

# The Scantic Scribe



**JANUARY 2022**

**HAMPDEN SENIOR CENTER  
104 ALLEN STREET 01036**

**413-566-5588 (phone); 413-566-2103 (fax)**

**Website: [www.hampdenma.gov](http://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](mailto:coa@hampdenma.gov)**

**Donna Richardson, Administrative Asst. & Volunteer Coordinator**  
**[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)**

**Wendy Cowles, Outreach Coordinator**  
**[outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)**

**Activities Coordinator**  
**[activities@hampdenma.gov](mailto:activities@hampdenma.gov)**

**Sharon Woodin & Joi Giuggio, Receptionists**  
**[receptionist@hampdenma.gov](mailto: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**

**Happy New Year!**

It is my hope, and the hope of all of us here at the Senior Center, that 2022 will be a year of good health and happiness for everyone. These have not been easy times, but as we lean on each other for laughter, support and strength, we get through the most difficult of days.

As we ring in the New Year, we welcome two new Receptionists to the office. Sharon and Joi will be splitting the week at the front desk and look forward to meeting you. Please be sure to introduce yourself when you come in so they can start getting to know you better. We are happy to have them joining the Senior Center team.

As 2021 came to a close, amidst all the hustle and bustle of the season, as I sit here at my desk I am reminded of the many blessings that surround me. One of those blessings is the amazing staff here at the Senior Center who always go above and beyond to make this the best place to be and who make my work a whole lot easier and a lot more fun! Secondly, the volunteers who give so much of their time to the senior center is truly a blessing that we are all grateful for. And finally, all of you who come in to participate in programs and activities. We wouldn't be here without you, so keep coming!

As we enter the new year we ask that you all continue to be vigilant in staying safe as the pandemic is not over. If you are not feeling well, please stay home and let us know if you need anything. Stay tuned for an exciting year full of great programs and activities! Stay safe and Be Well. Happy New Year! BECKY.....

**Pieces of Time**

New years come and new years go,  
Pieces of time all in a row.

As we live our life, each second and minute,  
We know we're privileged to have you in it.

Our appreciation never ends

For our greatest blessings... our family and friends.

**Happy New Year! (By Joanna Fuchs)**

**COA BOARD MEETING:**

**TUESDAY, JAN 11 at 9AM**  
**in PERSON or VIA ZOOM.**

**ZOOM Meeting ID: 95866401813**

**ZOOM Password: 639217**

*Thank You!*

**A BIG THANK YOU to our generous sponsors who helped us provide 120 Holiday Meals in December:** Great Horse, Rice's Fruit Farm, St. Mary's Church for making cards & candy bags, and all our amazing volunteers including some from Bethlehem Church and Minnechaug high school!  
**We couldn't do it without your support!**



**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 starting on January 6, 2022. 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.

## 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](mailto: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, JAN. 18TH 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.

### REGISTRY OF MOTOR VEHICLES:

Please contact Wendy for RMV related

questions or help with processing RMV applications online.

Beginning **May 3, 2023**, 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 identification at airport security checkpoints for domestic air travel.



### 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.



## 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](mailto:outreach@hampdenma.gov) to sign up. They are located on 146 Thresher Rd in Hampden.

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



I was hoping the new year would begin differently. I was hoping life would return to normal. However, as we look forward to a new year we continue to worry about Covid 19. A few months ago, it seemed as though we turned the corner. We were starting to re engage in activities we loved. Then Omicron surfaced and the numbers of people testing Covid increased and hospitals became overwhelmed with the surge. As we enter the Holiday season it is likely more people will be active mixing, mingling and celebrating. We cannot let our guard down. Visiting venues where crowds likely need to be avoided. Masks need to be worn outside the home. We need to get the shot and the booster. We need to be sure that we visit only with friends and family that are vaccinated. These measures will help protect us all and keep us healthy.

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



#### Caregiver Support Group via ZOOM or by PHONE

**Tuesday, January 18th 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.

# Services and Information

## Weather Alert

Please Read

### WINTER WEATHER ADVISORY and SAND FOR SENIORS

Watch channels 22 & 40 or sign on wwlp.com for information about cancellations. Watch for HAMPDEN SENIOR CENTER and GREATER SPRINGFIELD SENIOR SERVICES for information.



Now through April, 2022 the Fire Department and 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 & walkways. If you wish to have a bucket of sand delivered, please call the Hampden Senior Center at 566-5588 & leave a message with your name, address, phone #, & the location on property where you would like the bucket dropped off. If we need additional information we will call you back, otherwise you're all set!



The Senior Center will sponsor the AARP Curbside Tax-Aide Program for 2022 **by appointment only**. You will need to drop your information off at the door the morning you are scheduled. You will be called when they are done. Please be sure to bring all pertinent documents such as: Forms 1099-R, 1099-SSA, W-2's (if applicable), Real Estate Taxes, Social Security Cards and Picture ID. **Appointments are limited and will not be taken before January 5th, 2022.**

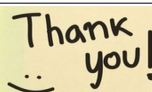
### \*\*CHANGES TO THE TRI TOWN TROLLEY SENIOR TRANSPORTATION SERVICES\*\*



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. 72 hour notice is REQUIRED for scheduling any rides, call for 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](mailto: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.

1/3~ **Where'd you go Bernadette**, PG-13 Mystery Comedy

1/10~ **Judy**, PG -13 Biography, Musical Drama

1/24~ **Waitress**, PG-13 Romantic Comedy - **Starts at 12:30**

1/31~ **Breakthrough**, PG Drama, Faith & Spirituality

**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

# JANUARY 2022

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:15 Movie	<b>4</b> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	<b>5</b> <u>HEARING CLINIC by appt.</u> 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Pitch	<b>6</b> 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	<b>7</b> <u>CHAIR MASSAGE by appt.</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
<b>10</b> 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:15 Movie	<b>11</b> <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 12:30 Bunco 1:00 Mat Yoga	<b>12</b> 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	<b>13</b> <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	<b>14</b> <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
<b>17</b> <u>CLOSED</u> 	<b>18</b> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga 1:30 BROWN BAG 6:PM Caregiver Support	<b>19</b> 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	<b>20</b> 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	<b>21</b> <u>CHAIR MASSAGE by appt.</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
<b>24</b> 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner 11:30 Tune-Up Clinic 12:00 Pie Day 12:30 Movie	<b>25</b> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	<b>26</b> <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	<b>27</b> <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	<b>28</b> <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
<b>31</b> 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner 12:15 Movie				

**\*\*JANUARY 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
	<b>4</b> <u>HIGH SODIUM</u> Chicken Cordon Bleu(750) Herbed Cauliflower(45) Sweet Potatoes(188) Rye Bread(193) Strawberry Cheesecake (320) SF Cookie Cal:857 Carb:72 Na:1380	<b>5</b> Cheese Pierogi*(914) Cabbage & Carrots(25) Harvard Beets(212) Whole Wheat Bread(144) Reg/Diet Pudding(246) Cal:654 Carb:107 Na:1190	<b>6</b> Cheeseburger(519) Ketchup(82) Onions/Mushrooms(143) Tater Tots(205) Hamburger Bun(297) Mandarin Oranges(100) Cal:673 Carb:80 Na:1076	<b>7</b> Spaghetti Meatballs*(542) Tossed Salad w/Ranch(122) Garlic Knot(220) Reg/Diet Cookie(105) Cal:793 Carb:90 Na:1132
	<b>11</b> <u>HIGH SODIUM</u> Hot Dog w/Bun(803) Baked Beans(80) Potato Salad(106) Tropical Fruit(3) Cal:869 Carb:97 Na:1390	<b>12</b> Red Pepper Chicken(564) Steamed Spinach(276) Penne Pasta(9) Italian Bread(145) Fresh Cantaloupe(7) Cal:693 Carb:99 Na:1188	<b>13</b> Potato Pollock(150) Tuscan Blend Veg(49) Rice Pilaf (59) Tartar Sauce(70) Whole Wheat Roll (222) Chilled Pears(4) Cal:629 Carb:91 Na:577	<b>14</b> Jerk Chicken(201) Oven Fried Plantains (18) White Rice(4) Whole Wheat Bread (116) Coconut Upside Down Cake Cal: 888 Carb:126 Na:525
	<b>18</b> Turkey w/Gravy* (338) Peas & Carrots(90) Stuffing(171) Mashed Potatoes(46) LS Wheat Bread(65) Cupcake(140) Cal:882 Carb:117 Na:992	<b>19</b> Turkey Sloppy Joe(329) Steamed Green Beans(5) Whipped Potatoes(46) Club Roll(340) Fresh Fruit(1) Cal:718 Carb:95 Na:837	<b>20</b> Sweet and Sour Meatballs*(806) Salad w/French(114) White Rice(4) LS Wheat Bread(65) Sugar Cookie(55) Cal:910 Carb:116 Na:1159	<b>21</b> Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (116) Butterscotch/Diet Pudding(246) Cal:639 Carb:108 Na:982
	<b>25</b> American Chop Suey(211) Roman Blend Veg(35) Wheat Roll(210) Reg/Diet Cookie(105) Cal:727 Carb:102 Na:700	<b>26</b> Shepherd's Pie(218) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(199) Pear Crisp(73) Cal:817 Carb:112 Na:728	<b>27</b> Fish Tacos(360) Cilantro Coleslaw(138) Yellow Rice(20) Flour Tortilla(170) Reg/Diet Cookie(55) Cal:715 Carb:73 Na:858	<b>28</b> Pulled Pork(111) Glazed Carrots(77) Steamed Corn(4) Wheat Bun(230) Tropical Fruit(10) Cal:735 Carb:93 Na:546
	<b>Menu subject to change without notice.</b>  <b>Suggested voluntary donation - \$2.00.</b>			
	<b>Key for Symbols:</b> 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)			
	<b>If you have any special concerns regarding the menu, contact the GSSI Dietitian at 781-8806, EXT. 136 for more information.</b>			



## 2022 Possible Trips with Bobbi

Let Bobbi Know Your Preferences  
from the list below by calling  
413-566-8271 or email  
[bobbijg2@charter.net](mailto:bobbijg2@charter.net).



Boston, Charles Playhouse/Blue Man Group w lunch,  
Feb date & price TBA

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

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

Goodspeed Opera House/w lunch and matinee, date  
depends on the show, price TBA

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

Mystic, CT: lunch, shopping, boat ride, etc., Wed, June 8,  
\$107/pp

Boston Duck Boats/ Lunch @ Maggiano's Little Italy,  
June 28 or 29, \$135/pp

Hudson River Cruise/River Grill lunch, July 13, price TBA

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

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

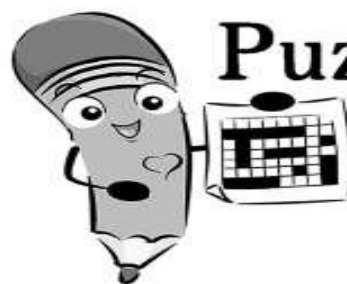
Cape Cod Canal Cruise/ lunch @ Lindsey's Family  
Restaurant, Sept 14 or 15, price TBA

Lakeside Turkey Train/Anheuser-Busch Brewery, Thurs,  
Sept 29 or Wed, Oct 19, price TBA

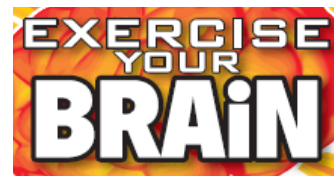
Log Cabin/Direct from Branson, Ozark Country  
Christmas, Thurs, Nov 10, \$109/pp, \$79/pp self drive

## Arts & Crafts

Rose Sullivan will be holding an  
arts and craft project once a  
month. The first one is a "Sock  
Snowman/woman" on Friday,  
January 28th from 1:00-2:30pm.  
Price is \$6 per person & includes  
all materials! Limited to ten  
participants so please call  
566-5588 to sign up.



## Puzzle Pac's



### PUZZLE PAC'S ARE BACK!!

Winter Blues... need something to do to keep your  
spirits up and your brain healthy while having fun!

We have put together some puzzle games with a  
raffle prize for those who take on the challenge.  
Puzzle Pac's will be available starting Jan. 5th at our  
"Grab N' Go Lunch" or for pick up at the Sr. Center.

Your completed Puzzle Pac needs to be returned to  
us by January 28th. Drawing will be February 1st and  
one lucky winner will be notified.

## Congratulations!

Congratulations to our 3 Lucky Winners...

1st Prize Doll House: Geraldine Dearden

2nd Prize Holiday Quilt: Barb Fitzgerald

3rd Prize Fleece Blanket: Kathy Weiner

Thank you, all proceeds benefit the Hampden  
Senior Center Building Expansion Fund!

Coming  
Soon

## 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.





**JOIN US FOR  
NATIONAL PIE DAY!  
MONDAY, JANUARY  
24TH AT NOON.**

**Come inside and enjoy a  
slice of pie & stay for our  
movie at 12:30 "Waitress".  
Space is limited, so please  
call 566-5588 to sign up!**

## **TUNE UP CLINIC**



**Louis & Clark Medical Supply and Home Helpers of Enfield, CT  
& Western Mass and Company are offering a FREE Medical Equipment  
Tune Up Clinic.**



**Hampden Senior Center**

**Monday, January 24th at 11:30 a.m.**

**BRING YOUR WALKERS, CANES, ROLLATORS AND WHEELCHAIRS TO BE  
ASSESSED AND REPAIRED ON THE SPOT. THE MAINTENANCE IS FREE!  
A SMALL CHARGE MAY INCUR IF PARTS GO OVER \$5.00.**

## **SUPERBOWL LUNCHEON**



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



**\$2.00/person**

**SPACE IS LIMITED**

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



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.

