

The Scantic Scribe



JANUARY 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 GSSSI: Cheryl Delviscio
Cliff Bombard, Monique Downey, Suzanna Haskins, Juanita Markham, Anne-Marie Villamaino

COA BOARD MEETING:

Tuesday, January 9th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Wednesday, January 3rd at 11:00 am in the Hampden Police Department Training Room
in PERSON or VIA ZOOM
ZOOM Meeting ID: 82653444250
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 you supporting our essential programs and services.

Greetings!

We are looking forward to another wonderful year and hope we will see you at the center participating in all that we have to offer. Stay tuned for more information on the senior center building expansion/renovation project. We hope for more space to be able to bring more programs and services to you.

We have a lot going on this month and in the months to come, so keep an eye on the scribe and be sure to sign up early.

On behalf of all the Senior Center Staff, we wish you a happy and healthy 2024.

See you soon, Becky.....



The AARP Tax-Aide Program will return for 2024 by appointment only. Appointments may be made starting January 2nd. If you call to schedule an appointment and get the answering machine, **please leave a message** with your name and phone number and that you are interested in a tax appointment. Calls are returned in the order in which they are received.

This year, taxes will be completed on Mondays. 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 (2022) Tax Return, copies of Social Security Card, 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.



Grab and Go Dinner

Thursday, January 18th

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

Becky and Wendy will be in the kitchen again whipping up a delicious dinner of Turkey Casserole, Tossed Salad, and Dessert.

Cost is \$5 per person.

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




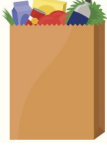
Join us for a delicious slice (or two!) of PIE on National Pie Day.

Monday, January 22nd at 12:30

Please call 566-5588 to sign up to let us know you're coming.

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, January 16th.

- 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 starting in January, through June
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, January 10th & 24th 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 Tissues!



Thank you to those that donated liquid dish soap 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, January 16th 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, January 3rd 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 auditorium.**

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



ELMS COLLEGE NURSING STUDENTS

The Elms College Nursing Students
will be here on **Wednesdays** starting
January 24th from 9am to noon
to do blood pressure screening and provide
educational health information.

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, January 23rd & 24th.



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.

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.



Did you know we have...

Chair Massage with Mindy

Tuesdays January 2nd, 16th & 30th, \$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

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!



"Between the Lines"

At the request of Cindy O'Sullivan, her most cherished books have been donated to our Senior Center Library.

Cindy, a long time member of the Hampden Senior Center developed and lead the "Between the Lines" readers group. Much more than a book club, Cindy welcomed anyone to come and share their love for words from a book, song, poem or whatever moved them.

Please come, browse, and enjoy all her wonderful books. Share her passion of "words" with those who are willing to open their hearts and minds, and experience the joy of reading.



Create a Greeting Card with Ellie!

Monday, January 8th,
1:00 pm to 3:00 pm

Cost is \$3.00 per person, materials are provided.
Please call 566-5588 to reserve your seat, space is limited.



Make a Valentine Wreath with Sheree!

Tuesday, January 16th from
1:00 pm to 3:00 pm

Cost is \$5 per person (all materials included).
Please call 566-5588 to reserve your seat. Space is limited.



January Puzzle Pacs

*We gave you a break for the holidays and took
December off, but it's time to get back in shape
and keep your brain healthy and sharp!*

New puzzle packs will be available January 2nd.
Do your best, but have fun with it! Return your puzzle pack to
the Senior Center by **January 31st** for a chance to win.
Drawing will be held on February 1st.

**Congratulations to Jim Dupuis and Patti Burnett, our November
Puzzle Pac Winners!**



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

June 6, Thur - Newport Playhouse; buffet lunch, show,
"The Cemetery Club" (squashing a graveyard romance),
cabaret; \$125

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 1/2 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**



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.**

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 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, January 8th.

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

CHAIR MASSAGE

Tuesdays, January 2nd, 16th & 30th. \$10 for 10 minutes.
Please call for appointment.

CRIBBAGE Fridays, 12:30 pm.

DRUMMING - CANCELLED

FACIALS with Diane Neill Thursday, January 11th.
2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE with Paul

Tuesday and Wednesday, January 23rd & 24th.
Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

KNITTING/CROCHETING Mondays, 9:00am-11:00am.

New people welcome, will teach.

LINE DANCING - CANCELLED

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.

1/1 - **No Movie Today—Senior Center Closed**

1/8 - **Morning Glory**, PG-13, Comedy/Drama/Romance

1/15 - **No Movie Today—Senior Center Closed**

1/22 - **Woman In Gold**, PG-13, Biography/
Drama/History

1/29 - **What Women Want**, PG-13, Comedy/
Fantasy/Romance



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, January 24th, 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.

UKULELE - CANCELLED

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.



WATERCOLORS with Chris Sterritt

Wednesdays, 8 week session beginning

January 10th through February 28th.

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

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

\$80 for session. Please call for availability. Space is limited.

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





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 senior center in writing.

Please call
413.566.5588 for
additional information

January 2024

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
1 Closed 	2 <u>Chair Massage by Appt</u> 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 9:30 Vets Coffee Hour 10:00 Trivia 11:00 Bldg Comm Mtg 12:00 Lunch 12:30 Pitch 12:30 Rummikub	4 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	5 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage
8 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	9 9:00 COA Board Mtg 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	10 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	11 <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 Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	12 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage
15 Closed 	16 <u>Chair Massage by Appt</u> 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 Brown Bag 1:00 Mat Yoga 1:00 Craft with Sheree 6:00 Zoom Support Group	17 8:30 Collate Scribe 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	18 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	19 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage
22 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 12:30 Pie Day	23 <u>Footcare by Appt</u> 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	24 <u>Footcare by Appt</u> 9:00 Blood Pressure w/ELMS 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 10:30 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	25 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	26 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch & Learn* 12:30 Cribbage
29 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	30 <u>Chair Massage by Appt</u> 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	31 9:00 Blood Pressure w/ELMS 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors		*Lunch & Learn Friday, January 26th Mary from GSSSI will be here to discuss Nutrition Myths and Facts.

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

January 2024

LUNCH MENU

Lunch served daily at
12pm. RSVP by 11am
the day before by
calling 566-5588

Mon	Tue	Wed	Thu	Fri
1 Closed 	2 American Chop Suey Roman Blend Veg Wheat Roll Rice Krispie Treat Cal:685 Carb:94 Na:662	3 Pot Roast w/Gravy Brussels Sprouts Garlic Mashed Potatoes Whole Wheat Bread Fresh Fruit Cal:716 Carb:86 Na:535	4 Honey Ginger Chicken Oriental Blend Veg Fried Rice Whole Wheat Roll Mandarin Oranges Cal:660 Carb:77 Na:785	5 Eggplant Parmesan* Tossed Salad w/Italian Garlic Bread Reg/SF Jello w/Topping Cal:831 Carb:105/89 Na:1194
8 Turkey Chili Sour Cream Mixed Vegetables 1/2 Baked Potato Mini Cornbread Fresh Fruit Cal:824 Carb:123 Na:777	9 Ravioli w/Meat Sauce* Steamed Broccoli Italian Bread Reg/Diet Cookie Cal:712 Carb:88 Na:1192	10 Pork w/Apple Gravy Herbed Green Beans Roasted Potatoes Whole Wheat Bread Mixed Fruit Cal:798 Carb:103 Na:593	11 <u>Soup & Sandwich</u> Turkey and Cheddar Tossed Salad w/Ranch Creamy Tomato Soup Whole Wheat Roll Chilled Peaches Cal:609 Carb:61 Na:1028	12 Meatloaf w/Mushroom Gravy California Blend Veg Lemon Rice Whole Wheat Bread Reg/Diet Cookie Cal:688 Carb:81/76 Na:849
15 Closed 	16 <u>Birthday Celebration</u> Chicken Cordon Bleu Steamed Broccoli 1/2 Sweet Potato Dinner Roll Reg/Diet Cupcake Cal:762 Carb:97 Na:1131	17 Braised Pork Tossed Salad w/Italian Yellow Rice and Beans Multigrain Bread Chilled Pineapple Cal:884 Carb:104 Na:983	18 Sloppy Joe Coleslaw Tater Tots Wheat Hamburger Bun Fresh Fruit Cal:632 Carb:81 Na:1140	19 Cheddar Baked Fish California Blend Veg Lemon Rice Whole Wheat Bread Reg/Diet Cookie Cal:785 Carb:80/67 Na:711
22 Swiss Steak California Blend Veg Mashed Butternut Squash Dinner Roll Reg/SF Jello w/Topping Cal:768 Carb:87/72 Na:842	23 Pierogis Sautéed Cabbage Parslied Carrots 12 Grain Bread Reg/Diet Cookie Cal:548 Carb:91/91 Na:977	24 Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Tortilla Chips Chilled Pineapple Cal:802 Carb:94 Na:783	25 Spaghetti and Meatballs Tossed Salad w/Ranch Garlic Toast Fresh Fruit Cal:880 Carb:112 Na:996	26 <u>Lunch & Learn*</u> Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Tropical Fruit <u>*Nutrition Myths vs Facts</u> Cal:843 Carb:100 Na:1198
29 <u>Soup & Sandwich</u> Ham and Swiss Mustard/Mayo Chicken and Vegetable Soup Broccoli Slaw Whole Wheat Roll Reg/Diet Cookie Cal:691 Carb:69 Na:1171	30 Chicken w/ Dijon Sauce Steamed Broccoli Roasted Red Potatoes Whole Wheat Bread Applesauce Cal:557 Carb:72 Na:940	31 "Lazy" Stuffed Cabbage Peas and Onions Whole Wheat Bread Reg/SF Jello w/Topping Cal:625 Carb:69 Na:533	<div> Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg) Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na) </div>	<div> Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136. Suggested Donation \$2.00 per meal. Menu subject to change without notice. </div>