

# The Scantic Scribe

**MAY 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**  
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**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 GSSI: Cheryl Delviscio**  
**Cliff Bombard, Monique Downey, Suzanna Haskins, Juanita Markham, Anne-Marie Villamaino**

**COA BOARD MEETING:**

**Tuesday, May 14th at 9:00 am**  
**in PERSON or VIA ZOOM**  
**ZOOM Meeting ID: 95866401813**  
**ZOOM Password: 639217**

**BUILDING COMMITTEE MEETING:**

**Monday, May 13th 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 our Senior Center.  
**We appreciate your support of our essential programs and services.**

Greetings!

Older Americans Month is here and we have a schedule that is packed with programs and activities for you to participate in. Inside this newsletter you will find a complete schedule of events. Please be sure to sign up in advance to be sure we have a seat for you. Your name will be entered into a raffle prize drawing each time you attend a special Older Americans Month event. The more programs you attend, the more chances you have to win!

Many thanks to the Hampden Garden Club for sprucing up the gardens at the Senior Center. We are so fortunate to have such a wonderful Garden Club that takes such good care of our landscaping.

Please be sure to attend the Annual Town Meeting on Monday, May 13th at 7:00 pm at Thornton Burgess Middle School. This is an important meeting for the town to discuss budgets, tax rates and other very important issues.

The Republican Newspapers have been delivered FREE of charge to the Senior Center for several years. Unfortunately, this free paper service is being discontinued, but we thank to the Republican Newspaper for all the years of free newspaper delivery. We hope you are enjoying some warmer weather and all the signs of spring.

We look forward to seeing you soon,  
Becky.....



The Hampden Senior Center Building Committee submitted an article to the town for the expansion/renovation of the Senior Center that will appear on the Annual Town Meeting warrant.

The Annual Town meeting will take place on Monday, May 13th at 7:00 pm at Thornton Burgess Middle School. Everyone is encouraged to attend this important meeting to hear more about the proposed senior center design. Thanks to everyone who attended the Public Forums and asked great questions about the project. A favorable 2/3 majority vote at town meeting will move the question to a vote at the ballot on election day, May 20th.

More information will be provided by the Building Committee, Senior Center Director, Architect, and Design Team at the Annual Town Meeting.

We appreciate your continued support of the older adults in our community.

Building Committee Members: Don Collins (chair), Gary Weiner (vice-chair), Cliff Bombard, Mike Doran, Mike Fedora, Bobbi Grant, Carol Keeney & John Matthews.



**Grab and Go Dinner**

**Friday, May 24th, pick up from 2:00 pm to 2:30 pm**

Enjoy a delicious dinner of BBQ Pulled Pork,  
Coleslaw, Baked Beans, and Dessert.

Cost is \$5 per person. Please call 566-5588 starting May 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, May 21st.**



- **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, May 21st 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 Farm Share**

D & R Farm is offering fresh produce twice a month **FREE with SNAP/HIP if you qualify!**

Please let us know if you need your shares delivered.

**PICK-UP is on Wednesdays, May 8th and 22nd at 9:30 am.**

## **Coming in June...**



## **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 are required and must be completed, and submitted to Wendy by May 15th.**

Please let us know if you need your shares delivered.

Shares are limited. To sign up, please call Wendy at 566-5588, or email [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov).

## **The Hampden Garden Club**

*Celebrating it's 92nd year*

**will be presenting a program on *Shade Gardening***

**Thursday, May 16th at 7:00 pm**

*at Academy Hall, Main Street, Hampden.*

***Guest speaker Toi Graham***, a local Master Gardener will help us find the best ways to create shade gardens with New England plants in our existing soil conditions.

*Guest Fee is \$5.00 per person.*

For more information, call Lil Fedora at 566-1137



## Get Help Paying Medicare Costs

### What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

### Who qualifies?

Medicare Beneficiaries who meet the following limits:

You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month
NEW AS OF MARCH 1, 2024: THERE IS NO ASSET LIMIT	

For more information or to apply, contact SHINE Counselor, Becky Moriarty at 566-5588.



### Meet your Veteran Service Officer Jason Burgener

**Wednesday, May 1st 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



### Nutrition Clinic with GSSSI

**Tuesday, May 28th at 12 noon**

Poor nutrition is a common problem among older adults, particularly in those who have been hospitalized. Approximately 20-50% of hospitalized patients are malnourished or at risk for malnutrition. But how do you know if someone is malnourished?

Greater Springfield Senior Services is hosting a Nutrition Clinic where you can learn about recognizing signs of malnutrition in yourself, your loved ones, and your community.

They will talk about what malnutrition means; the risk factors and warning signs, effects of poor nutrition, and what you can do to prevent becoming malnourished. They will also provide a free, optional, screening tool to determine your current risk for malnutrition. We hope you'll join us.

Please call 566-5588 now, or before 11:00 am one day prior to reserve your seat and lunch. Space is limited.

*A suggested donation of \$2 per meal is appreciated.*

### Did you know we have...



#### Chair Massage with Mindy

Tuesdays May 7th & 21st, \$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.

*Gift Cards are Available*

### 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.**



### HELP US STOCK OUR SHELVES with Liquid Dish Soap!



Thank you to those that donated disinfecting wipes last month. Every month we target a different item to help fill monthly Personal Needs Bags.

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



### Transfer Station Bags

**Available at the Hampden Senior Center**

*Bags are sold in packages of 10*

**Small Bags (16 gallon) \$15**

**Large Bags (33 gallon) \$30**





## Win a beautiful handmade Baby Quilt

Come and see the quilt on display at the Senior Center.

Tickets can be purchased during the month of May at the Senior Center: 1 ticket for \$1 or 6 tickets for \$5

**Drawing will be held following the Ukulele Concert which will begin at 12:30 pm on Friday, May 31st. Winner will be notified.**

*All proceeds will benefit the building expansion fund.*



## 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.

**Monday, May 6th, 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.



## "African Drumming" with Jason

**New 12-week session began April 26th and will run through July 26th.**  
*No classes May 31st and July 5th.*

**Fridays at 2:15 pm to 3:15 pm**

Save money by paying for session in full.  
Cost is \$60 for session, or \$6 per class.

**New students are welcome.**



## Learn to play the Ukulele with Sue

**Mondays, 1:00 pm to 2:00 pm**

Cost is \$5 per class. Accepting new students.  
Please call 566-5588 to reserve your spot. Space is limited.

**Come and see what we've learned and enjoy a free concert, Friday, May 31st at 12:30 pm.**



## Crafting with Sheree

This month, we will make two Diamond Dotz Bookmarks.

**Tuesday, May 21st, 12:30 pm to 3:00 pm**

Cost is \$10 per person, all supplies will be provided.  
Please call 566-5588 to reserve your spot. 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.***

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

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

### **July 4, Thu - 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.

**Aug 6, Tue - Mt. Washington/Cog Railway**, box lunch at train, full 3 hour train ride; \$180pp. Full payment due July 19.

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

**Oct 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 - Radio City Music Hall**

Rockettes matinee Christmas Show: \$ TBD

### **Dec 11, Wed - The Aqua Turf Club**

"Deck the Halls Christmas" with Buddy Holly & Elvis; family-style lunch; \$131pp. 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)**



## May Puzzle Pacs

***Keep your brain healthy and sharp!***

New puzzle packs will be available May 1st.

Do your best, but have fun with it! Return your puzzle pack to the Senior Center by **May 31st** for a chance to win.  
*Drawing will be held on June 3rd.*

***Congratulations to Dee Vermette, our March Puzzle Pac Winner!***



## Let's Go Surfin with Joe Green

Learn the ins and outs of surf in the web.

Make a list of your questions, and Joe will cover it all.

**Tuesdays, May 21st and 28th, 9:30 am to 10:30 am**

Sessions are free. Bring your own personal device; laptop, tablet, or mobile phone **fully charged.**

*Tablets are available for you to use at the Senior Center.*

Please call 566-5588 to reserve your spot. Space is limited.

# 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, Wednesdays, Fridays: Open Play  
Tuesdays, 9:00am-12:00pm: Women's No Rules Play  
Thursdays, 9:00am-12:00pm: Men's 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 Monday, May 6th.  
1:00pm-3:00pm. Advanced sign up required. \$3.00 per class.

## CHAIR MASSAGE

Tuesdays, May 7th & 21st. \$10 for 10 minutes.  
Please call for appointment.

CRIBBAGE - Please call if interested.

## DRUMMING - Accepting new students.

Fridays, 2:15pm-3:15pm. New 12-week session.  
Began April 26th through July 19th.  
No classes May 31st and July 5th.  
\$60 for session if paid in full or \$6 per class.

FACIALS with Diane Neill Thursday, May 9th.  
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.

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.

MEXICAN TRAIN DOMINOES Thursdays, 12:30pm-3:00pm

MOVIES: Mondays at 12:30pm.

5/6 - Out of Africa, PG, Biography/Drama/Romance

5/13 - Mother's Day, PG-13, Comedy/Romance

5/20 - Molly's Game, R, Biography/Crime/Drama

5/27 - 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.

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

New people welcome, will teach.

## SENATOR/STATE REP HOUR

Wednesday, May 22nd, 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 paid to instructor.

WATERCOLORS with Chris Sterritt - Class is full

Wednesdays, New 7-week session begins May 15th  
through June 26th.

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

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

## WEIGHT TRAINING with YMCA

Tuesdays and Thursdays, 9:30am-10:30am.

Save money and purchase a 10-class punch card for \$40  
at the Senior Center or pay \$5/per class. Please pay cash,  
or make checks payable to: YMCA of Greater Springfield.

YOGA with Sue Kent \$5/per class paid to instructor.

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


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

*Is there something you don't see? Let Diane,  
our Activities Coordinator know about it, and she will  
do her best to make it happen.*



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.

# May 2024

Mon	Tue	Wed	Thu	Fri
<p>"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age." ~Sophia Loren</p>		<p><b>1</b></p> <p>9:30 <b>FREE Donut Dip &amp; Coffee</b> <b>Vets Coffee Hour</b></p> <p>9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>2</b> 9:00 Men's Billiards</p> <p>9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga <b>6:00 Paint &amp; Sip Fundraiser</b></p>	<p><b>3</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p><b>6</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Movie 1:00 Card Making 1:00 Ukulele</p>	<p><b>7</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 Bunco 12:00 Functional Fitness 1:00 Mat Yoga</p>	<p><b>8</b></p> <p>9:30 <b>Farm Share</b></p> <p>10:00 Trivia 12:30 Pitch 12:30 Rummikub <b>No Watercolors today, new session begins next week</b></p>	<p><b>9</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 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga</p>	<p><b>10</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch &amp; Learn w/The FBI</b> 2:15 Drumming</p>
<p><b>13</b> 9:00 Knit/Crochet</p> <p>9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg <b>11:00 Bldg Com Mtg</b> 12:00 Lunch 12:30 Movie 1:00 Ukulele <b>7:00 Annual Town Mtg at TWB</b></p>	<p><b>14</b> 9:00 COA Board</p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga <b>11:00 Presentation Nutrition &amp; Brain Health</b> 12:00 Lunch 12:00 Bunco 12:00 Functional Fitness 1:00 Mat Yoga</p>	<p><b>15</b></p> <p>9:30 Watercolors 10:00 Trivia 12:30 Pitch 12:30 Rummikub 12:30 Watercolors <b>6:00 Estate Planning w/ Atty David Carlson</b></p>	<p><b>16</b> 9:00 Men's Billiards</p> <p>9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness <b>12:00 Lunch &amp; BINGO w/ Hampden Fire Dept</b> 12:30 Acrylic Painting <b>12:30 Reg Bingo CXLD</b> 12:30 Mexican Train 1:00 Mat Yoga</p>	<p><b>17</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p><b>20</b> <u>Voting Day at the Town House</u></p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Movie 1:00 Ukulele</p>	<p><b>21</b> <u>Chair Massage by Appt.</u></p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Surfin the Web 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Lunch 12:00 Bunco 12:00 Functional Fitness <b>12:30 Brown Bag</b> 12:30 Craft with Sheree 1:00 Mat Yoga</p>	<p><b>22</b></p> <p>8:30 <b>Collate Scribe</b> <b>9:30 Farm Share</b> 9:30 Watercolors 10:00 Trivia <b>10:30 Presentation Live Longer, Stronger</b> <b>10:30 Senator/State Rep</b> 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>23</b></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 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga</p>	<p><b>24</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch <b>2:00 Grab and Go</b> 2:15 Drumming</p>
<p><b>27 Closed</b></p> 	<p><b>28</b> 9:00 Ladies Billiards</p> <p>9:15 Blood Pressure 9:30 Surfin the Web 9:30 Weights w/YMCA 11:00 Chair Assist Yoga <b>12:00 Lunch &amp; Learn Nutrition Clinic</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga</p>	<p><b>29</b></p> <p>9:30 Watercolors 10:00 Trivia 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>30</b> 9:00 Men's Billiards</p> <p>9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga</p>	<p><b>31</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch <b>12:30 Ukulele Concert</b> 2:15 Drumming</p>

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

# May 2024

## LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<div> <div> <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> </div> </div>	<div> <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> </div>	<p><b>1</b> <u>Cold Plate</u>  Tuna Salad  Tossed Salad w/Ranch  Citrus Carrot Salad  Whole Wheat Bread  Raisins</p> <p>Cal:689 Carb:73 Na:913</p>	<p><b>2</b>  Meatloaf  w/Mushroom Gravy  Herbed Green Beans  Mashed Potatoes  Whole Wheat Bread  Jello w/Topping</p> <p>Cal:612 Carb:73 Na:735</p>	<p><b>3</b>  Braised Pork  California Blend Veg  Yellow Rice and Beans  Multigrain Bread  Chilled Applesauce</p> <p>Cal:884 Carb:104 Na:983</p>
<p><b>6</b>  Cheese Lasagna  w/Meat Sauce*  Italian Blend Veg  Oatnut Bread  Chilled Pineapple</p> <p>Cal:745 Carb:98 Na:950</p>	<p><b>7</b>  Herbed Salmon  Green Beans  Roasted  Red Bliss Potatoes  Whole Wheat Bread  Fresh Fruit</p> <p>Cal:862 Carb:98 Na:659</p>	<p><b>8</b>  Indian Style  Butter Chicken  Steamed Spinach  White Rice  Buttermilk Biscuit  Mandarin Oranges</p> <p>Cal:591 Carb:97 Na:1137</p>	<p><b>9</b>  Sloppy Joe  Potato Salad  Sun Chips  Wheat Hamburger Roll  Jello w/Topping</p> <p>Cal:795 Carb:74/79  Na:1056</p>	<p><b>10</b> <u>Mother's Day Meal</u>  Pot Roast w/Gravy  Tossed Salad w/Italian  Garlic Mashed Potatoes  Whole Wheat Bread  Brownie</p> <p>Cal:577 Carb:91 Na:981</p>
<p><b>13</b>  Chicken Pot Pie  California Blend Veg  Biscuit Topping  Pear Crisp</p> <p>Cal:609 Carb:65 Na:676</p>	<p><b>14</b> <u>Cold Plate</u>  Cape Cod Chicken Salad  Celery Salad  Red Bliss Potato Salad  Oatmeal Bread  Cookie</p> <p>Cal:791 Carb:79 Na:897</p>	<p><b>15</b>  Turkey Taco Plate  Tossed Salad w/Ranch  Yellow Rice  Sour Cream  Tortilla Chips  Chilled Pineapple</p> <p>Cal:778 Carb:70 Na:754</p>	<p><b>16</b>  Steak &amp; Cheese  Sandwich  Onions &amp; Peppers  Roasted Red Bliss  Potatoes  Hot Dog Bun  Cookie</p> <p>Cal:691 Carb:78 Na:1097</p>	<p><b>17</b>  Chicken Marsala  Steamed Broccoli  Parslied Penne  Whole Wheat Roll  Raisins</p> <p>Cal:622 Carb:92 Na:9022</p>
<p><b>20</b>  "Lazy" Stuffed Cabbage  Peas &amp; Onions  Whole Wheat Bread  Jello w/Topping</p> <p>Cal:625 Carb:69 Na:533</p>	<p><b>21</b>  Swedish Meatballs  Summer Blend Veg  Egg Noodles  Oatnut Bread  Fresh Fruit</p> <p>Cal:859 Carb:100 Na:668</p>	<p><b>22</b> <u>Cold Plate</u>  Chef Salad* w/Italian  Ham &amp; Turkey  Celery Salad  Whole Wheat Bun  Chilled Peaches</p> <p>Cal:567 Carb:57 Na:1109</p>	<p><b>23</b> <u>High Sodium Day</u>  Hot Dog w/Bun*  Broccoli Slaw  Baked Beans  Ketchup/Mustard  Tropical Fruit</p> <p>Cal:770 Carb:80 Na:1413</p>	<p><b>24</b>  Lemon Chicken  Parslied Carrots  Roasted  Red Bliss Potatoes  Whole Wheat Breat  Cookie</p> <p>Cal:635 Carb:81/67  Na:575</p>
<p><b>27 Closed</b></p> 	<p><b>28</b> <u>Nutrition Clinic</u>  Breakfast Sausage  Spiced Apples  Syrup  Potatoes O'Brien  Mini Maple Chip Waffles  Fresh Fruit</p> <p>Cal:656 Carb:101 Na:783</p>	<p><b>29</b> <u>Memorial Day BBQ</u>  Hamburger w/Cheese  Coleslaw  Onions &amp; Mushrooms  Wheat Burger Bun  Cookie</p> <p>Cal:676 Carb:76 Na:1179</p>	<p><b>30</b>  Butter Crumb Fish  Tartar Sauce  Steamed Broccoli  Lemon Rice  Whole Wheat Bread  Applesauce</p> <p>Cal:633 Carb:79 Na:810</p>	<p><b>31</b> <u>Birthday Celebration</u>  Turkey w/Gravy  Parslied Carrots  Mashed Potatoes  Whole Wheat Breat  Cupcake</p> <p>Cal:650 Carb:88 Na:993</p>

# Celebrate ART

Scantic River Artisans Present:

## 6TH ANNUAL JURIED ART SHOW



### June 1 & 2, 2024

June 1 - (12 - 5)

June 2 - (11 - 3)

Reception: June 2 - (12-2)

Awards: June 2 - (2 PM)

104 Allen St. Hampden MA

Hampden Sr. Center

For information, visit:  
[www.scanticriverartisans.com](http://www.scanticriverartisans.com)



### Friends of Hampden Senior Citizens Hartsprings Fundraiser

Your donation helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but it also helps to fund all the amazing programs at the Hampden Senior Center!

#### Items accepted in the Purple Bin outside the Senior Center:

- All cloth items, • Clothing (all sizes, styles, ages, and genders), • Bedding and Draperies (NO BED PILLOWS), • Shoes
- Small Appliances, • Electronics, • Kitchenware, • Household Goods • Sporting Goods, • Toys,
- Books (NO Encyclopedias, Textbooks, or Library Books)

During normal business hours (M-F, 9-3) if you drop items off and the bin is full, please stop in and let a staff member know.

**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***

### 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!***



**The 2024 Older Americans Month theme is Powered by Connection,**  
*which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combating isolation, loneliness, and other issues.*

**Join us during the month of May as we celebrate Older Americans Month.**

**Wednesday,**  
**May 1st at 9:30 am**  
*Social*

**Stop by for a FREE Donut Dip donut, and coffee.**  
*Sponsored by Jason Burgener, Veteran Service Officer*

**Thursday,**  
**May 2nd at 6:00 pm**  
*Social/Guided Instruction*

**Paint & Sip Fundraiser with Nan Hurlburt**  
*Supporting the Hampden Senior Center Building Fund.*

**Tuesday,**  
**May 7th, 9:30 to 11:00 am**

**Powerback Rehabilitation**  
Stop in to meet the staff from Powerback Rehabilitation and learn about the programs and services they offer.

**Friday,**  
**May 10th at 12 noon**  
*FREE Lunch/Presentation*

**How to Prevent Elder Fraud with FBI Agent Matthew Fontaine**  
*Pot Roast Dinner and Dessert*  
Join us for a presentation on how to prevent elder fraud and abuse.  
*Sponsored by Spectrum and Polish National Credit Union*

**Tuesday,**  
**May 14th at 11:00 am**  
*Lunch/Presentation*

**Nutrition and Brain Health: Five Foods for your Future**  
*Cape Cod Chicken Salad - \$2 Suggested Donation*  
Join us for a lively and entertaining presentation with Tara Hammes, MCOA Director of Healthy Aging and Nutrition. Bring your burning questions and be ready to make a brain bowl sample based on the session!

**Wednesday,**  
**May 15th at 6:00 pm**  
*Presentation*

**Estate Planning with Attorney David Carlson**  
*Wine and Light Refreshments*  
Attorney Dave 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.

**Thursday,**  
**May 16th at 12 noon**  
*Lunch/Presentation*

**BINGO with the Hampden Fire Department**  
*Steak & Cheese Sandwich - \$2 Suggested Donation*  
Join the Hampden Fire Department as they educate 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!  
*BINGO snacks sponsored by Vantage Care.*



**Join us during the month of May as we celebrate Older Americans Month.**

**Wednesday,**  
**May 22nd at 10:30 am**  
Presentation

**Living Stronger, Longer with Lamar Moore**  
Stability Training for Healthspan Maintenance and Extension

**Tuesday,**  
**May 28th at 12 noon**  
Lunch/Presentation

**Nutrition Clinic with GSSSI**  
*Breakfast Sausage, Potatoes O'Brien & Mini Waffles - \$2 Suggested Donation*  
GSSSI staff will talk about what malnutrition means; the risk factors and warning signs, effects of poor nutrition, and what you can do to prevent becoming malnourished. A free, optional, screening tool to determine your current risk for malnutrition. We hope you'll join us.

**Friday,**  
**May 31st at 12:30 pm**  
Lunch/Concert

**Ukulele Concert**  
*Turkey Dinner - \$2 Suggested Donation*  
Lunch, followed by a Ukulele Concert performed by our very own Hampden Senior Center Ukulele Students.

**All events are Free. Lunch is a \$2 suggestion donation to GSSSI.**  
**Please call 566-5588 to sign up. Space is limited.**

***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!***

***“The longer I live the more beautiful life becomes.”***  
***~ Frank Lloyd Wright***