

The Scantic Scribe



MAY 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

Diane Marino, 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, MAY 10TH at 9AM
in PERSON or VIA ZOOM.

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

Greetings!

Spring is here and so is **OLDER AMERICANS MONTH!**

In addition to our regular schedule, we have some amazing programs and activities planned this month. Please check out the last page of this newsletter for the schedule of guest speakers, FREE classes, FREE dinner, FREE giveaways, PRIZES and more! We hope to see you during the month as we celebrate OLDER AMERICANS MONTH with you.

Grab and Go Dinners are back twice this month We will be serving up meals on May 5th and May 25th. You must sign up. Details can be found inside the Scribe or by calling the center.

We are teaming up with the Hampden County Sheriff's Department to bring a much needed house numbering program to town. Look inside for details and be sure to sign up. This inexpensive program is available to ALL Hampden residents and could be a lifesaver to you or someone you love.

Join us for a Mother's Day Luncheon on Friday, May 6th. All are welcome to celebrate, honor and remember the moms in our lives.

Our new database is up and running and we encourage you to scan in when you arrive. We are also asking for updated emergency contact information for our records, so stop at the front desk to pick up a form. We appreciate your help!

Enjoy being outside, spring flowers, and warm weather!

Becky.....

Mothers Day **LUNCH**
CELEBRATING OUR MOTHERS

Join us as we celebrate MOMS OF ALL KINDS

Moms, step-moms, foster moms, pet moms, plant moms, women who have cared for others like a mom, and anyone who wants to celebrate amazing moms...this lunch is for you! Join us on Friday, May 6th at noon for Cheese Lasagna, Tossed Salad, Bread & Dessert. \$3/PP.

The Friends of Hampden Seniors Annual Meeting

The Friends of Hampden Seniors Annual Board Meeting is Monday, May 2nd at 10am at the Hampden Senior Center. Everyone is welcome!! Even if you do not live in the town of Hampden, please join us to discuss the future of the Hampden Senior Center!



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, MAY 17TH 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, MAY 17TH 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. Call Wendy for details.

REGISTRY OF MOTOR VEHICLES: RMV related questions or help with processing RMV applications online. Beginning **May 3, 2023**, 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.

HEALTH/WELLNESS



FREE BAYSTATE HEARING: 1st Wednesday of the month. Please call for an appointment.



FREE BLOOD PRESSURE CLINIC w/Silver Linings: Every Tuesday & Thursday. Walk in 9:15 - 10:45am



FOOTCARE: Wednesday & Thursday, May 25 & 26. Please call for an appointment and cost.

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.

PICK-UP IS WEDNESDAY, MAY 11TH & 25TH AT 9:30AM.

COMING SOON...D & R FARM SUMMER FARM SHARE

D & R FARM is offering fresh produce and it is **FREE** with **SNAP/HIP** if you qualify! If you do not qualify for SNAP/HIP, you may purchase a share for \$10 cash per week. Your shares will be available for pick up Wednesdays July 6th - October 26th from 9:30-10:30 at the Hampden Senior Center. Please let us know if you need your share delivered. Shares are limited so call Wendy at 566-5588 or email outreach@hampdenma.gov to sign up.



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.



HELP! We need you to scan in and update our records...

You may have noticed the new touch screen at the front desk. We have a new database to track attendance and we need you to scan in! Using a scan card is **VERY EASY** and saves staff a lot of data entry time. We are happy to provide a swipe card to you if you do not have one and will show you just how easy it is to register your attendance. Statistical data is very important for the funding of the senior center.

Also **PLEASE** stop at the front desk and fill out a new **EMERGENCY CONTACT FORM**. It is very important that we have accurate and up to date emergency contact information for you in our system.
THANK YOU FOR YOUR HELP!

Services and Information

SCANTIC RIVER ARTISANS JEWELRY PRESENTATION



The Scantic River Artisans will be presenting a FREE "Interactive Learning Through Art" presentation on creating jewelry. Heather Black will be discussing the basics in making earrings. The presentation will be on May 5th at 7:00 PM at the Hampden Senior Center, 104 Allen St., Hampden, MA. All are welcome.

THE HAMPDEN GARDEN CLUB

The Hampden Garden Club is *celebrating it's 90th year* and will be hosting guest speaker Laura Beltran from Westfield Audubon on Thursday, May 19th at 7PM. Laura's presentation will be on dragonflies and will be held at Academy Hall on Main St. in Hampden.



We will also be *celebrating our 90th year* with our **ANNUAL MEMORIAL DAY PLANT SALE on May 30th** from 8AM until Noon on the lawn of Academy Hall, 625 Main St in Hampden. We have plants that will beautify your yards and gardens! Come join us and bring a friend! Any questions call Lil at 566-1137.



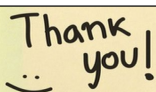
TRI TOWN TROLLEY SENIOR TRANSPORTATION SERVICES

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.**

IS YOUR NUMBER UP?

Please help us keep YOU SAFE by making sure your house number is VISIBLE from the street. Street numbers are vital so that emergency responders can locate your home quickly. If you are a Hampden resident and would like a 4" reflective block style number placed in plain view of the road, please call the senior center 566-5588 to sign up. Cost is \$10 for Seniors and \$15 for under age 60. Sponsored by Hampden's County Sheriff's TRIAD, Hampden Fire Department and Hampden Senior Center.

**THINK
BE SAFE
NOT SORRY**



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 drop in or call 566-5588 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, 12:30-2:30, \$.50 cents a card.

BLOOD PRESSURE SCREENING Tuesdays and Thursdays,
9:15-10:45, **FREE** with Silver Linings.

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

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

CANASTA Please call if interested, **will teach.**

CHAIR MASSAGE with JulieAnne
Every other Friday. \$10 for ten minutes.
Please call for appointment.



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

FOOTCARE Please call for appointment & 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/CROCHETING Mondays, 9:00-11:00.
New people welcome, will teach.

LINE DANCING WITH MIKKI Fridays, 1:00,
\$3/per class.



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 & pricing.**

MEMORY CAFÉ Fridays, 10:00-noon.



MOVIES Mondays, **12:30.**

5/2~ **Yes Day**, PG, Feel Good Family Comedy

5/9~ **The Adam Project**, PG-13, Sci-fi, Action, Adventure

5/16~ **Murder-Mystery**, PG-13, Exiting Mystery, Comedy

5/23~ **The Shadow Riders**, PG, Western Adventure, Action

PITCH Wednesdays, Sign up is at noon. 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 w/ WMA students
Every Thursday, until May 19th, 3:30-4:30. **FREE!**
Please call weekly to sign up.

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

MAY 2022

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
2 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:00 FRIENDS Meeting 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie	3 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	4 HEARING by appt 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Watercolors 12:30 Pitch	5 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 2:00 G&G Dinner pick up 3:30 Technology Training	6 MANICURES by appt 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Line Dancing
9 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 10:30 Lunch & Learn on Brain Health & Function 12:30 Movie	10 9:00 COA Board Meeting 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	11 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 10:30 Lunch & Learn Recipes, Samples & Sass 12:30 Watercolors 12:30 Pitch	12 FACIALS by appt. 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	13 CHAIR MASSAGE by appt. 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Line Dancing
16 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:30 Movie 5:00 Complimentary Chicken Marsala Dinner & Identity Fraud w/ Polish Nation Cr. Union	17 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:30 BROWN BAG 6:PM Caregiver Support	18 8:30 Collate Scribe 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Watercolors 12:30 Pitch	19 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Technology Training	20 MANICURES by appt 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch & Learn & Bingo w/ Fire Dept. Lots of prizes and giveaways! 1:00 Line Dancing
23 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch & Learn on Falls Prevention w/ Lifeline & FREE Yoga Class w/Sue Kent 12:30 Movie	24 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	25 FOOTCARE by appt 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:00 Senator Lesser 12:00 Lunch 12:30 Watercolors 12:30 Pitch 2:00 G&G Dinner pick up	26 FOOTCARE by appt 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga	27 CHAIR MASSAGE by appt. 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Line Dancing 1:30 Craft Class
30 CLOSED 	31 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga			


Hampden Senior Center
104 Allen Street
Hampden, MA 01036



MAY 2022

LUNCH MENU

Lunch served daily @
NOON. RSVP By 10AM
the day before by calling
566-5588

Mon	Tue	Wed	Thu	Fri
2 Mac & Cheese (285) Stewed Tomatoes(205) Whole Wheat Bread (115) Cranberry Juice (3) Fresh Fruit Cal:588 Carb:105 Na:721	3 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(199) Spiced Pears(38) Cal:703 Carb:85 Na:684	4 Chef's Salad*(693) w/Italian(119) w/Turkey, Ham, Cheese, Egg Broccoli Pasta Salad(15) LS Wheat Bread(65) Reg/Diet Cookies Cal:917 Carb:86 Na:1112	5 Pulled Pork(111) Glazed Carrots(77) ½ Baked Sweet Potato(22) Wheat Bun(230) Chilled Pineapple(1) Cal:744 Carb:75 Na:1073	6 <u>Mothers Day</u> <u>Lunch cooked by</u> <u>staff-\$3/pp</u> Cheese Lasagna Tossed Salad Bread & Dessert
9 Mediterranean Tortellini Salad Chickpea & Tomato Salad Marinated Cucumbers Whole Wheat Pita Fresh Fruit	10 Chicken Quesadilla*(915) Mexicali Corn(3) Yellow Rice(29) Reg/Diet Pudding Cal:707 Carb:62 Na:1174	11 Thanksgiving Sandwich Butternut Squash Salad Tossed Salad w/ Italian Yogurt	12 Swedish Meatballs(333) Over Egg Noodles(5) Cabbage & Carrots(103) Wheat Bread(115) Fresh Fruit Cal:728 Carb:78 Na:792	13 Rosé Chicken(591) Tuscan Blend Veg(35) Bowtie Pasta(2) 12 Grain Bread(200) Ambrosia(23) Cal:742 Carb:100 Na:965
16 Turkey w/Dijon Herb Sauce*(757) Glazed Carrots(77) Oven Potatoes(29) Oatnut Bread(150) Chilled Pineapple(1) Cal:641 Carb:91Na:1129	17 Butter Crumb Fish(444) w/tartar(130) Steamed Broccoli(9) Lemon Rice(19) Multigrain Bread(200) Chilled Pears(4) Cal:687 Carb:76 Na:920	18 <u>HIGH SODIUM DAY</u> <u>& ICE CREAM SUNDAES</u> *Chicken Sandwich(573) Lettuce/Tomato/Mayo(102) Tater Tots(240) Hamburger Bun(230) Cal:671 Carb:97 Na:1312	19 <u>BIRTHDAY LUNCH</u> Penne Pasta (317) Salad w/Italian(123) Steamed Peas(58) Wheat Roll(210) Birthday Cupcake(140) Cal:838 Carb:112 Na:972	20 Meatloaf w/Gravy(432) Steamed Spinach(188) Au Gratin Potatoes(195) Whole Wheat Bread(115) Blondie Brownie Yogurt Parfait Cal:1158 Carb:90 Na:1158
23 Grilled Chicken Caesar Salad Pita Wedges Fruit Parfait	24 Cape Cod Tuna Salad(317) Coleslaw(118) Pickled Beets(195) Rye Bread(150) Fresh Fruit(1) Cal:566 Carb:72 Na:896	25 Turkey Chili(245) Sour Cream(9) Mixed Vegetables(53) ½ Baked Potato(9) Mini Cornbread(80) Tapioca/Diet Pudding(121) Cal:782 Carb:113 Na:631	26 Pork Roast w/Gravy(136) California Blend Veg(17) Roasted Root Veggies(33) Whole Wheat Roll(210) Mixed Fruit(0) Cal:615 Carb:64 Na:516	27 <u>HIGH SODIUM DAY</u> *Open Face Turkey Sandwich (339) With Stuffing(279) Minestrone Soup(330) Wheat Bread(115) Reg/Diet Cookies(56) Cal:676 Carb:88 Na:1234
30 <u>CLOSED</u> 	31 <u>MEMORIAL DAY BBQ</u> Hot Dog w/Bun Potato Salad Baked Beans Ketchup Packet Red White Blue Jell-O Cal:742Car:77 Na:1134	<div style="border: 1px dashed red; padding: 10px;"> <p>If you have any special concerns regarding the menu, contact the GSSI Dietitian at 781-8806, EXT. 136 for more information.</p> </div>	<div style="border: 1px dashed red; padding: 10px;"> <p>Suggested Voluntary Donation \$2.00 per meal. Menu subject to change without notice.</p> </div>	<div style="border: 1px dashed red; padding: 10px;"> <p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg) Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</p> </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.



Log Cabin/Mother's Day Buffet Brunch with Englebert & Tom Jones, Mon, May 9; \$99/pp, \$69/pp self drive. Due by Apr 25

Fenway Park/The Game is on, seats still avail: *Red Sox vs Oakland A's*, Thurs, June 16; \$142/pp. Due by May 19

Log Cabin/Barry Manilow & Cher, Choice of Twin Lobsters or Prime Rib, Wed, July 27; \$109/pp, \$79/pp self drive. Due by July 11

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

Newport Playhouse/Delicious Buffet Lunch, Hilarious Broadway comedy *Social Security* and a Cabaret Show, Wed, Sept 21; \$117/pp. Due by Sept 2

Lakeside Turkey Train/Delicious Harts Turkey Dinner/Stop at Moulton Farm & Bakery, Wed, Oct 19; \$105/pp. Due Sept 28

Log Cabin/Direct from Branson, Ozark Country Christmas, comedy, music, family-style lunch, Thurs, Nov 10; \$109/pp, \$79/pp self drive. Due by Oct 21



Grab and Go Dinners

These delicious meals will be prepared by the Sr. Center Staff for you to take home, heat and enjoy. Pick up your meal between 2:00-2:30.

Cost is \$5/per meal and reservations are required.

Unable to pick up a meal...we can arrange delivery in Hampden. Proceeds will go towards the Building Fund.

Thursday, May 5th - Cinco De Mayo

Chips and Salsa, Taco Chili, Cornbread and Dessert

Wednesday, May 25th

Pulled Pork Sandwich, Coleslaw,
Baked Beans, and Dessert

FREE Technology Help Sessions Are Back...

The Wilbraham & Monson Academy Service Team will be at the Sr. Center on Thursday, May 5, 12th, & 19th from 3:30-4:30. They will assist you with all your technology questions. Bring your phone, iPad, tablet, or laptop computer and your questions! Please call 566-5588 to sign up.



MAY CRAFT WITH ROSE SULLIVAN



Come join us for May's craft project on Friday, May 27th, from 1:30 to 3:00pm. We will be creating Beaded Suncatchers for your window. Perfect for the sunny days ahead! Only \$5 per person includes materials for 2 catchers. Limited seating, so sign up soon!

The Walk Massachusetts Challenge!



It's springtime so lace up your sneakers, and earn money for the Hampden Senior Center's Fitness Programs! Also, get entered to win a \$50/ \$25/ \$10 Gift Cards!

This year, the challenge is open to everyone in the Commonwealth of Massachusetts aged 5 and up. So walk with family, friends, or on your own. All we ask is that those under age 60 "sponsor" an older adult just by entering the name of a parent, grandparent, neighbor or friend (no fundraising is involved).



Massachusetts
Councils On Aging

Register at www.walkmachallenge.com or if you need assistance signing up, please call us at 566-5588. More information can be found at on the website or by picking up a FAQ's sheet at the Hampden Sr. Center.



Join us during the month of May as we celebrate Older Americans Month-Age My Way!

At each daytime event, you will be entered into a drawing to win a gift card. The drawings will happen after lunch, and you must be present to win! Everyone attending will receive a FREE wellness goodie bag and be entered in a drawing to win a Fitbit Force. A great way to track your steps for the Walk MA Challenge!

Please call 566-5588 or sign up at the front desk for all these great events.

May 9th- 10:30 presentation/lunch (Variety of Salads) @ noon - Improving Brain Health & Function



Join Nurse Practitioner Cindy Kennedy, owner of Pursue Wellness Integrative Health Center & Spa. Protecting brain function relies on several factors including diet, exercise, sleep detoxification as well as reduction of toxic exposures. Learn how to improve all these areas to achieve optimal brain function to carry into your later years.

May 11th-10:30 presentation (with yummy snacks) /lunch (Turkey Sandwich) @ noon
Recipes, Samples and Sass, Oh My! & Healthy Gardening

Join Tara Hammes of the Massachusetts Councils on Aging for a lively and interactive presentation & food demonstration. She will review five of the best foods for older adults and how to choose, prepare, & store them. She'll take questions and debunk some myths. Come for a great talk, snacks and lots of laughs!

Lil Fedora from the Hampden Garden Club will be here to show you tips on how to plant fresh herbs in your garden and you will leave with a potted herb or vegetable to enjoy at home.



May 16th -Complimentary Chicken Marsala dinner & presentation on Identity Theft & Fraud 5pm-7pm

Join us for a complimentary dinner sponsored by The Polish National Credit Union. Guest speakers include Anthony Gulluni, District Attorney of Hampden County and Detective Jason Roath from the Hampden Police Department. You will learn how to detect, prevent and act when identity theft is present and understand the steps to protect your money and your identity. Seating is limited.

May 20th-lunch (Meatloaf) @ noon followed by fun & games - Fire Safety Lunch & Learn

Join Pat Farrow from the Hampden Fire Department as he educates us on fire safety and prevention and learn about some of the programs offered through the fire department. We will be playing Fire Fighter BINGO, lots of prizes and FREE give aways!



May 23rd-lunch (Grilled Chicken Caesar Salad) @ noon followed by a free Yoga class
Yoga and Falls Prevention Lunch & Learn



Join Darlene Messier from Philips Lifeline as she discusses falls prevention. After lunch join Sue Kent as she guides you through a FREE yoga session & teaches how to prevent falls by strengthening your mind & body.