

The Scantic Scribe



NOVEMBER 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

Administrative Asst. & Volunteer Coord.
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: Cheryl Delviscio

COA BOARD MEETING:

TUESDAY, NOVEMBER 8th at 9AM
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.

Greetings!

I am enjoying the beautiful colors of fall out my window as I bring greetings to you this month. Once again, this SCRIBE is packed with so many program and activities for you, we hope you take advantage of all there is to offer.

The Board of Selectmen recently appointed a Building Committee to discuss the possibility of a future expansion of our Senior Center. Watch for updates in the Scribe. Many thanks to the committee members who are volunteering their time to this important project. Committee members are: Bobbi Grant, Carol Keeney, Rita Vail, John Matthews, Don Collins, Duane Mosier, Gary Weiner, Cliff Bombard and Mike Fedora.

The knitting and crochet group consisting of Barbara Dunwoody, Carol Davis, Joan McGovern, Barbara Eves and Collette Ingram have been busy. They recently donated 206 knitted hats to area schools including Green Meadows, 70 lap robes to Vero in Hampden and 50 knitted hats to the Ukraine. Great work ladies and many thanks. Congratulations to our own Loretta Forsyth who took home the GRAND CHAMPION prize at a recent Quilt Show at the Eastern States. The quilters are busy here every Friday and we are always in awe of their handiwork.

Thanks to our amazing sponsors who are helping with Grab and Go Thanksgiving dinner. Sign up today! See below for details.

Honor our Veterans, Get Ready for Winter, Help Stock our Shelves, Get your COVID booster and so much more! Read all about it and sign up today!
Happy Thanksgiving, BECKY.....

Happy Thanksgiving

Grab and Go THANKSGIVING Dinner

The Hampden Senior Center along with our tremendous sponsors are providing a delicious Thanksgiving Grab and Go Dinner
FREE of charge.

Pick up Wednesday, November 23rd from 2:00—2:30PM

Please call 566-5588 to reserve your meal.

Many thanks to our generous sponsors: Monson Savings Bank, St. Mary's Church, Bethlehem Church, Great Horse, The Reserve and Bluebird Estates.

Delivery is available for Hampden residents who are unable to pick up.



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:



NEW INCOME GUIDELINES—1 person household—\$2,265; 2 person household—\$3,052

BROWN BAG: NEW INCOME GUIDELINES—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—\$2,096; Income guidelines for 2 person household—\$2,823

NEXT PICK-UP IS TUESDAY, November 15th, 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.

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.



MEMORY CAFÉ - EVERY FRIDAY AT 10:30AM

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, November 15th 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 help. Call Wendy for information.

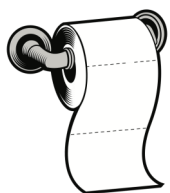


D & R FARM WINTER FARM SHARE

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 \$40 cash per month. Shares will be available for pick up every other Wednesday starting in January and ending in June. Pick up from 9:30-10:30am 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.

Help Us Stock the Shelves with Non-Food Items



We are collecting non food items for our emergency closet. Every month we will target a different item to fill our shelves. People who qualify for SNAP are unable to use their benefits on non food items, so we hope this collection will help those most in need.

This month we are collecting toilet paper. Please consider donating individual rolls or a 4 or 6 pack rather than large bulk packages.

Once the shelves are stocked, items will be available by request on a monthly basis. Call Wendy for details.



Medicare Open Enrollment is happening NOW through December 7th

Please call 566-5588 to schedule an appointment with SHINE Counselor, Becky Moriarty if you need to make any changes to your insurance or find out about what options are available to you.

Services and Information



Hampden Senior Center SHOP TILL YOU DROP Annual "HOLIDAY FUND RAISER"

is back in our lobby! Lots of great gifts for those special people in your life.

Proceeds benefit activities at the Hampden Sr. Center.

Sale starts Monday, October 31st and ends December 30th. Cash or checks only.



Scantic River Artisans "Interactive Learning Through Art"

The Scantic River Artisans invites everyone to their "Interactive Learning Through Art" presentation. Join us for "Jewelry Making" with Heather Black. Create a gift for the holidays or for yourself. This will be held in the Community Room at the Hampden Senior Center on Thursday, November 3rd, at 6 PM. All ages are invited!

AARP Tax-Aide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider whether you, or someone you know, might be willing to help this year. Please fill out an application to become a part of this invaluable team at:

www.aarpfoundation.org/TaxaideVolunteer. Training will be done this Fall. For questions or additional information, please contact: Director, at email address: D5Taxaide@comcast.net or ritavailskz@charter.net.



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/E. 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 each way. **A 72 hour notice is REQUIRED for scheduling rides.** Please call **525-5412** to schedule a ride as soon as you schedule a medical appointment.

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. If you have any questions or suggestions on new activities, please call Diane or email her at activities@hampdenma.gov.

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, 12:00-3:30-Billiard League
Tuesdays, 9:00-noon - **Women's** lighthearted no rules play
Thursdays, 9:00-noon - **Men's** play
Wednesdays and Fridays - **Open** 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, **New people welcome, will**
teach.

CANASTA Wednesdays, 9:30-11:30.
New people welcome, 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.
****Holiday Gift Cards Available! Inquire at front desk.**

FOOTCARE Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent Tuesdays and
Thursdays, noon-1:00, \$5/per 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: Every Friday 1-2PM, \$5.00 per class

MAHJONG Fridays, 10:30-3:00.
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, 10:30-noon.

MOVIES Mondays, 12:30

11/7—Purple Hearts, PG-13, Romance/Drama

11/14—Book Club, PG-13, Romance/Comedy

11/21—The Bucket List, PG-13, Comedy/Drama

11/28—Room, R, Drama/Thriller

PITCH Wednesdays, Sign up is at noon. Play time is 12:30.

QUILTING Fridays, 9:00-3:00. **New people welcome.**

RUMMIKUB Wednesdays, 12:30-2:30, **New people welcome,**
will teach.

SENATOR LESSER OFFICE HOUR Wednesday, 11/30 11-12

TAI CHI with Heather Duncan Mondays, \$5/per class
Advanced Session - 9:15-10:15
Beginners Session - 10:30-11:30

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



TRIVIA

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

Please call
413.566.5588 for
additional information

NOVEMBER 2022

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
	1 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga 2:00 FALLON INSURANCE	2 <u>HEARING by appt</u> 9:30 Canasta 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	3 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 1230 Bingo 1:00 Mat Yoga 3:30 Tech Help WMA	4 <u>MANICURES by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 1:00 Line Dancing
7 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-Purple Hearts 1:00 Card Making	8 <u>FOOTCARE by appt</u> 9:00 COA Board 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	9 <u>FOOTCARE by appt</u> 9:00 Veteran's Bfast 9:30 Canasta 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	10 <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; Bingo 1:00 Mat Yoga 3:30 Tech Help WMA 7:00 Kick Off Fundraiser	11 CLOSED VETERANS DAY 
14 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 - Book Club	15 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	16 8:30 COLLATE SCRIBE 9:30 Canasta 9:30 Watercolors 10:00 Trivia 12:00 Thanksgiving Lunch 12:30 NO PITCH 12:30 Watercolors 12:30 Rummikub	17 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	18 MANICURES by appt Chair Massage 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch & Talk with GSSSI 1:00 Line Dancing 1:00 Covid Booster clinic
21 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 - The Bucket List	22 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 Club 1:00 MAT YOGA	23 9:30 Canasta 10:00 Trivia 12:00 NO LUNCH 12:30 NO PITCH 12:30 Rummikub 2:00 Grab & Go Pick Up	24	25 <div> CLOSED  </div>
28 9:00 DECORATING THE SENIOR CENTER 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 - Room	29 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	30 9:30 Canasta 10:00 Trivia 11:00 Senator Lesser 12:00 Lunch 12:30 Pitch 12:30 Rummikub		

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

NOVEMBER 2022

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>*High Sodium Entrée</p> <p>Puree Meals available Call GSSSI at 781-8800 Ext. 136</p>	<p>1</p> <p>Pierogis Sauteed Cabbage Parslied Carrots Rye Bread Fresh Fruit Cal:518Carb:84 Na:829</p>	<p>2</p> <p>Turkey Taco Plate Corn Tomato Salsa Yellow Rice, Sour Cream, Cheddar, Tortilla Chips Pound Cake Cal:835Carb:72 Na:1005</p>	<p>3</p> <p>Hot Ham & Swiss Sandwich Tater Tots Minestrone Soup Wheat Bread Mixed Fruit Cal:611Carb:75 Na:761</p>	<p>4</p> <p>Chicken Parmesan Tossed Salad w/Italian Penne Pasta Whole Wheat Roll Chilled Peaches Cal:763 Carb:97 Na:1072</p>
<p>7</p> <p>Fish Sticks w/ Tartar Steamed Broccoli Sweet Potato Puffs Whole Wheat Bread Reg/Diet Jell-o</p>	<p>8</p> <p>Korean Meatballs Oriental Blend Vegetables White Rice Oatnut Bread Chilled Applesauce</p>	<p>9</p> <p>Hot Dog w/Bun* Potato Salad Baked Beans Ketchup/Mustard/Relish Fruit Ambrosia Cal:862 Carb:83 Na:1306</p>	<p>10 Veteran's Lunch</p> <p>Chicken w/Gravy Collard Greens Butternut Squash Buttermilk Biscuit Reg/Diet Cookies Cal:727 Carb:66 Na:631</p>	<p>11</p> <p>CLOSED VETERAN'S DAY</p>
<p>14</p> <p>Breakfast Sausage Cheese Omelet Potatoes O'Brien Cranberry Snack Loaf Spiced Apples Cal:735 Carb:83 Na:904</p>	<p>15</p> <p>Veggie Lasagna w/Sauce* Apple Juice Steamed Peas Whole Wheat Bread Chilled Peaches Cal: 535 Carb:97 Na:838</p>	<p>16 Thanksgiving Lunch</p> <p>Turkey with Gravy Green Beans Mashed Potatoes Cranberry Stuffing Pumpkin Pie Cal:936 Carb:136 Na:1146</p>	<p>17</p> <p>Cheeseburger Onions & Mushrooms Tater Tots/Ketchup Wheat Burger Bun Mandarin Oranges Cal:753 Carb:86 Na:1197</p>	<p>18</p> <p>Shrimp Scampi California Blend Veggies Spaghetti Noodles Whole Wheat Bun Fresh Fruit Cal:618 Carb:96 Na:612</p>
<p>21</p> <p>Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Mixed Fruit Cal:716 Carb:110 Na:924</p>	<p>22</p> <p>Beef Stew Carrots & Corn Mashed Potatoes Wheat Roll Reg/Diet Pudding Cal:830 Carb:83 Na:688</p>	<p>23</p> <p>No Lunch Today</p>	<p>24</p>	<p>25</p> <div> <p>CLOSED</p>  </div>
<p>28</p> <p>DECORATING DAY Staff Prepared Lunch Grilled Cheese Sandwich Tomato Soup Potato Chips Dessert</p>	<p>29</p> <p>Cranberry Glazed Chicken Glazed Carrots Au Gratin Potatoes Whole Wheat Bread Mandarin Oranges Cal:720 Carb:70 Na:960</p>	<p>30 Birthday Lunch</p> <p>Pulled Pork Steamed Spinach 1/2 Baked Sweet Potato Wheat Bun Birthday Cupcake Cal:981 Carb:107 Na:1104</p>	<p>Special concerns regarding the menu? Contact the GSSSI Dietitian, Mary, at 781-8806, EXT. 136 for more Information.</p> <p>Suggested Voluntary Donation \$2.00 per meal. Menu subject to change without notice.</p>	<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg)</p> <p>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</p>

**Notes and Thoughts from
Diane Marino, Program Coordinator**



Springfield College Occupational Therapy Students will be here on Tuesdays, November 1, 8 & 15 and Thursdays, November 3, 10 & 17

There will be games available for them to teach or “refresh” to anyone interested in dropping in to participate!

“Classic games not only bring on the nostalgia, but they pretty much guarantee a good time!”

Rummikub, Othello, Cribbage, Checkers, Left Right Center and puzzle making!

A long cold winter is ahead of us, so brush upon your skills and we’ll create a time to come in, warm up and pass a few hours with Old Fashioned Game Playing!



2022 Trips with Bobbi

Bus seat assigned upon receipt of \$20 deposit (all incl driver’s tip)
413-566-8271 or bobbijg2@charter.net

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

Health and 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: Tuesday, November 8th,
and Wednesday, November 9th**

Please call for an appointment and cost.



Covid Booster Clinic

Friday, November 18, 2022;
1-4 PM

Call 566-5588 to sign up for your COVID booster shot. Sponsored by Eastern Hampden Public Health Services and Big Y.

**Greeting Card Making Class with Ellie on
Monday, November 7th from 1-3 PM**



All materials will be supplied!

\$3.00 per class to make a beautiful holiday card! Limit of 10 creators!



**FREE Technology Help
Sessions Are Back!**

The Wilbraham & Monson Academy Service Team are here on Thursdays (11/3 & 11/10) from 3:30-4:30. They will assist you with all your technology questions. **Students will meet with you one on one.** Bring your phone, iPad, tablet, or laptop computer and your questions! Please call to sign up. 566-5588.



**Come join us on Tuesday,
November 29th at 12:30 for
Our Reader’s Gathering
“Between the Lines”**

We will continue to share our most favorite reads...emphasizing those for which we are most “thankful” to have read.

Call to sign up to save a seat!



**SET YOUR
CLOCKS BACK
November 6, 2022**



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.



GET READY FOR WINTER



WINTER WEATHER ADVISORY

Remember to watch channels 22 & 40 for information about cancellations.

Watch for HAMPDEN SENIOR CENTER and GREATER SPRINGFIELD SENIOR SERVICES for information.

Sand for Seniors

Now through April, 2023 the Fire Department and Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps & walkways. If you wish to have a bucket of sand delivered, please call the Hampden Senior Center at 566-5588 and leave a message with your name, address, phone #, and the location of property where you would like the bucket.

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

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

Fuel Assistance

Income guidelines for 2022/2023 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$42,412
2	\$55,462
3	\$68,512
4	\$81,562

The following documentation is also required:

- Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, or Wages
- Electric Bill - most recent
- Oil Statement or Gas Bill (or both) - most recent
- Property Tax and/or Homeowners Bill
- Water/Sewer Bill
- Photo ID, Social Security Card or Birth Certificate
- Mortgage Statement if not paid in full or Monthly Rent
- Current Homeowners Insurance Bill
- If working, 4 previous pay stubs (must be the most recent)

Please contact Wendy with any questions.



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" 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.



HAMPDEN EMERGENCY FUEL FUND



The Hampden Emergency Fuel Fund is made available through private donations throughout the year and we are grateful for the support of this valuable program.

The Fuel Fund is available to any Hampden resident who is in a heating crisis. A resident must have received a shut off notice from the electric company, have less than a quarter of a tank of oil, or be in another emergency heating situation. Please call for more information or to find out if you qualify for assistance. All information provided is confidential.

Contact Wendy for information.



"Kick" Off the Holiday Season Fundraiser

The History of the Radio City Rockettes with Former Rockette, Debra Vega

Thursday, November 10th, 7-9 PM

Tickets: \$12 for adults, \$8 children under 12

Join former Radio City Rockette, Debra Vega, on a journey through the history of this iconic all-women's precision dance group that has been around for nearly 100 years! Through photos, videos and her own personal stories of her time on the "Great Stage," you will learn about the legacy and the reality of how this group has evolved over time. Time for Q&A will be provided, so bring your burning questions, as this is Debra's favorite part of the presentation!

This fundraiser event will support the Hampden Senior Center Building Fund.

Delicious holiday dessert refreshments will be served along with hot chocolate for kids and hot chocolate with a "kick" for adults.

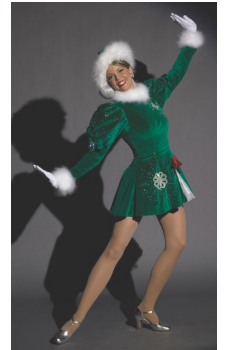
Don't miss out on this fun event! Call 566-5588 to sign up today.

~Who is Debra Vega?~

Debra started dancing at the age of 4 and basically never stopped. She earned a Bachelor's Degree in Dance Performance/Theater, traveled the world as a musical theater professional, and lived in NYC for 10 years dancing on Broadway and as a Radio City Rockette. Debra has also taught dance throughout her performing career and beyond, now over 30 years. She currently teaches at Massachusetts Academy of Ballet in Holyoke and in the CLI Conservatory Pre-Professional Program in Easthampton.

In addition, Debra is the Co-Director of Holyoke-based Vega Yoga Mobile with her husband Aaron, bringing yoga to businesses, community organizations, or to you virtually via zoom www.vegayoga.com. She serves on several local boards including Girl's inc. of the Valley and The Carlos Vega Fund for Social Justice and loves to choreograph musicals for local Community Theaters like Saint Michael's Players and Exit7 Players. Debra has 3 beautiful grown step-daughters, an 8-year old singing/dancing son named Odin, and a 12-year old cat born on St. Patrick's Day named "Colleen."

Follow Debra on Instagram or Facebook @debradvega or @vegayoga_mobile.



Join us on

Wednesday, November 9, 2022 at 9:00AM

for our Veterans Breakfast with

Guest Speaker, Jered Sasen (USN),

Director of Veterans Services.

Come and thank our Veterans for their service and enjoy a delicious corned beef hash breakfast.

Sign up today. All are welcome to attend.

\$3.00 per person. FREE for Veterans.



Do you Enjoy decorating?

If so, we need your help!

On Monday, November 28th at 9AM
we will be decorating the Senior Center
for the Holidays.

As a thank you for your help, we will
provide you with a soup and sandwich
lunch. Please call or stop by the front
desk to let us know that
you will be here.



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 \$25	2 \$50
3 \$50	4 \$25	5 \$25	6 Big Y \$25	7 \$25	8 \$25	9 \$50
10 \$50	11 \$25	12 \$25	13 \$25	14 \$25	15 \$25	16 \$50
17 \$50	18 \$25	19 \$25	20 \$25	21 \$25	22 \$25	23 \$50
24 \$50	25 \$25	26 \$25	27 Big Y \$25	28 \$25	29 \$25	30 \$50

Friends of Hampden Seniors Fundraiser

Back by popular demand, the Friends of Hampden Seniors, are selling a one-month lottery calendar for \$10.00 each to support the Senior Center Building Fund. Calendar Sales will begin on November 7th and end December 30th. For each day of January 2023 one lucky winner will be drawn. These calendars make great holiday gifts or stocking stuffers!

One name will be drawn daily in the month of January. Holiday & weekend winners will be drawn the Friday before they occur. We will call you if you win and you can choose to pick up your prize or we can mail you the check or gift card.

Remember you can win more than once!

Calendars can be mailed to you once payment is received or you can pick up at the senior center.

Thank you for your support of the
Friends of Hampden Seniors!

Make checks payable to Friends of Hampden Seniors with "Calendar Raffle" in the Memo line.

**** Please use the form to the left to
purchase a calendar and drop off or mail
to the Senior Center.**

Please fill out & return with your check for \$10 made out to: Friends of Hampden Seniors. Each calendar holder is eligible to win every day!

Winners will be notified by phone.

Good Luck and Thank You for your support.

Name: _____

Address: _____

Phone Number: _____

Return to: Hampden Senior Center, 104 Allen Street, Hampden, MA 01036

Holiday Paint Sip Fund-Raiser

Hampden Senior Center
104 Allen St., Hampden 413-566-5588

Date: December 9th, Time: 6 pm

Cost: \$40. all materials included



Come and have some fun with Nan Hurlburt and create this easy painting to decorate and celebrate the holiday's while helping the center raise funds.

**Sign up early, this much fun, good snacks and wine
is bound to be a sell out!**

Sponsored in part by: Friends of Hampden Seniors

