

The Scantic Scribe

MARCH 2020

HAMPDEN SENIOR CENTER
104 ALLEN STREET

Monday-Friday 9:00am—3:00pm

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

Website: www.hampdenma.gov



FREE WI-FI

E-mail!

**Please let us know if you would like to receive this newsletter via email.
Call us with your email address or leave it at the front desk!**

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
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Wendy Cowles, Outreach Coordinator
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Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney
Vice Chairman: Ed Norman
Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Cliff Bombard, Monique Downey, Suzanna Haskins, Deanna Vermette
Rep to GSSI: John Shay

NEXT COA BOARD MEETING:

Tuesday, March 10th @ 8:30am

Greetings!

Warm weather is coming...the days of the snow angels are over...the groundhog said it would be an early spring, and I can't wait!

This issue of the Scribe is packed with new and on-going programs. I encourage you to join us for lunch and learn information sessions, special St. Patrick's Day lunch, computer classes and so much more. Once the warm weather is upon us, it will be time to get out and get walking again! We are looking for help with our walking club this year... see inside this scribe for details.

Many thanks to everyone who supported our Warming Hearts project in February. We appreciate the monetary donations and donations from Greater Springfield Senior Services, Silver Linings Home Care and the CCD class from St. Mary's church. Your support made this important project a reality. Stay warm and see you soon.
BECKY.....



DAY LIGHT SAVINGS TIME
SUNDAY, MARCH 8TH

- Remember to set your clocks one hour ahead before going to bed on Saturday night, March 7th
- Test the operation of your smoke detectors and replace the batteries
- Refresh the inside of your home by giving it a good spring cleaning

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) _____

FRIENDS OF HAMPDEN SENIORS 2020 MEMBERSHIP FEE \$5.00: _____

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

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: Free bag of groceries once per month. In conjunction with the Food Bank of Western MA. Call Wendy for eligibility or to apply. **NEXT PICK UP WED, MARCH 18TH**

CAREGIVER SUPPORT GROUP: MONDAY, MARCH 9TH

Second Monday of every month from **1:00-2:00 PM**. For those caring for a loved one with dementia or other related memory impairment. Facilitated by Suzanne McElroy, MSW, Home Instead Senior Care. Other respite & caregiving options also available. **Call HSC at 566-5588 to sign up.**

SHINE: (Serving Health Information Needs of Everyone)
Call for an Appointment with Becky if you need help navigating the Medicare maze!

SNAP: Applications for Food Stamps can be processed here online! Call to make an appointment with Wendy to apply or ask any other questions about your SNAP benefits.
Income guidelines for 1 person household—\$2,082
Income guidelines for 2 person household—\$2,818

RMV Near Me: Need help with your license or registration? Call for an appointment with Wendy. 566-5588.

Fuel Assistance

Income guidelines for 2020 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846

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)
- 2020 Electric Bill
- Oil Statement or Gas Bill (or both)
- 2020 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. MARCH 4TH CALL FOR APPOINTMENT

FOOTCARE: WEDNESDAY, MARCH 25TH or THURSDAY, MARCH 26TH
CALL FOR APPOINTMENT



FREE BLOOD PRESSURE CLINIC
TUESDAYS AND THURSDAYS at 10AM

“ 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 & engaging environment.

Every Friday from 10am to Noon

Please call Wendy if you would like more information about the café. Sponsored in part by Homewatch Caregivers, Friends of Hampden Seniors and private donations.



TUESDAY, MARCH 31ST LUNCH & LEARN

Join us for lunch at 11:30 (\$2.00) for this informative FREE program with the Hampden County Register of Deeds, Cheryl Coakley-Rivera, Esq. She will host an out-reach program to inform the public about the Homestead Act and the Consumer Notification System (CNS).



RECEIVE A FREE COPY OF YOUR DEED.



NUTRITION MONTH MARCH



Choosing healthy foods is a smart thing to do- no matter how old you are!

Here are some programs to help you make sure you're eating right:

Brown Bag Program-Free groceries once a month. Participants must complete an application & meet requirements for both age and income below:

- **Age Requirement:** Must be at least 55 years old
Or have a documented disability for which you receive SS Disability Income (SSDI)
- **Income Requirement:** Monthly income for 1 house hold member = \$1,926
Monthly income for 2 house hold members = \$2,607

SNAP/Food Stamps-Participants must complete an application & meet the income guidelines below:

- Income guidelines for 1 person household—\$2,082
- Income guidelines for 2 person household—\$2,818

Meals On Wheels-Home delivered meals to homebound elders. Call GSSSI at 781-2135 to register. A modest donation is suggested.

Farm Share-(Coming in July) Weekly farm shares of fresh, local produce from D&R Farm, available at the Hampden Senior Center. Shares are \$10 per week or free for SNAP participants.

Please contact Wendy at 566-5588 if you are interested in any of the programs above.

In addition, we also offer the following daily:

Meal Site-Lunch at the Hampden Senior Center provided by GSSSI. **RSVP by noon the day before by calling 566-5588, \$2.00 suggested donation.**



Episode: **Fixing Nutrition**

Viewing will be followed by discussions,
RAFFLE PRIZES and GIVE AWAYS!!

**Lunch & Learn...Come and have lunch (\$2.00)
and stay to watch this free informative program.**

Right at Home is a proud sponsor of this new PBS health series hosted by Jane Seymour. The program is focused on the best ways seniors can continue to live healthy and feel grand.

VIEWING PARTY

Date **March 24th**

Time **11:45 am**



TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271;

Email: bobbijg2@charter.net

**Now Taking Deposits on the Trips Listed Below;
Flyers are available at the Reception Desk.**

Tues, April 28 – The Aqua Turf Club, direct from Branson, “Stars of the Grand Ole Opry”, Enjoy Delicious Family Style Luncheon, World Class Fiddler “Doofus Doolittle”, Great Country Music, Good Clean Fun. Full Payment Deadline Mar.7 \$91/pp

Wed. May 20 – The Newport Playhouse, “Sex Please We’re 60” A Saucy Senior Comedy about Bedroom Fun, Mixed up Medications & Menopause; Enjoy a Delicious Buffet Lunch, the Play, and the Cabaret after the Performance. Full Payment Deadline April 24. \$100/pp

Thurs, June 25 – Two-for-One Day Trip: Lovely Morning @ Broad Meadow Brook Wildlife Sanctuary, Lunch @ O’Connor’s Restaurant in Worcester, Wine & Cider Tasting @ Cameron’s Winery. Cameron’s is **NOT HANDICAP ACCESSIBLE**. Full Payment Deadline May 29. \$86/pp

Tues, July 21 – The Log Cabin Restaurant, Delicious Lunch of Either Twin Lobsters OR Prime Rib followed by “Rag Doll” Band Performing Beach Boys’ and Frankie Valli’s Greatest Hits. Full Payment Deadline June 26. \$90/pp

Thurs, Aug 13 – Fenway Park: Red Sox vs Minnesota Twins, A Day Game @ 1:05PM, Good Seats in Section 29 (3rd Base Side) Under Cover in the Shade. 52 Seats Available. Full Payment Deadline July 10. \$131/pp

Wed, Sept 9 – High Meadow, Granby, CT: BBQ, Bingo, Bocce, Swimming Pool, Mini Golf, Shuffleboard, Basketball, Volleyball, Horseshoes, Badminton, Ping Pong, Afternoon Country Music Show, All-You-Can-Eat Buffet from 10AM – 2:30PM. Cash Bar. Full Payment Deadline Aug 14. \$86/pp

**Bus Seat Assigned as your \$20/pp Deposit is Received,
Unless Otherwise Noted. Full Payment Deadlines approx. 1 Month
Before the Trip. A Separate Check for Each Trip Please.
All Prices Include Transportation and our Driver’s Tip.**

HAMPDEN TRAVEL CLUB

- *Limousine service from Hampden to the airport and back to Hampden.**
- *Tour guide stays with you for your trip.**

Dutch & Belgian River Cruise April 28-May 6, 2020
Bluegrass Country and Smoky Mountains June 4-12, 2020
American Cowboy Country September 13-20, 2020
New Mexico Balloon Festival Oct 9-14, 2020

UPCOMING TRIPS:

National Parks of America
Pacific Northwest & California
Canadian Rockies by Train



**Other destinations & dates available
CALL NORA at 566-5796**



MONDAY MOVIES

NEW TIME - STARTS AT NOON

CALL 566-5588 TO SIGN UP!



MARCH 2 – THE UPSIDE- Inspiring Comedy Drama based on real life/ Rated PG-13 / 2HRS, 6MIN - A recently paroled ex-convict, Dell, strikes up an unusual & unlikely friendship with a quadriplegic billionaire, Philip Lacasse. From worlds apart, Dell and Philip form an unlikely bond, bridging their differences and gaining invaluable wisdom in the process, giving each man a renewed sense of passion for all of life's possibilities. **CAST:** Kevin Hart, Bryan Cranston, Nicole Kidman

MARCH 9 – STAN & OLLIE- Heartfelt Drama Biography / Rated PG / 1HR, 37MIN - With their glory days as Hollywood's premier comedy team long behind them, Stan Laurel and Oliver Hardy begin a 1953 farewell tour of England and Ireland, reminding audiences and themselves of the magic of their partnership. **CAST:** Steve Coogan, John C. Reilly, Nina Arianda, Shirley Henderson

MARCH 16 – KEEPING UP WITH THE JONESES- Comedy / Rated PG-13 / 1HR, 45MIN - After moving into a sleepy suburban cul-de-sac, a married couple starts to suspect that their new neighbors are undercover government agents -- suspicions that are confirmed when the couple gets entangled in a case of global espionage. **CAST:** Zach Galifianakis, Isla Fisher, Jon Hamm

MARCH 23 – MAIDEN - Inspiring Exciting Documentary / Rated PG / 1HR, 37MIN - In 1989, an all-female crew captained by 27-year-old Tracy Edwards entered the Whitbread Round the World Race on the yacht "Maiden." By finishing second, the distaff sailors permanently transformed the all-male province of deep-water yacht racing.

MARCH 30—THE HELP - Inspiring Heartfelt Drama / Rated PG-13 / 2HR, 26MIN - In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. **CAST:** Emma Stone, Viola Davis, Bryce Dallas Howard, Octavia Spencer, Sissy Spacek



WINTER WEATHER ADVISORIES!!!

Remember to watch channels 22 and 40 for information about delayed opening or cancellations.

Watch for HAMPDEN SENIOR CENTER & GREATER SPRINGFIELD SENIOR SERVICES.
Or check out our Facebook page for information.

If Hampden Wilbraham Schools are closed, the meal site is automatically closed, but the center might still be open for activities, Call HSC at 566-5588.

Eat Fresh Buy Local

LOOKING FOR SOME FRESH LOCALLY GROWN PRODUCE IN THE MIDDLE OF WINTER?

D & R FARM, 146 Thresher Rd in Hampden has it...
Lettuce, Spinach, Kale, Celery, Carrots, Potatoes,
Onions, Beets, Sweet Potatoes and More!

Please call 244-3135 before stopping by.

They accept SNAP!

(HIP will be accepted again on May 15th, 2020)

Walking Club



LOOKING FOR A FEW GOOD VOLUNTEERS?

Do you like to walk? Do you enjoy being with people? Are you a motivator?

Participating in a walking club rewards both body and soul. Physical activity improves the overall health and well-being of older adults. Even modest levels of activity done daily for 30 minutes can prevent or control heart disease, diabetes, osteoporosis, colon cancer, and weight gain. Walking boosts energy levels, improves blood circulation, lowers blood pressure, combats depression and reduces stress. Most important, walking club members build strong friendships and have a lot of fun!!!

We are looking for 2-3 people to help lead our Walking Club this year. If you are interested in being one of our leaders, please call Donna at the Hampton Senior Center at 566-5588 for more information. This program is sponsored by the MASS Councils on Aging.



Calling all Cribbage Players....

If you are interested in playing Cribbage, please contact Nan at 566-5588.



Sand For Seniors



The Hampden Fire Department and the Hampden Senior Center are working together to bring **Hampden residents, over the age of 60**, the Sand for Seniors program.

Thanks to a Senior Safe grant recently awarded to the Hampden Fire Department, a 5 gallon bucket of sand can be delivered to your home **FREE** of charge for you to use on your steps and walkways during the winter.

Please call the Hampden Senior Center at 413-566-5588 if you would like a bucket of sand delivered to your home. **Please specify if you would like it placed in a certain area.**

Buckets will be collected in April. Our newsletter will have information when this program will start again in the Fall.

BACK BY POPULAR DEMAND SIGN UP TODAY!!!



COMING SOON



COMING IN APRIL...Basic Computer & Technology Training from Wilbraham Monson Academy will be at the Senior Center to assist seniors with questions regarding iPhones, iPads, & Laptops.

Please bring your device to get hands on help. You will be paired with a student who will give you their full attention with any questions you may have.

Five sessions will be offered on Thursdays in April from 3:30-4:30 - April 3rd, 9th, 16th, 23rd, & 30th - Please call HSC at 566-5588 to sign up ASAP, limited class size.

Senior Center Activities

ACRYLIC PAINTING Thursdays - \$15.00 includes all materials
New Time for the Winter - 1:00-3:00pm

BRIDGE Mondays, 9:30am. Always looking for players.

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

BUNCO Tuesday, 12:00 noon, \$4.00



CAREGIVER SUPPORT GROUP for those caring for a loved one with dementia. Second Monday of every month at 1:00 PM. Sponsored by Home Instead Senior Care. **MARCH 9TH, 2020**

CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd Friday of the month, 10am, 15 minutes for \$10.00

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

D.A.V. Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield will be here Wednesdays from 9am-1pm. **Call for an appointment.**

FACIALS 2nd Thursday of every month. 1 hour for \$30.00. **Call for an appointment.**

FALLON INSURANCE Tuesday, **MARCH 10TH, 10:00AM**

FUNCTIONAL FITNESS

Tuesday, 12:00 noon, with Sue Kent., \$5/Class



HEARING First Wednesday of the month. **Call for appointment.**

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

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



LICSW,JOE D'AMICO Clinical social worker. **Call for appointment.**

LINE DANCING Wednesdays 9:30-10:30am, \$5.00

MAHJONG Fridays, 11am, will teach anyone interested

MANICURES Twice a month. Call Cathy at 335-7422

MEMORY CAFÉ Fridays from 10-12 noon



MOVIES Mondays, **New time starts at 12:00 noon**

NOTARY SERVICES Monday-Friday 10-2. Call and speak to Holly for an appointment.

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

POOL ROOM LADIES (Tuesday); MEN (Thursday)

PINOCHLE Tuesdays, 12:30pm



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

SOCIAL DANCING Call for information

TAI CHI Mondays

ADVANCED CLASS - 10:00am TO 10:45 \$5.00

BEGINNER CLASS - 11:15am TO 12:00 \$5.00

TRIVIA Wednesdays @ 10am. Always looking for fresh minds!

WATERCOLOR Class currently in session. Please watch for next session date.

WEIGHT TRAINING Join Vicky & Sara 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.



TRI TOWN TROLLEY (413) 525-5412



The TRI Town Trolley operates for **Hampden**, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-3:00pm. **On Tuesdays, Hampden Seniors can book rides for grocery, banking, shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.**

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.



Hampden Senior Center
104 Allen Street
Hampden, MA 01036



MARCH 2020



Lunch served daily @11:30am,
RVSP before noon the day
before @ 566-5588.

Mon	Tue	Wed	Thu	Fri
2 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 MOVIE AT NOON 12:30 Watercolor Class	3 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Funct. Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga	4 HEARING 9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch	5 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga	6 MANICURES 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
9 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 MOVIE AT NOON 12:30 Watercolor Class 1:00 Caregiver Support	10 8:30 COA Meeting 9:00 Ladies Pool 10:00 FALLON INSURANCE 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga	11 9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch	12 FACIALS 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 11:30 ST. PATS LUNCH 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga	13 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
16 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 MOVIE AT NOON 12:30 Watercolor Class	17  9:00 Ladies Pool 9:30 JEWELRY CLASS 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga	18 COLLATE 9:00 DAV 9:30 LINE DANCING 10:00 Trivia 12:00 Pitch 1:00 BROWN BAG	19 9:00 Hop Around The World Exercise Class 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 11:30 Lunch & Learn 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga	20 CHAIR MASSAGE MANICURES 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg
23 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 MOVIE AT NOON 12:30 Watercolor Class	24 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 11:30 Lunch & Learn 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga	25 FOOTCARE 9:00 DAV 9:30 LINE DANCING 10:00 Trivia 11:30 State Senator Representative 12:00 Pitch	26 FOOTCARE 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 ART is 4 Every 1 1:00 Yoga	27 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 ZOO ON THE GO 11:00 Mahjongg
30 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 MOVIE AT NOON 12:30 Watercolor Class	31 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 11:30 Lunch & Learn 12:00 Functional Fitness 12:00 Bunco 12:30 Pinochle 1:00 Yoga	DAY LIGHT SAVINGS MARCH 8TH, 2020 	Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks!	The <u>Hampden</u> <u>Lion's Club</u> provides the paper for the SCRIBE and <u>Friends of Hampden</u> <u>Seniors</u> provide postage. Many thanks to both organizations!

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

MARCH 2020

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
2 Southwest Chicken* Yellow Rice Cornbread Spiced Peaches Tot Cal:659 Sod:1005	3 Turkey Pesto Pasta Italian Blend Veggies Ziti Noodles Whole Wheat Roll Pear Crisp Tot Cal:652 Sod:456	4 Stuffed Shells* Mixed Veggies Whole Wheat Bread Chocolate Cake Tot Cal:741 Sod:1104	5 Burger w/ LTO Potato Wedges Mixed Fruit Tot Cal:668 Sod:1159	6 Baked Pollock Asparagus Rice Pilaf 12 Grain Bread Jello Tot Cal:848 Sod:806
9 Meatball Stroganoff Mixed Veggies Egg Noodles Whole Wheat Bread Spiced Pears Tot Cal:687 Sod: 688	10 Stuffed Chicken Steamed Peas Mashed Potatoes Oat Nut Bread Applesauce Tot Cal: 704 Sod: 831	11 Orange Glazed Pork Spinach White Rice Whole Wheat Roll Mandarin Oranges Tot Cal: 627 Sod:639	12 ST. PATRICK'S DAY LUNCH Corned Beef* Cabbage & Carrots Boiled Potatoes Special Dessert WEAR GREEN! Tot Cal:620 Sod: 1305	13 Mac and Cheese* Stewed Tomatoes Orange Snack Loaf Warm Fruit Compote Cal:671 Sod:1022
16 Mini Ravioli Meat Sauce Mixed Veggies Whole Wheat Bread Apple Crisp Tot Cal: 791Sod: 937	17  Corned Beef* Cabbage & Carrots Boiled Potatoes Rye Bread Pistachio Pudding Tot Cal: 620 Sod:1305	18 Chicken Da Vinci* Brussels Sprouts Ziti Noodles 12 Grain Bread Chilled Peaches Tot Cal: 681 Sod:882	19 BBQ Pork Slider Steamed Corn Sweet Potatoes Club Roll Fresh Fruit Tot Cal: 787 Sod: 903	20 Crispy Fish Filet Coleslaw Tater Tots Whole Wheat Bread Spiced Pears Tot Cal:879 Sod: 1112
23 Eggplant Rollatini Steamed Broccoli Ziti w/Marinara Italian Bread Oatmeal Cookies Tot Cal: 766 Sod: 932	24 Roast Turkey w/Gravy Cauliflower Yellow Rice Multigrain Bread Fresh Fruit Tot Cal:649 Sod:434	25 Meatloaf w/Mushroom Garlic Green Beans Mashed Potatoes 12 Grain Bread Mixed Fruit Tot Cal:574 Sod:641	26 Chicken Teriyaki Stir Fry Veggies White Rice Cherry Snack Loaf Pineapple Tot Cal:650 Sod:834	27 Cheesy 3 Bean Chili 1/2 Baked Potato Steamed Peas OatNut Bread Lemon Pudding Tot Cal: 784 Sod: 794
30 Chicken & Gravy* Sautéed Spinach Mashed Potatoes Buttermilk Biscuit Applesauce Tot Cal:632 Sod:1039	31 Hot Dog* w/ Bun Onions & Peppers Baked Beans Peach Crisp Tot Cal:621 Sod: 1217		CAL=Calories SOD=Sodium *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert	*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800 Ext. 136

St. Patrick's Luncheon



Thursday, March 12th

11:30, Cost \$5.00

Roger Tincknell

will be
performing all your
Irish favorites in,

Ireland to America!

Our staff will be making a traditional
Irish Lunch of Corned Beef, Potatoes,
Carrots, Cabbage and a
delicious dessert.

Come and enjoy and wear your GREEN!!!

Call or sign up at front desk (413)566-5588

Many Thanks to all
our great sponsors:



This program is sponsored in part, by a grant from the
Hampden Cultural Council, a local agency, which is supported by
the Massachusetts Cultural Council, a state agency.



One Stroke Decorative Painting Class

4 sessions on Thursdays: March 19, 26 April 2, 9

Cost \$25.00. 9:30-11:30. Bring your own Vase (glass, any color) and a set of inexpensive paint brushes (be sure one is flat) all other supplies are provided.

One Stroke is a painting technique that is captivating beginner and experienced painters alike. The technique is fun and easy. You will be amazed at just what double loading a brush with paint will do!

Donna Boucher is a certified teacher in One Stroke Painting and belongs to The Society of Decorative Painters. She has been teaching for over 30 years in all media. Donna has taught classes in senior centers, libraries and at Michaels.



Thursday, March 19th 9am "Hop Around The World"

Rondae Drafts, Ph.D.abd

Founder and Executive Director at MUSIC Dance.edu

Free Presentation: An entertaining interactive video and power point presentation. A Magical, musical, imaginary journey "Around The World". We will visit Ireland, Japan, Africa, India and Hawaii. At each destination, we explore the traditional food, clothing, music and culture. The presentation ends with waving the destination flags and singing "It's a Small World After All". Professor Drafts is your flight attendant on this journey.

This program is sponsored in part, by a grant from the Hampden Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



The Animals are Coming!
Come and enjoy and learn about the animals and our wonderful zoo.

Interested in lunch? sign up before noon the day before. (suggested donation \$2.00)

Thursday, March 19th @ 11:45 Lunch & Learn



Beth Pecia, an Integrative Health Coach from "Real Agricultural Wellness" will be here to explain what a label really means. Decoding your grocery store food vocabulary. Organic, All Natural and Non GMO?