

The Scantic Scribe



JANUARY 2023

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

Administrative Asst. & Volunteer Coord

scribe@hampdenma.gov

Wendy Cowles, Outreach Coordinator

outreach@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 Chairman: Ed Norman

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Tina Doran, Monique

Downey, Suzanna Haskins, Deanna

Vermette

Rep to GSSI: Cheryl Delviscio

COA BOARD MEETING:

TUESDAY, January 10th at 9AM

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

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 you supporting our essential programs and services.

Happy New Year!

I hope you all had a wonderful holiday season.

We are excited to kick this year off with a packed schedule full of exercise, education and entertainment. Sign up early so you don't miss out.

Due to the ever increasing costs of food and supplies, you may see a slight increase in our charges for staff prepared meals. We appreciate your understanding. As always, grant funding is available for those that would like to participate in any of our programs but have financial difficulties. See me or Wendy for more information.

Please remember to call in your daily lunch reservation before 10:00am **the day before** you want to come for lunch. We are also happy to add you to the lunch list on a monthly basis. Call with all the dates you would like to join us for lunch and you'll be all set for the month!

The Senior Center Building Committee is in full swing looking at options to expand our current building to allow for even more great programs and services. Stay tuned for updates as they become available.

Stay warm and check on your friends and neighbors during these cold winter months.

See you soon, BECKY.....



**Beat the Winter Blues and join us for an
ISLAND VACATION LUAU LUNCHEON**

Wednesday, January 25th at 12:00

Entertainment provided by Roger

Tincknell and lunch prepared by Senior Center Staff.

Enjoy Chicken Teriyaki, rice, dessert and more!

Cost is \$6 per person. Call 566-5588 to reserve your seat today.

Sponsored in part by the Hampden Cultural Council.



Please vote for Hampden Council on Aging!!

It's time to cast your vote for the 2023 Monson Savings Bank Community Giving Initiative. Each year, Monson Savings Bank asks the community to help plan the Bank's community giving activities by inviting people to vote for the non-profit organizations they would like the Bank to support during the upcoming year. Sign on to **www.monsonsavings.bank**, and click on "**Learn More**" to vote. We can also help you vote at the Senior Center. You only need to enter your email and vote for "Hampden Council on Aging". Thank you! We appreciate your support!!



SUPERBOWL LUNCHEON

Friday, February 10th at 12:00noon

Hot Dogs, Baked Beans, Potato Chips and Dessert

SPACE IS LIMITED

Please call 566-5588 to sign up. Cost is \$3 per person.

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:** Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet the following monthly income guidelines:
NEW INCOME GUIDELINES-1 person household—\$2,265; 2 person household—\$3,052
- **BROWN BAG: NEW INCOME GUIDELINES**-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—\$2,096; Income guidelines for 2 person household—\$2,823
NEXT PICK-UP IS TUESDAY, January 17th, 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:** RMV related questions or help with processing RMV applications online. **Beginning May 7, 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.



MEMORY CAFÉ - EVERY FRIDAY AT 10:00AM

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, January 17th 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 help. Call Wendy for information.

TRI TOWN TROLLEY TRANSPORTATION SERVICES

operates for Hampden, East Longmeadow & Longmeadow Seniors Mon-Fri, 9am-3pm. Grocery store trips will only be scheduled on Wednesdays & 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. Please call **525-5412** to schedule a ride as soon as you schedule a medical appointment. **Call 525-5412 with any questions or information.**



D & R FARM WINTER FARM SHARE

Twice a month, D & R FARM is offering fresh produce and it is **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. Please let us know if you need your share delivered. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up.

PICK-UP IS WEDNESDAY JANUARY 11TH & 25TH AT 9:30AM

Help Us Stock the Shelves!!

Thank you for those that donated soap and deodorant last month. Every month we will target a different item to fill our shelves. People who qualify for SNAP are unable to use their benefits on non food items, so we hope this collection will help those most in need. This month we are collecting paper towels. Once the shelves are stocked, items will be available by request on a monthly basis. Call Wendy for details.



Friends of Hampden Seniors Hartsprings Fundraiser

Have you seen the new purple bin in the Senior Center Parking Lot? Bring your unwanted clothing, shoes, housewares, and more! The Hampden Senior Center is one of Hartsprings newest Community Partnership Bin locations, which means your donation not only helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but also helps to fund all the amazing programs at the Hampden Senior Center! Call or stop by the senior center if you have questions about what can be donated.

Services and Information



JANUARY BREAKFAST **Wednesday January 18th at 9:00AM**

Pancakes, Sausage, Fruit and Coffee/Tea for \$3.00 per person.

Sign up at the front desk or call 566-5588 to reserve your seat.

Thanks to Hampden's Ferrindino Maple, LLC for donating the maple syrup! Stop by their self-serve roadside stand at 284 Glendale Road, Hampden.



Join us for a delicious slice (or two!) of PIE on **National Pie Day**,

Monday, January 23rd at 12:30

Sign up to let us know you're coming.

Enjoy pie and then stay for the movie (12:45 start time).

"The Guernsey Literary and Potato Peel Pie Society"

Want Lunch too? Mac & Cheese at 12:00 noon.

Sign up today.

Grab and Go Dinner



Thursday, January 19th, pick up from 2-2:30PM

Becky and Wendy are back in the kitchen! Enjoy spaghetti with a delicious homemade meat sauce, tossed salad, bread and dessert.

\$5.00 per person. Please call 566-5588 to sign up.



Our Senior Center will again sponsor the AARP Tax-Aide Program for 2022 **by appointment only**. Appointments may be made starting January 3rd. On your appointment date, you will meet briefly with a counselor to review paperwork, then leave and wait for a phone call to pick up the completed return. Same day pick up is required.

You will be mailed, in advance, forms to be **completed** and brought with you along with all pertinent documents such as: forms 1099-R, 1099-SSA, W-2, previous year (2021) tax return, **copies** of Social Security cards, picture i.d., all real estate tax bills (for ages 65+), water and sewer bills (if applicable), etc.

We are happy to have this program in Hampden and look forward to a successful season.

FRIENDS OF HAMPDEN SENIORS 2023 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 2023 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 drop in or call 566-5588 if noted below to sign up. If you have any questions or suggestions on new activities, please call Diane or email her at activities@hampdenma.gov.

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



BILLIARD ROOM

Mondays, 12:00-3:30-**Billiard League**

Tuesdays, 9:00-noon - **Women's lighthearted no rules play**

Thursdays, 9:00-noon - **Men's play**

Wednesdays and Fridays - **Open play**

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

BLOOD PRESSURE SCREENING Tuesdays and Thursdays, 9:15-10:45.

BRIDGE Mondays, 9:30-noon. **New experienced players welcome.**



BUNCO Tuesdays, 12:00-3:00, **New people welcome, will teach.**

CANASTA Wednesdays, 9:30-11:30. **New people welcome, will teach.**

CARD MAKING with Ellie, January 9th, 1-3PM. Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE with JulieAnne Every other Friday. \$10 for ten minutes. **Please call for appointment.**

CRIBBAGE Fridays at 12:30PM

DRUMMING CLASS Mondays starting 1/9. \$6/per class.

FIRST CLASS FREE on JANUARY 9th!! 1-2 PM

FACIALS with Diane Neill NO FACIALS IN JANUARY. See you in February! 2nd Thursday of every month. Please call for appointment and pricing.

FOOTCARE Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent Tuesdays and Thursdays, noon-1:00, \$5/per class.

HEARING CLINIC BY BAYSTATE HEARING 1st Wednesday of the month. **Please call for appointment.**

KNITTING/CROCHETING Mondays, 9:00-11:00. **New people welcome, will teach.**

LINE DANCING: Every Friday 1-2PM, \$5.00 per class

MAHJONG Fridays, 10:30-3:00.

New people welcome, will teach.

MANICURES with CAT Every other Friday. **Please call CAT directly at 413-335-7422 for appointment & pricing.**

MEMORY CAFÉ Fridays, 10:00-noon.

MOVIES Mondays, 12:30

1/9~Where The Crawdads Sing, PG-13, Mystery/Drama

1/23~The Guernsey Literary and Potato Peel Pie Society, NR, Romance/Drama

1/30~And So It Goes, PG-13, Romance/Drama

PITCH Wednesdays, Sign up is at noon. Play time is 12:30. **NO PITCH ON JANUARY 25th**

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

READERS GROUP Tuesday, January 31st at 12:30

RUMMIKUB Wednesdays, 12:30-2:30, **New people welcome, will teach.**

SENATOR/STATE REP OFFICE HOUR Wednesday, 1/25 11-12

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

Advanced Session - 9:15-10:15

Beginners Session - 10:30-11:30

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 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036




Mon	Tue	Wed	Thu	Fri
2 CLOSED 	3 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	4 <u>HEARING by appt</u> 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	5 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	6 <u>Chair Massage by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
9 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie-Crawdads 1:00 Card Making 1:00 Drum Exercise	10 <u>FOOTCARE by appt</u> 9:00 COA BOARD 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 3:30 Tech Help	11 <u>FOOTCARE by appt</u> 9:30 Canasta 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	12 <u>NO FACIALS</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting; Bingo 1:00 Mat Yoga	13 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
16 CLOSED 	17 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:30 BROWN BAG 3:30 Tech Help 6:00 ZOOM support group	18 9:00 Breakfast 9:30 Canasta 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	19 8:30 COLLATE SCRIBE 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting, 12:30 Bingo 1:00 Mat Yoga 2:00 Grab & Go Pick Up	20 <u>Chair Massage by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
23 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch w/Pie 12:00 Billiard League 12:45 Movie - Potato Peel Pie Society 1:00 Drum Exercise	24 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 CHAIR YOGA 12:00 Lunch w/Nutritionist 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 3:30 Tech Help 4:00 Friends Meeting	25 9:30 Canasta 9:30 Farm Share 9:30 Water Colors 10:00 Trivia 11:00 Senator/State Rep 12:00 LUAU LUNCH 12:30 NO PITCH 12:30 Water Colors 12:30 Rummikub	26 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	27 <u>MANICURES by appt</u> 9:00 Quilting 10:00 Memory Cafe 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
30 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie - And So It Goes 1:00 Drum Exercise	31 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Readers Group 1:00 Mat Yoga 3:30 Tech Help	<div> ELMS COLLEGE NURSING STUDENTS ARE BACK! Nursing students will return every Thursday starting on Thursday, January 26th from 9:30—12:00. </div>		

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

JANUARY 2023

LUNCH MENU

Lunch served daily @
NOON. RSVP By 10AM
the day before by calling
566-5588

Mon	Tue	Wed	Thu	Fri
2 CLOSED 	3 Korean Meatballs Oriental Blend Vegetables White Rice Oatnut Bread Chilled Applesauce Cal:696 Carb:106 Na:1087	4 Turkey w/Gravy Pearled Onions & Peas Mashed Potatoes Cranberry Stuffing Pound Cake/Diet Cookie Cal: 801 Carb:112 Na:1115	5 Hot Dog w/Bun* Potato Salad Baked Beans Ketchup/Mustard/Relish Fruit Ambrosia Cal:862 Carb:83 Na:1306	6 Stuffed Cabbage Green Beans Whole Wheat Bread Reg/Diet Jell-O Cal:530 Carb:80 Na:970
9 Apricot Chicken Collard Greens Rice Pilaf Buttermilk Biscuit Reg/Diet Pudding Cal:977 Carb:107 Na: 1197	10 Cheeseburger Onions & Mushrooms Cheesy Potatoes/Ketchup Wheat Burger Bun Mixed Fruit Cal:965 Carb:86 Na:1453	11 Penne Bake w/Meat Sauce Apple Juice California Blend Veggies WW Bread Chilled Peaches Cal:718 Carb:113 Na:406	12 Shrimp Scampi Steamed Peas Spaghetti Noodles WW Buns Fresh Fruit Cal:890 Carb:94 Na:709	13 Turkey w/Dijon Sauce Parslied Carrots Oven Roasted Potatoes Mini Cornbread Reg/Diet Cookie Cal:640 Carb: 79 Na:826
16 CLOSED 	17 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Pears Cal: 659 Carb:72 Na:622	18 Meatball Parm Onions & Peppers Italian Blend Veggies Italian Bread Reg/Diet Jell-O Cal:506 Carb:52 Na:987	19 Crab Cake w/Tartar Sauce Steamed Corn Coleslaw WW Bread Fresh Fruit Cal:612 Carb:75 Na:895	20 Birthday Lunch Chicken w/Sausage Gravy Green Beans Mashed Potatoes Dinner Roll Cupcake/Diet Cake Cal:821 Carb:88 Na:935
23 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Cookie Cal:716 Carb:110 Na:924	24 *GSSSI Nutrition Education Day Lunch Turkey Divan Steamed Broccoli White Rice WW Dinner Roll Mixed Fruit Cal:675 Carb:97 Na:684	25 Staff Prepared Luau Chicken Teriyaki Rice Dessert 	26 New England Fish Chowder Green Beans Cornbread Mini Loaf Chilled Peaches Cal: 613 Carb: 80 Na: 629	27 Cranberry Glazed Chicken California Blend Veggies Roasted Red Potatoes Whole Wheat Bread Fresh Fruit Cal: 555 Carb: 89 Na: 709
30 American Chop Suey Roman Blend Veggies Wheat Roll Rice Krispie Treat Cal:712 Carb:106 Na:702	31 Breakfast Sausage Cheese Omelet Potatoes O'Brien Cranberry Snack Loaf Spiced Apples Reg/SF Hot Cocoa Cal:798 Carb:87 Na:1049	<div>*High Sodium Entrée</div> <div>Puree Meals available</div> <div>Call GSSSI at 781-8800 Ext. 136</div>	<div>Special concerns regarding the menu?</div> <div>Contact the GSSSI Dietitian, Mary, at 781-8806, EXT. 136</div> <div>Suggested Voluntary Donation \$2.00 per meal.</div> <div>Menu subject to change without notice.</div>	<div>Key for Symbols:</div> <div>Cal = Total Calories</div> <div>Carb = Total Carbs</div> <div>Na = Total Sodium</div> <div>* Sodium mg content (>500mg)</div> <div>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</div>

Notes and Thoughts from Diane Marino, Program Coordinator



As we say goodbye to the hustle & bustle of the Holidays and approach the less busy colder months ahead, we invite you to come in, warm up and pass a few hours by joining us for our Classic Game Gatherings!

We will be playing **Rummikub** on Wednesdays @12:30 and

Cribbage on Fridays @12:30

We are happy to add other favorites such as Othello, Checkers, Five Crowns, puzzle making as well as new suggestions!

The more the merrier!

We are happy to teach those not familiar, just give us a call and we will arrange to meet with you!

"It's so much more friendly with two."~Piglet



Drumming & Movement w/ Tara Murphy



Monday afternoons from 1-2 PM.

Starting on Jan 9th for 6 weeks. First class FREE!

Drums and sticks will be provided.

Class size is limited, so sign up early.

\$6.00 per class or \$25 for all 5 classes pre paid.

Inspired by West African dance and drumming, this activity is therapeutic and a great outlet for creative expression. First, instructor Tara Murphy leads simple, rhythmic chair dance movements to African music for the first 30 minutes of class.

Then the class will play African drums, *dun duns*, with sticks.



**Come out of the cold on
Tuesday, January 31, 2023
@ 12:30 for our Reader's
Gathering**

"Between the Lines"

Join us to share your

"Warm & Cozy" favorites!

Warm beverages will be provided!

Call to sign up!



FREE Technology Help Sessions Are Back! **NEW DAY**

The Wilbraham & Monson Academy Service Team will be here on **Tuesdays, January 10th, 17th, 24th & 31st from 3:30-4:30.**

They will assist you with all your technology questions.

Students will meet with you one on one.

Bring your phone, iPad, tablet, or laptop computer and your questions! Please call 566-5588 to sign up.



2023 Trips with Bobbi

Bus seat assigned upon receipt of \$20 deposit (all incl driver's tip)

The Aqua Turf Club w coffee/donuts, free drink, show & door prizes @ \$119/pp;

Tues, April 11: Shake, Rattle 'n' Roll Dueling Pianos mixing Music, Comedy and Audience Interaction

Tues, Aug 15: Come Fly with Me, Dance to music from Sinatra, Kenny Rogers, Tim McGraw and more

Cape Cod Canal Cruise (narrated) w lunch @ Lindsey's @ \$116/pp;

Cape Cod 3-day Getaway in Sept (incls Canal Cruise, 3 meals, Pirate Museum & more) @ \$399/pp dbl;

Newport Playhouse Lobsterfest, show & cabaret, \$ TBD

VT Fall Foliage w stop @ Honora Winery for lunch, tour Grafton Village Cheese Co, \$ TBD;

Webster, MA, cruise Lake Webster on stern wheeler w lunch @ Foppema's Farm, \$ TBD

Boston's Duck Boats w lunch, \$TBD

Have a wonderful holiday season; see you in the Spring.

Bobbi, 413-566-8271 or bobbijg2@charter.net

Health and Wellness



FREE BAYSTATE HEARING: 1st Wednesday of the month. Please call for an appointment.

FREE BLOOD PRESSURE CLINIC

Tuesdays with Silver Linings

Thursdays with Ashley Boudreau, RN, Public Health Nurse Walk in 9:15 - 10:45am



FOOTCARE: Tuesday, January 10th and Wednesday, January 11th

Please call for an appointment and cost.

PUZZLE PACKS ARE BACK!!



Looking for something to do to keep your brain healthy while having fun?

Look no further... senior center puzzle packs are back!

Pick up your puzzle pack at the senior center starting on January 3rd. Complete the puzzles and return to the center before January 31st for your chance to win a prize. Drawing will be held on February 1st and one lucky winner will be notified.



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.



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, 2023 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 and leave a message with your name, address, phone #, and the location of property where you would like the bucket.

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 2022/2023 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$42,411
2	\$55,462
3	\$68,512
4	\$81,562

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.



HAMPDEN EMERGENCY FUEL FUND

The Hampden Emergency Fuel Fund is made available through private donations throughout the year and is supported by the Friends of Hampden Seniors. We are grateful for the support of this valuable program. 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 for more information or to find out if you qualify for assistance.

All information provided is confidential.

Contact Wendy for information.

566-5588

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? Please call 566-5588 and let us know. 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. Gift bags will include soups, treats, games and more. Deliveries will take place during the month of February. Interested in delivering? Call Wendy.

