

# The Scantic Scribe



**JUNE 2022**

**HAMPDEN SENIOR CENTER  
104 ALLEN STREET**

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

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



**FREE WI-FI**



**Please let us know if you would like to receive this newsletter via email. Call us with your email address!**

**HOURS - MONDAY-FRIDAY- 9AM-3PM**

**SENIOR CENTER STAFF**

**Rebecca Moriarty, Executive Director**  
[coa@hampdenma.gov](mailto:coa@hampdenma.gov)

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

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

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

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

**Rudie Voight, Custodian**

**COA BOARD MEMBERS**

**Chair: Deborah Mahoney**

**Vice Chairman: Ed Norman**

**Treasurer: Nancy Willoughby**

**Secretary: Marty Jacque**

**Cliff Bombard, Tina Doran, Monique Downey, Suzanna Haskins, Deanna Vermette**

**Rep to GSSSI: Cheryl Delviscio**

**COA BOARD MEETING:**

**TUESDAY, JUNE 14TH 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 & to our Senior Center. **We appreciate you supporting our essential programs & services.**

**Greetings!**

Warm weather is here and I hope you have been taking advantage of it!

I am pleased to announce that Diane Marino has been hired as our new Activities Coordinator! We are thrilled to have Diane on staff. Please stop in to say hello, introduce yourself and let her know if there are any programs or classes that you would like to see here at the center. Welcome, Diane!

So much is happening this month... Father's Day Lunch, Summer Kick off with LOBSTER rolls, art show, our kick off fundraiser for the Alzheimer's Association and so much more!

Read through this newsletter for all the details and be sure to sign up for all of the great programs coming in June! Happy Summer! Becky.....



**Wednesday, June 29th At Noon**

Join us for a summer kickoff lunch filled with food, fun, and entertainment. Lunch will include a cold lobster roll, corn salad, coleslaw and dessert! Cost is \$5/PP. Seating is limited.

Sign ups will not start until June 1st for this event and you must sign up by June 27th.

Sponsored by Greater Springfield Senior Services.

**FATHERS DAY  
LUNCHEON**

**Join us as we celebrate DADS OF ALL KINDS**

Dads, step-dads, foster dads, pet dads, sport dads, men who have cared for others like a dad and anyone who wants to celebrate amazing dads...this lunch is for you!

Join us on Friday, June 17th at noon for Chicken Cordon Bleu, Vegetables, Bread and Dessert. **Cost is \$3/per meal & reservations required by Wednesday, June 15th.**



## OUTREACH



The Outreach Office is your resource center for information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc.

The Outreach Program is partially funded by a grant from the Executive Office of Elder Affairs & Greater Springfield Senior Services. **Please contact Wendy at 566-5588 or email [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov) for more information.**

**SNAP:** Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet the following monthly income guidelines:



**Income guidelines for 1 person household—\$2,127**

**Income guidelines for 2 person household—\$2,873**

**BROWN BAG:** Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet the following monthly income guidelines:

**Income guidelines for 1 person household—\$1,968**

**Income guidelines for 2 person household—\$2,658**

**NEXT PICK-UP IS TUESDAY JUNE 21ST 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 10AM:**



The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers and/or family and friends to gather in a safe, supportive and engaging environment. Please call Wendy if you would like more information about the café. Sponsored in part by Friends of Hampden Seniors and private donations.



**CAREGIVER SUPPORT GROUP via ZOOM or PHONE TUESDAY, JUNE 21ST 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, June 29th and Thursday, June 30th. Please call for an appointment and cost.

### D & R FARM WINTER FARM SHARE

**PICK-UP: WEDNESDAY, JUNE 8TH & 22ND AT 9:30AM**

### 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 9:30-10:30 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](mailto: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.**



### EASTERN HAMPDEN COUNTY VETERANS SERVICES



If you are looking for support, please contact our local Veteran Service Director

Michelle Barrett at (O) 413-525-5436, (C) 573-355-6076 or email [michelle.barrett@eastlongmeadowma.gov](mailto:michelle.barrett@eastlongmeadowma.gov) for an appointment.



**HELP! We need you to scan in and update our records...**

You may have noticed the new touch screen at the front desk. We have a new database to track attendance and we need you to scan in! Using a scan card is VERY EASY and saves staff a lot of data entry time. We are happy to provide a swipe card to you if you do not have one and will show you just how easy it is to register your attendance. Statistical data is very important for the funding of the senior center.

Also PLEASE stop at the front desk and fill out a new EMERGENCY CONTACT FORM. It is very important that we have accurate and up to date emergency contact information for you in our system.

**THANK YOU FOR YOUR HELP!**

# Services and Information



## MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM "Mass EDP"

This program provides adaptive telephone equipment to people who have difficulty using a landline or wireless telephone due to issues such as hearing loss or vision loss. The telephones can assist with providing a more clear, independent phone communication and the ability to contact 9-1-1 in the event of an emergency.



**Stop by on Thursday, June 9th, from 10am-12pm to speak to a representative who can help you.**

This is offered to people with a permanent disability for little or no cost, depending on income level. You must be a MASS resident and have access to a landline or wireless telephone. If you are unable to come in, please call 1-800-300-5658 VOICE/TTY Monday-Friday, 8:30am-4:30pm for information.

## IS YOUR NUMBER UP?

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 SCANTIC RIVER ARTISANS PRESENTATION

The Scantic River Artisans will be hosting an interactive presentation by Laura Salerno. She is a potter who adds the impressions of natural plants into her works. She will talk about techniques and different clays. She will help the attendees create their own small pieces. All ages are welcome. The presentation will be held on Thursday, June 2, at 7PM, at the Hampden Senior Center at 104 Allen St., Hampden, MA. Please call Nan Hurlburt at 413-205-7985 for more information.

## 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!

**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 WITH MIKKI** Fridays, 1:00,  
\$3/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.**

6/6~ **Patsy & Loretta**, Heartfelt, Country Music Biography

6/13~ **Somethings Gotta Give**, PG-13, Charming, Witty Comedy

6/27~ **Coach Carter**, PG-13, Heartfelt Inspiring Drama

**PITCH** Wednesdays, Sign up is at noon. Play time is 12:30.  
**NO PITCH ON JUNE 29TH.**

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

**TAI CHI with Heather Duncan** Mondays, \$5/per class  
Advanced Session - 9:15-10:15  
Beginners Session - 10:30-11:30



**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

## **WANT TO LEARN HOW TO PLAY**



This is a tile-based game for 2 to 4 players, combining  
elements of the card game rummy and mahjong. Please  
call our new activities coordinator Diane at 566-5588, or  
email [activities@hampdenma.gov](mailto:activities@hampdenma.gov).

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

Please call  
413.566.5588 for  
additional information

# JUNE 2022

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036


Mon	Tue	Wed	Thu	Fri
<p>Thrive after 55 is back in person on Friday, June 24th from 10AM-2PM at Rivers Memorial Hall on WNE University's Campus, 1215 Wilbraham Rd.</p>	<p><b>Thrive AFTER 55</b> 2022</p> <p>PRESENTED BY SENATOR ERIC LESSER, HEALTH NEW ENGLAND &amp; WWLP'S MASS APPEAL. WESTERN NEW ENGLAND UNIVERSITY WNE Health New England</p>	<p><b>1 HEARING by appt</b></p> <p>9:30 Canasta 9:30 Watercolors 10:00 Trivia <b>12:00 Lunch</b> 12:30 Watercolors 12:30 Pitch</p>	<p><b>2</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga</p>	<p><b>3</b> <b>MANICURES by appt</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> <b>1:00 Line Dancing</b></p>
<p><b>6</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:30 Movie</p>	<p><b>7</b></p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga</p>	<p><b>8</b></p> <p><b>9:30 FARM SHARE</b></p> <p>9:30 Canasta 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Watercolors 12:30 Pitch</p>	<p><b>9</b> <b>FACIALS by appt.</b></p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga</p>	<p><b>10</b> <b>CHAIR MASSAGE</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> <b>1:00 Line Dancing</b></p> <p><b>JUNE 11th &amp; 12th SCANTIC RIVER ARTISANS EXHIBIT</b></p>
<p><b>13</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:30 Movie</p>	<p><b>14</b></p> <p><b>9:00 COA Board Meeting</b></p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga</p>	<p><b>15</b></p> <p>9:30 Canasta 9:30 Watercolors 10:00 Trivia <b>12:00 Lunch</b> 12:30 Watercolors 12:30 Pitch</p>	<p><b>16</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting <b>11:00 NO CHAIR YOGA</b> <b>12:00 Lunch</b> <b>12:00 NO FUNCTIONAL FITNESS</b> 12:30 Acrylic Painting 12:30 Bingo <b>1:00 NO MAT YOGA</b></p>	<p><b>17</b></p> <p><b>MANICURES by appt</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch <b>1:00 Line Dancing</b></p>
<p><b>20</b> <b>CLOSED</b></p> <p>Honoring JUNE TEENTH</p>	<p><b>21</b> 9:00 Ladies Billiards</p> <p>9:15 Blood Pressure 9:30 Weights w/YMCA <b>11:00 NO CHAIR YOGA</b> <b>12:00 Lunch</b> <b>12:00 NO FUNCTIONAL FITNESS</b> 12:00 Bunco <b>1:00 NO MAT YOGA</b> <b>1:30 BROWN BAG</b> <b>4:00 Alz. Assn Fundraiser</b> <b>6:PM Caregiver Support</b></p>	<p><b>22</b></p> <p><b>8:30 Collate Scribe</b></p> <p><b>9:30 FARM SHARE</b></p> <p>9:30 Canasta 9:30 Watercolors 10:00 Trivia <b>11:00 Senator Lesser</b> <b>12:00 Lunch</b> 12:30 Watercolors 12:30 Pitch</p>	<p><b>23</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting <b>11:00 NO CHAIR YOGA</b> <b>12:00 Lunch</b> <b>12:00 NO FUNCTIONAL FITNESS</b> 12:30 Acrylic Painting 12:30 Bingo <b>1:00 NO MAT YOGA</b></p>	<p><b>24</b> <b>Thrive after 55</b> <b>at Western New England Campus - 10am - 2pm</b></p> <p><b>CHAIR MASSAGE by appt.</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> <b>1:00 Line Dancing</b></p>
<p><b>27</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:30 Movie</p>	<p><b>28</b></p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga</p>	<p><b>29</b> <b>NO PITCH TODAY</b></p> <p><b>FOOTCARE by appt</b></p> <p><b>9:30 FARM SHARE</b></p> <p>9:30 Canasta 10:00 Trivia <b>12:00 SUMMER KICK OFF LUNCHEON</b></p>	<p><b>30</b> <b>FOOTCARE by appt</b></p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga</p>	<p><b>Quote of the Month</b></p> <p><b>"OFTEN when you think you're at the END of something, you're at the BEGINNING of something else"</b></p> <p><b>Fred Rogers</b></p>

**Hampden Senior Center**  
**104 Allen Street**  
**Hampden, MA 01036**

# JUNE 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><b>Suggested Voluntary Donation \$2.00 per meal.</b>  Menu subject to change without notice.</p>	<p><b>1</b> Pierogis w/Sour Cream(406)  Cabbage &amp; Carrots(52)  Harvard Beets(23)  Rye Bread(150)  Fresh Fruit(1)  Cal:609 Carb:108 Na:747</p>	<p><b>2</b> Ham with Pineapple Sauce(471)  Steamed Brussels Sprouts(12)  Au Gratin Potatoes(195)  Dinner Roll(210)  Reg/Diet Pudding(190)  Cal:810 Carb:138 Na:1192</p>	<p><b>3</b> Spaghetti w/Meat Sauce(65)  Steamed Broccoli(9)  Tossed Salad w/Italian(140)  Italian Bread(230)  Chilled Pears(4)  Cal:555 Carb:96 Na:555</p>
<p><b>6</b> 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><b>7</b> Hamburger w/Chz(540)  Onions &amp; Mushrooms(96)  Tater Tots(28)  Wheat Burger Bun(330)  Mandarin Oranges(7)  Cal:746 Carb:84 Na:1115</p>	<p><b>8</b> Korean Meatballs(710)  Oriental Blend Veg(21)  White Rice(4)  Wheat Bread(115)  Reg/Diet Cookies(56)  Cal:684 Carb:90 Na:1151</p>	<p><b>9</b> Potato Pollock  Filet(300) w/Tartar(130)  Sautéed Spinach(188)  Rice Pilaf(12)  Whole Wheat Roll(210)  Applesauce(14)  Cal:758 Carb:93 Na:969</p>	<p><b>10</b> Roast Turkey  w/Gravy(485)  Peas &amp; Carrots(72)  Cranberry Stuffing(341)  Oatnut Bread(150)  Fresh Fruit(2)  Cal:743 Carb:116 Na:1165</p>
<p><b>13</b> <u>June B-Day Lunch</u>  Egg Salad(339)  Three Bean Salad(126)  Broccoli Pasta Salad(17)  Wheat Roll(210)  Reg/Diet Cookies(115)  Cal:1075 Carb:82 Na:922</p>	<p><b>14</b> Shepherd's Pie(211)  Steamed Peas(97)  Mashed Potato Topping  12 Grain Bread(200)  Spiced Pears(38)  Cal:659 Carb:72 Na:622</p>	<p><b>15</b> Fish Tacos(560)  Cilantro Coleslaw(138)  Yellow Rice(29)  Flour Tortilla(170)  Chilled Peaches(6)  Cal:906 Carb:100 Na:1018</p>	<p><b>16</b> Turkey Sloppy  Joe(299)  Green Beans(5)  Tater Tots(28)  Wheat Bun(330)  Fresh Fruit(1)  Cal:740 Carb:101 Na:779</p>	<p><b>17</b> <u>FATHERS DAY LUNCH</u>  Chicken Cordon Bleu(450)  Brussels Sprouts(12)  Mash Sweet Potatoes(8)  Dinner Roll(210)  Chocolate Cake/Pie(330)  Cal:737 Carb:89 Na:1124</p>
<p><b>20</b> <u>CLOSED</u>  </p>	<p><b>21</b> <u>Juneteenth Meal</u>  Mac &amp; Cheese (285)  Stewed Tomatoes(221)  Whole Wheat Bread (116)  Cranberry Juice (3)  Fresh Fruit(0)  Cal:650 Carb:98 Na:722</p>	<p><b>22</b> <u>COLD PLATE</u>  Chef's Salad (693)  w/Italian(119) w/Turkey,  Ham, Cheese, Egg  Bowtie Pasta Salad(34)  Wheat Roll(210)  Chilled Pineapple(1)  Cal:1037 Carb:77 Na:1172</p>	<p><b>23</b> Turkey Sausage(367)  Spiced Apples(20)  Potatoes O'Brien(29)  French Toast(300) w/  syrup(23)  Ambrosia(4)  Cal:786 Carb:87 Na:859</p>	<p><b>24</b> Jerk Chicken(164)  Steamed Broccoli(5)  Coconut Rice(172)  Wheat Bread(115)  Mixed Fruit(5)  Cal:646 Carb:78 Na:579</p>
<p><b>27</b> Chicken Fajita(375)  Onions &amp; Peppers(28)  Yellow Rice(29) Sour  Cream (9)  Flour Tortilla(170)  Reg/Diet Cookie(112)  Cal:584 Carb:66 Na:812</p>	<p><b>28</b> Cheese Manicotti  w/Sauce(556)  Roman Blend Veg(26)  Summer Squash(6)  Italian Bread(230)  Cupcake/Diet(140)  Cal:779 Carb:108 Na:1072</p>	<p><b>29</b> <u>Summer Kick Off</u>  Lobster Roll  Corn Salad(1)  Coleslaw(118)  Hot Dog Bun(212)  Reg/Diet Cookies(105)  Cal:739 Carb:102 Na:1091</p>	<p><b>30</b> Sweet &amp; Sour Pork(361)  Oriental Blend Veg(27)  White Rice(4)  Whole Wheat Bread(116)  Mandarin Oranges(6)  Cal: 658 Carb:93 Na:628</p>	<p><b>Key for Symbols:</b>  Cal = Total Calories  Carb = Total Carbs  Na = Total Sodium  * Sodium mg content  (&gt;500mg)  <u>Tot Sodium &amp; Cal</u>  <u>include regular dessert,</u>  <u>milk (100mg NA) &amp;</u>  <u>margarine (15mg Na)</u></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](mailto:bobbijg2@charter.net).



Fenway Park/The Game is on, seats still avail: *Red Sox vs Oakland A's*, Thurs, June 16; \$142/pp. Due by June 2nd

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

Cape Cod Canal Cruise/lunch @ Lindsey's Family

Restaurant, Whydah Pirate Museum, Thurs, Sept 15; \$110/pp. Due by Aug 19

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

## Calling all Shuffleboard Players...



Do you play Shuffleboard?  
Are you willing to teach others?  
Do you love being outdoors?  
Then Shuffleboard is the game for you! The Sr. Center wants

to know if you are interesting in playing. We have opened our outside back patio and it's waiting for you! If you or someone you know is interested in playing or learning to play, please call 566-5588 to let us know!

## Grab and Go Dinner



This delicious meal will be prepared by the Sr. Center Staff for you to take home, heat and enjoy! Pick up your meal between 2:00-2:30pm. **Cost is \$5/per meal & reservations are required by June 7th.** Unable to pick up a meal...we can arrange delivery for Hampden. Proceeds will go towards the Building Fund.

**Thursday, June 9th, 2:00-2:30pm**

Sweet Sausage Grinders with Peppers and Onions, Macaroni Salad, and Strawberry Rhubarb Dessert

## JUNE CRAFT WITH ROSE SULLIVAN

June's craft project on Friday, June 24th from 1pm to 2:30pm. We will create 2 beautiful Rose Candle Holders in honor of National Rose Month!

Keep one and give one as a gift or keep both!

Only \$7 per person includes all materials for 2 candle holders. One flameless candle included as a gift!

Class size is limited to 10 people so sign up soon 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.

To Kick things off in Hampden, please join us for:  
**The Longest Day - Alzheimer Awareness**  
**Tuesday, June 21st from 4pm to 7pm**

We need your help to make 300 Origami Memory Flowers! Come and learn how to make these beautiful flowers to benefit our fundraising efforts for the Alzheimer's Assn. Food & drinks will be served!  
Please call 566-5588 to sign up!

Origami Flowers will be available at the center for people to dedicate a flower in honor or memory of a loved one for \$5. The flowers will be displayed in 3 Promise Gardens located in Hampden, East Longmeadow & Longmeadow communities. All proceeds will benefit the Alzheimer's Association.



Scantic River Artisans present:

# Waves of Art Exhibit



*Experience, Explore and Purchase  
the diverse art on display.*

**JUNE 11 (10-4)**

**JUNE 12 (11-3)**

**Reception: June 12 (12 - 2)**

104 Allen St., Hampden, MA  
(Community Room - Hampden Sr. Center)

For additional information about the Artisans and exhibiting opportunities, please leave a message at 413-205-7985 or email us at: [info@scanticriverartisans.com](mailto:info@scanticriverartisans.com)  
Visit our Facebook page: Scantic River Artisans

ScanticRiver  
ARTISANS  
Exhibiting Local Creativity



## Friends of Hampden Seniors Fundraiser **silent** **ART AUCTION**

**June 11, 10-4pm, June 12, 11-3pm**

Hampden Senior Center, 104 Allen St., Hampden, MA 01036

**8 chances for \$20.00, all proceeds to benefit the building fund**



Exhibit running concurrently  
all artwork donated by the  
artisans

ScanticRiver  
ARTISANS  
Exhibiting Local Creativity

[www.scanticriverartisans.org](http://www.scanticriverartisans.org)