

The Scantic Scribe

JULY 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

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 Chairman:

Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Cliff Bombard, Monique Downey,
Suzanna Haskins, Deanna Vermette
Rep to GSSI: Cheryl Delviscio

COA BOARD MEETING:

Tuesday, July 11th at 9:00 am

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, July 10th & 24th at 11:00 am

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!

I hope you are enjoying your summer so far. Don't forget to stay hydrated and wear sunscreen during the hot weather days!

Thank you to everyone who completed a senior center building committee survey last month. The committee is reviewing the results and continues to work towards looking at the future needs of the senior center. We appreciate all of the suggestions for new program ideas and hope we can incorporate some new classes into the schedule.

Our efforts to raise money for the Alzheimer's Association continues with our first and only dinner dance of the year on Saturday, August 5th. Be sure to buy your tickets early as this event will sell out.

The Assessor's office will be at the senior center on Wednesday, July 26th at 10:30 AM. Sign up for this program to learn more about tax exemptions that are available in town.

Please remember that the deadline to sign up for the daily lunch program is 11:00 the day before you want to have lunch. We encourage you to sign up for lunch as soon as possible so we can be sure to have your name on the list and enough food for everyone.

Have a great summer and see you soon!

Becky.....



Here's the Scoop....



Ice cream makes the world a better place, so come out of the heat and join us for an **Ice Cream Social**.

Friday, July 21st at 12:30 pm

This is our treat! But space is limited, so please call 566-5588 to sign up.

Sponsored by Bluebird Estates



Ice Cream Social

Grab and Go Dinner, Thursday, July 27th

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

Enjoy a delicious dinner of Pasta with Meatballs, Salad, Bread, and Dessert

Cost is \$5 per person. Please call 566-5588 starting July 1st to order your dinner.



RSVP!

Reservations for special events and



Grab & Go Dinners

will be taken **on the first business day of the month,**
on a first come, first serve basis.

All other reservations will be accepted anytime.

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:** **NEW INCOME GUIDELINES as of February 1st:**
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—\$2,096; 2 person household—\$2,823
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.
Next pick-up is: **Tuesday, July 18th, between 1:30—2:30pm** 
- **REGISTRY OF MOTOR VEHICLES:** RMV related questions or help with processing RMV applications online.
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



Come join the Hampden Assessor's Office to learn about Real Estate Tax Exemptions

Wednesday, July 26th at 10:30 am

The Town of Hampden offers exemptions to Seniors, Veterans and Blind Persons. Exemptions are also available for Surviving Spouses, Minor Children, and for Temporary Financial Hardship. Certain requirements must be met in order to qualify for each type of exemption. 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.



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.



CAREGIVER SUPPORT GROUP
via ZOOM or PHONE

Tuesday, July 18 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.

**BE
SAFE!**

Make it easier for emergency personnel to find your house...

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 inch reflective block style number placed in plain view of the road, please call the senior center 566-5588. 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.



Pleasant View Senior Center Trunk Sale Fundraiser

Saturday, August 26th from 9:00 AM—12:00 pm
328 North Main Street, East Longmeadow

Come shop or set up a trunk with your household items for sale! Parking spots are \$25 each or 2 for \$40 for those who would like to sell. You keep your earnings!

Sellers, please call 413-525-5436 to reserve a parking space.



Join the Tri Town Team with the Hampden Senior Center and Walk to End Alzheimer's
Sunday, October 15th at 9:00 am

Holyoke Community College,
303 Homestead Avenue, Holyoke, MA

Register online at act.alz.org, click on Find a Walk Near You, click on Find a Team and select the Tri Town Team and follow instructions to register. Call 566-5588, we can help you register.



Alzheimer's Fundraiser Dinner Dance

Saturday, August 5th at 5:30 pm

Join us for a fundraiser dinner dance with entertainment provided by

Off The Record

Cost is \$30.00 prepaid, per person. Includes Appetizers, Chicken Parmesan and Pasta, Complimentary Cocktail and Dessert.

More details will follow. Cash Bar & Raffle Prizes!

Reserve and purchase your tickets today by calling 566-5588.

Please make checks payable to the Friends of Hampden Senior Citizens.

All proceeds will benefit the Alzheimer's Association.



D & R FARM SUMMER FARM SHARE

Starts Wednesday, July 5th at 9:30 am

D & R FARM is offering fresh produce weekly on Wednesdays,

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.

If interested, contact Wendy ASAP 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.



Senior Farmer's Market Coupons 2023



To be eligible to receive Senior Farmers Market Coupons, you must be:

- 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided
- Your income must be lower than the income limits outlined below.



Coupons Income Guidelines:

<u>Household Size</u>	<u>Monthly Income</u>
1	\$2,248
2	\$3,041

Coupon Books will be worth \$50.00 this year and will be available on a first come first serve basis. If you qualify to receive these coupons, please call Wendy at 566-5588. Coupons will be available for distribution in July.



HELP US STOCK OUR SHELVES with disinfecting wipes!

Thank you for those that donated toilet paper last month.
Every month we will target a different item to fill our shelves.

***Due to space constraints, please refrain from
purchasing warehouse size items.***

TRI TOWN TROLLEY TRANSPORTATION SERVICES

Operates for Hampden, East Longmeadow & 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.

As soon as you schedule a medical appointment, please call 525-5412 to schedule a ride.



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.

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 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, July 3rd

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

CRIBBAGE Fridays, 12:30 pm.

DRUMMING with Tara Wednesdays, 10:00am-11:00am.

6 week session, started June 14th, goes through July 19th.

\$5 for drop-in class - call for availability.

FACIALS with Diane Neill Thursday, July 13th.

2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE with Paul

Friday & Wednesday, July 7th & 12th

Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

HEARING CLINIC BY BAYSTATE HEARING

Wednesday, July 5th

1st Wednesday of the month. Please call for appointment.

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

New people welcome, will teach.

LINE DANCING Fridays 1:00pm-2:00pm, \$5.00 per class

MAHJONG Fridays, 10:30am-3:00pm,.

New people welcome, will teach.

MANICURES with Cat every other Friday.

July 14th & 28th. Please call Cat directly at 413-335-7422
for appointment and pricing

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.



7/3 - **A Beautiful Life**, TV-MA, Drama/Music/Romance

7/10 - **True Spirit**, PG, Adventure/Biography/Drama

7/17 - **Swing Time (1936)**, NR, Comedy/Musical/Romance

7/24 - **The Little Princess (1939)**, NR, Comedy/Drama/Family

7/31 - **The Art of Racing**, PG, Comedy/Drama/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.

READERS GROUP There will be no formal meeting in July.

Group normally meets the last Tuesday of every month.

RUMMIKUB Wednesdays, 12:30pm-2:30pm.

New people welcome, will teach.

SENATOR/STATE REP OFFICE HOURS

Wednesday, July 26th, 11:00am-12:00pm.

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.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

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.

Mat: Tuesdays and Thursdays, 1:00pm-2:00pm.



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



Calling all hidden “Chair Volleyball Players!”

More fun than you can possibly stand while seated!
Come enjoy this fun-filled game. It is great for upper body mobility & joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance.

The game is played with a beach ball and a five-foot-high net.

Rules are similar to regular volleyball, except
“cheeks are on the chair!”

Please call 566-5588 to register.

Beginning in the Fall. More details to follow.



Create a Greeting Card with Ellie! Monday, July 3rd, 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.

Future dates are scheduled for August 7th & September 11th.



Drumming & Movement with Tara

Six-week session – started June 14th

Wednesdays, July 5th, 12th & 19th

10:00 am – 11:00 am

**Playing the drums has substantial positive effects
on your mind and body!**

\$5 per class as a drop-in, space pending.

Call ahead to schedule a drop-in class. Space is limited.

Please call 566-5588 for availability.



Our Garden is in need of Creative Rock Designs!

**Rose Sullivan will be here to teach a
Rock Decorating Class on**

Tuesday, July 11th from 1:00 pm to 3:00 pm

Come join us to learn some new & fun techniques to try,
and be a part of beautifying the entrance to our wonderful
Senior Center for all to enjoy!!

There is no charge for this class.

Please call 566-5588 to reserve your seat, space is limited.



“Between the Lines” Reader’s Group

There will be no formal meeting of
“Between the Lines” in July.

**At our next meeting, Tuesday, August 29th
we will discuss Frances Mayes’ memoir “Bella Tuscany”,
a sequel to her book “Under the Tuscan Sun”.**

The charms of the people and the countryside will enthrall all
who travel to “Bella Italia” through reading!

If interested, call Diane at 566-5588 for more details.

*“I find other countries have this or this, but Italy is the only one
that has it all for me. The culture, the cuisine, the people,
the landscape, the history.*

Just everything to me comes together there.” Frances Mayes



2023 Trips with Bobbi

Bus seat secured upon receipt of \$20 deposit
(includes tip to driver)

**Please make a separate check for each trip payable to
Bobbi Grant. You may pay for multiple people, but please
write which trip you are paying for on the memo line.**

Only one trip per check please.

**If you have any questions, call Bobbi at
413-566-8271 or Email bobbijg2@charter.net**

The Log Cabin, Wednesday, July 12

Garth Brooks Tribute. Includes: Twin Lobster or Prime Rib, Show
\$85/pp - Full payment deadline June 28 - SELF DRIVE ONLY

The Aqua Turf Club, Tuesday, August 15

Come Fly with Me—Dance to music from Frank Sinatra,
Kenny Rogers, Tim McGraw and more Includes: coffee/donuts,
free drink, lunch, show and door prizes, \$119/pp - Full payment
deadline August 1

Boston’s Duck Boats, Tuesday, September 12

Includes: Lunch at Maggiano’s, Duck Tour and Free Time at Quincy
Market, \$140/pp - Full payment deadline August 29

Newport Playhouse, Thursday, September 28

Includes: All-You-Can-Eat Buffet, Hilarious Show “Ghost of a Chance”
& Cabaret, \$142/pp - Full payment deadline September 14

Atlantic City Getaway, Tuesday-Thursday, October 10-12

Caesars Casino Resort Hotel, \$50 bonus in slot & food, 2 fantastic
shows; \$295/pp dbl, \$285/pp trpl, \$395/pp single. \$50 deposit at
signup - Full payment deadline Sept 8. Cancellation Insurance Avail.

The Aqua Turf Club, Wednesday, November 8

ELVIS is in the Building!

Includes: coffee/donuts, free drink, lunch, show and door prizes,
\$119/pp - Full payment deadline October 18. Seating is limited.



July/August Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available July 3rd!

Return your completed puzzle pack to the Senior Center by
August 31st for a chance to win. Drawing will be held Friday,
September 1st. **Congratulations to Terry Anderson,
who is our lucky winner for May!!**

Health and Wellness



FREE Baystate Hearing: Please call for an appointment.
1st Wednesday of the month, July 5th.



FREE Blood Pressure Clinic: Walk in 9:15 - 10:45am.
Tuesdays with Ann Maggio, RN
Thursdays with Ashley Boudreau, RN, Public Health Nurse



FOOTCARE: Please call for an appointment and cost
Friday, July 7th and Wednesday, July 12th.





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

July 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
3 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 1:00 Card Making	4 Closed 	5 HEARING by appt 9:30 Farm Share 10:00 Drumming & Movement 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	6 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	7 FOOTCARE by appt 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
10 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie	11 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	12 FOOTCARE by appt 9:30 Farm Share 10:00 Drumming & Movement 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	13 FACIALS 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	14 MANICURES by appt 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
17 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	18 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 6:00 ZOOM Support Group	19 9:30 Farm Share 10:00 Drumming & Movement 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	20 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	21 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
24 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie	25 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 NO Reader's Group this month 1:00 Mat Yoga	26 9:30 Farm Share 10:00 Drumming & Movement 10:00 Trivia 11:00 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub	27 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 Dinner	28 MANICURES by appt 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
31 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		Hello July <u>Just</u> be you because you are <u>Unique</u> , worthy and amazing <u>Live</u> every day to the fullest as <u>You</u> deserve all the good in life	July Birthstone is Ruby July Flower is Larkspur and Delphinium	

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

JULY 2023

LUNCH MENU

Lunch served daily at
12pm. RSVP by 10am
the day before by
calling 566-5588

Mon	Tue	Wed	Thu	Fri
3 Spinach & Tomato Penne Bake Steamed Peas Whole Wheat Bread Apple Juice Chilled Peaches Cal:677 Carb:106 Na:563	4 Closed 	5 <u>4th of July BBQ</u> <u>High Sodium Day*</u> Hot Dog w/Bun* Italian Pasta Salad Baked Beans Ketchup/Mustard Fresh Fruit Cal:852 Carb:101 Na:1433	6 <u>High Sodium Day*</u> Spaghetti & Meatballs* Steamed Broccoli Whole Wheat Bread Chilled Applesauce Cal:820 Carb:111 Na:1196	7 <u>High Sodium Day*</u> Baked Ham w/Pineapple* Green Beans Au Gratin Potatoes Dinner Roll Reg/Diet Cookie Cal:699 Carb:105 Na:1126
10 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Cookie Cal:650 Carb:84 Na:884	11 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Chilled Pears Cal:664 Carb:84 Na:610	12 <u>July Birthday Meal</u> BBQ Pulled Pork Coleslaw 1/2 Baked Sweet Potato Whole Wheat Burger Bun Reg/Diet Birthday Cake Cal:744 Carb:81 Na:1048	13 New England Fish Chowder Green Beans Cornbread Mini Loaf Mandarin Oranges Cal:516 Carb:67 Na:527	14 Rosé Chicken California Blend Veg Penne Pasta w/Sauce Whole Wheat Bread Fresh Fruit Cal:678 Carb:99 Na:815
17 American Chop Suey Roman Blend Veg Whole Wheat Roll Rice Krispie Treat Cal:685 Carb:94 Na:662	18 <u>Cold Plate</u> Low Salt Ham & Swiss Lettuce/Tomato Potato Salad Club Roll Mustard Pack Mixed Fruit Cal:727 Carb:75 Na:1096	19 <u>High Sodium Day*</u> Turkey Divan* Steamed Broccoli Egg Noodles Whole Wheat Dinner Roll Spiced Peaches Cal:653 Carb:82 Na:983	20 Jamaican Jerk Chicken Green Beans Coconut Rice Oatnut Bread Fresh Fruit Cal:821 Carb:103 Na:955	21 Penne Pasta Primavera Tossed Salad w/Italian Garlic Toast Reg/Diet Jello w/ Topping Cal:898 Carb:106 Na:868
24 Seasoned Braised Pork California Blend Veg Rice and Beans Whole Wheat Roll Fresh Fruit Cal:833 Carb:100 Na:870	25 Broccoli Cheddar Chicken Herbed Green Beans 1/2 Baked Sweet Potato Dinner Roll Fudge Round Cookie Cal:684 Carb:83 Na:809	26 <u>Cold Plate</u> Dill Salmon Salad over Tossed Salad w/ Ranch Citrus Carrot Salad Whole Wheat Bread Chilled Pears Cal:814 Carb:56 Na:824	27 Broccoli Alfredo Pasta Steamed Spinach Orange Juice Oatnut Bread Chilled Peaches Cal:646 Carb:100 Na:927	28 Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Cookie Cal:674 Carb:77 Na:853
31 Roasted Red Pepper Ravioli Italian Blend Veg Italian Bread Oreo Cookie Cal:537 Carb:76 Na:725			<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 x136. Suggested Donation \$2.00 per meal. Menu subject to change without notice. </div>



Thank you to the Friends of Hampden Seniors,
The Hampden Garden Club, and Bilton's Farm
for their generosity in helping to beautify
The Hampden Senior Center.

Make sure to stop by, pull up a rocking
chair, and enjoy our gardens.



The Hampden Garden Club

We would like to thank everyone who helped us
make our annual Memorial Day Plant Sale a great success. A
big Thank You to all who donated plants and raffle items and
to all the folks who opened their gardens and let us thin-out
and dig-up plants for our sale.

This fundraiser provides beautification for the
Town of Hampden as well as scholarships for local schools.

New members are welcome!



Friends of Hampden Senior Citizens Hartsprings Fundraiser

The Hampden Senior Center is one of Hartsprings 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!

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
- Kitchen ware
- Household goods
- Sporting goods
- Toys
- Books (no encyclopedias, textbooks, or library books)

FRIENDS OF HAMPDEN SENIOR CITIZENS 2023 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 2023** 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) _____

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