



## HAMPDEN SENIOR CENTER 104 ALLEN STREET

Monday-Friday 9:00am—3:00pm

413-566-5588 (phone)

413-566-2103 (fax)



**FREE WI-FI**



**TRI TOWN TROLLEY (413) 525-5412** — The TRI Town Trolley is running for Hampden, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-2:00pm. **Every Tuesday, Hampden Seniors can book rides for grocery, banking, etc. shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.**

### SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director  
coa@hampden.org

Doreen Rauch, Administrative Clerk  
scribe@hampden.org

Wendy Turer, Outreach Coordinator  
outreach@hampden.org

Nan Hurlburt, Activities Coordinator  
activities@hampden.org

Holly Normoyle, Receptionist  
receptionist@hampden.org

Rudie Voight, Custodian

**PLEASE NOTE:** If for some reason or another you are not receiving the Scribe by mail, we will be happy to send the newsletter to you via email. Please call or stop in and leave your email address at the front desk.

Greetings!

So far it seems to be a mild winter. The snow certainly paints a beautiful picture outside, but I'm hopeful that the month of March is easy on us weather wise. Maybe the groundhog was right, early Spring! So many things are going on this month! We are starting a new caregiver support group for those caring for someone with dementia, we are having an information session regarding our new walking club, a St. Patrick's Day celebration, computer classes, the Zoo on the Go is coming back and so much more!

There are many things to keep us busy this month and beyond.

Hopefully you will take advantage of all we have to offer here at the center.

Many thanks to all of our dedicated volunteers who help us on a daily basis; we couldn't do it all without you!

Stay warm and look forward to warmer weather coming soon! BECKY.....



### COA BOARD MEMBERS

Chairman: Marty Jacque

Vice Chairman: Deborah Mahoney

Treasurer: Nancy Willoughby

Secretary: Deanna Vermette

Cliff Bombard, Monique Downey,

Suzanna Haskins, Ed Norman

Rep to GSSSI: John Shay

**NEXT COA BOARD MEETING:**

Tues, March 12th @ 9:15am

The Hampden Lion's Club provides the paper for the SCRIBE and Friends of Hampden Seniors provide postage. Many thanks to both organizations!



### WINTER WEATHER ADVISORIES!!

Remember to watch channels 3, 22 and 40 for information about delayed opening or cancellations. Watch for **HAMPDEN**

**SENIOR CENTER** and **GREAT**

**SPRINGFIELD SENIOR SERVICES.** If Hampden Wilbraham Schools are closed, the meal site is automatically closed, but the center might still be open for activities, call 566-5588.



### DAYLIGHT SAVING

SUNDAY, MARCH, 10th, 2AM



## Volunteer for SHINE !

If you have a desire to help people and an interest in knowing the technical aspects of Medicare and health insurance, we invite you to apply to become a **SHINE** volunteer. Call Alicia Germain at (413) 750-2093 for more information. Classes forming soon!

*'Many hands make light work'*



## OUTREACH

The Outreach Office is your resource center. 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 and the Federal Administration for Community Living

**BROWN BAG** -TUESDAY, March 19th @ 1:00pm

**FALLON INSURANCE**- Tuesday, APRIL 9th, 10am

**SHINE (Serving Health Information Needs of Everyone)**

Call for an Appointment with Becky if you need help navigating the Medicare maze!

**RMV Near Me** - New changes happening at the RMV. Call Wendy at 566-5588.

### Fuel Assistance

Income guidelines for 2018/2019 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$35,510
2	\$46,437

The following documentation is also required:

- Copy of Social Security check or bank statement showing deposits of all income (not more than 30 days old)
- 2019 Electric Bill
- Oil Statement or Gas Bill (or both)
- 2019 Telephone Bill
- Property Tax and/or Homeowners Bill
- Photo ID, Social Security Card or Birth Certificate
- Mortgage statement if not paid in full
- Current Homeowners Insurance Bill
- If working, 4 previous pay stubs (the most recent)

Please contact Wendy with any questions or to schedule an appointment at 566-5588

## HEALTH/WELLNESS CORNER

### BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, March 28th

Call for an APPT March 28th

### FREE BLOOD PRESSURE CLINIC

TUESDAY AND THURSDAY

10:00 AM—11:00 AM



### "The Journey": A memory café

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.

**Every Friday from 10am to noon**

Please call Wendy if you would like more information about the café. Sponsored in part by MCOA & Homewatch Caregivers



### Disabled American Veterans

Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield is here Wednesday 9-1pm, call for an appointment 566-5588

### DENTAL CARE FOR OLDER ADULTS

**9:30am - 11:30am**

March 14 - Proper oral hygiene instructions-the basics

March 21 - Nutrition and the oral cavity

March 28 - Importance of prevention and health risks

April 4 - Dry mouth/effects of medications

Springfield Technical Community College dental hygiene students will present information on oral health for older adults. Come and learn about the unique dental needs of seniors.

Class size is limited, please sign up asap!

**Please use this form to make a donation to the FRIENDS OF HAMPDEN SENIORS.**

**We appreciate your support! Please make checks payable to "Friends of Hampden Seniors"**

Donation From: \_\_\_\_\_ Address: \_\_\_\_\_ Donation Amount: \$ \_\_\_\_\_

In Honor of: \_\_\_\_\_ In Memory Of: \_\_\_\_\_

Send acknowledgement to: \_\_\_\_\_ Address \_\_\_\_\_

Donation to be used for: \_\_\_\_\_ Memory Café \_\_\_\_\_ Food Pantry \_\_\_\_\_ Emergency Fuel Fund

Programs & Activities \_\_\_\_\_ General Need \_\_\_\_\_ Other (Specify) \_\_\_\_\_

Mail to: 104 Allen Street, Hampden, MA 01036 or drop off at the front desk at the senior center



### TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271

email to bobbijg2@charter.net

The 5 Trips Listed Below are A Definite for 2019;  
Flyers Are Available at the Reception Desk.

Tues, May 14 – West Point: Tour, Lunch, Cruise. \$115/pp

Thurs, May 30–Newport Playhs: Lunch, Play, Cabaret \$93/pp

Sun, July 14 – Old Rhinebeck Air Show/Museum: \$100/pp

Thurs/Fri, Aug 8/9–Lake George/Saratoga Races: \$294/pp dbl

Thurs, Sept 19 - Red Sox/Giants Day Game @ Fenway: \$131/pp

**Please let Bobbi Know your Interests; Your Input Regarding the Trips  
Listed Below Will Determine the Final Selection for 2019**

Tues, June 25 – Museum Tour: Ventfort Hall Guided-Age Museum, and  
Chocolate Springs Café & Store in Lenox; Lunch @ Red Lion Inn and Norman  
Rockwell Museum. \$107/pp

Wed, Aug 21 – The Log Cabin: Twin Lobsters (or Prime Rib), the Great  
Riverboat Ramblers. \$87/pp

Wed/Thurs, Aug 28/29 – Mt Washington / Cog Railway: Shopping @ No.  
Conway Outlet, Dinner & 1 Night @ White Mt Hotel, Breakfast, Cog RR ride.  
\$334/pp dbl

Fri, Sat & Sun, Sept 20, 21 & 22 – Adirondack Balloon Festival: 2 Nights @  
Lakefront Georgian Resort, 2 Brkfsts, Dinner Show @ Hotel, Lake George  
Lunch Cruise, NY Museum \$390/pp dbl

Wed, Oct 23 – Rocky's Aqua Restaurant: Ocean-front Dining, Hot Lobster  
Roll, Broiled Seafood Combo, Chicken Française; Mohegan Sun, \$15 Meal  
Voucher & \$15 Slot Play. \$80/pp

Thurs, Nov 14 - Newport Playhouse: Delicious Buffet Lunch, Hilarious Play  
“Boeing Boeing”, Cabaret (2<sup>nd</sup> Show). \$93/pp

Wed, Dec 4– Big E Carriage House: Brunch, “Christmas with Father  
Misgivings”, Growing Up Catholic, a Comedy. \$80/pp

**Bus Seat Assigned as your \$20 Deposit is Received.**

**Full Payment Deadlines are 1 Month Before the Trip.**

**All Prices Include Transportation and our Driver's Tip.**

### HAMPDEN TRAVEL CLUB: Call NORA at 566-5796

**\*\*Limousine service from Hampden to the airport and back to Hampden.**

**\*\* Tour guide stays with you for your trip**

**AMERICA'S MUSIC CITIES: NEW ORLEANS, MEMPHIS &  
NASHVILLE - 8 DAYS, APRIL 12-19**

**NATIONAL PARKS OF AMERICA: JUNE 17-28, 12 DAYS**

**BEST OF EASTERN CANADA: MONTREAL, QUEBEC,  
TORONTO, NIAGARA FALLS & MORE, AUG 27-SEPT 3, 8  
DAYS**

**CANADIAN ROCKIES BY TRAIN: SEPT 29-OCT 6TH**

**CALL FOR FLIERS OR PICK ONE UP AT THE SC!**



## MONDAY MOVIES @ 12:15

**March 4th - OCEAN'S 8** - The tide has turned and  
it's a whole new "Ocean's." Danny Ocean's sister, Debbie  
Ocean, recruits a seven women crew to plan and execute the  
heist of the century at New York City's star-studded annual  
Met Gala. Cast Sandra Bullock, Cate Blanchett, Anne  
Hathaway, Mindy Kaling, Sarah Paulson, Awkwafina, Rihanna,  
Helena Bonham Carter, Matt Damon, Richard Armitage

**March 11th - 7 DAYS IN ENTEBBE** - An act of  
terrorism leads to one of the most daring rescue missions ever  
attempted. When a commercial flight is hijacked in 1976 and  
diverted to an abandoned terminal at Entebbe Airport in  
Uganda, the terrified passengers become bargaining chips in a  
deadly political standoff. As the likelihood of finding a  
diplomatic solution fades, an elite group of commandos hatch  
a fearless plot to rescue the hostages before time runs out.  
Cast Daniel Brühl, Rosamund Pike, Eddie Marsan,  
Lior Ashkenazi

**March 18th - THE HOUSE WITH A CLOCK IN IT'S  
WALLS** Based on the beloved children's classic book, the  
magical adventure tells the spine-tingling tale of 10-year-old  
Lewis, who goes to live with his uncle in a creaky old house  
with a mysterious tick-tocking heart. But his new town's sleepy  
facade jolts to life with a secret world of warlocks and witches.  
Cast Jack Black, Cate Blanchett, Owen Vaccaro

**March 25th - A STAR IS BORN** - In a role  
previously played by Janet Gaynor, Judy Garland and Barbra  
Streisand, Lady Gaga has big shoes to fill in this third remake  
of the classic tale about a rising star whose career eclipses  
that of her famous mentor. Cast Bradley Cooper, Lady Gaga,  
Sam Elliott, Dave Chappelle

### MARCH is National Nutrition Month

Good nutrition gives you more energy and endurance,  
and plays a critical role in preventing and managing  
conditions such as heart disease, cancer, diabetes and  
obesity.

To achieve optimum health, we should understand the  
importance of making informed food choices and  
developing healthy eating habits.

### TOP ANTI-AGING SUPER FOODS

Apples, Avocados, Blueberries, Broccoli, Carrots, Fish,  
Nuts, Oatmeal



# Senior Center Activities



## ACRYLIC PAINTING

Thursdays, 9:45-11:45am, \$15.00 includes all materials.

## BRIDGE

Monday, 9:30am. Always looking for players.

## BINGO

Thursdays, 12:00 noon, \$.50 cents a card.

## BUNCO

Tuesday, 12:00noon, \$2.00

## CANASTA

Tuesdays, 12:30pm



## CHAIR MASSAGE

Come enjoy a chair massage with Vicki Finnegan on the 3rd Friday, 10:00am, 15 minutes for \$10.00

## CHAIR YOGA

Join Sue Kent on Tuesday & Thursday, 11am \$5/Class

## FACIALS

2nd Thursday of every month. 1 hour for \$30.00. Call for Appointment.

FUNCTIONAL FITNESS — Tuesday, 12:00 noon, with Sue Kent, \$5/Class

## GENEALOGY/FAMILY HISTORY

SEE YA IN THE SPRING!

## HEARING

First Wednesday of the month, Call for appt.

## JEWELRY

The third Tuesday of the Month, 9:30am, \$3 plus beads

## KNITTING/CROCHET

Join Barbara Dunwoody and class in learning different patterns Mondays 9:00 am



## LINE DANCING

THURSDAY - 2PM, \$5.00

## MAHJONGG

Fridays, 11am, will teach anyone interested

## MANICURES

Cathy is here twice a month, call her at 335-7422

MEMORY CAFÉ: Fridays from 10-12 noon

Sponsored by:



PITCH Wednesdays, \$2.00. SIGN UP 11:45am, PLAY 12:00. Come join all the fun!

## POOL ROOM

LADIES (Tuesday)

MEN (Thursday)



PINOCHLE NEED PLAYERS

QUILTING Fridays, 9:00am-3:00pm

SHUFFLEBOARD SEE YA IN THE SPRING.....

SOCIAL DANCING - On Winter Break

## TAI CHI

ADVANCED CLASS, Mondays, 10:00am. \$5.00

BEGINNER CLASS, 11:15am TO 12:00noon. \$5.

TRIVIA Wednesdays @ 10AM.

Always looking for fresh minds!

## WATERCOLOR

8 WEEKS, \$80/PP, Starting Monday, Jan 28, Wed Jan 30

## WEIGHT TRAINING




Join Vicky from the YMCA - Tuesdays & Thursdays, 10AM, \$3.50



YOGA Join Sue Kent on Tuesday & Thursday, 1:00pm, \$5.00/Class

**Please check our events calendar monthly for any CANCELLED classes.**



Mon	Tue	Wed	Thu	Fri
<p>Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!</p>	<p><b>FIRST DAY OF SPRING (Spring Equinox)</b> Wednesday, MARCH 20th</p> <p>The same day will be a full Moon, it will also be a supermoon!! Slightly larger and brighter than most other full Moons this year....</p>  			<p><b>1</b> 9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p><b>4</b></p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 WATERCOLOR</p>	<p><b>5</b></p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p><b>6</b> <u>HEARING</u></p> <p>9:00 DAV 10:00 Trivia 12:00 Pitch 12:30 WATERCOLOR</p>	<p><b>7</b> 9:00 Men's Pool</p> <p>9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<p><b>8</b> 9:00 Quilting</p> <p>10:00 MANICURES</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p><b>11</b></p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 WATERCOLOR 1:00 <b>DEMENTIA SUPPORT GROUP</b></p>	<p><b>12</b> <u>COA MEETING</u></p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p><b>13</b> 9:00 DAV</p> <p>10:00 Trivia </p> <p><b>11:30 ST PATTY LUNCHEON</b> PITCH CANCELLED</p> <p>12:30 WATERCOLOR</p>	<p><b>14</b></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<p><b>15</b> <u>MASSAGE</u></p> <p>9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p><b>18</b></p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 WATERCOLOR</p>	<p><b>19</b> 9:00 Ladies Pool</p> <p><b>9:30 JEWELRY</b> 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga <b>1:00 BROWN BAG</b></p>	<p><b>20</b> 9:00 DAV</p> <p>10:00 Trivia</p> <p><b>10:00 WALK MASS CHALLENGE MEETING</b></p> <p>11:00 State Senator Representative 12:00 Pitch</p> <p>12:30 WATERCOLOR</p>	<p><b>21</b> <u>COLLATE</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 3:30 <b>Tech Training</b></p>	<p><b>22</b></p> <p>9:00 Quilting</p> <p>10:00 MANICURES</p> <p>10:00 MEMORY CAFÉ</p> <p>11:00 Mahjongg</p>
<p><b>25</b></p> <p>9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 WATERCOLOR</p>	<p><b>26</b></p> <p>9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga</p>	<p><b>27</b> 9:00 DAV</p> <p>10:00 Trivia 12:00 Pitch</p>	<p><b>28</b> <u>FOOTCARE</u></p> <p>9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 3:30 <b>Tech Training</b></p>	<p><b>29</b> 9:00 Quilting</p> <p>10:00 MEMORY CAFÉ</p> <p><b>10:30 ZOO ON THE GO</b></p> <p>11:00 Mahjongg</p>

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

# MARCH 2019

## LUNCH



## MENU

Lunch served  
daily @ 11:30am,  
RSVP before  
noon the day  
before.

Mon	Tue	Wed	Thu	Fri
<p><b>*High Sodium Entrée</b> Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800</p>		<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium &amp; Calories Based on Regular Dessert</p>		<p><b>1</b> Baked Chicken Cacciatore Sauce Ziti/Alfredo Sauce Spinach Italian Bread Banana Cal: 752 Sod: 584</p>
<p><b>4</b> Meatloaf/Gravy Garlic Mashed Potatoes Green Bean Casserole Oat Nut Bread Mixed Fruit  Cal: 663 Sod: 918</p>	<p><b>5</b> Pea Soup/Crks Baked Chicken/Wine Sauce Sweet Potatoes Wheat Bread Peached  Cal: 715 Sod: 515</p>	<p><b>6</b> <u>ASH WEDNESDAY</u> Baked Haddock/Dill Sce Oven Brown Potatoes Genoa Style Vegetables Rye Bread BIRTHDAY CAKE  Cal: 592 Sod: 1140</p>	<p><b>7</b> *Hot Dog/Bun Baked Beans Cole Slaw Orange  Cal: 858 Sod: 1255</p>	<p><b>8</b> *Seafood Newburg Rice Pilaf Carrots Pumpnickel Bread Pineapple  Cal: 628 Sod: 1122</p>
<p><b>11</b> Escarole Bean Soup/Crackers Baked Chicken/Glaze Lyonnaise Potatoes Wheat Bread Applesauce  Cal: 1084 Sod: 914</p>	<p><b>12</b> Swedish Chicken Meatballs Buttered Noodles Winter Mix Vegetables Oat Nut Bread Apple  Cal: 762 Sod: 854</p>	<p><b>13</b> <u>ST PATRICKS' DAY</u> *Corned Beef/Potatoes Cabbage/Carrots Rye Bread Lime Fruited Jell-O  Cal: 679 Sod: 1397</p>	<p><b>14</b> Beef/Bean Chili Baked Potato Cucumber Salad Pumpnickel Bread Chocolate Pudding  Cal: 770 Sod: 679</p>	<p><b>15</b> *Macaroni &amp; Cheese Breadcrumbs Stewed Tomatoes Peas Oat Nut Bread Ambrosia  Cal: 948 Sod: 1095</p>
<p><b>18</b> American Chop Suey Italian Style Vegetables Rye Bread Peaches  Cal: 571 Sod: 480</p>	<p><b>19</b> Potato Chowder/Crk Baked Chicken/BBQ Sauce Carrots Pumpnickel Bread Butterscotch Pudding  Cal: 796 Sod: 1065</p>	<p><b>20</b> *Sweet Italian Sausage/Tomatoes Onion/Peppers Buttered Rotini Scandinavian Vegies Oat Nut Bread Pear  Cal: 902 Sod: 1092</p>	<p><b>21</b> Pot Roast/Beef Gravy Mashed Potatoes Parm Ranch Green Beans Dinner Roll Apple Crisp/Topping  Cal: 799 Sod: 608</p>	<p><b>22</b> Potato Pollack Baked Potato Corn Monterey Wheat Bread Mixed fruit  Cal: 794 Sod: 841</p>
<p><b>25</b> Salisbury Steak Beef Gravy Red Roasted Potatoes Broccoli Oat Nut Bread Orange  Cal: 590 Sod: 812</p>	<p><b>26</b> Beef Burgundy Buttered Egg Noodles Peas/Onions Rye Bread Bread Pudding  Cal: 826 Sod: 568</p>	<p><b>27</b> Cr Broccoli Soup Baked Chicken Corn Casserole Pumpnickel Bread Frozen Strawberries  Cal: 880 Sod: 1037</p>	<p><b>28</b> BBQ Pork Pattie Scalloped Potatoes Tomato &amp; Onion Salad Oat Nut Bread Fresh-Dried Cranberries  Cal: 1025 Sod: 701</p>	<p><b>29</b> Vegg Lasagna Roll Ups/Tomato Sauce Tuscan Vegg Tossed Salad Italian Bread Vanilla Pudding  Cal: 601 Sod: 1020</p>



## Basic Computer & Technology Training

Students from Wilbraham Monson Academy will be here to assist seniors with questions regarding iPhones, iPads and Laptops. The students will be paired with a senior to give them their full attention with any questions they may have.

Bring your device with you to get hands on help.

The next sessions are:

March 21 & 28, April 4,11,18 & 25 from 3:30-4:30

Please sign up asap, limited class size.

Hampden Senior Center  
Caregiver Support Group

*For those caring for loved ones with dementia*



Sponsored and facilitated by Home Instead Senior Care  
Suzanne McElroy, MSW

**Where:** Hampden Senior Center, 104 Allen Street, Hampden, MA

**When:** The second Monday of every month from 1:00 pm — 2:00 pm  
(starting on Monday, March 11, 2019)

On site respite care will be provided FREE of charge by trained caregivers from Home Instead Senior Care should you need it.

Other respite and caregiving options are available. Please call Wendy with questions at 566-5588 or sign up at the front desk. Space is limited.

## Forest Park's Zoo on the Go

Friday, March 29th @ 10:30 am



**FREE...Meet some of the critters that call the Zoo in Forest Park home! Learn about their special adaptations, habitats, behavior, diets, and status in the wild. Visitors will have an opportunity to touch and observe the animals, as well as ask individual questions. Grandkids welcome!**

**Please sign up for this fun program 566 5588**





## Wednesday, March 13th St. Patrick's Luncheon

11:30 Cost \$5.00

### Corned Beef Dinner

We will be entertained  
with songs of the season  
(Pitch is cancelled on the 13th)

ScanticRiver  
ARTISANS

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

Saturday, March 16th 1-3pm Cost \$65.00

All Materials and Tools Supplied. Experience is not necessary.

Skill Level: Beginner

Instructor: Heather Black of Caluna Jewelry Design.

**"Sterling Silver Metals and Gem Stone Beads."**

Participants will create 3 different styles of earrings:

1) simple drop, 2) charm and 3) hoop. This class will  
cover all of the basics in earring making and wire working.

Jewelry Tools will be available for use but feel free to bring your own.

Class size is limited so sign up early to reserve your spot. 413 566 5588.



## Grab some friends, lace up your sneakers and join us for the Walk Massachusetts Challenge!

Sign up to Learn more about this exciting and beneficial challenge on Wednesday, March 20th at 10am. We will discuss the program and the weekly gift card, prizes and raffle give aways.

This program is free and sponsored by the MCOA. More information can be found on their website: [www.mcoaonline.com/walkma](http://www.mcoaonline.com/walkma)



Massachusetts  
Councils On Aging





# Town of Hampden Newsletter

## March 2019



---

*This Newsletter is a Selectmen's Initiative to provide timely information and government transparency.*

---

### From Selectman John D. Flynn:

"As we make our way through another New England winter, we want to thank our Highway Department, who continue to do a terrific job on our roads during these treacherous weather events. Several times a week, we'll hear from Hampden residents, 'I know when I get to Hampden, because that's when the roads get better!!' Thank you!"

---

**Editor's note:** On Facebook, Jan 24<sup>th</sup>, there were 3 individuals (plus 16 'likes') who commented on a large "Thank You To all the road workers out there that keep our roads clear" graphic posted by Hampden resident Nora. That thread was copied & sent to Mark Langone, Hwy Superintendent to share with his hardworking guys. Thanks, Nora, for sharing that graphic. Too often town employees don't hear the kind words and praise of residents.

---

### Reminders from Town Clerk Eva Wiseman

- Street Listing: Please look over, correct if necessary, and sign, date & return your form if you haven't already done so. Questions? Contact Clerk's Office at 566-2151 ext. 104.
- Real Estate bills will be mailed out at the end of this month; payment is due May 1<sup>st</sup>.
- Excise/Motor Vehicle bills were due Feb. 28th.

### Have you ever attended the Advisory Committee's Hearing on the Warrant Articles (budget, and any new/updated bylaws, etc) to be presented at our Annual Town Meeting/ATM?

*Here's the advantage: you'll be better informed before you attend the ATM! More importantly, you'll have time to think about those discussions during that week or two between the Hearing and the ATM. Then at the ATM you'll have a second chance to ask questions. Remember as a registered Voter, you and the other Voters present that evening are the legislators in our town.*



**Town House Lower Level Update:** Last year, the space used by the Police Dept. was divided to create an office for the Town Administrator. Then both the Selectmen's and Planning Board's offices were painted and had new carpeting installed. In February, the Town Clerk/Tax Collector's office received the same treatment.

## Library Listings:

Questions about below programs or to register/RSVP, please call (413)566-3047

- **Tuesdays - Play Group:** Ages 15 months – preschool; 10:30 am - 11:30am. On March 19<sup>th</sup>, Music Therapist Rene Coro, who has done a variety of library programs in the area, will visit.
- **Wednesdays -Story Time:** Ages 3-5 ; 11am-12pm.
- **Wednesday Walkers:** Adults; 1 pm. Join Library Director Ellen for this 1.5 mile walk down Main St. at a 'brisk pace', and then do 10 minutes of gentle stretching after the walk in the Rochford Room. In case of bad weather or if sidewalks are not cleared, that week's walk will be cancelled.
- **Chess Club:** Starting 3/7 -All ages- **Registration required** for this 5-week Thursday program; 5pm-6pm. "Each week there will be ½ hour of instruction and ½ hour of free play!"
- **Yoga for Every-Body:** continues on **Thursday nights 6-7pm** on March. 7, 14, & 21. This class is free and open to the public. **Sacred Music Meditation Series** with Dr. Joe Breton, 7-8pm, following Yoga, *only on March 7<sup>th</sup> & 21<sup>st</sup>.*
- **Bingo for Books: Thurs, March 14<sup>th</sup>; Registration required** for this event- All ages welcome!
- **Lego Wall Grand Opening: Sat, March 23<sup>rd</sup>;** Ages 5 & up; 11-12pm, **RSVP**. Library provided Legos only, which will remain on display, and are the property of the library.

---

*"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade.*

~ Charles Dickens, Great Expectations

<https://www.goodreads.com/quotes/209089-it-was-one-of-those-march-days-when-the-sun>

---

**Behind the Scenes:** This combined *Scribe/Newsletter* is made possible by the following:

Hampden Engineering provides the paper and the printing of the *Newsletter*, with their creative employee Katy Noes inserting graphics; the Senior Center staff writes/lays out the *Scribe*; the Hampden Lions Club provides the *Scribe* paper, and a Senior Center volunteer prints it at the Town House. Then the boxes are dropped at the Senior Center where the combined *Scribe/Newsletter* is collated, stapled, and counted by the volunteers. One volunteer takes the boxes with 2200 folded newsletters to Turley Publications in Palmer. The remaining 300 combined newsletters are divided between Centennial Commons, and the Senior Center. A few dozen are mailed to subscribers. Turley inserts them in the Wilbraham-Hampden Times, which gets mailed to every household, box holder, and business in town. The Friends of the Hampden Seniors pays that Turley cost. A digital copy is made available at <http://www.hampdenma.gov/council-aging> above the 'Contact Info' on the screen's left side.

Thanks to all the volunteers and donors on this project!

Are there other topics you'd like a **Behind the Scenes** section about? If so, please send an email to the Selectmen's Office, under 'Contact Info' at <http://www.hampdenma.gov/board-selectmen> The new town website went 'live' in January, and is still a work in progress as more info is added.

*Nancy Zebert, volunteer editor*