

The Scantic Scribe

JUNE 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, June 13th at 9:00 am
in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

Greetings and Welcome Summer!

I hope you are enjoying the beautiful weather we've been having. Stay cool and hydrated as we head into the warmer months of the year.

Did you know the Senior Center has a Medical Equipment Loan Closet full of equipment for your use, FREE of charge? In addition to equipment we have Incontinence Supplies in many sizes. Call the center to find out if we have what you are looking for.

This month we are kicking off Summer with a BBQ lunch. We hope you can join us for great food and entertainment. Sign up starting on June 1st.

The Hampden Senior Center Building Committee has been meeting twice a month to discuss the options for renovation and/or expansion of the current building. Attached to this newsletter is a survey created by this group. Please take a few minutes to fill out the survey and mail or drop it off at the senior center. Your input is very valuable to the committee and your comments are appreciated.

Also, be sure to check out the details of our fundraising efforts for the Alzheimer's Association. A cause near and dear to many of us, we hope to have many successful events as we raise funds to find a cure for this disease.

BECKY



Summer Kick-Off Luncheon

Thursday, June 22nd at 12:00 pm

Hot Dog with Bun, Baked Beans, Italian Pasta Salad and Dessert!

Provided by Greater Springfield Senior Services:

\$2.00 suggested donation, please call 566-5588 to sign up.

Music with Audience Participation performed by:

Gary & Natalie Jones/Father & Daughter Duo!

Sponsored by the Polish National Credit Union and Bluebird Estates



Grab and Go Dinner, Thursday, June 29th

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

Sweet Sausage Grinders with Peppers and Onions, Pasta Salad, and Dessert

Cost is \$5 per person. Please call 566-5588 starting June 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.

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.

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 the following 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 the following monthly income guidelines:
Next pick-up is: **Tuesday, June 20th, 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 air travel.



Liz from the Hampden County Sheriff's Department will be here Friday, June 30th at 12:00 pm

For a lunch and learn session to discuss the following programs and why they are important for you and first responders:

- File of Life Program
- Is Your Number Up?
- Lock Box Program

Please call 566-5588 to reserve your spot

Suggested donation of \$2.00 for lunch provided by GSSSI



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, June 20th 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.



SCAM ALERT!

BE AWARE!!!

Scammers are pretending to be government employees. Scammers will try to scare and trick you into giving them your personal information and money. They may threaten you or your family and may demand immediate payment to avoid arrest or other legal action. **What to look out for:**

- The call or email says there is a problem with your Social Security number or account.
- Someone asking you to pay a fine or debt with a retail gift card, wire transfers, pre-paid debit card, internet currency, or by mailing cash
- Scammers pretend they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

Protect yourself, friends, and family!

If you receive a questionable call, hang up and report it at oig.ssa.gov.



Services and Information



If you're interested in receiving The Scantic Scribe via email, please email us at:
scribe@hampdenma.gov

If you're from out of town and prefer to have The Scantic Scribe mailed to you, please stop by the front office and let the front desk know you want to be put on our mailing list. There is a cost of \$5 per year to offset the cost of postage.

Farmer's Market with D & R Farm

Tuesday, June 13th, 9:00 am to 12:00 pm

Fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more!
SNAP Accepted



WINTER FARM SHARE

PICK-UP is Wednesday, June 14th & 28th at 9:30AM

D & R FARM SUMMER FARM SHARE

Starts Wednesday, July 5th at 9:30 am

D & R FARM is offering fresh produce twice a month,
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 are coming soon!!

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:

Household Size	Monthly Income
1	\$2,248
2	\$3,041

If you qualify to receive these coupons, please call Wendy at 566-5588 and you will be put on a list on a first come first serve basis. Coupons should be available for distribution in July.

HELP US STOCK OUR SHELVES with toilet paper!

Thank you for those that donated shampoo 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.



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.

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.

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, June 5th

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, beginning June 14th through July 19th

\$25 for session or, \$5 for drop-in class - call for availability.

FACIALS with Diane Neill Thursday, June 8th

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

FOOTCARE with Pat

Tuesday & Wednesday, June 13th & 14th

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, June 7th

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.

June 2nd, 16th & 30th. Please call Cat directly at 413-335-7422 for appointment and pricing.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.



MOVIES: Mondays at 12:30pm.

6/5 - **Marley & Me**, PG-13, Drama/Family

6/12 - **Cheaper by the Dozen**, PG-13, Comedy/Drama

6/19 - **Closed-No Movie**

6/26 - **The Kingsman: The Secret Service**, R, Action

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 Tuesday, June 27th at 12:30pm.

Last Tuesday of every month.

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

New people welcome, will teach.

SENATOR/STATE REP OFFICE HOURS

Wednesday, June 28th, 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.

Lighthearted no rules play.

Always looking for fresh minds!

TRIVIA

WATERCOLORS with Chris Sterritt Wednesdays

7 week session, May 17th through June 28th.

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

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

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.**

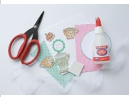
YOGA with Sue Kent \$5/per class

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

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



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



Create a Greeting Card with Ellie! Monday, June 5th, 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.



Drumming & Movement with Tara Six-week session on Wednesdays starting Wednesday, June 14th through July 19th 10:00 am – 11:00 am

If paid in full, cost is \$25 per person, includes one free class.
Or, \$5 per class as a drop-in, space pending.
Call ahead to schedule a drop-in class. Space is limited.



Have fun learning a new instrument in our Introduction to Ukulele Workshop! Friday, June 23rd at 1:00pm

Instructor Chris Foe from The Community Music School of
Springfield will begin to teach you the necessary skills to
master this accessible and charming instrument.

This workshop is relaxed, but highly engaging, and designed to
start you on the path of making music.

Cost is \$5 per person. Please call 566-5588 to reserve your
spot now. Space is limited.



All are welcome to join us for "Between the Lines" Reader's Group Tuesday, June 27th at 12:30 pm

This month's theme comes from a line of a well-known
American song,

"From Sea to Shining Sea"

Let's celebrate America and those who made it great!
Call 566-5588 to enrich your day!

Coming in July *You're welcome to sign up now!!*

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.



2023 Trips with Bobbi

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

Call 413-566-8271 or Email bobbijg2@charter.net

Cape Cod Canal Cruise, Tuesday, June 13

Includes: Lunch at Mezza Luna, Narrated Cruise, Wright's Farm &
Bakery, \$125/pp - Full payment deadline May 31

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 trip, \$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.



June Puzzle Pacs

Keep your brain healthy and sharp!

New puzzle packs will be available June 1st!

Return your completed puzzle pack to the Senior Center by
June 30th for a chance to win. Drawing will be held Thursday,
June 1st. **Congratulations to Pat McDonald, who is
our lucky winner for April!!**

Health and Wellness



FREE Baystate Hearing: Please call for an appointment.
1st Wednesday of the month, June 7th.



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
Tuesday, June 13th and Wednesday, June 14th.


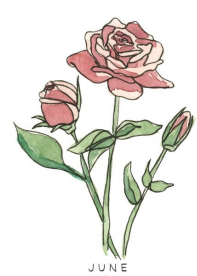


The Hampden Senior Center reserves the right to
utilize photos or videos of participants for publicity
purposes. Participants not wanting their image used
must notify the senior center in writing.

Please call
413.566.5588 for
additional information

June 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
Hello June <u>J</u> oy finds you when you <u>U</u> nderstand your value & <u>N</u> ourish your need <u>E</u> ven when it feels hard	June Birthstone is Pearl, Alexandrite & Moonstone June Flower is Rose and Honey Suckle 		1 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 MANICURES by appt 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
5 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 1:00 UCLA Memory* Training Program	6 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	7 HEARING by appt 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	8 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	9 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
12 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 1:00 UCLA Memory* Training Program	13 FOOTCARE by appt 9:00 Farmers Market 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	14 FOOTCARE by appt 9:30 Farm Share 9:30 Watercolors 10:00 Drumming & Movement 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	15 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	16 MANICURES by appt 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
19 CLOSED <i>Juneteenth Day</i>	20 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	21 8:30 Collate Scribe 9:30 Watercolors 10:00 Drumming & Movement 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors 7:30 Longest Day Event	22 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga— CANCELED 12:00 Summer Kick-off Lunch 12:00 Functional Fitness— CANCELED 12:30 Acrylic Painting 12:30 Bingo— CANCELED 1:00 Mat Yoga— CANCELED	23 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing 1:00 Ukulele Class
26 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	27 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Readers Group 1:00 Mat Yoga	28 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 10:00 Drumming & Movement 11:00 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	29 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	30 MANICURES by appt 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing

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

JUNE 2023

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)</p>	<p>Special concerns regarding sodium, contact the nutritionist at GSSI by calling 781-8806, x136.</p> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p>		<p>1</p> <p>Chicken & Sausage Gravy Brussels Sprouts 1/2 Baked Sweet Potato Buttermilk Biscuit Reg/Diet Pudding w/Topping Cal:741 Carb:69 Na:1138</p>	<p>2</p> <p>Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Cookie Cal:688 Carb:81 Na:849</p>
<p>5</p> <p>Pot Roast w/Gravy Herbed Green Beans Garlic Mashed Potatoes Whole Wheat Bread Fresh Fruit Cal:623 Carb:82 Na: 429</p>	<p>6 <u>Cold Plate</u></p> <p>Turkey BLT - Mayo Bacon Lettuce Tomato Potato Salad Club Roll Reg/SF Jello w/Topping Cal:656 Carb:59 Na:1143</p>	<p>7</p> <p>Roasted Red Pepper Ravioli* Italian Blend Veg Multigrain Bread Reg/Diet Cookie Cal:898 Carb:96 Na:1021</p>	<p>8</p> <p>Turkey Sloppy Joe* Coleslaw Multigrain Sun Chips Wheat Hamburger Bun Mixed Fruit Cal:718 Carb:82 Na:1072</p>	<p>9</p> <p>Butter Crumb Fish Dill Carrots Lemon Rice Tartar Sauce Wheat Roll Mandarin Oranges Cal:635 Carb:73 Na:768</p>
<p>12</p> <p>Chicken Pot Pie California Blend Veg Biscuit Topping Pear Crisp Cal:644 Carb:69 Na:695</p>	<p>13</p> <p>Pierogis Sautéed Red Cabbage Parslied Carrots Rye Bread Fresh Fruit Cal:530 Carb:94 Na:837</p>	<p>14</p> <p>Turkey Taco Plate Zesty Corn Salad Yellow Rice Sour Cream Tortilla Chips Chilled Peaches Cal:903 Carb:106 Na:966</p>	<p>15 <u>High Sodium Day*</u></p> <p>Steak & Cheese Sandwich* Onions & Peppers Potato Salad Wheat Hamburger Bun Reg/Diet Cookie Cal:786 Carb:77 Na:1348</p>	<p>16 <u>Father's Day Meal</u></p> <p>Broccoli Cheddar Stuffed Chicken Herbed Green Beans 1/2 Baked Sweet Potato Dinner Roll Fudge Round Cookie Cal:684 Carb:83 Na:809</p>
<p>19 Closed</p> <p><i>June 19th Day</i></p>	<p>20</p> <p>Creamy Pesto Tortellini* Summer Blend Veg Whole Wheat Bread Reg/Diet Cookie Cal:758 Carb:95 Na:1181</p>	<p>21</p> <p>Korean Meatballs Oriental Blend Veg White Rice Oatnut Bread Chilled Applesauce Cal:656 Carb:99 Na:883</p>	<p>22 <u>Summer Kick Off</u></p> <p>Hot Dog w/Bun* Italian Pasta Salad Baked Beans Ketchup/Mustard Fresh Fruit Cal:852 Carb:101 Na:1433</p>	<p>23</p> <p>Lemon Chicken Steamed Broccoli Rice Pilaf Whole Wheat Bread Fruit Ambrosia Cal:537 Carb:70 Na:480</p>
<p>26</p> <p>Hamburger w/Cheese Ketchup Lettuce & Tomato Oven Roasted Potatoes Wheat Burger Bun Fresh Fruit Cal:748 Carb:94 Na:1009</p>	<p>27 <u>Cold Plate</u></p> <p>Chef's Salad w/ Ranch Lettuce & Tomato Turkey & Ham Italian Bread Chilled Pears Cal:546 Carb:49 Na:1073</p>	<p>28 <u>June Birthday Meal</u></p> <p>Chicken Marsala* Tossed Salad w/Italian Penne w/Sauce Whole Wheat Roll Reg/Diet Birthday Cupcake Cal:657 Carb:91 Na:1161</p>	<p>29</p> <p>Turkey w/Dijon Sauce* Parslied Carrots Rice Pilaf Whole Wheat Bread Reg/Diet Cookie Cal:550 Carb:72 Na:898</p>	<p>30</p> <p>Shrimp Fried Rice Oriental Blend Veg Whole Wheat Roll Mandarin Oranges Cal:657 Carb:111 Na:884</p>

News from the Friends of Hampden Seniors



The Friends of Hampden Senior Citizens is looking to fill two openings on the Board of Directors. If you are interested in joining the group, or you have any questions, please call Claudia Kapinos at 566-8896.

The Friends is a non-profit organization established to assist in fundraising efforts to support programs and activities of the Hampden Senior Center.

Thankful

The Friends of Hampden Senior Citizens greatly appreciates all the wonderful items that have been donated to our Holiday Sale Table in the past; however, due to space constraints we cannot accept any items until September, so please, hold onto your donations until then. The holiday table has always been a great fundraiser for us, as well as providing a fun and affordable holiday shopping experience for you.

Thank you so much for your generosity and we look forward to shopping with you again soon!!



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) _____

____ 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!

Alzheimer's Awareness Month



Monson Savings Bank
15 Somers Road, Hampden MA



Saturday, June 10th, 9:00 am to 12:00 pm

FREE, Max of 5 boxes of shred material accepted (average copy paper box size).

For a donation of \$5 or greater, you will receive a lantern to shine a light for a loved one living with Alzheimer's.

We invite you to bring your lantern to The Longest Day events to remember and honor those we fight to find a cure for.
See below for details.



The Longest Day; June 21st

The Longest Day is the day with the most light — the summer solstice. On June 21, people from across the world will fight the darkness of Alzheimer's through fundraising activities.

For a donation of \$5 or greater, you will receive a lantern to shine a light for a loved one living with Alzheimer's.

We invite you to bring your lantern to our Longest Day events to remember and honor those we fight to find a cure for.

Lanterns are available now at the Hampden and Pleasant View Senior Centers.

Events will be held at the following two locations:

Hampden Senior Center @ 7:30 P.M.

104 Allen Street, Hampden, MA 01036

Pleasant View Senior Center @ 8:00 P.M.

328 North Main Street, East Longmeadow, MA 01028

Please call to sign up: Hampden @ 566.5588

Pleasant View @ 525.5346

Donations for the lanterns support the Tri Town Walk to End Alzheimer's Team consisting of Hampden, East Longmeadow and Longmeadow Senior Centers.

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, dinner, 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.



Pleasant View Senior Center Trunk Sale Fundraiser

Saturday, August 26th from 9:00 AM—12:00 noon

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, 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 01040

Register online at act.alz.org and click on Find a Walk Near You, click on Find a Team and enter Tri Town.

Select the Tri Town Team and follow the instructions to register.

Or, call the senior center and we can help you register.

Community News



The following is a list of dates and upcoming events that all are welcome to participate or simply come and watch to cheer on your fellow seniors.



Saturday, June 17th at Springfield College

- Basketball
- Cornhole
- Power Walking
- Racquetball
- Swimming
- Track & Field
- Volleyball



Sunday, June 25th - Wilbraham

- Disc Golf

Monday & Tuesday, August 7th & 8th at Agawam COA & Senior Center

- Billiards

MEDALS (Gold, Silver, Bronze) given for every 5-year age increment. Special cost of \$15 per person, per event to participate is given to Senior Center Members. For more details and registration, you may go to the website at www.MASeniorGames.org; or email jsimmons@springfieldcollege.edu; or call Joanie Simmons at 413-206-8560.

The Massachusetts Senior Games is a non-profit organization. Comprised primarily of volunteers, began in 1991 to promote the health and fitness of older adults in the Commonwealth through health education programs, fitness activities, and competitive athletic events.



The Hampden Garden Club is celebrating its 91st year!

We will be hosting guest speaker **Laura Beltran**, *Teacher-Naturalist from Westfield Audubon* to give a presentation on **Lightning Bugs**

Thursday, June 15th at 7:00 pm

Academy Hall, 616 Main Street, Hampden

Any questions, please call Lil at 566-1137. Guest fee is \$5.00 per person.

New members are welcome!

Nurse Notes

As the mask mandate is lifted in many settings let's not forget that Covid 19 continues to be a leading cause of death. Even though the death rate in 2022 was half of what it was in the previous year we are not completely out of the woods. COVID 19 is still killing many people across the United States. Even with the advent of a lower number of cases it is imperative to protect the most vulnerable among us as well as front line workers who are already in short supply. While masking remains optional we still need to follow the numbers and be prudent about places we go and the number of people we mingle with.

We agree that human connection is important but at what cost? ~Sheila Rucki PhD, PCNS, BS

HAMPDEN SENIOR CENTER SURVEY

The Hampden Senior Center Building Committee is seeking your input as we move forward with plans to renovate/expand our current building. We appreciate your taking the time to share your thoughts. Please drop this Survey off or mail it to us at the Hampden Senior Center, 104 Allen St, Hampden, MA 01036 before Friday, June 16, 2023. Any questions, please call the Senior Center at 413-566-5588. Thank you.

1. What is your age, please? Under 29 30-49 50-59 60-69 70-79 80+
2. In which city/town do you currently reside? _____
3. Which of the following best describes your current residence?
Single family home Independent living community Apartment building
"In-Law" apartment Multi-family home Senior housing
4. With whom do you currently live?
I live alone With spouse/partner With adult children With grandchildren With parents
Other: _____
5. How do you meet your transportation needs?
Walk Drive myself Family/friends drive me Senior Center van
Taxi/Uber PVTa Bike Other: _____
6. How do you receive information on community events and opportunities to become involved?
(circle all that apply)
Local Senior Center newsletter Community website pages Radio
Local TV broadcast Friends/family/neighbors Newspaper Facebook
7. Have you recently accessed any programs/services at the Hampden Senior Center?
SNAP benefits/counseling SHINE counseling Meal programs Movies
Social activities/classes Housing assistance Health/wellness services/events
Exercise programs Food pantries Trips/travel Fuel assistance Other
8. Have you ever been denied access to a program/activity at the Hampden Senior Center because it was at capacity? Yes No
If "yes", which one (s)? _____
9. What programs/services would you like to see offered at the Hampden Senior Center?

10. If you have not accessed any programs/services offered at the Hampden Senior Center, please tell us why
(circle all that apply).
Do not have time Inconvenient hours No transportation
I'm not old enough Participate at other Senior Centers No interest/need
Do not know what is available Other: _____
11. Would you be interested in attending evening programs/activities? If "yes", what would you like to have offered? _____

For additional comments, if you need more information or would like to speak with a Senior Center staff member, please include your name and contact information on the back.

Postage Required

Hampden Senior Center
104 Allen Street
Hampden, MA 01036