

The Scantic Scribe

MAY 2023

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

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Tina Doran, Administrative Assistant & Volunteer Coordinator
scribe@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:

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Monique Downey, Suzanna Haskins, Deanna Vermette
Rep to GSSI: Cheryl Delviscio

COA BOARD MEETING:

Tuesday, May 9th at 9:00 am
in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

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 you supporting our essential programs and services.



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

Join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. We can all participate in *Aging Unbound* here at the Hampden Senior Center by attending any of the exciting programs we have planned. Your name will be entered into a raffle prize drawing for each program you attend. Please see the schedule on the back page of the Scribe.

Greetings!

Beautiful, warm weather is upon us, the trees and flowers are in bloom, and it's great to be outside! I hope you are able to enjoy the beauty of the season.

In honor of Older Americans Month, May is packed with exciting new programs, guest speakers and activities. Many thanks to our guest speakers that will be sharing great information with you throughout the month.

The Senior Center Building Committee continues to meet twice a month to discuss ideas for renovations and expansion. On May 8th at the Annual Town Meeting you will hear from the committee as to their progress. Please attend this important town meeting.

Enjoy the spring, BECKY.....



Grab and Go Dinner



Becky and Wendy are making a delicious dinner of BBQ Chicken, Corn, Potato Salad and Dessert.

Thursday, May 25th, pick up is 2:00 pm to 2:30 pm

Cost is \$5 per person. Please call 566-5588 starting on May 1st to order your dinner.

**Taking
Reservations**

Reservations for special events and Grab & Go Dinners will be taken **on the first business day of the month,** on a first come, first serve basis.

All other reservations will be accepted anytime.

Printed copies of the Scribe will be available on the last Thursday of the month.

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 for information.**

- **Brown Bag:** **INCOME GUIDELINES:**
1 person household—\$2,096; 2 person household—\$2,823
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:
Next pick-up is: **Tuesday, May 16th, between 1:30—2:30pm**
- **REGISTRY OF MOTOR VEHICLES:** RMV related questions or help with processing RMV applications online.
Beginning May 7, 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.



State Extra SNAP Benefits

What is the State Extra SNAP Benefit?

During COVID, households got extra SNAP at the beginning of each month to buy food. Due to federal action, the last payment was March 2, 2023. The state is funding extra SNAP benefits for 2 more months.

When will I get the State Extra SNAP Benefit?

May 2nd for April benefits

June 2nd for May benefits

The last extra SNAP payment is June 2023. If you have any questions, please call Wendy at 566-5588.

Help & Support

CAREGIVER SUPPORT GROUP via ZOOM or PHONE

Tuesday, May 16th 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 for information.



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 and/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 in part by Friends of Hampden Seniors and private donations.



Make it easier for emergency personnel to find your house...

IS YOUR HOUSE NUMBER DISPLAYED?

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 inch reflective block style number placed in plain view of the road, please call the senior center 566-5588. 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.



BE AWARE!!!

If you have a handicap card that hangs on your review mirror in your car and you are having work done, or getting your car inspected; remove the card from your car and keep it with you.

It's been brought to our attention that a placard was stolen from someone's glove compartment when the car went in for a routine inspection. Unfortunately, there are people that profit from selling handicap placards and you need to be aware and take necessary precautions to avoid this happening to you.

Another item you should remove from your car when it is not locked, is your garage door opener. Thieves can easily access your home by simply looking at your registration card to obtain your address.

If you are entrusting your car to a place of business, friend or relative where you do not remain with your vehicle; remove your handicap placard, garage door opener, or anything else of value.



Services and Information



If you're interested in receiving The Scantic Scribe via email, please email us at:
scribe@hampdenma.gov

If you're from out of town and prefer to have The Scantic Scribe mailed to you, please stop by the front office and let the front desk know you want to be put on our mailing list. There is a cost of \$5 per year to offset the cost of postage.

Farmer's Market with D & R Farm

Tuesday, May 9th, 9:00 am to 12:00 pm

Fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more!
SNAP Accepted



WINTER FARM SHARE

PICK-UP is Wednesday, May 10th & 24th at 9:30AM



COMING SOON...

D & R FARM SUMMER FARM 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 for Summer Farm Share must be completed and submitted to Wendy by May 31st.

Please let us know if you need your shares delivered.
Shares are limited. Please call Wendy at 566-5588,
or email **outreach@hampdenma.gov** to sign up.



FREE Technology Help Sessions Available

The Wilbraham & Monson Academy Service Team
will be here **Tuesdays and Thursdays** on the following dates:

Tuesday, May 2nd, 9th & 16th and Thursday, May 4th & 18th
from 3:30 pm to 4:30 pm.

Students will meet with you one on one to assist you with all your technology questions. Bring your phone, iPad, laptop computer, or tablet and your questions! Please call 566-5588 to sign up.

SAVE THE DATES - MONDAYS:

May 8th at 7:00 pm Annual Town Meeting
At Thornton Burgess Middle School
May 15th, 7:00 am Annual Town Elections
to 8:00 pm At Hampden Town House

TRI TOWN TROLLEY TRANSPORTATION SERVICES

Operates for Hampden, East Longmeadow & 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. Out of town rides are \$3 each way, in town trips are \$1 each way.
A 72 hour notice is required for scheduling rides.
As soon as you schedule a medical appointment, please call 525-5412 to schedule a ride.

HELP US STOCK OUR SHELVES with Shampoo!!

Thank you for those that donated disinfecting wipes last month. Every month we will target a different item to fill our shelves.

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



ATTENTION SNAP RECIPIENTS

If you are currently receiving SNAP benefits you are eligible to receive a pre-packed bag of items from the Senior Center 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 and you must bring proof of SNAP benefits/EBT card when come to pick up. 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.

Senior Center Activities

Please drop in or call 566-5588 if noted below to sign up. If you have any questions or suggestions on new activities, please call Diane or email her at 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 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 Monday, May 1st

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

CRIBBAGE Fridays, 12:30 pm.

FACIALS with Diane Neill Thursday, May 11th

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

FOOTCARE with Pat

Tuesday & Wednesday, May 9th & 10th

Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

HEARING CLINIC BY BAYSTATE HEARING

Wednesday, May 3rd

1st Wednesday of the month. **Please call for appointment.**

KNITTING/CROCHETING Mondays, 9:00am-11:00am.

New people welcome, will teach.

LINE DANCING Fridays 1:00pm-2:00pm, \$5.00 per class

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

New people welcome, will teach.

MANICURES with Cat every other Friday.

May 5th & 19th. Please call Cat directly at 413-335-7422 for appointment and pricing.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.

5/1 - **Stepmom**, PG-13, Drama

5/8 - **Because I Said So**, PG-13, Comedy/Romance

5/15 - **Soul Surfer**, PG, Biography/Drama/Family

5/22 - **Max**, PG, Adventure/Drama/Family

5/29 - **No Movie - Senior Center Closed**



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

Play time begins promptly at 12:30pm.

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

New people welcome.

READERS GROUP Tuesday, May 30th at 12:30pm.

Last Tuesday of every month.

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

New people welcome, will teach.

SENATOR/STATE REP OFFICE HOURS

Wednesday, May 24th, 11:00am-12:00pm.

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.

Lighthearted no rules play.

Always looking for fresh minds!



WATERCOLORS with Chris Sterritt Wednesdays

New 8 week session, beginning May 17th through July 5th.

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

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

Please call for availability. Space is limited.

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

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



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

Notes & Thoughts...

from Diane Marino, Program Coordinator

By Popular Demand "Tara" from the Community Music School of Springfield will be returning to teach another exciting **Drumming & Movement six-week session starting Wednesday June 14th – July 17th, 10:00 am – 11:00 am**
Signups will begin on June 1st.

Also, we are planning to have a Beginning Ukelele Class. This will be a perfect opportunity for anyone who has "hidden musical abilities" waiting to be explored! It's never too late to try something new and be creative!

"Music is one of the longest standing self prescribed therapy in history." – Erin Seibert



2023 Trips with Bobbi

Bus seat secured upon receipt of \$20 deposit
(includes tip to driver)

Call 413-566-8271 or Email bobbijg2@charter.net

Cape Cod Canal Cruise, Tuesday, June 13

Includes: Lunch at Mezza Luna, Narrated Cruise, Wright's Farm & Bakery, \$125/pp - Full payment deadline May 31

The Log Cabin, Wednesday, July 12

Garth Brooks Tribute. Includes: Twin Lobster or Prime Rib, Show \$85/pp - Full payment deadline June 28 - SELF DRIVE ONLY

The Aqua Turf Club, Tuesday, August 15

Come Fly with Me—Dance to music from Frank Sinatra, Kenny Rogers, Tim McGraw and more Includes: coffee/donuts, free drink, lunch, show and door prizes, \$119/pp - Full payment deadline August 1

Boston's Duck Boats, Tuesday, September 12

Includes: Lunch at Maggiano's, Duck Tour and Free Time at Quincy Market, \$140/pp - Full payment deadline August 29

Newport Playhouse, Thursday, September 28

Includes: All-You-Can-Eat Buffet, Show & Cabaret, \$142/pp - Full payment deadline September 14

Atlantic City Getaway, Tuesday-Thursday, October 10-12

Caesars Casino Resort Hotel, \$50 bonus in slot & food, 2 fantastic shows; \$295/pp dbl, \$285/pp trip, \$395/pp single. \$50 deposit at signup - Full payment deadline Sept 8. Cancellation Insurance Avail.

Fall Foliage Trip, Wednesday, October 18

Lunch, and tour at Grafton Village Cheese Co.

Includes: Lunch and Tour, \$ TBD

Lake Webster Cruise, Date TBD

Cruise Lake Webster on a Stern Wheeler

Includes: Lunch, \$ TBD



Create your own Greeting Card with Ellie!

Monday, May 1st, 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.

Future date scheduled for Mondays, June 5th.



Come join us for an introductory fun and easy craft for stress relief with Diamond Dotz.

We will be making a beautiful feather bookmark!

Tuesday, May 23rd at 1:00 pm

Cost is \$5.00 per person, supplies are included.

Please call 566-5588 to reserve your seat, space is limited.



All are welcome to join us for
"Between the Lines" Reader's Group
Tuesday, May 30th at 12:30 pm

This month's theme is "Poetry in Motion"

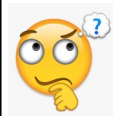
With emphasis on *Emotion...* and whatever
intuitive feeling moves your

Spirit, Heart, Mind or Soul.

Featuring Patricia McLaughlan's book entitled "My Poet" celebrating Poet Mary Oliver.

Call 413-566-5588 to enlighten your day!

What is Poetry? Poetry is a collection of words that express an emotion or idea, sometimes with a specific meaning, sound, or rhythm.



May Puzzle Packs

Keep your brain healthy and sharp!

New puzzle packs will be available May 1st!

Be sure to put your name on your completed puzzle pack and return it to the Senior Center by **May 31st** for a chance to win a prize. Drawing will be held Monday, May 1st and one lucky winner will be notified.

**Congratulations to Paul Johnson,
who is our lucky winner for March!!**

Health and Wellness



FREE Baystate Hearing: Please call for an appointment.
1st Wednesday of the month, May 3rd.



FREE Blood Pressure Clinic: Walk in 9:15 - 10:45am.
Tuesdays with Ann Maggio, RN
Thursdays with Ashley Boudreau, RN, Public Health Nurse



FOOTCARE: Please call for an appointment and cost
Tuesday, May 9th and Wednesday, May 10th.





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

Please call
413.566.5588 for
additional information

MAY 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
1 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Card Making	2 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	3 <u>HEARING by appt</u> 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	4 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	5 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
8 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Com Mtg 12:00 Lunch & Learn* 12:00 Billiard League 12:30 Movie	9 <u>FOOTCARE by appt</u> 9:00 COA BOARD Mtg 9:00 Farmer's Market 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	10 <u>FOOTCARE by appt</u> 9:00 FREE Breakfast* 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	11 <u>FACIALS by appt</u> 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	12 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing 1:00 Introduction to Chair Volleyball*
15 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 UCLA Memory* Training Program	16 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 6:00 ZOOM Support Group	17 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors 6:00 Estate Planning*	18 <u>8:30 Collate Scribe</u> 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	19 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch & Learn* 12:30 Cribbage 1:00 Line Dancing
22 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 UCLA Memory* Training Program	23 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 FREE Lunch & Learn* 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 1:00 Craft Class	24 9:30 Farm Share 9:30 Watercolors 10:00 Trivia 11:00 Senator/State Rep 11:30 Lunch & Learn* 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	25 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	26 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
29 Closed 	30 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 12:30 Readers Group 1:00 Mat Yoga	31 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	 <p>*Attend any of the above starred (*) programs, and your name will be entered into a raffle prize drawing. The winner will be chosen at the end of May. The more events you attend, the more chances you have to win!! Space is limited, so please call 566-5588 to sign up.</p>	

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

MAY 2023

LUNCH MENU

**Lunch served daily at
12pm. RSVP by 10am
the day before by
calling 566-5588**

Mon	Tue	Wed	Thu	Fri	
1 Seasoned Pork California Blend Veg Rice and Beans Whole Wheat Bread Mixed Fruit Cal:817 Carb:97 Na:874	2 Cheese Omelet Breakfast Turkey Sausage Potatoes O'Brien Snack Loaf SF Maple Syrup Warmed Applesauce Cal:835 Carb:89 Na:1029	3 <u>May Birthday Celebration</u> Chicken w/Sausage Gravy Green Beans Mashed Potatoes Buttermilk Biscuit Cupcake/Diet Cake Cal:807 Carb:85 Na:1183	4 Turkey w/Dijon Sauce Parslied Carrots Rice Pilaf Whole Wheat Bread Reg/Diet Cookie Cal:557 Carb:74 Na:1104	5 <u>Cinco de Mayo</u> Beef Taco Salad Zesty Corn Salad Yellow Rice Tortilla Chips Fresh Fruit Cal:994 Carb:106 Na:956	
8 <u>Lunch/Presentation</u> <u>First Aid & Hands-On CPR</u> Spinach & Tomato Penne Bake Steamed Peas Whole Wheat Bread Apple Juice Mandarin Oranges Cal:590 Carb:96 Na: 474	9 Beef Stroganoff Parslied Carrots Egg Noodles Whole Wheat Dinner Roll Reg/SF Jello w/Topping Cal:736 Carb:86 Na:599	10 <u>Cold Plate</u> Turkey w/Cheddar Cheese Lettuce/Tomato Potato Salad Oatnut Bread Fresh Fruit Cal:722 Carb:71 Na:987	11 Spaghetti & Meatballs Tossed Salad w/Ranch Italian Blend Veg Whole Wheat Bread Mixed Fruit Cal:848 Carb:109 Na:1159	12 <u>Mother's Day Meal</u> Baked Ham w/Pineapple* Green Beans Au Gratin Potatoes Dinner Roll Pound Cake/Diet Cookie Cal:915 Carb:152 Na:1198	
15 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Cookie Cal:650 Carb:84 Na:884	16 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Pears Cal:653 Carb:83 Na:586	17 BBQ Pulled Pork Spinach 1/2 Baked Sweet Potato Whole Wheat Burger Bun Pound Cake/Diet Cookie Cal:707 Carb:74 Na:1090	18 New England Fish Chowder Green Beans Cornbread Mini Loaf Chilled Peaches Cal:516 Carb:68 Na:525	19 <u>Lunch/Presentation</u> <u>LifeLong Learning at Springfield College</u> Rosé Chicken California Blend Veg Penne Pasta w/Sauce Whole Wheat Bread Fresh Fruit Cal:678 Carb:99 Na:815	
22 American Chop Suey Roman Blend Veg Rice Krispie Treat Cal:685 Carb:94 Na:662	23 <u>FREE Lunch/ Presentation - Pre-Planning 101 with Forastiere Smith Funeral & Cremation</u> Sandwiches & Salads	24 <u>Lunch/Presentation</u> <u>Legislation 101 and Updates on Gaming</u> Turkey Divan Steamed Broccoli Egg Noodles Dinner Roll Peach Crisp Cal:667 Carb:79 Na:890	25 Jamaican Jerk Chicken Green Beans Coconut Rice Oatnut Bread Mixed Fruit Cal:774 Carb:90 Na:597	26 Pasta Primavera Tossed Salad w/Italian Penne Pasta w/Sauce Snack Loaf Reg/SF Jello w/Topping Cal:920 Carb:117 Na:870	
29 Closed 	30 <u>Memorial Day BBQ</u> Burger w/Cheese Ketchup Lettuce & Tomato Oven Roasted Potatoes Wheat Burger Bun Berries w/Topping Cal:728 Carb:85 Na:984	31 <u>Cold Plate</u> Dill Salmon Salad over Tossed Salad w/Ranch Citrus Carrot Salad Whole Wheat Bread Chilled Pears Cal:814 Carb:56 Na:824	<div><p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p><p>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</p></div>		Total Sodium and Calories include regular margarine, milk and dessert.. Concerns regarding sodium, call GSSSI at 781-8806, x136. Suggested Donation \$2.00 per meal. Menu subject to change without notice.

Good To Know

A Scantic River Artisans Exhibit

It's a Spring Art Thing

May 6 & 7, 2023

• May 6 (10:00 - 4:00) • May 7 (11:00 - 3:00)

(Reception May 7 (12:00 - 2:00))

104 Allen St., Hampden, MA

(Community Room) Hampden Senior Center

For more information, visit: www.scanticriverartisans.com



FRIENDS OF HAMPDEN SENIOR CITIZENS 2023 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 2023** 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!



Join us during the month of May as we celebrate Older Americans Month-Aging Unbound!

May 8th - 12:00 pm
Lunch/Presentation

First Aid and Hands-On CPR Training

Spinach & Tomato Penne Bake-\$2 Suggested donation

Did you know that each year, emergency services respond to over 350,000 out-of-hospital cardiac arrests? Fortunately, we can double, or even triple, an individual's chances of survival by knowing how to give quality, timely, CPR. Join us for lunch with Ashley Boudreau, BSN, RN, where we will learn how to perform Hands Only CPR while also picking up tips on basic first aid for situations such as falls, seizures, wound care, diabetic emergencies, and signs to recognize if someone is having a stroke, etc. This training does not provide CPR certification, but rather an understanding of how you can better respond in an emergency. FREE GIFT to everyone that attends!

May 10th - 9:00 am
Breakfast/Presentation

Should I Stay or Should I Go?

Interactive presentation with ERC5

FREE Continental Breakfast-Sponsored by JGS Lifecare

Heidi Pafumi from Slope Realty will discuss the housing market and what it takes to sell a home; Katie Krupka from Assisted Living Locators will be discussing independent living, assisted living and memory care options; Mary-Anne Schelb from JGS Lifecare will be discussing LTC options and the JGS Campus and Liz Davilla from Kind Hands Care will be discussing in-home care options.

May 12th - 1:00pm
Demonstration

Introduction to Chair Volleyball

Members of the East Longmeadow Senior Center will be here to play and demonstrate Chair Volleyball. Chair Volleyball is a physical activity opportunity for older adults. The game can be played by all abilities and activity levels. Regular participation in this activity can increase flexibility and stamina.

May 15th & 22nd
June 5th & 12th
1:00 pm - 3:00 pm
Training

UCLA Memory Training Program

4-week Interactive Memory Training Program

Join Ashley Boudreau, BSN, RN and Ann Maggio, RN for this 4-week Interactive Memory Training Program. This program is designed for people who wish to improve or maintain their memory ability. It is NOT intended for people with a diagnosis of Alzheimer's or other forms of dementia. SPACE IS LIMITED and you must attend all 4 sessions.



May 17th - 6:00pm

Presentation

Attorney David Carlson - Estate Planning 101

Wine and light refreshments

Attorney David Carlson will discuss Estate Planning 101. Early Estate Planning and preparation secures your rights, prevents disputes, and ensures that you are able to provide for the people you care about. Attorney Carlson will discuss Wills and Trusts, Powers of Attorney, Special Needs Planning and Asset Protection Planning.

May 19th - 12:00 pm

Lunch/Presentation

LifeLong Learning at Springfield College

Rose Chicken with pasta-\$2 Suggested donation

Sara Namazi PhD, Assistant Professor of Gerontology and Health Sciences will be here to talk about the LifeLong Learning Program offered at Springfield College for adults 55 and older. The program focuses on topics such as, current affairs, art, history, music, film, books, and a variety of other subjects of interest to an inquiring mind. Dr. Namazi will use this opportunity to learn about your interest for future potential course offerings.

May 23rd - 12:00 pm

Lunch/Presentation

Pre-Planning 101 with Forastiere Smith Funeral & Cremation

FREE Lunch-Sandwiches and salads

Gary Szewczyk, Pre-Planning Director at Forastiere Smith Funeral & Cremation will discuss the benefits of pre-planning funeral services.

May 24th - 11:30 pm

Lunch/Presentation

Legislation 101 and Updates on Gaming

Turkey Divan with Egg Noodles-\$2 suggested donation

Jennifer Pickering from State Senator Jake Oliveria's office and Robin Frechette from State Representative Brian Ashe's office will provide a Legislation 101 program and an update on the status of Gaming Legislation in Municipal Buildings.

Space is limited, so please call 566-5588 to sign up.

**Attend any of the above programs, and your name will be entered into a raffle prize drawing.
The winner will be chosen at the end of May.
The more events you attend, the more chances you have to win!**