

The Scantic Scribe



JULY 2022

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 GSSSI: Cheryl Delviscio

COA BOARD MEETING:

TUESDAY, JULY 12TH 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.

Greetings!

Happy Summer!

Last month we said goodbye to Administrative Asst/Volunteer Coordinator, Donna Richardson. Many thanks for all she did for the senior center and we wish her all the best in her future endeavors. We know she will be back to visit and volunteer!

Many, many thanks to the Scantic River Artisans, for not only another beautiful art show, but for all of the artists that donated beautiful works of art to the Friends of Hampden Seniors art auction. It was a wonderful and successful event and we appreciate the time and talents of the artists that donated. THANK YOU!

Be sure to check out our Mindful Monday series starting this month and continuing through August. We have a lot of great speakers coming in and you won't want to miss out!

Enjoy the beautiful weather, wear your sunscreen, stay hydrated and stop by the center for some great programs and activities!

BECKY.....

Alzheimer's Fundraiser Dinner

In an effort to raise funds for the **TRI TOWN Alzheimer's Association Walk Team,** **join us on SATURDAY, AUGUST 6TH at 5:30 PM** for a fundraiser dinner dance!

Entertainment will be provided by Union Jack British Invasion Band.

Cost is \$30.00 Prepaid, Per Person. Includes Appetizers, stuffed chicken breast, delicious sides, complimentary cocktail and dessert.

Cash Bar & Raffle Prizes

Place your reservation and purchase your tickets today! Payment must accompany reservations. Seating will be assigned.

Please make checks payable to the Town of Hampden.

If you are sending a check in the mail and would like your tickets mailed to you, please include a self addressed stamped envelope.

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 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 JULY 19TH 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.

MEMORY CAFÉ - EVERY FRIDAY AT 10:30AM:

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, JULY 19TH 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. Call Wendy for details.

REGISTRY OF MOTOR VEHICLES: 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 ID at airport security checkpoints for domestic air travel.

HEALTH/WELLNESS



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



FREE BLOOD PRESSURE CLINIC w/Silver Linings: Every Tuesday & Thursday. Walk in 9:15 - 10:45am



FOOTCARE: Wednesday, July 27th and Thursday, July 28th. Please call for an appointment and cost.



D & R FARM SUMMER FARM SHARE

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 \$10 cash per week.

Shares will be available for pick up Wednesdays July 6th - October 26th from 9:30-10:30am at the Hampden Senior Center. 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. D & R Farm is located on 146 Thresher Rd in Hampden.

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



We will hold a Farmers Market hosted by D & R Farm on Thursday, July 14th & August 18th 10:00am-1:00pm. Purchase fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more to help support your local farmers!

WE NEED PLASTIC GROCERY BAGS!

The Senior Center uses plastic grocery bags for our Brown Bag Service so if you have any to donate, please drop off anytime! Thank you!

NOTES FROM THE NURSE, Sheila Rucki PhD, PCNS, BC

No COVID isn't over. Though new COVID cases, hospitalizations and deaths driven by the Omicron have declined for the devastating highs in the winter, nationwide people are still dying. Vaccination rates have flatlined. According to the Centers for Disease Control and Prevention (CDC) about 66% of Americans are fully vaccinated. However, when we look at the number of Americans boosted that number drops to 35%. Waning vaccine immunity remains a concern Everyone want to return to normal. But not so fast. Perhaps the time will come in the near future for a post pandemic victory lap. Vigilance continues to be an imperative. Remain aware and stay clear of situations that put you at risk.

Services and Information

THE HAMPDEN GARDEN CLUB

The Hampden Garden Club (celebrating it's 90th year) Thanks Everyone who helped make our Plant Sale a huge success. Donations from local gardens were much appreciated. Proceeds from the sale help the Hampden Garden Club to continue its goal of beautifying Hampden through its may projects.



EASTERN HAMPDEN COUNTY VETERANS SERVICES

If you are looking for support, please contact our local Veteran Service Director Michelle Barrett at 413-525-5436 (O), 573-355-6076 (cell) or email michelle.barrett@eastlongmeadowma.gov for an appointment.

IS YOUR HOUSE NUMBER DISPLAYED?

Please help us keep YOU SAFE by making sure your house number is VISIBLE from the street. Street numbers are vital so that emergency responders can locate your home quickly. If you are a Hampden resident and would like a 4" reflective block style number placed in plain view of the road, please call the senior center 566-5588 to sign up. Cost is \$10 for Seniors and \$15 for under age 60. Sponsored by Hampden's County Sheriff's TRIAD, Hampden Fire Department and Hampden Senior Center.

THINK
BE SAFE
NOT SORRY



TRI TOWN TROLLEY SENIOR TRANSPORTATION SERVICES

The TRI Town Trolley operates for **Hampden**, East Longmeadow & Longmeadow Seniors Mon-Fri, 9am-3:pm. You can book rides for appointments, grocery shopping, and banking in the Springfield/E. Longmeadow area. 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. **A 72 hour notice is REQUIRED for scheduling rides.** Please call to schedule a ride as soon as you schedule a medical appointment. **Call 525-5412 with any questions or information.**

THE WALK MASSACHUSETTS CHALLENGE

Grab a friend or family, lace up your sneakers, & earn money for the Hampden Sr Center & enter to win a gift card! Register at www.walkmachallenge.com or if you need assistance signing up, please call us at 566-5588. More information can be found at on the website or by picking up a FAQ's sheet at the Hampden Senior Center.



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 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, Wednesdays, and Fridays - **Open play**.
Tuesdays, 9:00-noon - **Women's lighthearted no rules play**.
Thursdays, 9:00-noon - **Men's play**.

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

BLOOD PRESSURE SCREENING Tuesdays and Thursdays,
9:15-10:45, **FREE** with Silver Linings.

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

BUNCO Tuesdays, 12:00-3:00, \$5/per week.
New people welcome, will teach.



CANASTA Wednesdays, 9:30-11:30.
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 & 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/CROCHETING Mondays, 9:00-11:00.
New people welcome, will teach.

LINE DANCING: No classes until further notice.



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, 10:30-noon.



MOVIES Mondays, 12:30

7/11~ **Top Gun**, PG-13, Military, Action, Adventure, Exciting
7/18~ **Dreamer** - PG, Feel Good, Inspiring, Horse Training
7/25~ **"42"—The Jackie Robinson Story**, PG-13, Sports
Biography, Inspiring Emotional Drama on Baseball

PITCH Wednesdays, Sign up is at noon. Play time is 12:30.

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

RUMMIKUB Starting in the fall on Wednesdays, 12:30-2:30.
New people welcome, will teach.

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





Calling all Shuffleboard Players... If you or
someone you know is interested in playing or
learning to play, please contact Diane!

Please note new times for some activities. Check our calendar monthly for any CANCELLED classes.

Please call
413.566.5588 for
additional information

JULY 2022

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
 <p>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.</p>				1 MANICURES by appt. 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
4 CLOSED 	5 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	6 HEARING by appt. 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	7 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	8 NO CHAIR MASSAGE 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
11 MINDFUL MONDAY 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - Top Gun	12 9:00 COA Board Meeting 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	13 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	14 FACIALS by appt. 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 FARMERS MARKET 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	15 MANICURES by appt. 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
18 MINDFUL MONDAY 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - Dreamer	19 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 6:PM Caregiver Support	20 8:30 COLLATE SCRIBE 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 12:00 Lunch 12:30 Pitch	21 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	22 CHAIR MASSAGE by appt. 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Craft Class
25 MINDFUL MONDAY 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie - Jackie Robinson	26 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	27 FOOTCARE by appt 9:30 FARM SHARE 9:30 Canasta 10:00 Trivia 10:30 Tax Breaks w/ Assessor's office 11:00 Senator Lesser 12:00 Lunch 12:30 Pitch	28 FOOTCARE by appt 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	29 MANICURES by appt. 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

JULY 2022

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>If you have any special concerns regarding the menu, contact the GSSSI Dietitian at 781-8806, EXT. 136 for more information.</p>	<p>Suggested Voluntary Donation \$2.00 per meal. Menu subject to change without notice.</p>	<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg) <u>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</u></p>		<p>1 HIGH SODIUM DAY Hot Dog w/Bun* (750) Potato Salad(109) Baked Beans(140) Ketchup(82) /Mustard(55) /Relish(81) Jello(53) Cal:758 Carb:81 Na:1271</p>
<p>4 CLOSED</p> 	<p>5 American Chop Suey(211) Roman Blend Veg(35) Wheat Roll(210) Orange Pineapple Juice (0) Reg/Diet Cookie(105) Cal:840 Carb:102 Na:700</p>	<p>6 Chicken Quesadilla* (915) Mexicali Corn(3) Yellow Rice(29) Sour Cream(9) Pudding(112) Cal:763 Carb:63 Na:1182</p>	<p>7 Swedish Meatballs(333) Over Egg Noodles(5) Glazed Carrots(77) Wheat Bread(115) Fresh Fruit(7) Cal:685 Carb:77 Na:652</p>	<p>8 Fish Sticks(470) w/Tartar(130) Brussels Sprouts(12) ½ Sweet Potato (42) Oatmeal Bread(230) Chilled Peaches(6) Cal:695 Carb:104 Na:1005</p>
<p>11 Turkey Waldorf Salad Carrot Cauliflower Salad Pickled Beets Whole Wheat Bread Fresh Fruit Cal:699 Carb:62 Na:875</p>	<p>12 Butter Crumb Fish(444) w/tartar(130) Steamed Broccoli(9) Lemon Rice(19) Multigrain Bread(200) Chilled Pears(4) Cal:687 Carb:76 Na:920</p>	<p>13 Crispy Chicken Sandwich(430) Lettuce/Tomato/Mayo(102) Tater Tots(240) Hamburger Bun(230) Mixed Fruit(5) Cal:721 Carb:97 Na:1122</p>	<p>14 Ravioli Spinach Alfredo*(825) Steamed Zucchini(2) Italian Blend Veg(19) Whole Wheat Bread(115) Reg/Diet Jello(35) Cal:739 Carb:74 Na:1096</p>	<p>15 Turkey w/Dijon Herb Sauce*(757) Dill Carrots(62) Oven Potatoes(29) Oatnut Bread(150) Chilled Pineapple(1) Cal:609 Carb:84 Na:1113</p>
<p>18 Roast Beef & Munster Lettuce/Tomato Butternut Squash Salad Wheat Bread Diet Cookies Cal:594 Carb:80 Na:647</p>	<p>19 Cape Cod Tuna Salad(317) Coleslaw (118) Pickled Beets(195) Rye Bread(150) Fresh Fruit(1) Cal:566 Carb:72 Na:896</p>	<p>20 Turkey Chili(245) Sour Cream(9) Mixed Vegetables(53) ½ Baked Potato(9) Mini Cornbread(80) Tapioca/Diet Pudding(121) Cal:782 Carb:113 Na:631</p>	<p>21 Pork Roast w/Gravy(136) California Blend Veg(17) Rice Pilaf(12) Whole Wheat Roll(210) Mixed Fruit(0) Cal:615 Carb:64 Na:516</p>	<p>22 Hot Ham & Swiss Sandwich(168) Sweet Potato Fries(200) Minestrone Soup(330) Wheat Bread(65) Reg/SF Cookie(56) Cal:735 Carb:92 Na:934</p>
<p>25 Chicken Fajita(310) Onions & Peppers Yellow Rice(29) Sour Cream (9) Flour Tortilla(310) Reg/Diet Cookie(112) Cal:669 Carb:71 Na:744</p>	<p>26 Penne Pasta Bake(327) Tuscan Blend Veg(35) Steamed Peas(58) Whole Wheat Bread(115) Chilled Pears(4) Cal:644 Carb:94 Na:666</p>	<p>27 Ham with Pineapple Sauce(471) Brussels Sprouts(12) Au Gratin Potatoes(195) Wheat Roll(210) Chilled Applesauce(9) Cal:761 Carb:136 Na:1011</p>	<p>28 <u>July B-Day Lunch</u> Spaghetti Meat Sauce(65) Steamed Broccoli(9) Salad w/Italian(140) 12 Grain Bread(200) Birthday Cupcake(140) Cal:860 Carb:123 Na:945</p>	<p>29 <u>Summer BBQ</u> BBQ Chicken*(513) Coleslaw(118) Steamed Corn(1) Dinner Roll(210) Fresh Watermelon(1) Cal:576 Carb:101 Na:957</p>



2022 Trips with Bobbi

Bus seat assigned upon receipt of \$20 deposit (all incl driver's tip)
413-566-8271 or bobbijg2@charter.net.

Log Cabin/Barry Manilow & Cher, Choice of Twin Lobsters or Prime Rib, Wed, July 27; \$109/pp, \$79/pp self drive. Due by July 11

Newport Playhouse/Delicious Buffet Lunch, Hilarious Broadway comedy *Social Security* and a Cabaret Show, Wed, Sept 21; \$117/pp. Due by Sept 2

Lakeside Turkey Train/Delicious Harts Turkey Dinner/ Stop at Moulton Farm & Bakery, Wed, Oct 19; \$105/pp; "48 People Max". Due Sept 28

Log Cabin/Direct from Branson, Ozark Country Christmas, comedy, music, family-style lunch, Thurs, Nov 10; \$109/pp, \$79/pp self drive. Due by Oct 21

JULY CRAFT WITH ROSE SULLIVAN

Join us on Friday, July 22nd from 1pm to 3pm. We will be creating a functional and beautiful indoor/outdoor solar lamp perfect for sunrooms, decks, patios, or just sitting around the campfire! Solar light tops will vary based on supply. Only \$8 per person includes all materials. Class size is limited to 10 people so sign up by calling 566-5588!



Alzheimer's Association Memory Walk SAVE THE DATE, September 25th

This year, Hampden, East Longmeadow and Longmeadow are joining forces to raise money for the Alzheimer's Association. The TTT (Tri Town Team) will walk in September and we want you to join us. Please stop in for a registration form and we will add you to the team roster. Each town will host fundraiser events leading up to the walk.



Come join the Hampden Assessor's Office to learn about Real Estate Tax Exemptions on Wednesday, July 27th @ 10:30am!

The Town of Hampden offers exemptions to Seniors, Veterans and Blind Persons. There are also exemptions available for Surviving Spouses and Minor Children, and for Temporary Financial Hardship.

Certain requirements must be met in order to qualify for each type of exemption and applications must be submitted annually by April 1st.

The Assessors will be happy to provide you with information, answer questions, and let you know if you would meet the criteria for an exemption.

Please call 566-5588 to RSVP for this event.



Grab and Go Dinners

July 21st - Teriyaki Chicken with vegetable fried rice and dessert

August 11th - Crispy Chicken Salad with dinner roll and dessert

September 1st - Hot Dogs, baked beans, BLT pasta salad and dessert

These delicious meals will be prepared by the Senior Center Staff for you to take home, heat and enjoy! Pick up your meal between 2:00-2:30pm. **Cost is \$5/per meal and reservations are required.** Unable to pick up a meal? We can arrange delivery for Hampden residents. Proceeds will go towards the Building Fund.





mindful *Mondays*

JOIN US IN JULY AND AUGUST FOR LUNCH AND MINDFUL MONDAYS!

Each Monday, we will have a different guest speaker sharing mindfulness practices, such as Reiki, deep breathing, being present, cultivating positivity, skin protection & showing kindness. Including these items into your weekly routine can help you minimize stress and stay focused on beneficial healthy behaviors that may reduce the onset of chronic diseases, such as diabetes and cardiovascular disease.

Please call 566-5588 or sign up at the front desk for all these great events.

(Suggested voluntary donation of \$2 per meal)

July 11th – lunch/presentation (Turkey Waldorf Salad) @ noon - Summer Health and Safety

Join our Regional Public Health Nurse, Ashley Boudreau, BSN, RN to discuss ways to stay safe this summer! She is passionate about every aspect of health from exercise and nutrition to disease prevention and management.

July 18th – lunch/presentation (Roast Beef & Munster) @ noon - Hand Therapy

Join Julianne Lessard, a certified hand therapist and local entrepreneur, for an interactive discussion of the common hand and wrist problems that active adults encounter. You will learn adaptive techniques and simple solutions to maintain functional independence. Plus take home a series of simple exercises to prevent worsening of symptoms. Sample hands on treatments and specific condition discussions available as time allows.

July 25th – lunch/presentation (Chicken Fajitas) @ noon - Reiki

Join Julie Anne, a Reiki Master/Massage Therapist for a introduction to Reiki. “Rei” translated as spirit, sacred, soul and “Ki” translated means life-force energy. Founded in Japan this ancient form of healing & relaxation has been passed down through generations. Using meditation, stillness, & being properly attuned to receive this transcending energy will help you sleep better, reduce stress & anxiety, help enhance energy levels, clarity & focus.

COMING IN AUGUST: SAVE THESE DATES! More details about our guest speakers and the lunch menu will be available in the August SCRIBE!!

August 1st – lunch/presentation @ noon - Nutrition and Making Healthy Choices with Dan Ingram

August 8th – lunch/presentation @ noon - Meditation with Sue Kent

August 15th – lunch/presentation @ noon - 10-10-10, Meditation, Tai Chi and Yoga with Trish Dalessio

August 22nd – lunch/presentation @ noon - The Writer Within with Sandy Howell

August 29th – lunch/presentation @ noon - “Beat” Drumming with Kelly Phillips