

The Scantic Scribe



MARCH 2022

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

Donna Richardson, Administrative Asst. & Volunteer Coordinator
scribe@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Activities Coordinator
activities@hampdenma.gov

Sharon Woodin & Joi Giuggio, Receptionists
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: Vacant

COA BOARD MEETING:

TUESDAY, MARCH 8TH at 9AM

in PERSON or VIA ZOOM.

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217



Day light savings is
March 13th & the
first day of spring is
March 20th!

Greetings!

Spring is almost here! I hope you are looking forward to this new season and getting outside and enjoying warm, fresh air! We have a lot going on this month, so be sure to take a close look at this newsletter and call with any questions.

We are hosting a COVID Booster clinic here at the center on Thursday, March 24th.

See below for details. Thanks to our sponsors for helping to bring the clinic here.

St. Patrick's Day Luncheon will be held in person this year and we will enjoy a corned beef luncheon and entertainment by Sarah the Fiddler! Sign up early as space is limited.

We will roll out our new database this month and hope you will help us by signing in at the front desk computer kiosk every time you visit the senior center. It's very easy and staff will be available to help you when you arrive.

Monday lunches will be held inside during the month of March. Meals will be prepared in house. Look for more details in this newsletter and sign up today!

Many thanks to Greater Springfield Senior Services for their support during the pandemic. The Grab and Go meal program will end this month and Congregate Dining will resume on Monday, April 4th. Grab and Go was very popular and a great way to still provide meals during COVID.

We hope you will all join us inside for lunches starting April 4th.

Happy St. Patrick's Day and Happy Spring, BECKY.....



COVID-19 BOOSTER CLINIC

The Hampden Senior Center will be holding a Free Covid-19 Booster Clinic on Thursday, March 24th from 9:30am to 11:30am by appointment only for everyone who is 18 years or older. Pre-registration is required by calling (413)566-5588. Pfizer and Moderna will be available.

Not only will you get a booster shot, you will also receive a wellness bag full of goodies, a gift card, and healthy snacks!

**FREE shoulder massages with JulieAnne,
our Massage Therapist while you wait!**

Also get entered to win a \$100 gift card!



HAMPDEN BOARD OF HEALTH



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 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, MAR. 15TH 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, MARCH 15TH 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. Please call Wendy at 566-5588 for more information.

**CAREGIVER
SUPPORT
GROUP**

HEALTH/WELLNESS

Fuel Assistance

Income guidelines for 2021/2022 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751

The following documentation is also required:

-Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, or Wages

-Electric Bill - most recent

-Oil Statement or Gas Bill (or both) - most recent

-Property Tax and/or Homeowners Bill

-Water/Sewer Bill

-Photo ID, Social Security Card or Birth Certificate

-Mortgage Statement if not paid in full or Monthly Rent

-Current Homeowners Insurance Bill

-If working, 4 previous pay stubs (must be the most recent)

Please contact Wendy with any questions.



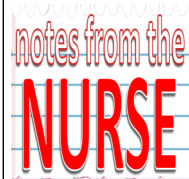
free WINTER VEGETABLES

D & R FARM WINTER FARM SHARE

Twice a month D & R FARM is offering fresh produce & it is FREE with HIP or \$40 cash per month without HIP. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up. They are located on 146 Thresher Rd in Hampden.

Please call 413-244-3135 before visiting the farm.

PICK-UP IS WEDNESDAY MARCH 9TH & 23RD AT 9:30AM.



We live in a place where winters are dark and cold. You're probably ready for some warmth and freedom. But then you turn on the TV, and are bombarded with news about covid restrictions, and you wonder whether you should just ride it out, for yet another winter.

Many states are lifting mask mandates in schools and other public places. Cases are going down after the worst of the Omicron surge but are we ready to say the pandemic is over? Should we now return to pre-pandemic normal? Can we feel safe freely mixing with others in public places? Many have been very cautious throughout the pandemic. As you begin to step outside how can you protect yourself?

You must determine your own comfort level.

Hampden's Public Health Nurse -Sheila Rucki PhD, PCNS, BC

Services and Information



Join the Scantic River Artisans for their
BIG ART SHOW of Small Works here at the Senior Center on
March 19 (10-4) & March 20 (11-3); Reception March 20 (12-2)
www.scanticriverartisans.com

WINTER WEATHER ADVISORY and SAND FOR SENIORS

Watch channels 22 & 40 or sign onto wwlp.com or westernmassnews.com for information about cancellations. Watch for HAMPDEN SENIOR CENTER and GREATER SPRINGFIELD SENIOR SERVICES for information. A FREE 5-gallon bucket of sand is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver. Please call HSC at 566-5588 to sign up.

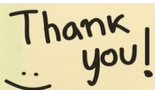


TRI TOWN TROLLEY SENIOR TRANSPORTATION SERVICES

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/East 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 for more information.**

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 for an appointment.



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.**

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 remember the traffic pattern is **BACKWARDS** in the parking lot during our **Grab N' Go** lunch program Tuesday through Friday from 11:00 - 12:00. **PLEASE USE CAUTION** when entering the parking lot.

Please drop in or call us 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, 12:00-2:00, \$.50 cents a card.

B I N G O				
14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

BLOOD PRESSURE SCREENING Thursdays, 9:00-noon, free with Elms College Students

BRIDGE Mondays, 9:30-noon. **New experienced players welcome.**

BUNCO Tuesdays, 12:00-3:00, \$5/per week. **New people welcome, will teach.**

FACIALS with Diane Neill 2nd Thursday of every month. **Please call for appointment and pricing.**

FOOTCARE Please call for appointment and 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/CROCHET Mondays, 9:00-11:00. **New people welcome, will teach.**

MAHJONG Fridays, 10:30-2:00. **New people welcome, will teach.**



MANICURES with CAT Every other Friday. **Please call CAT directly at 413-335-7422 for appointment and pricing.**



MEMORY CAFÉ Fridays, 10:00-noon.

MOVIES Mondays, 12:15.

3/7~ **Julie & Julia**, PG-13, Drama based on real life, Comedy

3/14~ **The Way Back**, R, Sports Drama

3/21~ **Tower Heist**, PG-13, Action Comedy

3/28~ **Respect**, PG-13, Biography, Drama



PITCH Wednesdays, Sign up is at 12:15. Play time is 12:30.

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

TECHNOLOGY TRAINING Will resume in April.

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

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

Please call
413.566.5588 for
additional information

MARCH 2022

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
 Hampden Sr. Center reserves the right to utilize photos/videos of participants for publicity purposes. Participants not wanting their image used must notify the Senior Center in writing.	1 Mardi Gras 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	2 Ash Wed. <u>HEARING CLINIC by appt.</u> 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	3 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:00 Bingo 1:00 Mat Yoga	4 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
7 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:30 Lunch Inside 12:15 Movie	8 <u>9:00 COA Board Meeting</u> 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	9 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 12:30 Pitch	10 FACIALS by appt. 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:00 Bingo 1:00 Mat Yoga	11 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
14 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:30 Lunch Inside 12:15 Movie	15 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:30 BROWN BAG 6:PM Caregiver Support	16 9:30 Watercolors 10:00 Trivia 12:30 Watercolors 12:30 Pitch	 Happy St. Patrick's Day <u>11:30 CELEBRATION!</u> Reservations required No daily activities today	18 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong MARCH 19th & 20th SCANTIC RIVER ARTISANS EXHIBIT
21 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:30 Lunch Inside 12:15 Movie	22 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	23 <u>FOOTCARE by appt</u> 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:00 Senator Lesser 12:30 Watercolors 12:30 Pitch	24 <u>BOOSTER Clinic by appt.</u> <u>FOOTCARE by appt.</u> 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Functional Fitness 12:30 Acrylic Painting 12:00 Bingo 1:00 Mat Yoga	25 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 1:00 Craft Class
28 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:30 Lunch Inside 12:15 Movie	29 9:00 Ladies Billiards 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	30 10:00 Trivia 12:30 Pitch	31 9:00 Men's Billiards 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Functional Fitness 12:30 Acrylic Painting 12:00 Bingo 1:00 Mat Yoga	



****MARCH 2022 Grab 'n Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.****

PLEASE NOTE: GRAB AND GO LUNCHES WILL END ON MARCH 11th.

CONGREGATE, INDOOR DINING WILL RETURN ON APRIL 4th.

We look forward to welcoming you back into the building to have lunch.

Thank You to Greater Springfield Senior Services for this program!

Mon	Tue	Wed	Thu	Fri
Menu subject to change without notice.  Suggested voluntary donation - \$2.00.	1 <u>MARDI GRAS</u> Ham Salad Tomato Onion Salad Ziti Broccoli Salad LS Wheat Bread Chilled Peaches Cal:728 Carb:82 Na:700	2 Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad White Roll Chilled Pears Cal:555 Carb:88 Na:1117	3 Turkey & Provolone Wrap Lettuce/Tomato/Peppers Winter Blend Veg Tortilla Yogurt Cup Cal:560 Carb:56 Na:1177	4 Tortellini Salad Chickpea Tomato Salad Cucumber Salad WW Pita Sugar Free Cookie Cal:764 Carb:96 Na:898
7 <u>LUNCH INSIDE</u> National Cereal Day Grilled Cheese Minestrone Soup Rice Crispy Treats	8 Traditional Egg Salad Three Bean Salad Broccoli Pasta Salad Multigrain Bread Fresh Fruit Cal:1072 Carb:84 Na:832	9 Chef Salad with Ham & Turkey / French Dressing- Italian Bread Sugar Free Jello Cal:506 Carb:36 Na:1166	10 Chicken Caesar Wrap Cucumber White Bean Salad Spinach Tortilla Tropical Fruit Cal:713 Carb:71 Na:1191	11 Seafood Salad Marinated Corn Salad Bowtie Pasta Salad LS Wheat Bread Chilled Peaches Cal:1024 Carb:105 Na:966
14 <u>LUNCH INSIDE</u> National Potato Chip Day Pulled Pork Coleslaw Potato Chips Cookies	15 NO LUNCH WILL BE SERVED	16 NO LUNCH WILL BE SERVED	17  <u>ST. PATRICKS DAY CELEBRATION!</u> Reservations required	18 NO LUNCH WILL BE SERVED
21 <u>LUNCH INSIDE</u> National French Bread Day Beef Stew French Bread Fruit Cup	<div> **Grab and Go Lunches are no longer available. Join us on April 4th for the re-opening of our in person Congregate Meal Site. Please sign up ahead of time to enjoy lunch with us inside the building! Thanks to Greater Springfield Senior Services for providing Grab and Go during the pandemic and for brining back Congregate Dining!** </div>			
28 <u>LUNCH INSIDE</u> National Something on a Stick Day Tuna Melt Chicken Noodle Soup Ice Cream Bars	29	30	31	<div> **Grab and Go Lunches are no longer available. Join us on April 4th for the re-opening of our in person Congregate Meal Site. Please sign up ahead of time to enjoy lunch with us inside the building! Thanks to Greater Springfield Senior Services for providing Grab and Go during the pandemic and for brining back Congregate Dining!** </div>

2022 Trips with Bobbi

Bus seat assigned upon receipt of \$20 deposit (all incl driver's tip; bring your Vax Card) 413-566-8271 or bobbijg2@charter.net.



Aqua Turf/Andy Cooney Irish Cabaret, Mon, Mar 14 w coffee/donuts, corned beef/cabbage and more. \$107/pp. Due by Mar 7

Carriage House/Aging Disgracefully (cuz getting old is getting old!), meal choice, Thurs, Apr 7; \$96/pp, \$66/pp self drive. Due by Mar 18

Log Cabin/Mother's Day Buffet Brunch with Englebert and Tom Jones, Mon, May 9; \$99/pp, \$69/pp self drive. Due by Apr 15

Fenway Park/Red Sox vs Oakland A's, Thurs, June 16; \$142/pp. Due by May 19

Log Cabin/Barry Manilow & Cher w Twin Lobsters or Prime Rib, Wed, July 27; \$109/pp, \$79/pp self drive. Due by July 8

Cape Cod Canal Cruise/lunch @ Lindsey's Family Restaurant, Whydah Pirate Museum, Thurs, Sept 15; \$110/pp. Due by Aug 19

Lakeside Turkey Train/Delicious Harts Turkey Dinner/ Stop at Moulton Farm & Bakery, Wed, Oct 19; \$105/pp. Due by Sept 23

Log Cabin/Direct from Branson, Ozark Country Christmas, comedy, music, meal choice, Thurs, Nov 10; \$109/pp, \$79/pp self drive. Due by Oct 14

Congratulations!

To Our Lucky January Calendar Winners

- | | |
|-------------------------|------------------------|
| 1. Darlene Calabrese | 17. Linda Krawiec |
| 2. Ted Zebert | 18. Jack Moriarty |
| 3. Margaret Riley | 19. Zeke Merrill |
| 4. Paul Teehan | 20. Gerald Doten |
| 5. Douglas Teece | 21. Mary Ann Jasiewicz |
| 6. Mary Jane Chabot | 22. Linda Krawiec |
| 7. Tommy Richardson | 23. William Kober |
| 8. Sam Budynkiewicz | 24. Kathie O'Conner |
| 9. Karen Kology | 25. Mike Chabot |
| 10. Paul Joyce | 26. Paul Teehan |
| 11. Annie O'Reilly | 27. Claire Howard |
| 12. Helen Lavallee | 28. Cindy O'Sullivan |
| 13. Patty Kerr | 29. Joan Letendre |
| 14. Carol & Al Gauthier | 30. Lily McCulley |
| 15. Madison Kapinos | 31. Paul Wegrzyn |
| 16. Kathy McDonald | |

Thank you! All proceeds benefit the HSC Building Expansion Fund!

Congrats to our Puzzle Pac Winner Jim Dupuis!



ELMS COLLEGE NURSING STUDENTS

Elms College Nursing Students will be at the Senior Center on Thursdays 9am to noon to do blood pressure screenings and provide educational health information.

Please stop by to meet them!



School of Nursing

STCC DENTAL HYGIENIST STUDENTS



Hygienist Students from Springfield Technical Community College will provide information on dental hygiene and have free giveaways on Tuesdays, March 1st & 22nd (9-11) and on Thursdays, March 24th & 31st (1-3) at the Hampden Senior Center.

Currently the STCC Dental Hygiene Program is offering free dental cleanings until the end of March located at STCC at One Armory Square. Call 413-755-4900 to schedule an appointment.



SPRINGFIELD COLLEGE OCCUPATIONAL THERAPY STUDENTS

OT Students will be here throughout the month of March to participate in various programs and activities. Please help us welcome them! Call with any questions.

ST. PATRICK'S DAY LUNCHEON

THURSDAY, MARCH 17TH AT 11:30, COST \$5.00

Sarah the fiddler will be performing!
Our staff will be making a traditional
Irish Lunch of Corned Beef, Potatoes,
Carrots, Cabbage & Delicious Dessert.



Come and enjoy and
wear your GREEN!!

Space is limited!

Please call 566-5588 or
sign up at front desk.



YUMMY



Come inside for Monday Lunches in March

The Senior Center Staff will be cooking a delicious lunch
& a special surprise from Green Meadows Elementary
every Monday in March at 11:30am.

Call 566-5588 to sign up. (\$2/PP Suggested Donation)

March 7th - National Cereal Day - Grilled Cheese/Minestrone Soup/Rice Crispy Treats

March 14th - National Potato Chip Day - Pulled Pork/Coleslaw/Potato Chips/Cookies

March 21st - National French Bread Day - Beef Stew/French Bread/Fruit Cup

March 28th - National Something on a Stick Day - Tuna Melt/Chicken Noodle Soup/Ice Cream Bars

MARCH CRAFT WITH ROSE SULLIVAN

Come and enjoy making
a Stenciled Accent Pillow
on Friday, March 25th
from 1:00-2:45pm. Price
is \$7 per person and
includes materials!
Limited to 14 participants
Please call 566-5588 to
sign up.



PAINT, SIP, FUN WITH NAN!



As a fundraiser for the Senior Center
Building Fund, Nan will be hosting a
Paint, Sip, FUN fundraiser on Friday,
April 29th. No experience needed!

Come enjoy a night out and
leave with a beautiful painting!
Save the date and stay tuned
for more details in the next
newsletter!

