

The Scantic Scribe

September 2019

HAMPDEN SENIOR CENTER
104 ALLEN STREET

Monday-Friday 9:00am—3:00pm

413-566-5588 (phone); 413-566-2103 (fax)

Website: www.hampdenma.gov



FREE WI-FI



E-mail!

Please let us know if you would like to receive this newsletter via email.
Call us with your email address or leave it at the front desk!

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director

coa@hampdenma.gov

Administrative Clerk/Volunteer Coordinator

scribe@hampdenma.gov

Wendy Turer, Outreach Coordinator

outreach@hampdenma.gov

Nan Hurlburt, Activities Coordinator

activities@hampdenma.gov

Holly Normoyle, Receptionist

receptionist@hampdenma.gov

Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney

Vice Chairman: Ed Norman

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Monique Downey,

Suzanna Haskins, Deanna Vermette

Rep to GSSSI: John Shay

NEXT COA BOARD MEETING:

Tuesday, September 10th @ 9:15am

Greetings!

There are so many great things happening at the senior center this month. Take a few minutes to check out this edition of the Scribe for all the details!

The Annual FLU and PNEUMONIA clinic will take place on Friday, **September 27th from 1:00—3:00 P.M.** Please call to preregister and specify if you would like to receive a pneumonia vaccine in addition to the flu vaccine.

Thank you to those who made a donation to the Alzheimer's Association during our GO PURPLE week. We collected \$364!

Our 20th Anniversary Gala is fast approaching and we are in the process of compiling our Commemorative Keepsake Booklet. If you would like to take out an ad and appear in this booklet, please contact the senior center soon! We don't want you to miss this great opportunity. More details inside this Scribe, or call with questions. We appreciate your support.

Fall is coming! Enjoy these last days of summer! BECKY.....



TRI TOWN TROLLEY (413) 525-5412

The TRI Town Trolley operates for Hampden, East Longmeadow & Longmeadow residents. Mon-Fri, 9:00am-3:00pm. **Tuesdays, Hampden**

Seniors can book rides for grocery, banking, shopping at Allen & Cooley Street, Springfield or East Longmeadow stores.

Please use this form to make a donation to the **FRIENDS OF HAMPDEN SENIORS**.
We appreciate your support! Please make checks payable to "Friends of Hampden Seniors"

Donation From: _____ Address: _____ Donation Amount: \$ _____

In Honor of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Donation to be used for: _____ Memory Café _____ Food Pantry _____ Emergency Fuel Fund
_____ Programs & Activities _____ General Need _____ Other (Specify) _____

FRIENDS OF HAMPDEN SENIORS 2019 MEMBERSHIP FEE \$5.00: _____

Mail to: 104 Allen Street, Hampden, MA 01036 or drop off at the front desk at the senior center

OUTREACH

The Outreach Office is your resource center. 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 and the Federal Administration for Community Living

BROWN BAG: Free bag of groceries once per month. In conjunction with the Food Bank of Western MA. Call Wendy for eligibility or to apply.
Next pick up: TUESDAY, September 17th

CAREGIVER SUPPORT GROUP: MONDAY, SEPTEMBER 9th: Second Monday of every month from 1-2PM. For those caring for a loved one with dementia or other related memory impairment. Facilitated by Suzanne McElroy, MSW, Home Instead Senior Care. Respite options available for your loved ones.

FALLON INSURANCE: Tuesday, September 24th, 10:00AM

SHINE: (Serving Health Information Needs of Everyone)
Call for an Appointment with Becky if you need help navigating the Medicare maze!

SNAP: Applications for Food Stamps can be processed here online! Call to make an appointment with Wendy to apply or ask any other questions about your SNAP benefits.
Income guidelines for 1 person household—\$2,082
Income guidelines for 2 person household—\$2,818

RMV Near Me: Need help with your license or registration? Call for an appointment with Wendy. 566-5588.

Falls Prevention Awareness Day Wednesday, September 18th 9:30—11:00

Join us for a **FREE Tai Chi** class and information about the benefits of Tai Chi with Heather Duncan, falls prevention materials and questions and answers with Sol Fontanez from Beacon Hospice, blood pressure screenings with Silver Linings and **FREE** giveaways!

Learn more about how **YOU** have the power to prevent falls!

Please sign up at the front desk.

Sponsored in part by the
Massachusetts Association of Councils on Aging

HEALTH/WELLNESS CORNER

BAYSTATE HEARING: 1ST WEDNESDAY OF THE MONTH. CALL FOR APPT



FOOTCARE: THURSDAY, September 26th
Call for an appointment.



FREE BLOOD PRESSURE CLINIC
TUESDAY AND THURSDAY
10:00 AM—11:00 AM



"The Journey": A Memory Café

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.

Every Friday from 10am to noon

Please call Wendy if you would like more information about the café.

Sponsored in part by Homewatch
Caregivers, Friends of Hampden Seniors and private donations.



FREE Technology Help Sessions

The Wilbraham & Monson Academy Service Team will be here on the following Thursdays to help you with your technology questions. Bring your phone, iPad, tablet or laptop computer and your questions! Call to sign up.
September 5th & September 12th

Meet Joseph D'Amico, LICSW

Joseph D'Amico is a clinical social worker with extensive experience working with older adults. He offers a variety of services included but not limited to supportive psychotherapy, friendly visits, well being check-ins, mental health assessments & treatment, level of care evaluations, dementia screenings, care management and grief counseling. Medicare and most other insurances are accepted.

Join us on **September 10th at 11:45** for a Lunch and Learn to meet Joseph D'Amico and hear about the services he can provide right here at the senior center.

Men: Save the Date September 19th at 12:15 for a men's only coffee hour with Joe.

Joe will also be available one Tuesday per month here at the senior center to meet with you one on one. Call to make an appointment.



TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271 ;
Email: bobbijg2@charter.net

Now Taking Deposits on the 4 Trips Listed Below; Flyers Are Available at the Reception Desk.

Thurs, Sept 19 – Red Sox/Giants Day Game @ Fenway:
Interleague Game vs San Francisco Giants, Seats in Section 21
Behind Home Plate. Full Payment Deadline Aug 22nd \$131/pp
WAITLIST – NO DEPOSIT NECESSARY

Fri, Sat & Sun, Sept 20, 21 & 22 – Adirondack Balloon Festival:
2 Nights Stay @ Lakefront Georgian Resort, 2 Brkfsts, Dinner Show
@ Resort, Lake George Luncheon Cruise, NY State
Museum, Lake George Guided Tour and Prospect Mt. \$50/pp
Deposit Required
Full Payment Deadline Sept 10 \$390/pp dbl, \$360 tripl

Thurs, Nov 14 - Newport Playhouse: Delicious Buffet Lunch,
Hilarious Play “Boeing Boeing” - A Playboy Pilot Gets in Trouble,
Cabaret (2nd Show). Full Paymnt Deadline Oct 25th \$93/pp

Wed, Dec 4– Big E Carriage House: Delicious Lunch (Choices on
Flyer), One Man Show “Christmas with Father Aloysius
Misgivings”, Comedy Growing Up Catholic.
Full Payment Deadline Nov 8th \$80/pp

LOOKING AHEAD to 2020

Tues, Wed & Thurs, Feb 18-20 – Atlantic City Getaway: 2 Nights
Stay @ Caesars Resort Hotel, \$50 Slot and \$50 Meal Bonuses,
3 Fantastic Shows, Cancellation Protection and More! Deposit of
\$75/pp Required by Nov 15, 2019. Full Payment Deadline Jan 11.
\$247/pp dbl, \$237/pp triple, \$347/pp single

**Bus Seat Assigned as your \$20/pp Deposit is Received
Unless Otherwise Noted.**

**Full Payment Deadlines approx. 1 Month Before the Trip.
All Prices Include Transportation and our Driver's Tip.**

HAMPDEN TRAVEL CLUB; Call NORA at 566-5796

****Limousine service from Hampden to the airport and back to
Hampden. ** Tour guide stays with you for your trip.**

BEST OF EASTERN CANADA: Montreal, Quebec, Toronto,
Niagara Falls & more. Aug 27-Sept 3, 8 days

CANADIAN ROCKIES BY TRAIN: Sept 29-Oct 6

NEW LISTINGS:2020

Dutch & Belgian River Cruise April 28–May 6, 2020

Bluegrass Country and Smoky Mountains June 4, 2020

American Cowboy Country September 13-20

New Mexico Balloon Festival Oct 9-14, 2020

MONDAY MOVIES @ 12:15



September 9—Five Feet Apart

Stella is a vibrant, fun-loving 17-year-old. Unlike most teenagers, Stella has to spend much of her time living at a hospital as a cystic fibrosis patient. When Stella meets Will, a charming and rebellious fellow patient, she feels a powerful connection—but restrictions dictate that she and Will maintain a safe distance between them. As their feelings grow, Stella and Will face a life-changing question: How does love feel when even a single touch is off-limits? Cast: Haley Lu Richardson, Cole Sprouse

September 16—Isn't It Romantic

New York City architect Natalie works hard to get noticed at her job, but is more likely to be asked to deliver coffee and bagels than to design the city's next skyscraper. And if things weren't bad enough, Natalie, a lifelong cynic when it comes to love, has an encounter with a mugger that renders her unconscious, waking to discover that her life has suddenly become her worst nightmare — a romantic comedy — and she is the leading lady. Cast: Rebel Wilson, Liam Hemsworth

September 23—Mary Poppins Returns

The magic continues in Disney's classic as Mary Poppins helps the Banks family remember the joy of being a child. Together with her friend Jack the lamplighter, fun is brought back to the streets of London in a celebration that everything is possible... even the impossible. Cast: Emily Blunt, Lin-Manuel Miranda

September 30—Instant Family

Adopting three foster children at once thinking that it's a perfect way to start a family, Pete and Ellie fail to consider that their new charges may be hellions -- which they are. Not only do the kids flout the rules, they see no reason for parents. Cast: Mark Wahlberg, Rose Byrne, Octavia Spencer



Go For Life Family Fun Walk

Get Ready to
Walk a Mile to benefit

The Journey: A Memory Cafe!

Saturday, September 14th from 9-11AM

A registration donation of \$5.00 is suggested but not required. Donations of any amount are greatly appreciated.

The first 50 walkers to register will receive a

FREE pedometer.

Please call 566-5588 to register.

Please park at Bethlehem Church. This event is sponsored in part by Bethlehem Church, the Friends of Hampden Seniors, Homewatch Caregiver and the Mass Association of Councils on Aging.

**The Hampden Lion's Club provides the paper for the
SCRIBE and Friends of Hampden Seniors provide
postage. Many thanks to both organizations!**

Senior Center Activities

ACRYLIC PAINTING

Thursdays, 9:45-11:45am, \$15.00 includes all materials.

BRIDGE Monday, 9:30am. Always looking for players.

BINGO Thursdays, 12:00 noon, \$.50 cents a card.

BUNCO Tuesday, 12Noon, \$4.00



CANASTA Tuesdays, 12:30pm

CAREGIVER SUPPORT GROUP for those caring for a loved one with dementia. Second Monday of every month at 1:00 PM. Sponsored by Home Instead Senior Care.

CHAIR MASSAGE Enjoy a chair massage with Vicki Finnegan on the 3rd Friday, 10:00am, 15 minutes for \$10.00

CHAIR YOGA

Join Sue Kent on Tuesday & Thursday, 11am \$5/Class

D.A.V. Michelle Barrett, Chapter Service Officer for the Disabled American Veterans of Chapter 68 in Springfield will be here Wednesdays from 9am-1pm. Call for an appointment.

FACIALS 2nd Thursday of every month. 1 hour for \$30.00. Call for Appointment.

FUNCTIONAL FITNESS

Tuesday, 12:00 noon, with Sue Kent., \$5/Class

GENEALOGY/FAMILY HISTORY

1st and 3rd Thursday of the month, 12:30pm

HEARING First Wednesday of the month. Call for appt.



JEWELRY

The third Tuesday of the Month, 9:30am, \$3 plus beads

KNITTING/CROCHET Join Barbara Dunwoody and class in learning different patterns Mondays 9:00 am

LINE DANCING Thursdays at 2pm, \$5.00

MAHJONGG Fridays, 11am, will teach anyone interested

MANICURES Twice a month. Call Cathy at 335-7422



MEMORY CAFÉ Fridays from 10-12 noon

PITCH Wednesdays, \$2.00. SIGN UP 1:45am, PLAY at 12:00. Come join all the fun!



POOL ROOM

LADIES (Tuesday); MEN (Thursday)

PINOCHLE Tuesdays, 12:30pm

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

SHUFFLEBOARD Tuesdays, 9am

SOCIAL DANCING Call for information

TAI CHI

ADVANCED CLASS, Mondays, 10:00am. \$5.00

BEGINNER CLASS, 11:15am TO 12:00noon. \$5.

TRIVIA Wednesdays @ 10AM. Always looking for fresh minds!

WALKING CLUB Wednesdays @ 9:30 AM at Thornton Burgess Middle School Parking lot, Wilbraham Road

WATERCOLOR: 10 weeks for \$80.00. Call to register. Mondays 12:30-2:30 or Wednesdays 12:30-2:30

WEIGHT TRAINING

Join the YMCA - Tuesdays & Thursdays, 10AM, \$3.50

YOGA Join Sue Kent on Tuesday & Thursday, 1:00pm, \$5.00/Class

A CANDIDATES FORUM will be held on Sept. 7 at 4 PM at TWB School. This will give the four candidates registered for the Sept. 30th special election for the Board of Selectmen seat an opportunity to share their positions. This event is organized jointly by the Hampden Democratic and Republican Town Committees. Dr. Paul Gagliarducci, former School Superintendent, will serve as moderator for the event. We are encouraging people to submit questions either by email, or bring them to the event. These questions will then be asked by the moderator. Questions can be emailed to HampdenQuestions@gmail.com

Please check our events calendar monthly for any CANCELLED classes.

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

September 2019

Lunch served daily @11:30am,
RVSP before noon the day
before @ 566-5588.

Mon	Tue	Wed	Thu	Fri
2 CLOSED LABOR DAY	3 Shuffleboard 9:00 Ladies Pool 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga	4 <u>HEARING</u> 9:00 DAV 9:30 Walking Club 10:00 Trivia 12:00 Pitch	5 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing 3:30 Tech Help	6 9:00 Quilting 10:00 MANICURES 10:00 Memory Café 11:00 Mahjongg
9 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor 1:00 Caregiver Support	10 Shuffleboard 9:00 Ladies Pool 9:30 COA Board Meeting 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 11:45 Lunch & Learn w/ LICSW 12:00 Funct. Fitness CANCEL 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga CANCEL	11 9:00 DAV 9:30 Walking Club 10:00 Trivia 12:00 Pitch 12:30 Watercolor	12 <u>FACIALS</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 3:30 Tech Help	13 9:00 Quilting 10:00 Memory Café 11:00 Mahjongg <hr/> 14 9:00 Go For Life Family Fun Walk
16 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor	17 Shuffleboard 9:00 Ladies Pool 9:30 JEWELRY 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga 1:00 BROWN BAG	18 9:00 DAV 9:30 Walking Club 10:00 Trivia 10:00 Falls Prevention 12:00 Pitch 12:30 Watercolor	19 <u>COLLATE</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:15 Men's Coffee Hour 12:30 Genealogy 1:00 Yoga 2:00 Line Dancing	20 <u>MASSAGE</u> 9:00 Quilting 10:00 MANICURES 10:00 Memory Café 11:00 Mahjongg <hr/> 21 DINNER DANCE to benefit the MEMORY CAFÉ
23 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor	24 Shuffleboard 9:00 Ladies Pool 10:00 FALLON INSURANCE 10:00 Weights 10:00 Blood Pressure 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Bunco 12:30 Canasta/Pinochle 1:00 Yoga	25 9:00 DAV 9:30 Walking Club 10:00 Trivia 11:00 State Senator Representative 12:00 Pitch 12:30 Watercolor	26 <u>FOOTCARE</u> 9:00 Men's Pool 9:45 ART is 4 Every 1 10:00 Blood Pressure 10:00 Weights 11:00 Chair Yoga 12:00 Bingo 12:30 Scarf Painting 1:00 Yoga 2:00 Line Dancing	27 9:00 Quilting 10:00 MEMORY CAFÉ 11:00 Mahjongg 1-3 FLU CLINIC
30 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:15 Movie 12:30 Watercolor				<div> Volunteers are needed to help collate our monthly Newsletter (the Scantic Scribe) one day a month. Check calendar for date. Thanks! </div>

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

September 2019

LUNCH MENU

Lunch served
daily @ 11:30am,
RSVP before
noon the day
before.

Mon	Tue	Wed	Thu	Fri
2 CLOSED LABOR DAY	3 Taco Salad Bowl Shredded Cheese Yellow Rice Tortilla Chips/Salsa Orange	4 Asian Chicken Meatballs Shredded Cabbage Oriental Vegetables White Rice Wheat Bread Birthday Cake	5 Cape Cod Chicken Salad/Cranberries/Clry Macaroni Salad Cucumber Salad Hot Dog Roll Sliced Peaches	6 Seasoned Beef Steak/Gravy Baked Potato Broccoli Rice/Van Pudding
9 Hungarian Goulash Boiled potatoes Mixed vegetables 12 grain bread Bread pudding	10 Glazed Chicken Drumsticks Delmonico Potatoes Green Beans Oat Nut Bread Pears	11 Chili Soup *Hot Dog/Roll Mustard/Relish Mixed Veggies Cole Slaw Apple	12 Roast Turkey Cranberry Sauce Herb Stuffing Zucchini Squash Pumpnickel Bread Peaches	13 Macaroni & Cheese Peas/Pearl Onions Wheat Bread Mandarin Oranges
16 Mexican Twist Pasta Spinach Tossed Salad Oat Nut Bread Lemon Pudding	17 Baked Chicken Orange/cranberry sauce Baked Potato Tossed Salad 12 Grain Bread Mixed Fruit	18 Roast Pork/Gravy Chive Mashed Potato Summer Squash Dinner Roll Pineapple Upside Down Cake	19 Pepperoni pinwheels Broccoli/Cauliflower Italian Bread Ambrosia	20 <u>COLD PLATE</u> Minestrone Soup Deli Turkey /Roll Carrot & Raisin salad Fresh fruit
23 Cabbage Roll Skillet White Rice Italian Blend Veggies Pumpnickel Bread Applesauce	24 Baked Chicken Sweet & Sour Sauce Fried Rice Green Beans Oat Nut Bread Pineapple	25 Pot Roast/Beef Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Tapioca/Van Pudding	26 Pulled Pork/BBQ Sauce Cheesy Shredded Potato Cole Slaw Poke Cake Oatmeal Cookie	27 Stuffed Shells Meat Sauce Tuscan Veggies 12 Grain Bread Fresh Fruit
30 Pollock w/dill sauce Rice Pilaf Carrots Rye Bread Chocolate Pudding		<div style="border: 1px dashed red; padding: 5px;"> Sod=Sodium CAL=Calories *Item over 500mg Sodium Total Sodium & Calories Based on Regular Dessert </div>	<div style="border: 1px dashed red; padding: 5px;"> *High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available <u>Call GSSSI</u> <u>781-8800</u> </div>	

Hampden Senior Center

ANNIVERSARY

CELEBRATION

Gala



Date: November 9, 2019

Time: Doors open @ 5:30 pm

Serving: Appetizers, Statler Chicken, Dessert, Cash Bar

Place: The Starting Gate at GreatHorse, 128 Wilbraham Rd. Hampden, MA

Cost: \$35.00 per person prepaid (Reserved Seating)

Entertainment: Jeff Gavoi's Bad News Jazz and Blues Orchestra

Contact: Hampden Senior Center 413-566-5588

(Please make checks payable to Town of Hampden)

Commemorative Keepsake Book

The Hampden Senior Center, in existence since 1977, is celebrating 20 years in our beautiful facility. Our services to older adults began in a modest way in the Town House. Plans to build our current facility followed and 20 years ago we opened our doors at 104 Allen St. The Gala will be an evening to reflect on the past 20 years and honor the accomplishments of the dedicated and committed volunteers, board members, staff, and community partners who helped mold the Senior Center into the active facility it is today. We are counting on community partners like you to help maximize the success of this event by purchasing advertising space in our keepsake program book. This book will include a Forward and Historical Timeline by the Director Rebecca Moriarty, Resource Guide of local senior service agencies, and a Business Index of all sponsors and advertisers that people will want to keep and use throughout the year. Event sponsors will receive an ad in the program book and special recognition at the event. In addition, full and 1/2 page sponsors may purchase a table of 10 tickets for the price of 9. You will also receive significant exposure for your business; the "Commemorative Keepsake Book" will also be distributed at the center events throughout our 20th Anniversary year. If you have any questions, please call us at 413-566-5588 to speak to our Activity Coordinator, Nan Hurlburt. Thank you for your consideration. I hope that you will share in the success of our 20th Anniversary Gala and help promote The Hampden Senior Center.

What am I buying? As a business, you are buying advertising space in our full color keepsake book. As a community member, you may buy any size space to relay your own personal message. Available spaces are: 1 Premium Inside front cover \$750.00, 1 Premium Outside back cover: \$750.00, full page: \$500.00, half page: \$250.00, 1/4 page: \$150.00 and business card size: \$50.00.

Why should I buy? The Hampden Senior Center's mission is to provide a safe and nurturing environment to support the social, physical, and health needs of older adults. Over 100 volunteers and 6 staff assist in the Center's daily programs and activities throughout the year. The warmth and laughter within the Center's walls attest to the pleasure and health provided by the Senior Center to our community.

According to the American Journal of Gerontology, older adults are 89 percent more likely to be physically and mentally active if they have a safe and attractive place to get together, and if they receive at least one nutritious meal daily.

How do I buy? Select ad size. Make check out to Town of Hampden, mail to Hampden Senior Center, 104 Allen St., Hampden, MA 01036. Send all artwork via email to activities@hampdenma.gov. Or drop off payment and artwork at the Senior Center.

Some important details: Full Page: 5 1/2" x 8 1/2", 1/2 Page: 5 1/2" x 4", 1/4 Page: 2 1/2" x 4" and Standard Business Card: 2" x 3 1/2".

In order to meet our mission and provide services in our community, we rely on the generosity of individuals and businesses for support. Without the assistance of community-minded individuals just like you, we wouldn't be able to serve those in our community each year. We ask that you make a commitment of sponsorship by purchasing an advertising space in our "Commemorative Keepsake Book". Remember that every donation makes a difference, regardless of size. Thank you in advance for your support!

Saturday Night Dinner Dances

104 Allen St., Hampden, MA 01036

Cost \$25.00 PREPAID, PER PERSON. 413-566-5588

Place your reservation and purchase your tickets early.

Appetizers, Dinner with delicious sides,
Complimentary Cocktail and Dessert. Cash Bar. 50/50 Raffle.
Doors open at 5:30 pm. The Bands will play for your listening
and dancing pleasure from 6-9. Themed Apparel suggested!

Pretty
IN PINK

September 21st "Decades Band"

Beef Stroganoff and Noodles with Sides.

Proceeds from this event to benefit the "Memory Cafe" held at our center to support people with alzheimer's and their care givers.

October 26th "Sharades Band" **Spooky Spirit Party**

Meatballs with Pasta and Sides.

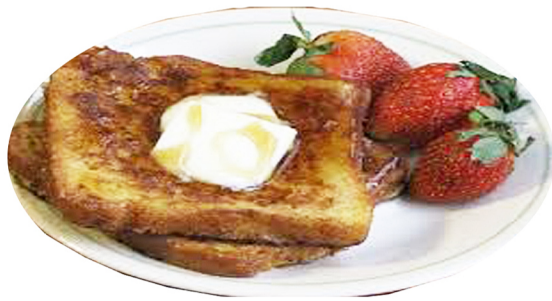
These Events Sell Out
Fast...Make your reservation
Early. 413-566-5588.
Checks made out to
Town of Hampden...Thanks.

Sponsored in part by:
Friends of Hampden Seniors and
generous donations from
area businesses.



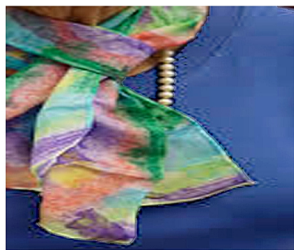
Build a Better Breakfast Month Thursday September 26th 9am

Fruit, French Toast Bake & Sausage



Here are five simple tips to help build a healthy breakfast:
Include a healthy protein rich food. Including a serving
of protein rich food will help keep you full. ...
Include a serving of fruit. ...
Include a whole-grain serving. ...
Sit down and enjoy! ...
Eat slowly.

Cost \$3.00



Thursday, September 26th at 12:30 - 2PM

Silk Scarf Painting Cost \$3.00

Tricia will bring all the supplies and show us how
to paint a beautiful scarf that you will take home
and wear proudly.

CAREONE
At Redstone

Class size is limited so sign up early
413 566-5588

LUNCH & LEARN SEPTEMBER 17TH

Barbara Giammarino will be teaching us
about "Turmeric The Spice of Life".
Come and have lunch (\$2.00) and stay to
learn about the power of this spice during
this free session.





Town of Hampden Newsletter

September 2019



A Selectmen's Initiative to provide timely information and governmental transparency

Sept. 30th Special Election to fill a Selectman's position

The Town Clerk's office has announced that 4 candidates have successfully met the requirements to run for Selectman to fill the vacancy created with the resignation of former member Norman F. Charest. These candidates, listed in random order, will appear on the September 30th Special Town Election ballot: Mary Ellen Glover, Nancy R. Zebert, Frederick P. Frangie and Austin G. McKeon.

There seems to be a common misconception that it is necessary to hold a preliminary or primary election to narrow the field to two candidates, but it is not. The results of the September 30th election will determine who our new Selectman will be.

If you are *not* a registered voter, Tuesday, Sept. 10th, is the deadline to register and be eligible to vote in the Special Election.

Special Election: Monday, September 30th, 2019
7 am to 8 pm – Town House Auditorium, 625 Main Street

From Eva Wiseman, Town Clerk

Just a reminder from the Tax Collector:

"We'll be mailing real estate tax bills at the end of the month."

1st Annual Community Harvest Pot Luck....Saturday, Sept 28th.....@ noon

The Hampden Public Library is inviting all you who have harvested items using seeds from the Seed Library back to celebrate and share your bountiful harvest. Please sign up in the library, along with what pot luck dish you'll be bringing. Need ideas? Check out the Harvest themed cookbook display in the library! If the zucchini are still growing, there'll be a Zoodles demo! Weather permitting, the meal will take place on the side lawn of the Town House. In case of showers, the meal will move to the auditorium. Come and celebrate!

"The only sure bulwark of continuing liberty is a government strong enough to protect the interests of the people, and a people strong enough and well enough informed to maintain its sovereign control over the government."

Franklin D. Roosevelt, 32nd President of the United States

Holzer, Marc, Compiler, and Mallory J. Sullivan. Democracy, Voting & Civic Duty, National Center for Public Performance at the Institute for Public Service - Suffolk University, Boston, MA. c2018

<http://www.nationalcivicleague.org/wp-content/uploads/2018/10/Democracy-Voting-Civic-Responsibility-EBook.pdf>

Library Listings:

413-566-3047

www.hampden-library.org

- **Sept 5th: Yoga for Every-Body:** plus the 12th, & 19th –Thursdays, **6-7 pm**

Class is free & open to the public. Wear comfortable clothing! Bring a mat, but if you don't have one, yoga mats are available for use during class.

- **Sept 10th: STEAM Program: 4 pm** For grades K-2. ***Please call to register!***

~~Sponsored by Pathways for Parents~~

- **Sept 19th: Senior Book Club**, Thursday @ 1 pm: *Even This I Get to Experience* by Norman Lear. Upcoming Oct. 17th book - *The Book Woman of Troublesome Creek* by Kim Michelle Richardson.

- **Sept 19th: CHESS CLUB: Thursdays** is the 1st of 5 sessions:
9/26, 10/3, 10/17, 10/24. 5-6:30 pm Please call to register!

- **Sept 26th: Parent Training w/Speech Pathologist** about language development and communication milestones. Thursday, **6-7:30 pm**

Please call to register! ~~Sponsored by Pathways for Parents~~

- **Sept 28th: Saturday Book Club: 11 am.** *The Japanese Lover* by Isabel Allende

5 Quick Questions:

1. What are the top three issues/problems in Hampden?
2. Do you have any suggestions on possible solutions to one or more of the above?
3. What type of information do you want to access on the town's website:
<https://www.hampdenma.gov/>
4. Have you ever visited the town website?
5. If so, did you find what you were looking for?

Please email, USPS mail, or drop off a letter to the Selectmen's Office with the answers to the above 5 questions. All replies must carry resident's name & address. Sorry, no chance of winning anything...no budget. Looking forward to your responses. Thank you!

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Nancy R. Zebert, Volunteer Editor