

# The Scantic Scribe



## MARCH 2024 HAMPDEN SENIOR CENTER

104 ALLEN STREET  
413-566-5588 (phone); 413-566-2103 (fax)  
Website: [www.hampdenma.gov](http://www.hampdenma.gov)



**FREE WI-FI**



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

**HOURS: Monday - Friday 9AM-3PM**

### SENIOR CENTER STAFF

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

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

Tina Doran, Administrative Assistant  
& Volunteer Coordinator  
[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)

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

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

Rudie Voight, Custodian

### COA BOARD MEMBERS

Chair: Deborah Mahoney  
Vice Chair: Deanna Vermette  
Treasurer: Nancy Willoughby  
Secretary: Marty Jacque  
Rep to GSSSI: Cheryl Delviscio  
Cliff Bombard, Monique Downey,  
Suzanna Haskins, Juanita Markham,  
Anne-Marie Villamaino

### COA BOARD MEETING:

Tuesday, March 12th at 9:00 am  
in PERSON or VIA ZOOM  
ZOOM Meeting ID: 95866401813  
ZOOM Password: 639217

### BUILDING COMMITTEE MEETING:

Mondays, March 11th & 25th at 11:00 am  
In PERSON or VIA ZOOM  
ZOOM Meeting ID: 82653444250  
ZOOM Password: 782446

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 your  
Support of our essential programs and  
services.**

Greetings!

Welcome to March! The end of winter is in sight and warmer days are coming soon. The newsletter is packed with information about our up and coming programs and events. Please remember to sign up in advance for programs so we can be sure to have your name on the list. Also please remember that if you would like to come for lunch, you must call to sign up with us by 11:00 the day before you wish to come. I can't even begin to tell you about all the great things we have going on this month, so be sure to read this newsletter from front to back so you don't miss anything! Thanks to the Hampden Cultural Council for providing funding to the senior center for several events this year. We could not offer these great programs without the support of the Cultural Council.

Happy St. Patrick's Day and Happy Easter,  
Becky.....



## St. Patrick's Day Luncheon

Friday, March 15th at 12:00 noon

Come and enjoy a delicious meal of Corned Beef,  
Cabbage & Carrots, Red Bliss Potatoes, Rye Bread, and Dessert.

**Entertainment provided by Sarah the Fiddler!**

Cost is \$2 per person suggested donation to GSSSI for lunch.

Please call 566-5588 starting March 1st to reserve your seat. Space is limited.

**Sponsored by Hampden Cultural Council.**

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



## Easter Breakfast

Wednesday, March 27th at 9:00 am

Becky and Wendy will be making a hot breakfast, so join us for  
Egg Bake, Breakfast Potatoes, Fruit, Coffee, and Juice.

\$3.00 per person. Please call 566-5588 to reserve your seat.



## Grab and Go Easter Dinner

Thursday, March 28th  
pick up from 2:00 pm to 2:30 pm

Enjoy a delicious Easter dinner of Ham, Potatoes,  
Vegetable, and Dessert.



Cost is \$5 per person.

Please call 566-5588 starting March 1st to order your dinner.



# 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](mailto:outreach@hampdenma.gov) for information.**

- SNAP:** **INCOME GUIDELINES:**  
**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 monthly income guidelines.
 
- Brown Bag:** **INCOME GUIDELINES:**  
**1 person household—\$2,430; 2 person household—\$3,287**  
 Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet monthly income guidelines.  
**NEW PICK-UP TIME is between 12:30—1:30 pm. Next pick-up is: Tuesday, March 19th.**

- Registry of Motor Vehicle:** **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. If you have RMV related questions, or need help with processing RMV applications online, please call Wendy at 566-5588 to make an appointment.



## ATTENTION SNAP RECIPIENTS

If you are currently receiving SNAP benefits, you are eligible to receive a pre-packed bag of items from the *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.**

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.



## 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, March 19th 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.



## D & R Farm Winter Share

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. **New applications are required.** If interested, please contact Wendy 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](mailto:outreach@hampdenma.gov) to sign up.

**PICK-UP is on Wednesdays, March 6th & 20th at 9:30 am.**



## HELP US STOCK OUR SHELVES with Toothbrushes & Toothpaste!



Thank you to those that donated liquid dish soap last month. Every month we will target a different item to help fill monthly Personal Needs Bags.

**Due to space constraints, please refrain from purchasing warehouse size items.**

## Tri-Town Trolley Transportation Services

Operates for Hampden, East Longmeadow, and 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. **A 72 hour notice is required for scheduling rides.**

As soon you schedule a medical appointment, please call **525-5412** to schedule a ride.

\$2 each way for in-town rides,  
\$4 each way for out-of-town rides

**Please have exact change.**





# Coming soon... Spring Is On Its Way



Don't forget to set your clocks forward one hour on Sunday, March 10th,  
...end of Daylight Savings. **"SPRING AHEAD!!!"**

## WINTER WEATHER ADVISORY

Remember to watch channels 22 & 40 for information about cancellations.  
Watch for **HAMPDEN SENIOR CENTER** and **GREATER SPRINGFIELD SENIOR SERVICES** for information.

## Sand for Seniors

Now through April, 2024 the Hampden Fire Department and Hampden Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps and walkways.



If you wish to have a bucket of sand delivered, please call the Senior Center at 566-5588 and leave a message with your name, address, phone #, and the location of the property where you would like the bucket delivered.

If we need additional information we will call you back, otherwise you're all set!

*Thanks to the Hampden Fire Department for continuing this great program!*



## Fuel Assistance Income Guidelines for 2023/2024:

<u>Family Size</u>	<u>2023/2024 Income Limit</u>
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

### The following documentation is required for new applications:

- Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages - Bank Statements are no longer accepted.
- Electric Bill - most recent
- Oil Statement or Gas Bill (or both) - most recent
- Property Tax and/or Homeowners Bill
- Photo ID, Social Security Card or Birth Certificate
- Mortgage Statement if not paid in full, or Monthly Rent
- Current Homeowners Insurance Bill
- Water/Sewer Bill
- If working, 4 previous pay stubs (must be the most recent)

### If you have received your BLUE recertification application:

It is very important that you bring the following paperwork, which pertains to your household to your appointment in order for the application to be complete:

- Blue Recertification Application
- Proof of all income in your household
- A complete copy of your most recent electric bill



## Hampden Resident Emergency Fuel Fund

The Fuel Fund is 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 Wendy at 566-5588 for more information or to schedule an appointment.

*All information provided is confidential.*

**The Hampden Emergency Fuel Fund is made possible through private donations throughout the year.**

*We are so grateful for the support of this valuable program.*



## Meet your Veteran Service Officer Jason Burgener

**Wednesday, March 6th at 9:30 am**  
at the Hampden Senior Center.

Coffee and light refreshments will be provided.

**Jason's office hours are Wednesdays, 9:00 am to 4:00 pm**  
at the Hampden Townhouse.

Please call Jason directly at 413-640-0540  
to schedule an appointment.



## Elms College Nursing Students

**Wednesdays, 9:15 am to 12:00 noon**

They will do blood pressure screening, and provide  
educational health information.

In celebrating National Nutrition Month, please come and enjoy  
a free Blueberry Smoothie with the nursing students on

**Wednesday, March 13th at 10:00 am.**

Please call 566-5588 to let us know you will be joining us.

## Health and Wellness



### Baystate Hearing services are no longer be offered at the Hampden Senior Center.

You may call Jim Calderola from Baystate Hearing  
Aides directly at 413-427-8986.



### FREE Blood Pressure Clinic: Walk in 9:15-10:45 am.

Tuesdays with Ann Maggio, RN Thursdays with  
Ashley Boudreau, RN, Public Health Nurse



**FOOTCARE:** Please call 566-5588 for information.  
Appointment days/times & pricing.



## *Did you know we have...*

### **Chair Massage with Mindy**

Tuesdays February 13th & 27th, \$10 for 10 minutes.  
Please call 566-5588 for appointment.



### **Facials with Diane Neill**

2nd Thursday of every month by appointment.  
Please call 566-5588 for appointment and pricing.



### **Manicures with Cat**

**Please call Cat directly at 413-335-7422**  
for appointment and pricing.



## STCC Dental Hygiene Students are coming!

**Students will be here on Thursdays,**

**9:00 to 11:00 am**

**March 7th, 21st, and 28th**

Topics will include discussions about cavities, periodontal  
disease, dental prosthetics, and oral-systemic link. They will  
have raffle prizes, free goodies, and lots of information. Stop by  
their table to learn about the importance of oral health!

**They will be providing oral cancer screenings**  
**on March 21st.**

### STCC Dental offers the following procedures:

Dental Exams, Regular Cleanings with X-rays, Deep Cleanings,  
Full Mouth X-Rays, Panoramic X-rays, etc.

*A full menu of procedures and fees is available at reception at  
the Hampden Senior Center.*

Springfield Technical Community College dental hygiene  
students are under the direct supervision of licensed dental  
hygienists. Dentists provide all treatment procedures.

**Please call 413-755-4900 to make an appointment.**

## *Nurse* *Notes*

### **COVID-19 is not gone.**

Many questions arise related to safety tips when addressing  
COVID prevention and treatment. Let us talk about testing.  
Is it still necessary?

If you experience cold or flu-like symptoms or identified COVID  
symptoms you can test at home. You can check to see if your  
test kits are still effective at the CDC website (CDC  
Isolation and Exposure Calculator). You also can still seek  
testing at healthcare clinics throughout the community.

You may ask what should I do if I have been exposed to  
someone whose test results are positive? If you have been  
exposed to someone who has been diagnosed with COVID,  
it is best to test five full days after the exposure even if you have  
not developed symptoms. Note that you can still develop COVID  
up to 10 days following that initial exposure. Consequently, it is  
important to mask for 10 days and then retest. You should mask  
when around others at home and in other indoor spaces if  
exposed the CDC does not necessarily recommend  
quarantine.





## Irish Dance WITH PHIL

6 week session - through March 8th  
Fridays at 1:00 pm, March 1st, and 8th

Get your dancing shoes on, and get ready for some Saint Paddy's Day fun!

Learn Irish dance moves with Phil. Direct from Ireland, her Irish brogue comes at no extra cost to you.  
Cost is \$6 per class. Please call 566-5588 to sign up.



## "African Drumming" with Jason

12 week session - through April 12th.  
Fridays at 2:15 pm to 3:15 pm, March 1st & 8th  
*No classes March 15th and 29th.*

Cost is \$6 per class. **Class is currently full.**  
Please 566-5588 for availability if there is a cancellation, and to put your name on our waitlist for future classes.



## Learn to play the Ukulele with Susan

6 week session - through March 11th  
Mondays, 1:00 to 2:00 pm, March 4th & 11th

Session began February 5th, and is going through March 11th. Instructor Susan McHand will teach you the necessary skills to master this charming instrument. Cost is \$6 per class. Please call 566-5588 to reserve your spot. Space is limited.



## Create a Greeting Card with Ellie!

Come and discover endless possibilities for creating your own personal greeting cards. Meet new friends, and learn new techniques each month.

Tuesday, March 5th, 1:00 pm to 3:00 pm

Cost is \$3.00 per person. All materials are provided. Please call 566-5588 to reserve your seat, space is limited.

## You've Got Mail

Joe Green will teach a 3 part class on email.  
Wednesdays at 9:00 am to 9:45 am  
March 6th, 13th and 20th.

**Part 1:** Getting started with Email - Setting up an account

**Part 2:** Using Email (sending and receiving emails)

**Part 3:** Tips & Tricks

Bring your own personal device; laptop, tablet, or mobile phone **fully charged**. Sessions are free.  
Please call 566-5588 to sign up. Space is limited.



## Trips with Bobbi

*A minimum of 40 travelers are needed for any trip to run. Flyers available at the Senior Center, via email.*

### March 28, Thur - Newport Playhouse

Lunch, show, "The Ladies Foursome" (a little golf, a lot of secrets), cabaret; \$125pp. Full payment due March 7.

### April 23-25, Tue-Thur - Lancaster, PA/Amish Country

Amish Farm Tour; "Daniel" at the Sight 'n' Sound Theater; flyer avail, \$100pp deposit due at sign-up; \$539pp dbl; Full payment due March 15. Optional Cancellation Ins. \$49pp

### May 7, Tue - The Aqua Turf Club

Show with Debby Boone, family-style lunch; \$131pp. Full payment due April 19.

### July 4, Thur - Tanglewood Lawn

James Taylor Concert, Fire Works; \$100pp. Full payment due June 7.

July 10, Wed - Log Cabin; "Margaritaville" Jimmy Buffet Tribute, Twin Lobster or Prime Rib; \$92pp - Self-Drive Only  
Full payment due June 14.

August date TBD - Mt. Washington, Cog Railway, stop in Manchester ½ way, lunch; \$ TBD

August 26, Mon - Newport Playhouse; "Nunsense: A Musical," buffet lunch, show, cabaret; \$125pp. Full payment due Aug 7.

October 23, Wed - Fall Foliage Trip - American Heritage Museum in Hudson; Lunch at O'Connors Restaurant in Worcester (menu choice); Wine Tasting at Hardwick Vineyard & Winery in Hardwick; \$135pp. Full payment due October 3.

### Late Nov/Early Dec - Radio City Music Hall

Rockettes matinee Christmas Show: \$ TBD

### December 11, Wed - The Aqua Turf Club

"Deck the Halls Christmas" with Buddy Holly & Elvis; family-style lunch; \$121/pp. Full payment due November 20.

Coach seat assigned upon receipt of your \$20 deposit (unless otherwise noted). Please write a separate check for each trip, made payable to: **Bobbi Grant**  
Please note trip name on memo line of your check.

Questions/comments, please call Bobbi at 413-566-8271 or email [bobbijg2@charter.net](mailto:bobbijg2@charter.net)



## March Puzzle Pacs

*Keep your brain healthy and sharp!*

New puzzle packs will be available March 1st. Do your best, but have fun with it! Return your puzzle pack to the Senior Center by **March 28th** for a chance to win. Drawing will be held on April 1st.

***Congratulations to  
our January Puzzle Pac Winner.***

# Senior Center Activities

Please call 566-5588, or drop in to sign up for activities. If you have any questions or suggestions for new activities, please call Diane or email her at [activities@hampdenma.gov](mailto: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, Wednesdays, 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 Tuesday, March 5th.

1:00pm-3:00pm. Advanced sign up required. \$3.00 per class.

## CHAIR MASSAGE

Tuesdays, March 12th & 26th. \$10 for 10 minutes.  
Please call for appointment.

CRIBBAGE - Please call if interested.

DRUMMING - Class is currently full

Fridays, 2:15pm-3:15pm, March 1st & 8th.

12 week session - through April 12th.

No classes March 15th & 29th.

\$6 per class. Call for availability.

FACIALS with Diane Neill Thursday, March 14th.

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

## FOOTCARE

Please call for appointment days/times & pricing.

FUNCTIONAL FITNESS with Sue Kent

Tuesdays and Thursdays, 12:00pm-1:00pm, \$5/per class.

IRISH DANCE with Phil

Fridays, 1:00pm-1:45pm.

6 week session - March 1st & 8th (last session).

Let us know if you would like to continue.

KNITTING/CROCHETING Mondays, 9:00am-10:30am.

**New people welcome, will teach.**

MAHJONG Fridays, 10:30am-3:00pm,.

**New people welcome, will teach.**

MANICURES with Cat by appointment only.

Please call Cat directly at 413-335-7422 for appt. and pricing.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.

3/4 - **Catch Me If You Can**, PG-13, Biography/Crime/Drama

3/11 - **Something's Gotta Give**, PG-13,

Comedy/Drama/Romance

3/18 - **NYAD**, PG-13, Biography/Drama/Sport

3/25 - **RED 2**, PG-13, Action/Comedy/Crime



PITCH Wednesdays, Sign up is at 12:00pm.

Play time begins promptly at 12:30pm.

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

**New people welcome.**

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

**New people welcome, will teach.**

SENATOR/STATE REP HOUR

Wednesday, March 27th, 10:30am-11:30am.

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.

Always looking for fresh minds!

**Lighthearted no rules play.**

**TRIVIA**

Ukulele with Sue McHand Mondays, 1:00pm-2:00pm

\$5/per class.

WATERCOLORS with Chris Sterritt - Class is full

Wednesdays, 8 week session - March 3rd through May 1st

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

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

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

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

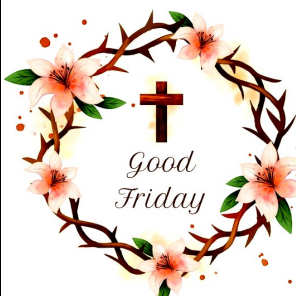


The Hampden Senior Center reserves the right to utilize photos or videos of participants for publicity purposes.  
Participants not wanting their image used must notify the Hampden Senior Center in writing.

Please call  
413.566.5588 for  
additional information

# March 2024

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
<p>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.</p> <p>Charles Dickens</p>				<p><b>1</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Irish Dance 2:15 Drumming</p>
<p><b>4</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 1:00 Ukulele</p>	<p><b>5</b> 9:00 Ladies Billiards</p> <p>9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:00 Card Making</p>	<p><b>6</b> 9:00 You've Got Mail</p> <p>9:15 Blood Pressure 9:30 Farm Share 9:30 Vets Coffee Hour 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>7</b> 9:00 STCC Dental</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga</p>	<p><b>8</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Irish Dance 2:15 Drumming</p>
<p><b>11</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 1:00 Ukulele</p>	<p><b>12</b> <u>Chair Massage by Appt</u></p> <p>9:00 COA Board 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga</p>	<p><b>13</b></p> <p>9:00 You've Got Mail 9:15 Blood Pressure 9:30 Watercolors 10:00 Trivia 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>14</b> <u>Facials by Appt</u></p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga</p>	<p><b>15</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 St. Patrick's Day Lunch 2:15 Drumming Canceled</p>
<p><b>18</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 1:00 Ukulele</p>	<p><b>19</b></p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 6:00 Zoom Support Group</p>	<p><b>20</b></p> <p>8:30 Collate Scribe 9:00 You've Got Mail 9:15 Blood Pressure 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>21</b> 9:00 STCC Dental</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga</p>	<p><b>22</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p><b>25</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 1:00 Ukulele</p>	<p><b>26</b> <u>Chair Massage by Appt.</u></p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga</p>	<p><b>27</b></p> <p>9:00 Breakfast 9:15 Blood Pressure 9:30 Watercolors 10:00 Trivia 10:30 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>28</b> 9:00 STCC Dental</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 2:00 Grab and Go</p>	<p><b>29 Closed</b></p> 

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

# March 2024

## LUNCH MENU

**Lunch served daily at  
12pm. RSVP by 11am  
the day before by  
calling 566-5588**

Mon	Tue	Wed	Thu	Fri
<p><b>Key for Symbols:</b>  Cal = Total Calories  Carb = Total Carbs  Na = Total Sodium  *Higher Sodium content (&gt;500mg)</p> <p>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) and margarine (15mg Na)</p>	<p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p>			<p><b>1</b></p> <p>Fish Chowder  Green Beans  Mini Cornbread Loaf  Mandarin Oranges</p> <p>Cal:536 Carb:70 Na:627</p>
<p><b>4</b></p> <p>Beef Chili  Mixed Vegetables  1/2 Baked Potato  Mini Cornbread Loaf  Fresh Fruit</p> <p>Cal:902 Carb:130 Na:711</p>	<p><b>5</b></p> <p>Meatloaf  w/ Mushroom Gravy  Steamed Peas  Mashed Potatoes  Whole Wheat Bread  Chilled Peaches</p> <p>Cal:623 Carb:79 Na:745</p>	<p><b>6</b> <u>Birthday Celebration</u></p> <p>Chicken Cordon Bleu  Steamed Broccoli  1/2 Baked Sweet Potato  Italian Bread  Reg/Diet Cupcake</p> <p>Cal:732 Carb:91/79 Na:1101</p>	<p><b>7</b></p> <p>Broccoli Chicken  Alfredo Pasta  Steamed Spinach  Apple Juice  12 Grain Bread  Chilled Pineapple</p> <p>Cal:709 Carb:106 Na:990</p>	<p><b>8</b></p> <p>Cheddar Baked Fish  w/Tartar Sauce  California Blend Veg  Lemon Rice  Whole Wheat Bread  Reg/Diet Cookie</p> <p>Cal:785 Carb:80/67 Na:841</p>
<p><b>11</b></p> <p>Turkey Sloppy Joe  Coleslaw  Tortilla Chips  Wheat Hamburger Bun  Chilled Pears</p> <p>Cal: 681 Carb:86 Na:967</p>	<p><b>12</b></p> <p>Chicken &amp; Dumplings*  Brussel Sprouts  Multigrain Bread  Applesauce</p> <p>Cal:667 Carb:86 Na:1005</p>	<p><b>13</b></p> <p>Pot Roast w/Gravy  Steamed Peas  Garlic Mashed Potatoes  Whole Wheat Bread  Fresh Fruit</p> <p>Cal:716 Carb:86 Na:535</p>	<p><b>14</b></p> <p>Potato Pollock  w/Tartar Sauce  Steamed Broccoli  Lemon Rice  Whole Wheat Bread  Reg/Diet Cookie</p> <p>Cal:706 Carb:86 Na:928</p>	<p><b>15</b> <u>St Patrick's Day</u>  <u>Lunch/High Sodium Day</u>  Corned Beef*  Cabbage &amp; Carrots  Red Bliss Potatoes  Rye Bread /Mustard  Pistachio Pudding  w/Topping</p> <p>Cal:552 Carb:68 Na:1491</p>
<p><b>18</b></p> <p>Chicken w/Dijon Sauce  Steamed Broccoli  Roasted Red Potatoes  Whole Wheat Bread  Chilled Applesauce</p> <p>Cal:571 Carb:69 Na:934</p>	<p><b>19</b></p> <p>Pierogis  Sautéed Cabbage  Parslied Carrots  12 Grain Bread  Reg/Diet Cookie</p> <p>Cal:548 Carb:91/91 Na:977</p>	<p><b>20</b></p> <p>Taco Plate  Tossed Salad w/Ranch  Yellow Rice  Tortilla Chips  Chilled Pineapple</p> <p>Cal:802 Carb:94 Na:783</p>	<p><b>21</b></p> <p>Spaghetti &amp; Meatballs  Tossed Salad w/Italian  Garlic Toast  Fresh Fruit</p> <p>Cal:880 Carb:112 Na:996</p>	<p><b>22</b></p> <p>Butter Crumb Fish  California Blend Veg  Rice Pilaf  Whole Wheat Roll  Reg/SF Jello w/Topping</p> <p>Cal:636 Carb:84/69 Na:755</p>
<p><b>25</b></p> <p>Korean Meatballs*  Oriental Blend Veg  White Rice  Oatnut Bread  Chilled Applesauce</p> <p>Cal:628 Carb:91 Na:910</p>	<p><b>26</b></p> <p>"Lazy" Stuffed Cabbage  Peas &amp; Onions  Whole Wheat Bread  Reg/SF Jello w/Topping</p> <p>Cal:625 Carb:69 Na:533</p>	<p><b>27</b> <u>Spring Holiday Meal</u></p> <p>Ham w/Pineapple  Herbed Green Beans  Au Gratin Potatoes  Whole Wheat Bread  Pound Cake w/Berries</p> <p>Cal:693 Carb:101 Na:1166</p>	<p><b>28</b> <u>High Sodium Day</u></p> <p>Hot Dog w/Bun*  Potato Salad  Baked Beans  Ketchup/Mustard  Tropical Fruit</p> <p>Cal:961 Carb:100 Na:1434</p>	<p><b>29 Closed</b></p> 





## The Friends of Hampden Seniors are hosting a Hartsprings Truck Event

**Saturday, April 6th from 10:00 am - 1:00 pm**

Will accept all cloth items, such as clothing, including scrap sewing/quilting material, bedding, linens, towels, shoes, and purses. Books, kitchenware, breakable knickknacks, small appliances, small speakers, and sporting goods. Toys must be boxed to be accepted. Table lamps will be accepted only if they are boxed and protected from breaking.

**NO encyclopedias, textbooks, or baby items such as strollers, cribs, carriages, stuffed animals, or pillows.**

This truck event is an opportunity to drop off all your larger bags or boxed items for Spring Cleanup. In doing so, you're also helping the Senior Center earn a small percentage based on the total weight of items received from Hartsprings for helping their cause.

***There is no charge to drop off these items, however all monetary donations will be accepted and appreciated. All proceeds from this event will benefit the Hampden Senior Center Building Fund.***

Our purple bin remains in our parking lot for your convenience to drop off donations any time you desire, however our bin is limited as to the size of the bag that you're able to fit in the opening. If the bin is full, and it's normal business hours for the Senior Center (M-F, 9-3), please let a staff member know and we will hold your items in the office until they can be picked up.

**PLEASE DO NOT LEAVE ITEMS OUTSIDE OF THE BIN. Thank you!**

***Only use tall kitchen size garbage bags or smaller for your donations to fit in the bin. If the bin is full, please bring your donations to our front office and we will make arrangements to have your items picked up.***



### **FRIENDS OF HAMPDEN SENIOR CITIZENS 2024 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 2024** 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!***



**Where were you in 1964 when The Beatles Invasion happened??  
Come and enjoy this amazing program as we celebrate  
The Beatles coming to America 60 years ago!**

**A CULTURAL & HISTORICAL REFLECTION OF THE 1960'S  
THROUGH THE MUSIC OF THE BEATLES**

**Thursday, April 4th at 1:00 pm**

**Presented by Fran Hart, founding Member of 4EVERFAB**

A multi-media presentation that highlights the influence The Beatles had on world culture, particularly during the 1960's.  
This presentation features live acoustic music and audience sing-alongs, coupled with rare audio and video clips.

Cost is \$3.00 per person. Light refreshments will be served. Please call 566-5588 to reserve your seat. Space is limited.  
**Sponsored in part by United Healthcare.**



**THE ZOO  
IN FOREST PARK & EDUCATION CENTER**

**Are bringing their**

**Wildlife on Wheels Program**

**Wednesday, April 10th at 10:00 am**

The Hampden Senior Center is excited to, once again, provide an intergenerational opportunity for the senior center community and our friends at Green Valley Preschool.

Educators from The Zoo at Forest Park & Education Center will bring five animal ambassadors to enjoy a morning filled with learning about the animals, plus you'll have the opportunity to see them up close, and interact with them personally.

***Would you like to help us bring Green Valley Preschool Students to the Senior Center?***

The Local Cultural Council has generously funded a portion of the bus transportation, but we need your help to ensure full funding. For a \$3.00 donation, you can sponsor a child's bus trip to the senior center.

Stop at the senior center front desk for more information of to leave your donation and get your name on the wall of buses.  
We appreciate your support, and so do all the children at Green Valley Preschool.

***Sponsored by Hampden Cultural Council.***

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





## **Updates from the Hampden Senior Center Building Committee**

In October of 2022, the Hampden Board of Selectmen established the Senior Center Building Committee. The mission of the Committee was to review the future program and spatial needs of the Hampden Senior Center for the coming 50 years. The Senior Center building has not undergone any physical changes since being constructed in 2000. Since its inception, the Building Committee has held twice-monthly meetings to review current programs, input from the staff, the physical condition of the structure, as well as reports from previous consultants. The committee has also received feedback from the residents of Hampden through a survey conducted in April of 2023.

The Building Committee studied demographics in Hampden and surrounding communities to provide additional support for future needs. Utilizing the information gained during the past 16 months, the Committee prepared a list of possible building renovations and a potential addition to accommodate existing and future programs.

In the summer of 2023, the Building Committee requested proposals from qualified firms specializing in senior needs and Senior Center spatial requirements. Three firms submitted proposals. After a review of the proposal and subsequent interviews, the Committee recommended EDM Studio, Inc. of Unionville, Connecticut. Following Hampden's Fall Town Meeting approval of funding, a contract with EDM was awarded by the Selectmen.

This winter, the Committee has been working with EDM and its sub-consultant Life Span Design Studio to identify critical needs and prepare preliminary building layouts to address those needs. The Committee has selected a possible Senior Center expansion plan but is awaiting preliminary construction cost numbers prior to finalizing a plan.

The Hampden Senior Center Building committee, which meets on the second and fourth Monday of the month, is planning on having a proposal for building renovation and expansion ready for the Spring Town Meeting. Town of Hampden residents are welcome to attend the meetings, and are encouraged to obtain additional information from the Committee on the Town of Hampden website:

<https://www.hampdenma.gov/senior-center-building-committee>.

Committee Members: Don Collins (chair), Gary Weiner (Vice Chair), Rita Vail (Clerk), Cliff Bombard, Mike Doran, Mike Fedora, Bobbi Grant, Carol Keeney, John Matthews

# SPRING PIE SALE



**Taking Orders starting March 1st**

**LUSCIOUS SWEET APPLE**

**DELICIOUS FRUIT of the FOREST**

**MOUTH-WATERING BLUEBERRY**



**from Rice's Fruit Farm**



**ALL SALES WILL BENEFIT  
THE HAMPDEN SENIOR CENTER'S BUILDING FUND**

**Complete the form below with your choices and quantity.  
Bring/mail form and payment to the Hampden Senior Center,  
104 Allen St, Hampden, by 12noon Friday, April 12<sup>th</sup>.**

**Drive up for your pie order from 12noon – 1:30PM  
on Saturday, April 27<sup>th</sup>.**



**Name \_\_\_\_\_ tel# \_\_\_\_\_**

**Apple pie qty \_\_\_\_\_ Blueberry pie qty \_\_\_\_\_**

**Fruit of the Forest qty \_\_\_\_\_**



**Total number of pies \_\_\_\_\_ @ \$19 each = total \$ \_\_\_\_\_**

**Cash/check (payable to Friends of Hampden Senior Citizens)**

**THANK YOU SO MUCH FOR YOUR SUPPORT !**

**Flyers are available at the Hampden Senior Center**

