



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@hampdenma.gov

Doreen Rauch, Administrative Clerk
scribe@hampdenma.gov

Wendy Turer, Outreach Coordinator
outreach@hampdenma.gov

Nan Hurlburt, Activities Coordinator
activities@hampdenma.gov

Holly Normoyle, Receptionist
receptionist@hampdenma.gov

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!

The warm weather is finally here and here to stay (for a few months anyway!) I hope you are able to get out and enjoy the sunshine, warm weather, spring flowers and all things nature!

The HSC walking club got off to a great start. Please join the group every Wednesday for an hour walk in the TWB parking lot. We encourage you to walk more than once a week, so come and meet new walking friends and walk every day!

May is Older Americans Month and we are celebrating with a **FREE EGG BAKE BREAKFAST & GAMES** on Wednesday, May 15th at 9AM. There will be **FREE** goodie bags and **FREE** prizes. You don't want to miss this fun event. Please sign up at the desk so we know you're coming!

The Memorial Day Parade will take place on Monday, May 27th and we would love to have you join us as we walk the parade route from St. Mary's Church to the Town Hall on Main Street. Call for more information or to sign up. You are responsible for your own transportation at the end of the parade.

Many thanks to the Hampden Garden Club who is busy at work making our road side gardens beautiful and to Ruth Cheney who volunteers to keep the gardens growing right outside our office windows. Let us know if you have a green thumb and want to help!

There are so many great activities happening here in May and throughout the summer. Keep the calendar close and be sure to sign up in advance for programs and activities.
See you 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, May 14th @ 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!

***NEW* Walking Club**

Join us for some exercise! Every Wednesday from 9:30 A.M.—10:30 A.M. the walking club will meet in the Thornton Burgess Parking Lot (Wilbraham Road, Hampden).

This group is starting as part of the MCOA Walk Massachusetts Challenge. Register at mcoonline.com, or stop into the senior center to sign up and hear more about the benefits and incentives!

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, May 21st @ 1:00pm

FALLON INSURANCE- Tuesday, May 28th, 10am

SHINE (Serving Health Information Needs of Everyone)

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

RMV - Need help with your License or Registration. Call for Appt with Wendy.

The Hampden Senior Center is now a SNAP Outreach Partner!

What does that mean for you? Wendy Turer, Outreach Coordinator, is now able to assist you in more ways than before with your application and recertification for SNAP (formerly known as Food Stamps).

Applications can be processed online, your SNAP balance can be checked, documents can be directly uploaded to SNAP and so much more.

Income guidelines for a household of 1—\$2,082

Income guidelines for a household of 2—\$2,818

Please call Wendy for more information

Caregiver Support Group

For those caring for a loved one with dementia or other related memory impairments.

This group meets the **second Monday of every month from 1-2 P.M.**

Facilitated by Suzanne McElroy, MSW from Home Instead Senior Care.

Respite options are available for your loved ones.

Please call Wendy for more information.

HEALTH/Wellness CORNER

BAYSTATE HEARING

1ST WEDNESDAY OF THE MONTH.

CALL FOR APPT



FOOTCARE: THURSDAY, May 30th

Call for an APPT

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

FUN FACTS ABOUT MAY

The birthstone of May, the emerald, symbolizes success and love.

The month of May was named for the Greek goddess Maia.

May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".

The Indianapolis 500 car race is held each year during this month.

The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month.

The last week of May is Library and Information Week.

The United Kingdom celebrates May as the National Smile Month.

May in the Northern Hemisphere is similar to November in the Southern Hemisphere.

May is National Bike Month and National Physical Fitness and Sports Month.



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

**Now taking Deposits on the 5 Trips Listed Below
Flyers Are Available at the Reception Desk.**

Thurs, May 30–Newport Playhs: Lunch, Great Play “Always a Bridesmaid”, Cabaret (2nd show) **WAIT LIST** \$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

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

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

Wed, Dec 4– Big E Carriage House: Brunch, “Christmas with Father Aloysius Misgivings”, Growing Up Catholic, a Comedy. \$80/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 Guilded-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 Delicious Prime Rib, entertainment by 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 Railroad ride. \$334/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

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

Overnight Trips require a \$50.00/pp Deposit

**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



MAY 6th AN ELEPHANT’S JOURNEY—

After losing his parents, Phoenix moves to Africa to live with his Aunt Sarah. While on safari with his uncle one day, Phoenix wanders off and becomes lost in the African bush. After rescuing a huge elephant from a trap, Phoenix befriends the great creature, which he names Indlovu. Riding through the wilderness, the bold duo finds evidence of a local gang of poachers, and together they plot to stop the hunters' cruel plans.

Cast Elizabeth Hurley, Sam Ashe Arnold

MAY 13th SKYSCRAPER - Former FBI Hostage Rescue Team leader and U.S. war veteran Will Sawyer now assesses security for skyscrapers. He's on assignment in China when he finds the tallest, safest building in the world suddenly ablaze, and he's been framed for it. A wanted man on the run, Will must find those responsible, clear his name and somehow rescue his family, who are trapped inside the building, above the fire line. Cast Dwayne Johnson, Neve Campbell

MAY 20th THE STRAY - The Davis clan is on the verge of falling apart: Dad Mitch is a workaholic, leaving mom Michelle to bring up three kids largely by herself. But everything changes when a heroic stray dog adopts the family. Cast Michael Cassidy, Sarah Lancaster

GENEALOGY/FAMILY HISTORY

THE FIRST & THIRD THURSDAY OF THE MONTH

Are you new to looking for your ancestors and don't know where to start? We can help! Need ideas on how to organize all your information, we can offer a range of possibilities. Come in and sit in on the discussion and stay to learn hands-on on-line searching.

THE PATH

By: Lou Scungio 8/7/2014

Meet me in the misty morn
amid my memories.

Meet me when the dark turns dawn
an' night again turns free.

Hear the serenade of tunes
that softly play for me.

Hear the songs 'neath crescent moons
that set my mind at ease.

Keep me safe in arms of love,
for now, forevermore.

Keep me in the path above
that leads to Heaven's door..





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, 12:00 noon, \$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 — 1st and 3rd

Thursday of the month, 12:30pm

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 Tuesdays, 9am

SOCIAL DANCING - Call for information

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

BACK IN THE FALL

WEIGHT TRAINING

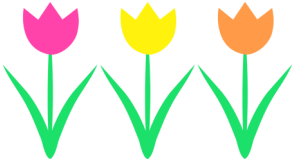

Join Vicky from the YMCA - Tuesdays & Thursdays, 10AM, \$3.50



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

Please check our events calendar monthly for any CANCELLED classes.

MAY 2019 EVENTS

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>1 HEARING 9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>2 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 12:30 Genealogy 12:30 CRAFT (card class) 1:00 Yoga 2:00 Line Dancing</p>	<p>3 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg</p>
<p>6 9:00 Knitting 9:30 Bridge 10:00 Tai Chi combined class with guest instructor 12:15 Movie</p>	<p>7 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>8 9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>9 FACIALS 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 11:30 1st Lady Presentation 12:00 Bingo 1:00 Yoga 2:00 Line Dancing</p>	<p>10 9:00 Quilting 11:30 Mother's Day Luncheon 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>13 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 1:00 Caregiver Support</p>	<p>14 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>15 <u>FREE BREAKFAST</u> 9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>16 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 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing</p>	<p>17 MASSAGE 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg</p>
<p>20 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie</p>	<p>21 9:00 Ladies Pool 9:30 Jewelry 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta 1:00 Yoga 1:00 Brown Bag</p>	<p>22 9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch</p>	<p>23 COLLATE 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 12:30 Funstruction 1:00 Yoga 2:00 Line Dancing</p>	<p>24 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg</p>
<p>27 CLOSED March with us in the  MEMORIAL DAY PARADE</p>	<p>28 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>29 9:00 DAV 9:30 HSC Walking Club 10:00 Trivia 12:00 Pitch</p>	<p>30 FOOTCARE 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>31 9:00 Quilting 10:00 MEMORY CAFÉ 10:00 Manicures 11:00 Mahjongg</p>


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

MAY 2019

LUNCH MENU



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

Mon	Tue	Wed	Thu	Fri
<p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available Call GSSSI 781-8800</p>	<p>Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert</p>	<p>1 Baked Chicken wine sauce Spanish Rice*NEW* Winter mixed Vegetables Rye Bread Birthday Cake Diet Angel Cake Cal: 846 Sod: 750</p>	<p>2 Breaded Alaskan Pollack Tartar Sauce Au Gratin Potatoes Peas/Carrots 12 Grain Bread Cal: 924 Sod: 1086</p>	<p>3 Taco Bowl Shredded Cheese Lettuce/Salsa Yellow Rice Chips Orange Cal: 655 Sod: 704</p>
<p>6 Potato Chowder Seasoned Beef Strips Sautéed Onion/Peppers Cole Slaw Hamburger Bun Reg/Diet Dried Cherries Cal: 996 Sod: 1173</p>	<p>7 Baked Chicken Tarragon Mushroom Sauce Scalloped Potatoes Tuscan Vegetables Wheat Bread Apple Cal: 851 Sod: 565</p>	<p>8 Roast Pork w/Gravy Rosemary Garlic Red Roasted Potatoes Butternut Squash Wheat Dinner Roll Strawberry Shortcake Cal: 852 Sod: 1025</p>	<p>9 Salisbury Steak Beef Gravy Mashed Potatoes Mixed Vegetables Oat Nut Bread Fruited Jell-O Cal: 646 Sod: 807</p>	<p>10 Chicken Meatballs Tomato Sauce Whole Wheat Pasta Tossed Salad/Italian Dr Italian Bread Chocolate Pudding Cal: 822 Sod: 891</p>
<p>13 American Chop Suey Winter Mixed Vegetables Rye Bread Peach Crisp Cal: 758 Sod: 545</p>	<p>14 Haddock w/Dill Sauce Tuxedo Rice Carrots 12 Grain Bread Frozen Strawberries Cal: 476 Sod: 762</p>	<p>15 Chicken -A-La-King Mashed Potatoes Peas/Pearl Onions Pumpnickel Bread Ambrosia Cal: 797 Sod: 500</p>	<p>16 *Hot Dog/Roll Mustard/Relish Baked Beans Confetti Cole Slaw Pear Cal: 890 Sod: 1255</p>	<p>17 Cauliflower Soup Baked Chicken Apricot Glaze Sweet Potatoes Wheat Bread Pineapple Cal: 720 Sod: 676</p>
<p>20 Baked Chicken Honey Mustard Sauce Delmonico Potatoes Mixed Vegetables Rye Bread Lemon Pudding Cal: 1023 Sod: 977</p>	<p>21 Escarole Bean Soup Tuna Salad/Bun Pickled Beets Banana Cal: 755 Sod: 1134</p>	<p>22 *Mexican Mac & Cheese Jardinière Vegetables Tossed Salad/Italian Wheat Bread Mixed Fruit Cal: 736 Sod: 1064</p>	<p>23 * Roast Turkey/Gravy Cranberry Sauce Herb Dressing Butternut Squash Whole Wheat Roll Peach Chiffon Cal: 679 Sod: 1201</p>	<p>24 Cheese Omelet French Toast Sticks Maple Syrup Hash Brown Coins Sausage Pattie Fruit Compote Cal: 878 Sod: 962</p>
<p>27 CLOSED MEMORIAL DAY</p> 	<p>28 Lazy Stuffed Peppers Italian Blend Vegetables 12 Grain Bread Raisins Cal: 545 Sod: 458</p>	<p>29 Pollock Loin Tomatoes & Onions Rice Pilaf Spinach Oat Nut Bread Apple Cal: 545 Sod: 457</p>	<p>30 Pulled Pork w/BBQ Sauce Mac & Cheese Fresh Carrot Crudité *NEW* Ranch Dressing Pumpnickel Bread Applesauce Cal: 748 Sod: 907</p>	<p>31 Baked Chicken Wine Sauce Baked Potato Zucchini/Tomato Wheat Bread Oatmeal Cookies Cal: 833 Sod: 676</p>



Thursday, May 23rd
12:30pm
Cost \$30.
All Materials
Supplied

“Funstruction” will instruct and assist with the construction of this delightful project. Make one for yourself or to give as gift! sign up early as space is limited 566 5588

Thursday, June 13th (Rain Date: June 14th)
9am Check In, 9:30 Start Time



MASS SENIOR SHUFFLEBOARD GAMES
104 ALLEN STREET, HAMPDEN, MA 413 566-5588

Two Levels of Singles & Open Doubles
Competition for men and women by
5 year age groups:
40-44, 45-49, 50-54, 55-59,
60-64, 65-69, 70-74, 75-79,
80-84, 84-89, 90 +

Go to:

www.maseniorgames.org

Register \$30.00

Vet's are free!

When registering please indicate if you would lunch!



Make a Card with Trish from Redstone

May 2nd @ 12:30



Cost \$5.00
all materials provided

Please sign up and pay in advance for this event as seating is limited. Thank you.

May 9th @ noon Free Presentation

(lunch prior to event cost \$2.00)

ANNE BARRETT PRESENTS MARTHA WASHINGTON, HER EARLY LIFE, TRIUMPHS AND TRAGEDIES, DETERMINED SPIRIT, AND UNDYING DEVOTION TO THE FATHER OF OUR COUNTRY. SHE'LL DISCUSS HER ANNUAL PILGRIMAGES TO REVOLUTIONARY WINTER ENCAMPMENTS, HER CARE OF THE SOLDIERS THAT EARNED HER THE FOND NAME "LADY WASHINGTON," AND SHE'LL SING BATTLEFIELD SONGS SHE HEARD THERE. LEARN ABOUT HER RECENT EXPERIENCE IN DEFINING THE ROLE OF FIRST LADY, AND EVEN HOW SHE FEELS ABOUT MR. JEFFERSON!.

SPEND AN HOUR WITH THE MOTHER OF OUR NATION!



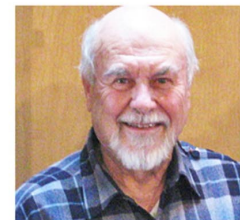
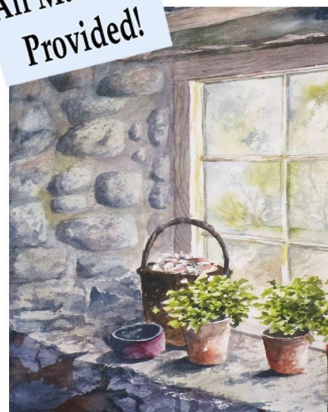
Please call or sign up at front desk for this special event 413 566 5588



May 11th from 9 - 4:30 One day Watercolor seminar with Cost \$100. pre pay "Walter Cudnohufsky"

Walter has led numerous watercolor workshops and has been and active painter, exhibitor and demonstrator. His watercolor classes include using a step-by-step technique and "gentle insistence." Walter's representational style borders on the fanciful and semi-abstract. This is made possible by the effective editing of what he remembers while applying a well-developed sense of composition. This stems from his talent and experience as a skilled designer. With a color palette that ranges from subtle monochromatic to the brilliant hues of New England autumns and sunsets, his work is conceived, most of all, from assembled memories.

All Materials
Provided!



The subject for this workshop is:
"Through a Window"

Class size is limited so please sign up early. Coffee and cold drinks with snacks provided. Bring your own lunch.

Please call 413-566-5588 to secure your reservation

Saturday Night Dinner Dances

104 Allen St., Hampden, MA 01036

Cost \$25.00 PREPAID, PER PERSON. 413-566-5588

Place your reservation and purchase your tickets early.

Appetizers, Dinner with delicious sides,

Complimentary Cocktail and Dessert. Cash Bar. 50/50 Raffle.

Doors open at 5:30 pm. The Bands will play for your listening and dancing pleasure from 6-9. Themed Apparel suggested!



June 29th "Shaking All Over Band"

Blue Plate Special Open Face Turkey,
Stuffing, Potatoes and Sides.

July 27th "Good Acoustic Band"
Teriyaki Chicken, Dirty Rice and Glazed Carrots.



September 21st "Decades Band"

Beef Stroganoff and Noodles with Sides.

Proceeds from this event to benefit the "Memory Cafe" held at our center to support people with alzheimer's and their care givers.

October 26th "Charades Band" *Spooky Spirit Party*

Meatballs with Pasta and Sides.



**These Events Sell Out
Fast...Make your reservation
Early. 413-566-5588.
Checks made out to
Town of Hampden...Thanks.**

Sponsored in part by:
Friends of Hampden Seniors and
generous donations from
area businesses.

**BLUE
RIBBON**

Singers



**Celebrate Mother's Day
Friday, May 10th @ 11:30**

Have lunch (\$2.00)

**and stay for FREE
entertainment by a group
of very talented singers.**

Wed, May 15th

9 am

FREE BREAKFAST

Egg Bake, Sausage, Fruit & Muffins



**OLDER
AMERICANS
MONTH**

ENGAGE AT EVERY AGE

GAMES



**FREE
FREE
FREE**

GOODY BAGS

**UNLEASH
THE POWER
OF AGE**

**Call or Sign Up Early at front desk for this
exciting event 413 566 5588**



Town of Hampden Newsletter

May 2019



A Selectmen's Initiative to provide timely information and governmental transparency

From Selectman John D. Flynn:

As spring approaches, we turn our attention to the annual budget process. The departments turn in their requested budgets for review by the Advisory Committee and the Board of Selectmen. In addition, warrant articles are prepared for large capital purchases, such as Highway and Fire trucks, and building renovations. It is the job of the Advisory Committee and the Selectmen to balance these requests against available revenue in order to make a fiscally prudent recommendation for next year's budget. On April 20th, the Advisory Committee had a hearing reviewing the requests in the Town Hall Auditorium. The final decision on where our dollars will be spent will be made by the voters at the **Annual Town Meeting on May 13th at the Bethlehem Church at 7PM**. Through the efforts of all boards to maximize revenues and minimize expenses, we have seen the Hampden tax rate rise 1.7% from \$19.36 in FY16 to \$19.69 in FY19. We look for all to participate in the discussions at Town meeting to continue to keep our community fiscally grounded. Thank you!

"Government Committee"

Some may think of selectmen as the all-powerful political leaders of the town, at the top of the governmental pyramid, but this is far from the truth. Selectmen have less authority in their towns than the governor does in the Commonwealth or the president does in the federal government, to say nothing of executives in the business world. While selectmen are the principal administrative officers of the town, other boards, including the school committee, the planning board, and the board of health, may wield at least as much authority over certain aspects of town government. Very often, the board of selectmen does not have the only word—or even the last word—on what gets done in town. Town government in New England is largely government by committee, and the legal authority of selectmen is limited to actions taken by the board at a legally called, posted meeting with a majority of the board present. This structure, so different from what most people have experienced in their professional and social lives, is often a difficult adjustment for new selectmen. If a board member wants to accomplish specific objectives, the member must find a way to work with the other members of the board and with other boards in town. This may be very difficult for a new board member who ran "against the board," but an effective selectman must become an expert in the political arts of courtesy and compromise. There may be a need to build bridges to those who have not been supportive in elections while retaining existing support. Moreover, a selectman may have to decide if he or she should follow the wishes of the majority of citizens on issues or do what he or she believes is right. "

Source: Ouellette, John, ed. (2014). "Government by Committee", Handbook For Massachusetts Selectmen, (4th ed.). Boston, MA: Massachusetts Municipal Association, p3.

Library Listings: Have questions about below programs or to register/RSVP, please call (413)566-3047.

On-going & announcements:

Weekly: Tuesdays Toddler Storytime 10:30 -11:30 am –ages 15 months through preschool, geared for younger patrons along with Mom, Dad, grandparents or care-givers.

Wednesdays: Preschool Story Hour- ages 2.9 – five- Stories, games, & crafts!

A Seed Library was started last month. Patrons are able to check out seed packets for their gardens! Next time you visit, check out the types of seeds that are available!

5/16, Thurs, 1 pm: **Senior Book Club** – *A Tree Grows in Brooklyn* by Betty Smith

5/16 Thurs, 4 pm: **STEAM Activity for grade K-2:** Building a bridge of Marshmallows
Pre-registration is required by either phoning calling, or email: krumprik@cwmars.org

5/18, Sat, 11 am: **Author Talk** - *Dinner with Buddha* by Roland Merullo

No reservations required. Author's page: <http://rolandmerullo.com/> ; Wikipedia - enter name

“It is change, continuing change, inevitable change, that is the dominant factor in society today. No sensible decision can be made any longer without taking into account not only the world as it is, but the world as it will be.” Isaac Asimov

https://en.wikiquote.org/wiki/Isaac_Asimov , cited quote from "My Own View" in The Encyclopedia of Science Fiction (1978) edited by Robert Holdstock

“The way to change the world is through individual responsibility and taking local action in your own community.”

PPC Interview w/Jeff Bridges <https://www.plasticpollutioncoalition.org/pft/2016/3/9/jeff-bridges>

**Please take the time to attend the Town Meeting:
Monday, May 13th, 7 pm at the Bethlehem Church, Allen Street.**

Hampden is powered by volunteers in public service.

The public bodies in this town are primarily staffed by volunteers – concerned citizens of this town who want to make a difference. Volunteers also serve as Scout leaders, youth sport coaches, clean-up day workers, and similar roles. While some town government volunteers receive a small stipend, the majority of time is donated. Volunteer time does not appear in any budget, yet it provides an immense value to our town and our future - something to think about.

Thanks go to all who contributed to this newsletter edition.

Nancy Zebert, Volunteer Editor