

The Scantic Scribe



SEPTEMBER 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
Rep to GSSSI: Cheryl Delviscio

COA BOARD MEETING:

Tuesday, September 12th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, September 11th & 25th 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 summer is coming to a close and kids are headed back to school. Summer always flies by, but we are excited for the fall and several new programs on the calendar.

Don't miss our September Half Way to St. Patrick's Day Fundraiser on Sunday, September 17th. More information is available in this newsletter. Be sure to sign up ASAP.

Our flu clinic, by appointment only will take place on Friday, September 22nd.

New classes will be starting soon so be sure to take note and sign up sooner rather than later.

If there are programs or classes that you would like to see here at the senior center, please let us know and we will do our best to get it on the schedule.

Looking forward to seeing you soon,
Becky.....



Tuesday, September 12th at 12:00 pm

Lunch menu will be Ham, Au Gratin Potatoes, Green Beans, and Dinner Roll, provided by GSSSI. \$2 Suggested Donation.
Grandparents make the world a little softer, kinder, warmer, and wiser.

Entertainment by Hampden's own "Rick Gilday"!

Please call 566-5588 to make your reservation.



Thunderbirds BINGO!

Friday, September 15th, at 12:30 pm

Boomer, the Mascot will be here for Bingo!
We will have T-Birds prizes, including tickets to games, koozies, t-shirts, etc.

Come and have your picture taken with Boomer, and just have fun!
This is a FREE event. Please call 566-5588 to reserve your seat. Space is limited.



Flu Clinic

Friday, September 22nd, 1:00 pm to 4:00 pm

This is one flu shot you don't want to miss!
We will have goody bags, prizes and snacks for everyone who receives a flu shot.

Appointments are required. Please call 566-5588 to preregister.

All ages are welcome!

Vaccines provided by Big Y. Sponsored in part by the National Council on Aging.

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:** **NEW INCOME GUIDELINES as of February 1st:**
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:** **NEW 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, September 19th, 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 566-5588 for more information or, to find out if you qualify for assistance. All information provided is confidential.
- **Fuel Assistance:** **Income Guidelines for 2023/2024 Heating Season will be available soon.**
See Wendy for updated information.



| <u>Family Size</u> | <u>2022/2023 Income Limit</u> |
|--------------------|-------------------------------|
| 1 | \$42,411 |
| 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's, 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)
- **REGISTRY OF MOTOR VEHICLES: Beginning May 7th, 2025,** every air traveler 18 years of age and older will need a REAL ID compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA acceptable form of ID at airport security checkpoints for domestic air travel. If you have RMV related questions, or need help with processing RMV applications online, please call Wendy at 566-5588 to make an appointment.



ATTENTION SNAP RECIPIENTS

If you are currently receiving SNAP benefits, you are eligible to receive a pre-packed bag of items from the *Senior Center Personal Needs Closet*. The bag will include every-day 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 Toilet Paper!

Thank you for those that donated laundry detergent 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.

Health and Wellness



FREE Baystate Hearing: Please call for an appointment.
1st Wednesday of the month, September 6th.



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, September 19th and, Wednesday, September 20th.



CAREGIVER SUPPORT GROUP via ZOOM or PHONE

Tuesday, September 19th 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.



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.

**THINK
BE SAFE
NOT SORRY**

IS YOUR HOUSE NUMBER DISPLAYED?

Make it easier for

Emergency Personnel to find your house...

Please help us keep YOU SAFE by making sure your house number is VISIBLE from the street. Street numbers are vital to emergency responders so they can locate your home quickly.

If you are a Hampden resident and would like a 4 inch reflective block style number placed in plain view of the road, please call the Senior Center at 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.**



Meet your new Veteran's Service Officer

Jason Burgener, VSO

**Wednesday, September 6th at 9:30 am
at the Hampden Senior Center.**

Coffee and light refreshments will be provided.

**Jason will be available on Wednesdays
from 9:00 am to 4:00 pm**

at the Hampden Townhouse auditorium.

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



Did you know we have...

Facials with Diane Neill

2nd Thursday of every month by appointment
Please call 566-5588 for appointment and pricing.

Footcare with Paul

2 days a 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



FREE Technology Help Sessions Are Back!

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

**Thursdays from 3:30 pm to 4:30 pm
starting on September 14th**

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.



D & R Farm Summer Farm Share

Wednesdays at 9:30 am

D & R Farm is offering fresh produce *weekly*
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.

If interested, contact Wendy ASAP to get your application in!

Please let us know if you need your shares delivered.

Shares are limited. Please call Wendy at 566-5588, or email
outreach@hampdenma.gov to sign up.



Farmer's Market with D & R Farm
Tuesdays, September 26th & October 12th
9:30 am to 1:30 pm

*Fresh fruits, vegetables, eggs, homemade canned
items, breads, cookies and more!*



Doll House Fundraising Raffle



Doll House was hand crafted and generously donated by Hampden resident, Ray Duquette.

Tickets are \$1.00 each or 6 tickets for \$5.00

A great gift idea for a grandchild. Give them a doll house they could only dream of having.

Tickets will be available through the month of September. Drawing will be held on Monday, October 2nd.

All proceeds will benefit the Hampden Senior Center Building Expansion Fund.



Create a Greeting Card with Ellie!
Monday, September 11th,
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.



Sheree Shares her Talents!
Tuesday, September 26th,
1:00 pm to 3:00 pm
Decorate your own Pumpkin

With Decoupage, Paint, Fabric, Ribbon, etc....
All supplies including pumpkin, will be provided.
Just bring your "creativity" and enjoy a fun afternoon!
Cost is \$5.00 per person. Please call 566-5588
to reserve a seat! Space is limited.



Learn to play the Ukulele
6 week session on Mondays
Beginning Monday, October 2nd at 12:30 pm

Instructor Chris Foe from The Community Music School of Springfield will teach you the necessary skills to master this accessible and charming instrument.

Cost is \$30 paid in full or \$6 per class as a drop-in.
Please call 566-5588 to reserve your spot. Space is limited.



Drumming & Movement

We are planning to host another 6 week session on Wednesdays, 10:00 am to 11:00 am starting in October.

Cost is \$30 paid in full, or \$6 per class as a drop-in. It's recommended that you call ahead to schedule a drop-in class.

Please call 566-5588 to put your name on our list for the upcoming session in October.



September Puzzle Pacs
Keep your brain healthy and sharp!

New puzzle packs will be available September 1st. Do your best, but have fun with it! Return your puzzle pack to the Senior Center by **September 29th** for a chance to win.

Drawing will be held Monday, October 2nd.

July/August Puzzle Pac names will be drawn on September 5th, so if you haven't returned your puzzle pack, there's still time. Return by August 31st for a chance to win!



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

Boston's Duck Boats, Tuesday, September 12

Includes: Lunch at Maggiano's, Duck Tour and Free Time at Quincy Market, \$140/pp - Full payment deadline August 29

Newport Playhouse, Thursday, September 28. **NEW LOWER PRICE**

Includes: All-You-Can-Eat Buffet, Hilarious Show "Ghost of a Chance" & Cabaret, **\$132/pp** - Full payment deadline September 14

Atlantic City Getaway, Tuesday-Thursday, October 10-12

Caesars Casino Resort Hotel, \$50 bonus in slot & food, 2 fantastic shows; \$295/pp dbl, \$285/pp trpl, \$395/pp single. \$50 deposit at signup - Full payment deadline Sept 8. Cancellation Insurance Avail.

The Aqua Turf Club, Wednesday, November 8

ELVIS is in the Building!

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



Take Professional Photos with your Phone!

Nan Hurlburt from The Scantic River Artisans will be doing a presentation on how to take good photos of your artwork, or fine crafts with your phone. (Art must NOT be framed).

Saturday, September 16th, 10:00 am to 1:00 pm

Cost is \$10. Please contact Sue Superson at: srighter@aol.com for more information, and to sign up. Space is limited.

Save the Dates:

Sun 10/15, 9am

Thu 10/19, 12-2pm

Thu 10/26, 6-8pm

Fri 10/27, 1-3pm

Tue 10/31, 12pm

Tri Town Team Walk to End Alzheimers'
Elder Financial Abuse Workshop
Help! Now What? Medicare Seminar
Covid Booster, Pneumonia, and
Shingles Clinic
Halloween Luncheon



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 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 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, September 11th.

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

CRIBBAGE Fridays, 12:30 pm.

DRUMMING New 6 week session, starting October

Wednesdays, 10:00am-11:00am. Call to be put on list.

\$30 pay in full, or \$6/per class drop in, space available.

FACIALS with Diane Neill Thursday, September 14th.

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

FOOTCARE with Paul

Tuesday & Wednesday, September 19th & 20th.

Please call for appointment & pricing.

FUNCTIONAL FITNESS with Sue Kent

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

HEARING CLINIC BY BAYSTATE HEARING

Wednesday, September 6th.

1st Wednesday of the month. Please call for appointment.

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 appointment and pricing.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MOVIES: Mondays at 12:30pm.

9/4 - No Movie Today - Senior Center Closed

9/11 - Top Gun: Maverick, PG-13, Action/Drama

9/18 - Jerry & Marge GO Large, PG-13, Comedy

9/25 - 80 For BRADY, 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.

READERS GROUP Tuesday, September 26th at 12:30pm.

Last Tuesday of every month.

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

New people welcome, will teach.

SENATOR/STATE REP OFFICE HOURS

Wednesday, September 27th, 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 New 6 week session, starting Oct 2nd.

Mondays, 12:30pm-1:30pm.

\$30 pay in full, or \$6/per class drop in, space available.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

WATERCOLORS with Chris Sterritt

Wednesdays. New 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

September 2023

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
| <p>S is for Sunshine in your life E is for being Excellent at everything you do P is for walking upright with Pride T is for sharing your Talents with the world E is for the Enjoyment you bring to the lives of others M is for Making A Difference in the world B is for the Beauty you find all around you E is for life's Endeavors R is for Radiance that shines down upon you</p> <p>Have a Happy September Emily Krauss</p> | | <p>September Birthstone is Sapphire</p> <p>September Flowers are Astor and Morning Glory</p>  | | <p>1</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing</p> |
| <p>4 Closed</p> <p>TAKE THE DAY OFF! Happy Labor Day!</p>  | <p>5</p> <p>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-Cancelled</p> | <p>6 HEARING by Appt</p> <p>9:30 Summer Farm Share 9:30 Veteran's Coffee Hour 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub</p> | <p>7 9:00 Men's Billiards</p> <p>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</p> | <p>8</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing</p> |
| <p>11</p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Card Making</p> | <p>12 9:00 COA Board Mtg</p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Grandparents' Day Lunch w/Rick Gilday 12:00 Functional Fitness 12:00 Bunco 1:00 Mat Yoga</p> | <p>13</p> <p>9:30 Summer Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p> | <p>14 FACIALS by Appt</p> <p>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</p> | <p>15</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Thunderbirds BINGO 12:30 Cribbage 1:00 Line Dancing</p> |
| <p>18</p> <p>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</p> | <p>19 FOOTCARE by Appt</p> <p>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</p> | <p>20 FOOTCARE by Appt</p> <p>8:30 Collate Scribe 9:30 Summer Farm Share 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p> | <p>21 9:00 Men's Billiards</p> <p>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</p> | <p>22</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Flu Clinic 1:00 Line Dancing—Canceled</p> |
| <p>25</p> <p>9:00 Knit/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner 11:00 Bldg Com Mtg 12:00 Lunch 12:00 Billiard League 12:30 Movie</p> | <p>26 9:00 Ladies Billiards</p> <p>9:15 Blood Pressure 9:30 Farmer's Market 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Lunch 12:00 Functional Fitness 12:00 Bunco 12:30 Reader's Group 1:00 Mat Yoga 1:00 Pumpkin Craft</p> | <p>27</p> <p>9:30 Summer Farm Share 9:30 Watercolors 10:00 Trivia 10:30 Senator/StateRep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p> | <p>28 9:00 Men's Billiards</p> <p>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</p> | <p>29</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Cribbage 1:00 Line Dancing</p> |

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

September 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>New England Fish Chowder Green Beans Cornbread Mini Loaf Chilled Pineapple</p> <p>Cal:572 Carb:78 Na:342</p> |
| <p>4 Closed</p>  | <p>5</p> <p>Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Cookies</p> <p>Cal:650 Carb:84 Na:884</p> | <p>6</p> <p>Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Chilled Pears</p> <p>Cal:664 Carb:84 Na:610</p> | <p>7 BIG E Style</p> <p>Loaded Baked Potato Baked Potato w/Bacon Bits Broccoli & Cheddar Sauce Sour Cream Pkt Whole Wheat Roll Fudge Cookie/Diet Cookie</p> <p>Cal:844 Carb:99 Na:1039</p> | <p>8</p> <p>Rosé Chicken California Blend Veg Penne Pasta w/Sauce Whole Wheat Bread Fresh Fruit</p> <p>Cal:678 Carb:99 Na:815</p> |
| <p>11</p> <p>American Chop Suey Roman Blend Veg Wheat Roll Rice Krispie Treat</p> <p>Cal:685 Carb:94 Na:662</p> | <p>12 <u>Grandparent's Day</u></p> <p>Baked Ham w/Pineapple Green Beans Au Gratin Potatoes Dinner Roll Reg/Diet Cookies</p> <p>Cal:699 Carb:105 Na:1126</p> | <p>13</p> <p>Turkey Divan* Steamed Broccoli Egg Noodles Wheat Dinner Roll Spiced Peaches</p> <p>Cal:653 Carb:82 Na:983</p> | <p>14</p> <p>Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Fresh fruit</p> <p>Cal:883 Carb:111 Na:1195</p> | <p>15</p> <p>Penne Pasta Primavera Tossed Salad w/Italian Garlic Toast Chilled Pineapple</p> <p>Cal:865 Carb:106 Na:803</p> |
| <p>18 <u>Cold Plate</u></p> <p>Dill Salmon Salad over Tossed Salad w/Ranch Citrus Carrot Salad Whole Wheat Bread Chilled Pears</p> <p>Cal:814 Carb:56 Na:824</p> | <p>19</p> <p>Chicken Kiev Herbed Green Beans Herbed Roasted Red Potatoes Dinner Roll Fudge Round Cookie</p> <p>Cal: 878 Carb:97 Na:934</p> | <p>20 BIG E Style</p> <p>BBQ Pulled Pork Coleslaw 1/2 Baked Sweet Potato Whole Wheat Burger Bun Fresh Fruit</p> <p>Cal:744 Carb:81 Na:1048</p> | <p>21</p> <p>Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Pudding w/Topping</p> <p>Cal:674 Carb:77 Na:853</p> | <p>22</p> <p>Broccoli Alfredo Pasta Steamed Spinach Orange Juice Oatnut Bread Chilled Peaches</p> <p>Cal:646 Carb:100 Na:927</p> |
| <p>25</p> <p>Roasted Red Pepper Ravioli Italian Blend Veg Italian Bread Oreo Cookie</p> <p>Cal:776 Carb:78 Na:753</p> | <p>26 <u>Cold Plate</u></p> <p>Cape Cod Chicken Salad Coleslaw Multigrain Sun Chips Wheat Hamburger Bun Mixed Fruit</p> <p>Cal:730 Carb:89 Na:608</p> | <p>27 <u>Birthday Celebration</u></p> <p>Pot Roast w/Gravy Herbed Green Beans Garlic Mashed Potatoes Whole Wheat Bread Cupcake/Diet Cake</p> <p>Cal:623 Carb:82 Na:429</p> | <p>28</p> <p>Chicken Piccata Steamed Broccoli Rice Pilaf Whole Wheat Bread Fruit Ambrosia</p> <p>Cal:530 Carb:73 Na:550</p> | <p>29 <u>High Sodium Day</u></p> <p>Spaghetti & Meatballs* Tossed Salad w/Italian Garlic Toast Fresh Fruit</p> <p>Cal: 911 Carb:115 Na:1283</p> |



Thank you to our amazing sponsors who supported the Alzheimer's Dinner Dance Fundraiser in August. Because of their generous support we were able to raise over \$4,000 for the Alzheimer's Association.

We would like to recognize the following sponsors:



Dinner Sponsors: Brodeur-Campbell Fence, Gio's Pizzeria, Great Horse, Loomis Communities, Monson Savings Bank, Peppa's Pizza, and Tudor House Discount Liquors

Raffle Sponsors: Big Y - East Longmeadow, Big Y - Longmeadow, Carol K's Added Attractions, Graves Family, Hampden Senior Center, Carla Michaelis, Pleasant View Senior Center, Scantic River Artisans, Shoenique.



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.mataxaide.org/interest.

Training will be done this Fall. For questions or additional information, please contact:

Director, at email address: D5Taxaide@comcast.net



Friends of Hampden Senior Citizens Hartsprings Fundraiser

The Hampden Senior Center is one of Hartsprings Community Partnership Bin locations, which means your donation not only helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but also helps to fund all the amazing programs at the Hampden Senior Center! **Items accepted in the Purple Bin outside**

- 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!



Join us as we celebrate

Half Way to St. Patrick's Day

with Grab and Go Dinner!

Sunday, September 17th pick up from
2:00-2:30 PM

Pick up a delicious Grab and Go meal of Corned Beef
and Cabbage complete with Rye Bread and Dessert.

All proceeds from this event will benefit the
Senior Center Building Fund.

\$10 per meal

Pre-registration and payment required. Call 566-5588.

All are welcome!

Thanks to our generous sponsors:

Byron Keenan Funeral Home & Cremation Tribute Center

Brodeur-Campbell Fence Company

Monson Savings Bank

Polish National Credit Union





The Scantic River Artisans present:

fall into **ART** ART SHOW



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

Sept 23 (3-8 PM)

Sept 24 (11-3 PM)

Reception:
Wine, Cheese
& Music



Featuring: The New England Mosaic - 24' Wall of ART



The New England Mosaic is a 24 foot fine art wall made up of 264 individual canvas "tiles" painted by over 200 area artists that capture the beauty and diversity of New England life. The tiles will be for sale and the proceeds will fund scholarships for area art students.



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

www.scanticriverartisans.com



Exhibiting Local Creativity