

# The Scantic Scribe



**OCTOBER 2022**

**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

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, OCTOBER 11TH 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!

Fall is upon us and the cooler days are a welcome break from the summer heat. I hope you find time to enjoy these early days of Fall and all the beautiful colors that Fall in New England brings our way.

Many thanks to Lou at the Bagel Nook for her recent donations to the senior center. In addition to our plain decaf coffee, for a short time, we will also be serving a Vanilla Hazelnut blend thanks to Lou. We appreciate your support.

Also thanks to the girl scouts from the WilbraHampden Troop for the generous donation of girl scout cookies!

And big thanks to Monson Savings Bank for their support and program sponsorship. Don't miss out on all we have going on this month. We have 3 great lunch and learn events this month, card making class, exercise classes, monthly breakfast with the Hampden Fire Department, an evening of retirement and Medicare planning, an exciting Halloween Luncheon and so much more!

The Scantic River Artisans will have another wonderful art show here on October 29th and 30th, see inside for details.

And be sure to save the date for a Veteran's Breakfast on 11/9 and Holiday Kick Off Fundraiser on 11/10. We look forward to seeing you, BECKY.....



## Magical Halloween Luncheon Monday, October 31st at noon

Come and see what is brewing in our kitchen! Join us for a delicious luncheon including Disappearing Beef Stew, Magic Wand Breadsticks, Card Trick Cupcakes and Presto Punch. After lunch, enjoy an exciting afternoon of magic with Illusionist Lyn Dillies.

Cost is \$5.00 per person.

Sign up today. 566-5588

Costumes are encouraged!

Sponsored in part by Monson Savings Bank





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](mailto: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, October 18th, 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, September 20th 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 SUMMER FARM SHARE**

D & R FARM is offering fresh produce and it is **FREE with SNAP/HIP** if you qualify! If you do not qualify for SNAP/HIP you may purchase a share for \$10 cash per week. Shares will be available for pick up Wednesdays July 6th - October 26th 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](mailto:outreach@hampdenma.gov) to sign up. D & R Farm is located on 146 Thresher Rd in Hampden. **Please call 413-244-3135 before visiting the farm.**

#### **Fuel Assistance**

##### **Income guidelines for 2022/2023 heating season**

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

##### **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.**



Farmers Market hosted by D & R Farm on Thursday, October 13th, 9:00am-1:00pm. Fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more!  
**Farmer's Market Coupons Accepted!**

# Services and Information

## 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](http://www.aarpfoundation.org/TaxaideVolunteer). Training will be done this Fall. For questions or additional information, please contact: Director, at email address: [D5Taxaide@comcast.net](mailto:D5Taxaide@comcast.net) or [ritavailszk@charter.net](mailto:ritavailszk@charter.net).



## **NOTES FROM THE NURSE, Sheila Rucki PhD, PCNS, BC**

Many ask when with Covid go away. The answer most likely is never. But Covid 19 will not be the same illness we fought in 2020-2022. The CDC believes the coronavirus will become milder causing less hospitalizations and death. It is going to be less of a threat than it was in the acute phase of the pandemic but it's going to be something that establishes itself in the human population. Consider where you go and mingle What does this mean? Do not throw caution to the wind. Consider the likelihood of transmission when you engage in activities where there are large gatherings. Don't throw your masks away. You will likely still need them when you are in crowded and confined areas. Follow the science related to immunizations as there are promising vaccines that will be available in the near future.

**Hampden Garden Club News:** Thanks to everyone who joined us in celebrating our 90th Anniversary Open House at Academy Hall and for the many who attended the Town Hall presentation from town historian Dave Cesan on author Thornton W. Burgess. This was a wonderful way to commemorate the 90th Anniversary of the Town House and the Garden Club who's histories have been intertwined since opening in 1932.

**Thursday, October 20th, The Hampden Garden Club** will have a guest speaker Dave Buel who will present a brief history on Brewing Beer, Hop growing and ways of fermentation with foods and beverages. All are welcome...7PM Academy Hall, Main Street, Hampden. For more information call Lil at 566-1137



## **TRI TOWN TROLLEY SENIOR TRANSPORTATION SERVICES**

The TRI Town Trolley operates for **Hampden**, East Longmeadow & Longmeadow Seniors Mon-Fri, 9am-3:pm. You can book rides for appointments, grocery shopping, and banking in the Springfield/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](mailto: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.**

**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

**10/3—Elvis, PG-13, Musical/Drama**

**10/17—American Graffiti, PG, Drama/Comedy**

**10/24—The Dog Who Saved Halloween, PG, Comedy**

**10/31—No Movie-Happy Halloween!**

**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, 10/26 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!

**TRIVIA**

**WEIGHT TRAINING with YMCA** Tuesdays and Thursdays, 9:30-10:30. Purchase a \$40 punch card at the Senior Center or \$5/per class. Please pay cash or make checks payable to: YMCA of Greater Springfield.

**YOGA with Sue Kent**

**Chair:** Tuesdays and Thursdays, 11:00-noon,

\$5/per class

**Mat:** Tuesdays and Thursdays, 1:00-2:00, \$5/per class



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



Please call  
413.566.5588 for  
additional information

# OCTOBER 2022

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:00 Men's Billiard League 12:30 Movie - Elvis	<b>4</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 No Yoga <b>12:00 Lunch</b> 12:00 No Functional Fitness 12:00 Bunco 12:30 Registry of Deeds 1:00 No Mat Yoga	<b>5</b> <u>HEARING by appt</u> <b>9:30 FARM SHARE</b> 9:30 Canasta 9:30 Watercolors 10:00 Trivia <b>12:00 Lunch</b> 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	<b>6</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 No Chair Yoga <b>12:00 Lunch</b> 12:00 No Functional Fitness 12:30 Acrylic Painting; Bingo 1:00 No Mat Yoga 2:00 Grab & Go Pick Up 3:30 Tech Help WMA	<b>7</b> <u>MANICURES by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 1:00 Line Dancing
<b>10</b> <b>Closed for Columbus Day</b>	<b>11</b> <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 <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga	<b>12</b> <u>FOOTCARE by appt</u> <b>9:30 FARM SHARE</b> 9:30 Canasta 10:00 Trivia 10:00 Smartphone Class <b>12:00 Lunch</b> 12:30 Pitch 12:30 Rummikub	<b>13</b> <u>Facials by appt.</u> 9:00 Breakfast 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting; Bingo 1:00 Mat Yoga 3:30 Tech Help WMA	<b>14</b> <u>CHAIR MASSAGE by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 1:00 Line Dancing
<b>17</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:00 Men's Billiard League 12:30 Movie - American Graffiti	<b>18</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga <b>1:30 BROWN BAG</b>	<b>19</b> <b>8:30 COLLATE SCRIBE</b> <b>9:30 FARM SHARE</b> 9:30 Canasta 10:00 Trivia 10:00 Smartphone Class <b>12:00 Lunch</b> 12:30 Pitch 12:30 Rummikub	<b>20</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help WMA	<b>21</b> <u>MANICURES by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 1:00 Line Dancing
<b>24</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:00 Men's Billiard League 12:30 Movie - The Dog That Saved Halloween 1:00 Card Making Class	<b>25</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 CHAIR YOGA <b>12:00 Lunch</b> 12:00 Functional Fitness 12:00 Bunco 12:30 Readers Club 1:00 MAT YOGA <b>6:00 ZOOM support group</b>	<b>26</b> <b>9:30 FARM SHARE</b> 9:30 Watercolors 9:30 Canasta 10:00 Trivia 10:00 Smartphone Class 11:00 Senator Lesser <b>12:00 Lunch</b> 12:30 Pitch 12:30 Watercolors 12:30 Rummikub	<b>27</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga <b>12:00 Lunch</b> 12:00 Functional Fitness 12:30 Acrylic Painting 12:30 Bingo 1:00 Mat Yoga 3:30 Tech Help WMA	<b>28</b> <u>CHAIR MASSAGE by appt</u> 9:00 Quilting 10:30 MEMORY CAFÉ 10:30 Mahjong <b>12:00 Lunch</b> 1:00 Line Dancing
<b>31</b> 9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner <b>12:00 Lunch</b> 12:00 Men's Billiard League 12:30 Movie - No Movie Happy Halloween!				

**Hampden Senior Center**  
**104 Allen Street**  
**Hampden, MA 01036**

# OCTOBER 2022

## LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<b>3</b> Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Pudding Cal:664Carb:97 Na:939	<b>4</b> Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Pears Cal:659Carb:72 Na:622	<b>5</b> BBQ Pulled Pork Glazed Carrots 1/2 Baked Sweet Potato Wheat Bun Pound Cake Cal:797Carb:82 Na:1100	<b>6</b> Fish Sticks w/Tartar Brussels Sprouts Brown Rice Pilaf Whole Wheat Roll Chilled Peaches Cal:781Carb:118 Na:1143	<b>7</b> Cranberry Glazed Chicken Steamed Spinach Au Gratin Potatoes Whole Wheat Bread Mandarin Oranges Cal:720 Carb:70 Na:960
<b>10</b> <b>Closed for Columbus Day</b>	<b>11</b> American Chop Suey Roman Blend Vegetables Wheat Roll Reg/Diet Cookie Cal: 727 Carb:102 Na: 700	<b>12</b> High Sodium Day Steak & Cheese Sandwich Onions & Peppers Minestrone Soup Hot Dog Bun Peach Crisp Cal:673 Carb:86 Na:1499	<b>13</b> Jamaican Jerk Chicken Steamed Broccoli Coconut Rice Whole Wheat Bread Mixed Fruit Cal:646 Carb:78 Na:579	<b>14</b> Eggplant Parm* Tossed Salad w/Italian Penne Pasta Blueberry Snack Loaf Reg/Diet Jell-O Cal:882 Carb:117 Na:992
<b>17</b> Turkey Chili/Sour Cream Mixed Vegetables 1/2 Baked Potato Mini Cornbread Fresh Fruit Cal:790 Carb:118 Na:652	<b>18</b> Potato Pollack Filet/Tartar Steamed Broccoli Lemon Rice Whole Wheat Bread Chilled Pears Cal: 615 Carb:75 Na:532	<b>19</b> Chicken Cordon Bleu Brussels Sprouts Sweet Potatoes Rye Bread Birthday Cupcake Cal:774 Carb:93 Na:999	<b>20</b> Meatloaf w/Mushroom Gravy Sewed Zucchini/Tomato Steamed Peas Whole Wheat Bread Reg/Diet Cookies Cal:622 Carb:67 Na:902	<b>21</b> Broccoli Alfredo Pasta Steamed Spinach Orange Juice Whole Wheat Roll Chilled Peaches Cal:646 Carb:100 Na:927
<b>24</b> Ravioli w/ Meatsauce Italian Blend Vegetables Italian Bread Reg/Diet Cookies Cal:737 Carb:88 Na:718	<b>25</b> Chicken Nuggets Green Beans Steamed Corn Whole Wheat Bread Reg/Diet Jell-O Cal:575 Carb:71 Na:674	<b>26</b> Pot Roast w/Gravy Broccoli Garlic Mashed Potatoes Whole Wheat Bread Fresh Fruit Cal:594 Carb:77 Na:399	<b>27</b> Turkey Sloppy Joe Coleslaw Tater Tots Hamburger Bun Mixed Fruit Cal:771 Carb:95 Na:1066	<b>28</b> Butter Crumb Fish Steamed Carrots Rice Pilaf Wheat Roll Chilled Apricots Cal:675 Carb:83 Na:964
<b>31</b> <b>HALLOWEEN LUNCH</b> Disappearing Beef Stew Magic Wand Bread Sticks Card Trick Cupcakes Presto Punch		*High Sodium Entrée  Puree Meals available Call GSSSI at 781-8800 Ext. 136	Special concerns regarding the menu? Contact the GSSSI Dietitian, Mary, at 781-8806, EXT. 136 for more Information.  Suggested Voluntary Donation \$2.00 per meal. Menu subject to change without notice.	Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium * Sodium mg content (>500mg)  Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)



### 2022 Trips with Bobbi

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

Lakeside Turkey Train/Delicious Harts Turkey Dinner/  
Stop at Moulton Farm & Bakery, Wed, Oct 19; \$105/  
pp; "48 People Max". Due Sept 28

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



### Grab and Go Dinner

**October 6th:** Stuffed Chicken  
Breast, mashed potatoes, green beans and  
dessert

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

**Cost is \$5/per meal and reservations are required.** Unable  
to pick up a meal? We can arrange delivery for Hampden  
residents. Proceeds will go towards the Building Fund.

### Greeting Card Making Class with Ellie

**October 24th from 1-3 PM**

All materials will be supplied!

\$3.00 per class to make a beautiful holiday card!

Limit of 10 creators!



### Reiki with Julie Anne Monday, October 24th at noon

**Sign up today and let us know if you  
want lunch (Ravioli w/meat sauce)**

Join Julie Anne, a Reiki Master/Massage Therapist for a  
introduction to Reiki. "Rei" translated as spirit, sacred, soul  
and "Ki" translated means life-force energy. Founded in Japan  
this ancient form of healing & relaxation has been passed  
down through generations. Using meditation, stillness, &  
being properly attuned to receive this transcending energy will  
help you sleep better, reduce stress & anxiety, help enhance  
energy levels, clarity & focus.

### 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, October 11th and**  
**Wednesday, October 12th**  
**Please call for an appointment and cost**

### Smart Phone Photography Classes



Join Professional Freelance  
Photographer, Steve McGrath,  
as he shares his knowledge on  
how to take pictures with your  
phone. Join us on

October 12th, 19th and 26th from 10:00-11:30am.

Pre Registration required. Call 566-5588.



### Come join us on Tuesday, October 25th at 12:30 for Our Reader's Gathering "Reading Between the Lines"

Join us to talk about a good book you've read, a  
magazine article, poem or even a favorite quote  
that moved you!

Share your passion for "the Magic of Words" and  
bring your ideas for our next get-together!

Call to sign up to save a seat!



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.

# New at the Senior Center

## OCTOBER BREAKFAST with the HAMPDEN FIRE DEPARTMENT!

Thursday, October 13th at 9:00AM



Join us for a delicious breakfast and a presentation from the Hampden Fire Department as we recognize Fire Prevention Week. The Fire Department will provide safety information on preventing fires, what to do in an emergency and using your fire extinguisher.

Egg Bake, Sausage, Fruit and Coffee/Tea for \$3.00 per person.

Sign up at the front desk or call 566-5588 to reserve your seat.



### Homestead Act Tuesday, October 4th at 12:30 PM

Cheryl Coakley-Rivera, Esq., Register of Deeds invites homeowners to an informational session that will cover who we are and what we do, Consumer notification system, homestead act, and title fraud. Everyone attending is eligible to receive a free certified copy of their deed.

Please call the senior center to sign up.

Please let us know if you would like to have lunch (Shepherd's Pie) at noon before the presentation.

### Learn about "Beat" Drumming with Kelly Phillips Monday, October 17th at 12:15PM

Sign up today and let us know if you would like lunch at 12:00 noon.

BEAT Drumming created by Kelly Phillips, certified fitness instructor, is super-fun music with rhythmic drumming. It combines different types of fitness into one exciting class. Come and learn more about this fun, new exercise program. Kelly is certified in Pound, Beat, TRX, TRX Yoga, Zumba and is a 200 hour Yoga teacher.

With enough interest, a weekly BEAT class will start in November, every Monday from 1:30—2:10PM. \$5.00 per class.

Let us know if you're interested.



### FREE Technology Help Sessions Are Back!

The Wilbraham & Monson Academy Service Team will be here on Thursdays from 3:30-4:30 starting on September 8th. 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



**THINK  
BE SAFE  
NOT SORRY**

### 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.



### Thursday, October 6th at 6 PM: "Interactive Learning Through Art" Hampden Senior Center Community Room

The Scantic River Artisans invites everyone to their "Interactive Learning Through Art" presentation. Join us for pen and ink drawing with Roger Duffy. Learn how to create beautiful black and white art.

All ages are invited!





Scantic River Artisans Present:

## 4<sup>TH</sup> ANNUAL JURIED ART SHOW

CASH PRIZES

# October 29 & 30

(Saturday: 10-4)

(Sunday: 11-3)

**Receptions: Sat & Sun 12-2**

**Awards: Sun 2 PM**

**Community Room**

**104 Allen St. Hampden MA**

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



### "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

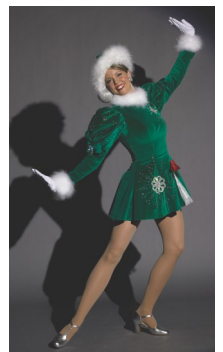
Join former Radio City Rockette, Debra Vega, on a journey through the history of this iconic all-women's precision dance group that has been around for nearly 100 years! Through photos, videos and her own personal stories of her time on the "Great Stage," you will learn about the legacy and the reality 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.

Keep an eye on next month's Scribe to learn more about Debra!



## HELP! Now What?

**Thursday, October 27th 6-8PM** Join us for our annual  
**Medicare Open Enrollment and Retirement Planning Seminar**



Attorney David Carlson will share information about retirement planning and what important documents you should be sure to have. Paul Vegiard, Investment Specialist from Monson Savings Bank will talk about the services they offer and answer any questions you may have about retirement planning. Health insurance companies have been invited to attend and share plan updates. Becky Moriarty, SHINE Counselor, will provide information about Medicare, what to do if you're turning 65 or getting ready to retire and what you can do during the Medicare Open Enrollment Period you can change plans and more. Light refreshments will be served. Please call 566-5588 to sign up.

# FALL PIE SALE



**DELICIOUSLY SWEET APPLE**

**and**

**SCRUMPTIOUSLY SMOOTH PUMPKIN**

**from Rice's Fruit Farm**



**ALL SALES WILL BENEFIT OUR BUILDING EXPANSION FUND**

**Fill out the coupon below with your choices and quantity.  
Bring coupon and payment to the Hampden Senior Center  
by Friday, October 21<sup>st</sup>.**



**Pick up your GRAB 'N' GO order from 12noon – 1:30PM  
on Saturday, November 5<sup>th</sup>.**



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Name \_\_\_\_\_ tel # \_\_\_\_\_

**Apple pie qty: \_\_\_\_\_ Pumpkin pie qty: \_\_\_\_\_**

**Total number of pies \_\_\_\_\_ @ \$19 each = total \$ \_\_\_\_\_  
Cash or check (made out to Friends of Hampden Seniors)**

**THANK YOU SO MUCH FOR YOUR SUPPORT !  
Coupon Flyers are available at the Hampden Senior Center**

