

The Scantic Scribe



NOVEMBER 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 Chair: Deanna Vermette
Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Cliff Bombard, Monique Downey,
Suzanna Haskins, Juanita Markham,
Rep to GSSI: Cheryl Delviscio

COA BOARD MEETING:

Tuesday, November 14th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813

BUILDING COMMITTEE MEETING:

Monday, November 6th & 20th 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 to our Senior Center.
**We appreciate you supporting our
essential programs and services.**

Greetings!

It is hard to believe we are already in November. With Thanksgiving right around the corner, this is a wonderful time of year to express our thanks for so many things. On November 9th we will **THANK** our Veterans for their service to our country at our annual Veterans Breakfast.

We offer our sincere **THANKS** to all our sponsors for supporting our Thanksgiving Grab and Go Meal. Be sure to sign up early as this will fill up quickly. We also offer our **THANKS** to all the generous sponsors who donated prizes for our Calendar Raffle. More information can be found at the end of this Scribe. **THANKS to YOU**, our faithful participants. We appreciate that you support the Hampden Senior Center on a regular basis and take advantage of all the programs and services that we offer.

And finally, a big **THANKS** to all Hampden Senior Center Staff and Volunteers who make the Hampden Senior Center a wonderful place to be.

Happy Thanksgiving!
Becky.....

VETERANS



**Thursday, November 9th
at 9:00 am**

Come and join us in thanking our Veterans for their service.
Special Guest: Jason Burgener, VSO for Hampden.

**Enjoy a delicious breakfast of
Scrambled Eggs, Sausage, Home Fries, Coffee and Juice.**

All are welcome to attend.

Cost is \$3.00 per person. FREE for Veterans.
Please call 566-5588 to sign up.



Thanksgiving Grab and Go Dinner

**Pick up is between 2:00 pm to 2:30 pm,
Wednesday, November 22nd.**

Enjoy a delicious Thanksgiving Dinner with all the fixings, and dessert!
*Compliments of the Hampden Senior Center,
and our generous sponsors:*

Bethlehem Church, Bluebird Estates, Brodeur Campbell Fence Co., GreatHorse,
Hampden Senior Center Quilt Group, Monson Savings Bank, Polish National Credit
Union, Saint Mary's Parish and, The Reserve.

Delivery in Hampden is available. Please let us know when
ordering your meal if you need your meal delivered.
Please call 566-5588 starting November 1st



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.**

- **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.

Next pick-up is: Tuesday, November 21st, between 1:30—2:30pm



- **Fuel Assistance:**

Income Guidelines for 2023/2024 Heating Season are as follows:

<u>Family Size</u>	<u>2023/2024 Income Limit</u>
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

The following documentation is required for new applications:

- Proof of all income: Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages - Bank Statements are no longer accepted.
- Electric Bill - most recent
- Oil Statement or Gas Bill (or both) - most recent
- Property Tax and/or Homeowners Bill
- Photo ID, Social Security Card or Birth Certificate
- Mortgage Statement if not paid in full, or Monthly Rent
- Current Homeowners Insurance Bill
- Water/Sewer Bill
- If working, 4 previous pay stubs (must be the most recent)

If you have received your BLUE recertification application:

It is very important that you bring the following paperwork, which pertains to your household to your appointment in order for the application to be complete:

- Blue Recertification Application
- Proof of all income in your household
- A complete copy of your most recent electric bill



Hampden Resident Emergency Fuel Fund

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 Wendy at 566-5588 for more information or to schedule an appointment.

All information provided is confidential.

The Hampden Emergency Fuel Fund is made available through private donations throughout the year.

We are so grateful for the support of this valuable program.

Health and Wellness



Baystate Hearing services will no longer be offered here at the Hampden Senior Center.

You may call Jim Calderola from Baystate Hearing Aides directly at 413-427-8986.



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, November 14th.

Did you know we have...



Chair Massage with Mindy

Tuesdays November 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



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, November 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.



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. 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.



Meet your new Veteran Service Officer Jason Burgener, VSO

**Wednesday, November 1st at 9:30 am
at the Hampden Senior Center.**

Coffee and light refreshments will be provided.
**Jason will be available on Wednesdays, 9:00 am to 4:00 pm
at the Hampden Townhouse auditorium.**

Please call Jason directly at 413-640-0540 to schedule an appointment.



FREE Technology Help Sessions Are Back!

**The Wilbraham & Monson Academy
Service Team will be here**

Thursdays from 3:30 pm to 4:30 pm

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



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 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.



HELP US STOCK OUR SHELVES with Disinfecting Wipes!

Thank you for those that donated liquid dish soap 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.



D & R Farm Share

Winter Farm Share will be back in January

D & R Farm, will again offer fresh produce twice per month starting in January, and run through June.

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 are required.** If interested, please contact Wendy to get your application in!



Create a Greeting Card with Ellie!

**Monday, November 6th,
1:00 pm to 3:00 pm**

Cost is \$3.00 per person, materials are provided.
Please call 566-5588 to reserve your seat, space is limited.



*Get in the Christmas Spirit
with Sheree!*

**Tuesday, November 14th
1:00 pm to 3:00 pm**

Sheree will be hosting a fun Diamond Dotz project to decorate your house for the Holidays or to use as a gift!

"Diamond Dotz are similar to rhinestones; bright & colorful, shimmery & sparkly plastic beads that are placed on a sticky background using a stylus."

Come see what the "Diamond Dotz Craze" is all about, while enjoying a fun gathering with great conversation, lots of laughs, complete with treats and a beverage!

Cost is \$8.00 per person (all materials included).
Please call 566-5588 to reserve your seat. Space is limited.



Drumming & Movement

Session has been postponed until further notice.
We will update you when we have more information.

If you are interested in signing up for the next session and haven't already done so, please call 566-5588 to put your name on our list.



November Puzzle Packs

Keep your brain healthy and sharp!

New puzzle packs will be available November 1st. Do your best, but have fun with it!! Return your puzzle pack to the Senior Center by **November 30th** for a chance to win. Drawing will be held Friday, December 1st.

Because of when the Scribe is printed, October's winner will appear in the December Scribe. Good Luck!



AARP Tax-Aide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation assistance service. Please join us as a Tax Counselor Volunteer and work with area residents in preparing their tax returns. Basic computer skills and some experience filing your own tax returns are helpful, and 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. Please fill out an application to become part of the team at: www.matataxide.org/interest. For questions or additional information, please email Director, at: D5Taxaide@comcast.net



2023 Trips with Bobbi

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

Please make a separate check for each trip payable to Bobbi Grant. You may pay for multiple people, but please write which trip you are paying for on the memo line.
Only one (1) trip per check please.

If you have any questions, call Bobbi at 413-566-8271 or Email bobbijg2@charter.net

The Aqua Turf Club, Wednesday, November 8
ELVIS is in the Building!

Coffee/donuts, free drink, lunch, show and door prizes,
\$119/pp - Full payment deadline October 18. Seating is limited.

Thanks to all those who traveled with me this 2023 season. The above Aqua Turf trip is the last for this year. Here are a few morsels to whet your appetite for 2024 (prices are approx):

Lancaster, PA/Amish Country, Tuesday-Thursday, April 23-25
Amish Country Tour with "Daniel" at the Sight 'n' Sound Theater;
\$539/pp

The Aqua Turf Club, Tuesday, May 7
Show with Debby Boone. Family-style lunch; \$130/pp

Tanglewood Shed, Thursday, July 4
James Taylor Concert, Fire Works; \$ TBD

Mt. Washington Cog Railway, August date TBD
Lunch; \$ TBD

Worcester Art Museum, September date TBD
Lunch at Pickety Place in NH, and Wine Tasting at Fulchino Vineyard; \$ TBD

The Aqua Turf Club, Wednesday, December 11
"Deck the Halls Christmas" Show with Buddy Holly & Elvis,
Family-style lunch; \$130/pp



Hampden Senior Center "SHOP TILL YOU DROP"

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

Sale starts

Monday, November 6th and will remain available through Friday, December 30th.

Cash or checks only.

All proceeds benefit activities at the Hampden Senior Center.



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.

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.

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, November 6th.

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

CHAIR MASSAGE

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

CRIBBAGE Fridays, 12:30 pm.

DRUMMING *Postponed until further notice.*

Call to be put on list. You will be notified when the class has been scheduled.

FACIALS with Diane Neill Thursday, November 9th.

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

FOOTCARE with Paul

Tuesday, November 14th & November 16th.
Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

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

New people welcome, will teach.

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

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.

MOVIES: Mondays at 12:30pm.

11/6 - **St. Vincent**, PG-13, Comedy/Drama

11/13 - **Just Go With It**, PG-13, Comedy/Romance

11/20 - **November Christmas**, G, Drama

11/27 - **Book Club: The Next Chapter**, PG-13, Comedy



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 OFFICE HOURS

Wednesday, November 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.

UKULELE with Chris 6 week session, started Oct 2nd.

Mondays, November 6th & 13th.

12:30pm-1:30pm. Class is full.

\$6/per class drop in. Call to be put on cancellation list.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.



WATERCOLORS with Chris Sterritt

Wednesdays, 8 week session.

Beginning September 13th through November 15th.

No classes October 11th and October 18th.

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

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

\$80 for session. 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.

Please call
413.566.5588 for
additional information

November 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
	November Birthstones: Yellow Topaz & Citrine November Flower is: Chrysanthemum 	1 9:30 Veteran's Coffee Hour 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	2 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help	3 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
6 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiards League 12:30 Movie 12:30 Ukulele 1:00 Card Making	7 <u>Chair Massage by Appt.</u> 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	8 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	9 <u>Facials by Appt</u> 9:00 Veteran's Breakfast 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help	10 Closed 
13 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie 12:30 Ukulele	14 <u>Footcare by Appt</u> 9:00 COA Board Mtg 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 Diamond Dots Craft 1:00 Mat Yoga	15 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	16 <u>Footcare 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 3:30 Tech Help	17 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing
20 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiards League 12:30 Movie	21 <u>Chair Massage by Appt.</u> 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	22 8:30 Collate Scribe 9:30 Watercolors 10:00 Trivia 10:30 Senator/State Rep 12:00 No Lunch Today 12:30 No Pitch Today 12:30 Rummikub 12:30 Watercolors 2:00 Thanksgiving Grab & Go Dinner	23 Closed	24 Closed 
27 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:00 Billiards League 12:30 Movie	28 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	29 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	30 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help	

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

November 2023

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)</p>	<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>	<p>1</p> <p>BBQ Pulled Pork Spinach 1/2 Baked Sweet Potato Whole Wheat Burger Bun Reg/Diet Cookies</p> <p>Cal:663 Carb:65 Na:953</p>	<p>2</p> <p>Seafood Newburg* Tossed Salad w/Italian dressing Egg Noodles Cornbread Spiced Peaches</p> <p>Cal:884 Carb:109 Na:1163</p>	<p>3</p> <p>Chicken Fajitas Fajita Blend Veg Yellow Rice Flour Tortilla Sour Cream Fresh Fruit</p> <p>Cal:574 Carb:69 Na:807</p>
<p>6</p> <p>American Chop Suey Roman Blend Veg Wheat Roll Rice Krispy Treat</p> <p>Cal:685 Carb:94 Na:662</p>	<p>7</p> <p>Braised Pork w/Apple Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Fresh Fruit</p> <p>Cal:819 Carb:105 Na:683</p>	<p>8</p> <p>Turkey Tetrizzini Steamed Broccoli Penne Noodles Whole Wheat Dinner Roll Pear Crisp</p> <p>Cal:1049 Carb:142 Na:902</p>	<p>9</p> <p>Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Mixed Fruit</p> <p>Cal:843 Carb:100 Na:1198</p>	<p>10 Closed</p> <p></p>
<p>13</p> <p><u>Staff Prepared Lunch</u> Macaroni & Cheese w/Butter Crumb Topping Green Beans Oatmeal Raisin Cookies</p>	<p>14</p> <p>Turkey Chili Sour Cream Mixed Vegetables 1/2 Baked Potato Mini Cornbread Fresh Fruit</p> <p>Cal:824 Carb:123 Na:777</p>	<p>15 <u>Birthday Celebration</u></p> <p>Chicken Cordon Bleu Steamed Broccoli 1/2 Baked Sweet Potato Dinner Roll Cupcake/Diet Cake</p> <p>Cal:762 Carb:97/85 Na:1131</p>	<p>16</p> <p>Meatloaf w/ Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Cookies</p> <p>Cal:688 Carb:81/76 Na:849</p>	<p>17</p> <p>Broccoli Alfredo Pasta Steamed Spinach Orange Juice Whole Wheat Roll Chilled Applesauce</p> <p>Cal:596 Carb:105 Na:789</p>
<p>20</p> <p>Spaghetti w/Meat Sauce Italian Blend Veg Italian Bread Reg/Diet Cookies</p> <p>Cal:825 Carb:118 Na:937</p>	<p>21 <u>Thanksgiving Meal</u></p> <p>Turkey w/Gravy Pearled Onions & Peas Mashed Potatoes Cranberry Stuffing Cranberry Sauce Reg/Diet Pie</p> <p>Cal:806 Carb:114 Na:1036</p>	<p>22 <u>NO LUNCH TODAY</u></p> <p><u>The Senior Center</u> <u>is open today,</u> <u>however LUNCH</u> <u>will NOT be</u> <u>served.</u></p>	<p>23 Closed Happy Thanksgiving!</p> <p></p>	<p>24 Closed</p> <p></p>
<p>27</p> <p><u>Decorate for Christmas!</u> <u>Staff Prepared Lunch</u> Soup & Sandwiches Surprise Dessert</p>	<p>28</p> <p>Pierogis Sautéed Cabbage Parslied Carrots 12 Grain Bread Reg/Diet Cookies</p> <p>Cal:553 Carb:93 Na:986</p>	<p>29</p> <p>Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Sour Cream Tortilla Chips Chilled Pineapple</p> <p>Cal:872 Carb:99 Na:794</p>	<p>30</p> <p>Honey Ginger Chicken Oriental Blend Veg Fried Rice Whole Wheat Roll Mandarin Oranges</p> <p>Cal:660 Carb:77 Na:785</p>	<p></p>



Current Covid-19 Isolation and Vaccination Guidance, plus In-Home Vaccinations

Isolation

Current guidelines from the MA Dept of Public Health state that any individual testing positive should isolate immediately and remain isolated from day 0 *through* day 5 whether you are vaccinated or not. The day you test positive, or the date your symptoms began, whichever came first is considered your "day 0". Do not leave your home, except to get medical care. Do not visit public areas. Self-isolation means separating yourself from others to keep your germs from spreading. If symptoms have started to improve, and there is no fever for 24 hours without the use of fever reducing medication, isolation may end on day 6. Continue to wear a mask around others for days 6-10 (including in the household). You may remove your mask prior to day 11, if you have had two negative tests taken 48 hours apart.

Vaccines

Everyone over 6 months is eligible for an updated Covid-19 vaccine this fall. As of Monday, September 11, 2023, Covid-19 bivalent boosters are no longer authorized for use. The updated formulation for boosters has been approved and ordering will begin taking place right away.

In-Home Clinic

Do you know someone that is homebound and could benefit from in-home vaccination services?
Please reach out to either the Hampden Senior Center or the town nurse, Ashley at 413-565-4154

Nurse Notes

Do you feel bad after a COVID shot? Researchers have found that many of the side affects you experience may demonstrate a robust immune response. Did you ever think that if you're feeling lousy that's good news? However, don't worry that the COVID shot didn't work if this does not happen and you have not experienced the emergence of severe side effects following receipt of the vaccine. We are still learning about this complex disease now complicated by the increase in RSV in adults and vulnerable populations, and the ever-present seasonal flu. These will co-circulate.

Your best defense is immunization, being careful where you mix and mingle and good hand hygiene. You got this!



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**)

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!

Friends of Hampden Senior Citizens 2024 Fundraiser

FRIENDS OF HAMPDEN SENIORS JANUARY 2024 FUNDRAISER CALENDAR

THANK YOU TO ALL OUR
GENEROUS SPONSORS!
WE APPRECIATE YOUR SUPPORT!

	1 \$150 CASH! Rick Green Insurance	2 \$25 Hampden Liquors Gift Card	3 Gift Card Kinderhook and Flowers in Mason Jar	4 \$25 Bilton's Gift Card	5 \$50 CASH! Architecture EL	6 \$50 Village Mart Gift Card
7 \$100 CASH! John Flynn	8 \$25 Ferrindino Maple Gift Card	9 \$25 Casa Bella Gift Card	10 \$25 Bagel Nook Gift Card	11 \$25 Mountain View Gift Card	12 \$50 CASH! Honoring Hampden Fire Dept.	13 \$50 CASH! Stone Meadow Farm
14 \$100 CASH! Rick Green Insurance	15 Golf Foursome @ Quabog CC	16 \$25 Reid's Corner Gift Card	17 \$25 Bagel Nook Gift Card	18 \$25 CASH! Chet & Son Painting	19 \$50 Big Y Gift Card Rediker Software	20 \$50 VISA Gift Card Anonymous Donation
21 \$100 La Cucina Gift Card	22 \$50 Gio's Pizzeria Gift Card	23 \$25 Hampden Beauty Nails Gift Card	24 \$25 Bagel Nook Gift Card	25 \$25 Stop&Shop Gift Card Vermette Family	26 \$50 Village Mart Gift Card Anonymous Donation	27 \$100 CASH! Gio's Pizzeria
28 \$125 CASH! Anonymous Donation	29 Gift Card for a Hair Cut at Mane Event	30 4 tix to Hampden Theatre Guild Howarth Family	31 \$150 CASH! Gio's Pizzeria			



Back by popular demand, the Friends of Hampden Senior Citizens, are selling one-month lottery calendars for \$10.00 each to support the Hampden Senior Center Building Expansion Fund.

Calendar Sales will begin on November 6th and end December 30th.

You have a chance to win a cash prize or gift card to a local business every day for the month of January. One name will be drawn daily, holiday and weekend winners will be drawn the Friday before they occur. Winners will be notified and can pick up their prize or we will mail it to them.

Lottery calendars make great holiday gifts for teachers, coaches, friends, co-workers, mail/newspaper delivery people, babysitter, and don't forget your veterinarian! It's a great way to say thank you to those people that make our lives a little better. These calendars make great stocking stuffers for family members!

Remember you can win more than once!

You have a chance win EVERY day for the month of January.

You can purchase lottery calendars at the Senior Center or fill out the form below, and mail it back to us with a check for the total number of calendars you are purchasing. We will need the name, address and phone number for each person you are purchasing a calendar for. Once payment is received, we will mail the calendars back to you, or you can pick them up at the Senior Center.

The above calendar is for you to keep if you are purchasing a calendar for yourself. If you are purchasing multiple calendars for gifts, you can either pick up the calendars or we will mail them to you once payment is received.

Please fill out & return with your check for \$10 for each calendar you are purchasing. Attach a separate sheet to list each person you are gifting a calendar to, along with your check, and return to:
Hampden Senior Center, at 104 Allen Street, Hampden 01036.

Please make check payable to: **Friends of Hampden Senior Citizens**, and put "Calendar Raffle" in memo line.

of Calendars: _____

Name: _____ Phone #: _____

Address: _____

Winners will be notified by phone. Good Luck and Thank You for your support.

The Scantic River Artisans present:
5th Annual Juried Art Show

The Season of ART!

Juried Exhibit

November 18 (2-7)
with wine, cheese & music

November 19 (11-3)

Receptions: Sat & Sun 12-2

Awards: Sun 2pm



We invite you
to experience,
explore and
purchase
the diverse art
on display.

104 Allen Street, Hampden, MA
(Community Room - Hampden Sr. Center)

www.scanticriverartisans.com



Exhibiting Local Creativity