Deposits on the Trips Listed Below;
Flyers will be available soon 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

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

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

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

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 COMING AFTER THE HOLIDAYS...



MONDAY MOVIES @ 12:15



January 6 – **CHURCHHILL**

Focusing on British Prime Minister Winston Churchill in the hours before the June 1944 D-Day landings, this World War II drama chronicles the growing tensions between Churchill and the Allied leaders as they prepare to retake Nazi-occupied Europe. (Inspiring Drama/PG) **Cast:** Brian Cox, Miranda Richardson, John Slattery

January 13 – **AVENGERS: INFINITY WAR**

An unprecedented cinematic journey ten years in the making and spanning the entire Marvel Cinematic Universe, Marvel Studios' Avengers: Infinity War brings to the screen the ultimate, deadliest showdown of all time. The Avengers & their Super Hero allies must be willing to sacrifice all in an attempt to defeat the powerful Thanos before his blitz of devastation puts an end to the universe. (Action & Adventure/PG13) **Cast:** Robert Downey Jr, Chris Hemsworth, Mark Ruffalo, Chris Evans, Scarlett Johansson

January 27 – **INVINCIBLE**

Devoted Philadelphia Eagles fan Vince Papale has just lost his wife and his job as a substitute teacher. But by impressing his favorite NFL team's coach in open tryouts and winning a place on the field, he turns a terrible year into a winner. (Inspiring Drama) **Cast:** Mark Wahlberg, Greg Kinnear, Elizabeth Banks, Kevin Conway

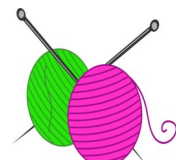


**Warm your HEART by helping
warm the HEARTS of others!**

This month we are collecting spare change to help us 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.



Our knitting/quilting group is accepting yarn donations. If you can help, please drop off at the Hampden Senior Center. Thank you in advance!!



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

CANASTA Tuesdays, 12:30pm



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. **JANUARY 13th, 2020**

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.**

FUNCTIONAL FITNESS

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



GENEALOGY/FAMILY HISTORY - Class will resume in the Spring.

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



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 8 weeks for \$80.00 starting Monday, January 27, 2020, 12:30-2:30. **Call to register.**

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.

January 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 <u>SCRIBE</u> and <u>Friends of Hampden Seniors</u> provide postage. Many thanks to both organizations!</p>	<p>1 CLOSED</p> 	<p>2</p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga</p>	<p>3</p> <p>9:00 Quilting 10:00 Memory Café 11:00 Mahjongg</p>
<p>6</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>7 9:00 Ladies Pool 10:00 FALLON INSURANCE 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>8 HEARING</p> <p>9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch</p>	<p>9 FACIALS</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>10</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>13</p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 1:00 Caregiver Support</p>	<p>14</p> <p>9:00 Ladies Pool 9:15 COA Board Meeting 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>15</p> <p>9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch</p>	<p>16 NATIONAL SKIN RELIEF DAY</p> <p>9:00 Men's Pool 9:30-12:30 Skin Relief 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>17 CHAIR MASSAGE</p> <p>9:00 Quilting 10:00 Memory Café 11:00 Mahjongg</p>
<p>20 CLOSED</p> 	<p>21 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>22</p> <p>9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch</p>	<p>23 COLLATE</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>24</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>27</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>28 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 11:30 Lunch & Learn 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga</p>	<p>29</p> <p>9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch</p>	<p>30 FOOTCARE</p> <p>9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 11:30 Lunch & Learn 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga</p>	<p>31</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

January 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>1CLOSED</p> 	<p>2BBQ Drumsticks* Steamed Peas Rice Pilaf Cranberry Snack Loaf Pineapple Tot Cal:703 Sod: 818</p>	<p>3Meatloaf w/gravy Green Beans Mashed Potatoes 12 Grain Bread Mandarin Oranges Tot Cal: 581 Sod: 666</p>
<p>6Fish Sandwich Dill Carrots Steamed Corn Burger Bun Fresh Fruit Tot Cal: 747Sod: 953</p>	<p>7 Meatball Stroganoff Mixed Vegetables Egg Noodles Whole Wheat Roll Spiced Apples Tot Cal: 704 Sod: 747</p>	<p>8Chicken Da Vinci* Brussels Sprouts Ziti Noodles 12 Grain Bread Brownie or SF Cookie Tot Cal: 902Sod: 1023</p>	<p>9 Taco Salad Yellow Rice Crispy Tortillas Fruited Jell-O Tot Cal: 727 Sod: 861</p>	<p>10 Veg Lasagna Alfredo* Mixed Vegetables Whole Wheat Bread Warm Fruit Compote Tot Cal: 671Sod: 1022</p>
<p>13 Sweet & Sour Pork Stir Fry Vegetables White Rice 12 Grain Bread Tapioca Pudding Tot Cal: 741Sod: 937</p>	<p>14 Bake Stuffed Chicken Steamed Spinach Mashed Yams Dinner Roll Mandarin Oranges Tot Cal: 604 Sod: 830</p>	<p>15 Shepherd's Pie Mashed Potato Top Glazed Carrots Blueberry Snack Loaf Spiced Apples Tot Cal: 748 Sod: 584</p>	<p>16 Hot Dog* with Bun Onions & Peppers Baked Beans Fresh Fruit Tot Cal: 621Sod: 1107</p>	<p>17 Crispy Fish Filet Salad with Ranch Potato Wedges 12 Grain Bread Peach Crisp Tot Cal: 704 Sod: 984</p>
<p>20CLOSED</p> 	<p>21 Eggplant Rollatini Steamed Broccoli Ziti with Marinara Italian Bread Yellow Birthday Cake Tot Cal: 732 Sod: 995</p>	<p>22 Chicken and Gravy* Collard Greens 1/2 Baked Potato Buttermilk Biscuit Applesauce Tot Cal: 762Sod: 1046</p>	<p>23 Lemon Butter Pollock Steamed Green Beans Scalloped Potatoes 12 Grain Bread Vanilla Pudding Tot Cal: 813 Sod: 879</p>	<p>24 BBQ Pork Slider Sweet Potatoes Creamy Coleslaw Slider Buns Spiced Pears Tot Cal: 753Sod: 1059</p>
<p>27 American chop suey Mixed Vegetables Cherry Snack Loaf Spiced Apples Tot Cal: 757Sod: 560</p>	<p>28 Jambalaya Stewed Tomatoes White Rice Whole Wheat Roll Butterscotch Pudding Tot Cal: 839 Sod: 1037</p>	<p>29 <u>Cold Plate</u> Chicken Sandwich Lettuce/Tomato/Mayo Potato Salad Burger Bun Fresh Fruit Tot Cal: 715 Sod: 844</p>	<p>30 Fish Tacos Cilantro Lime Slaw Yellow Rice Flour Tortillas Mixed Fruit Tot Cal: 854 Sod: 855</p>	<p>31 Turkey with Gravy AuGratin Potatoes Cranberry Stuffing Wheat Roll Applesauce Tot Cal: 842 Sod: 854</p>



Episode: **Woman's Cancer**

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, January 28th**

Time: **11:45 am**



Supply List available at front desk

Class size limited...sign up early!

Monday, WaterColor Classes
beginning January 27th.
8 Weeks, Cost \$80.00.
Teacher: Chris Sterrit

Cedarbrook Village
at WARE

Presenting Attorney Robert Kelley

Lunch & Learn Thursday, January 30th 11:45

"Elder Law" and effective planning will
be discussed with time for questions. Plan
on attending and learning the importance
of planning.

"National Winter Skin Relief Day"

Thursday, January 16th from 9:30 to 12:30 Cost \$10.00

Sign up early to take part in this fun and oh so enjoyable group of services.

Choose to take part in one or any of all four being provided by:

Hand Waxing - Angie from Home Instead

Face Hydration - Hady

Chair Massage - Ginnie Levine

Beautiful Hands Mani - Cat Rascid



Sponsored in part by:



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.



A Scantic River Artisans Exhibit

ART SHOW



January 25, 10:00-4:00
(Reception 12:00-2:00)

LIVE DEMOS

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

104 Allen St., Hampden, MA 01036 (Hampden Senior Center)



www.scanticriverartisans.org

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