

The Scantic Scribe



February 2025 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!

Greetings!

Stay warm and be careful on winter roads! This Scribe is packed with great information and programs. Be sure to sign up for programs in advance so we know you'll be here. We look forward to seeing you soon! Becky....

HOURS: Monday - Friday 9:00AM-3:00PM

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

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
Rep to GSSSI: Cheryl Delviscio
Cliff Bombard, Monique Downey,
Juanita Markham, Anne-Marie Villamaino

COA BOARD MEETING:

Tuesday, February 11th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, February 10th 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 our Senior Center.

We appreciate your support of our essential
programs and services.

Thank you!



The Friends of Hampden Senior Citizens offer their sincere thanks to the sponsors
of the January 2025 Calendar Raffle Fundraiser.
Because of their generous donations, 100% of the proceeds, \$2,380.00, will go towards
needs at the Senior Center.

*Please consider supporting all of the local businesses listed below and,
if you know any of the individual donors, be sure to thank them.*

Rick Green Insurance, La Cucina di Hampden House, John Flynn, Bobbi Grant,
Tom Farrow, Architecture Environment Life, Inc., Mane Event, Ferrindino Maple,
Kinderhook Flowers & Gifts, Rice Fruit Farm, Rediker Software,
Bilton's Mountainside Orchard, Lou's Bagel Nook,
Hampden Beauty Nails, Hampden Liquors, Mountain View Restaurant,
Reid's Corner, Chet & Son Painting, Vermette Family, Howarth Family,
Joan & Mike Shea, Fox Glove Antiques, The Nest, Quabog Country Club,
and those sponsors who wish to remain anonymous.

*Thank you to all who purchased calendars, and supported the Hampden Senior Center,
and Congratulations to all the Calendar Raffle Winners. All winners have been notified.*

Valentine's Day Luncheon

Come and enjoy a delicious meal of Chicken Cordon Bleu, Parslied Carrots,
Garlic Mashed Potatoes, Wheat Dinner Roll, and a Chocolate Dessert
provided by GSSSI.



Friday, February 14th at 12:00 noon

Entertainment provided by Baird Souls

Soulful Rockin' acoustic memories WITH A KICK!



Cost is \$5 per person (\$3 suggested donation to GSSSI for meal/\$2 for entertainment).
Please call 566-5588 starting February 3rd to reserve your seat. Space is limited.



Celebrate Mardi Gras (Fat Tuesday) with us!

Tuesday, March 4th, 9:30 to 10:30 am

Stop by for a free Donut Dip donut and coffee.

Please call 566-5588 to let us know you'll be joining us.

Sponsored by John D. Flynn.

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 Aging and Independence.

Contact Wendy Cowles at 566-5588 or email outreach@hampdenma.gov for information.

- **SNAP:**

INCOME GUIDELINES:

1 person household—\$2,510; 2 person household—\$3,407

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—\$2,510; 2 person household—\$3,407

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.

PICK-UP TIME is between 12:30—1:30 pm. Next pick-up is: Tuesday, January 21st.



**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 *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.

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.



D & R Farm

Winter Farm Share is back!



PICK-UP is on Wednesday, February 19th at 9:30 am.

D & R Farm is offering fresh produce **once per month**, January through June.

FREE with SNAP/HIP if you qualify!

If you do not qualify for SNAP/HIP, you may purchase a share for \$20 cash per month. Please let us know if you need your shares delivered.

New applications are required.

If interested, contact Wendy at 566-5588 to get your application in! Shares are limited.



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.



WARMING HEARTS PROGRAM for Homebound Older Adults in Hampden

Do you know an older adult in Hampden who is homebound and could use some mid-winter cheer? Let us know!

Our warming hearts deliveries are a small way for us to let people know we are thinking of them and that we are here should they need anything.

Deliveries will include soups, treats, games and more and will take place during the month of February.

Interested in delivering? Call Wendy at 566-5588.

WINTER WEATHER ADVISORY

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

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



Fuel Assistance Income Guidelines for 2024/2025 Heating Season are as follows:

<u>Family Size</u>	<u>2024/2025 Income Limit</u>
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608

The following documentation is required for **RECERTIFICATION**:

- Yellow recertification application
- Photo ID
- Proof of all household income: (If working, 4 most recent paystubs)
Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages - Bank Statements are no longer accepted
- Oil Statement or Gas Bill, or both (source of heating) - most recent
- A complete copy of your most recent Electric Bill

The following documentation is required for **NEW APPLICATION**:

- Photo ID and Social Security Card or Birth Certificate
- Proof of all income: (If working, 4 most recent paystubs)
Social Security, SSDI, SSI, Pensions, Annuities, IRA, Capital Gains, Stocks, Bonds, Interest, Dividends, Rental Income, Unemployment, Wages - Bank Statements are no longer accepted
- Oil Statement or Gas Bill, or both (source of heating) - most recent.
- A complete copy of your most recent Electric Bill
- Property Tax and/or Homeowners Bill
- Mortgage Statement if not paid in full, or Monthly Rent
- Current Homeowners Insurance 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 possible through private donations throughout the year.

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

Sand for Seniors

Now through April, 2025 the Hampden Fire Department and Hampden Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps and walkways.

If you wish to have a bucket of sand delivered, please call the Senior Center at 566-5588 and leave a message with your name, address, phone #, and the location of the property where you would like the bucket delivered.

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

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





FREE Blood Pressure Clinic:

Walk in 9:15 am to 10:45 am

Tuesdays with Ann Maggio, RN
Thursdays with Elms College Nursing Students

Did you know we have...



Chair Massage with Mindy

Tuesdays, February 11th & 25th.

\$10 for 10 minutes.

Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month.

February 13th by appointment.

Please call 566-5588 for appointment and pricing.



Foot Care with Deborah

Thursday, February 6th

1st Thursday of every month.

\$40 for a 30 minute appointment

Please call 566-5588 for appointment.



Manicures with Cat

Please call Cat directly at 413-335-7422
for appointment and pricing.

Gift Cards are Available

PLEASE



HELP US STOCK OUR SHELVES with Disinfecting Wipes!



Thank you to those that donated liquid
hand soap last month.

Every month we will target a different item to help
fill monthly Personal Needs Bags.

***Due to space constraints, please refrain from
purchasing warehouse size items.***



Tri-Town Trolley Transportation Services

*Operates for Hampden, East Longmeadow,
and Longmeadow older adults.*

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.

A 72 hour notice is required for scheduling rides.

*As soon you schedule a medical appointment,
please call **525-5412** to schedule a ride.*

\$2 each way for in-town rides, \$4 each way for out-of-town rides.

Please have exact change. Thank you.



Common Threads Led by Dr. Joan Tompkins

Socializing is one of the most important things we can do to
ward off physical and mental decline in our later years.

We invite you to join us as we share many things such as:

- ◆ Loneliness vs Feeling Lonely ◆ Adapting to Life Changes
- ◆ Finding purpose for our life as Seniors
- ◆ Bereavement as well as Joyous Moments

New Time,

Mondays from 11:00 am - 12:00 pm

New to the group?

Joan would like to welcome you at 10:30 am

To share things the existing group has already learned.
You are welcome to stay for the group session at 11:00 am
and join us for lunch at noon

There is no charge to join this group. All are welcome.
Please call 566-5588 to reserve your seat.



Reiki, anyone?

Reiki (ray-key) is a safe and gentle therapy
which involves placing hands on or near a fully clothed
person with the intention to promote healing by improving
the flow of energy in the body.

Lisa Zizza is a Level 3 certified Reiki Master in the
Usui Tradition. Lisa will be available by appointment at the
Senior Center on **Friday, February 7th**

Cost is \$30 for a 30 minute session
or \$60 for 60 minute session (recommended).
Lisa is offering \$10 off your first session.

Please call Lisa directly at 413-455-6990 if interested.



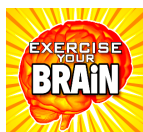
Veteran Service Officer Jason Burgener

Jason's office hours are at the

Hampden Townhouse

Wednesdays, 9:00 am to 4:00 pm.

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



January/February Puzzle Pacs

Keep your brain healthy and sharp!

Do your best, but have fun with it!

Return your puzzle pack to the Senior Center
by **February 28th** for a chance to win.

Drawing will be held on March 3rd.

***Congratulations to Marcia Green and Chris Dodd,
the winners for the November/December Puzzle Pac.***



Elms College Nursing Students will be here Thursdays,

starting February 6th, from 9:15 am to 12:00 pm.

Students will do blood pressure screening, and provide educational health information.



STCC Dental Hygiene Students will be here on Thursday, February 27th from 9:30 am to 11:30 am

Stop by their table to learn about the importance of oral health.

Springfield College Occupational Therapy (OT) students are coming to the Hampden Senior Center and they need your help!

Students are hoping to learn from you about your experience as an older adult in this community. For six weeks, OT students will visit the senior center weekly to join in with an activity you are doing and to spend time learning about your hobbies and interests, what is working well for you, and what is challenging. They will collaborate with you to create a simple wellness plan that addresses your interests. Students will visit once a week starting in February. Please speak with Outreach Coordinator, Wendy Cowles if you are interested in participating and let her know best days and times for you. Thank you in advance for your help with this project!



FBI Fridays with Analyst Kristin Trask March 14th , 9:30-10:30

Coffee and light refreshments will be provided.

Members of the FBI Springfield office will visit the Hampden Senior Center and discuss current societal problems; topics including elder fraud, online safety, human trafficking, and gang violence may be discussed.

Please call 566-5588 to let us know you're coming.

What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs.

This is not an insurance plan.

Who qualifies?

Medicare Beneficiaries who meet the following income limits:

Single: \$2,824 per month

Married: \$3,833 per month

There is no asset limit.



For more information or to apply, contact SHINE Counselor, Becky Moriarty at 566-5588.



Trips with Bobbi

Flyers will be available at the Senior Center or via email. Full Payment Deadlines are approximately 2 weeks before the event.

Tues-Thurs, Feb 18-20 - The Tropicana, Atlantic City, NJ

\$100 in bonuses, 2 shows - \$330pp dbl, \$320pp trpl, \$430 sngl, \$75 dep at signup. Full payment deadline February 8.

Tues, Apr 29 - The Aqua Turf Club

"The Ozark Jubilee" from Branson, MO - coffee on arrival, delicious family-style lunch, classic country show - \$127pp.

Wed, May 14 - The Log Cabin

"The Jersey Tenors" - delicious family-style Italian lunch, Powerhouse Vocals - \$93pp (self-drive).

Mon, July 14 - The Newport Playhouse

"It's Your Funeral" a traditional comical farce, All you can eat buffet, Cabaret - \$132pp.

Tues, Sept 30 - Lakeside Turkey Train (Lake Winnepesaukee)

Harts Turkey Dinner on board, Country Farm Store stop (on own) & NH Liquor Store - \$140pp.

Mon, Dec 8 - The Aqua Turf Club

"Rock This Town Orchestra" - Coffee on arrival, delicious family-style lunch, Swinging '50s and '60s tunes - \$127pp.

Please write a separate check for each trip, and note the trip name on the memo line of your check made payable to: Bobbi Grant

Questions/comments, please call Bobbi at 413-566-8271 or email bobbij2@charter.net



The Scantic River Artisans present:

Collage as Art

Join artist, Tony Cipriani, who will host the February 27th, 2025, ILTA class, "Collage as Art". Participants will be given a complete kit of materials to create unique, one of a kind artworks. All are welcome.

When: February 27th, 2025, Thursday, 6:00-7:30PM

Where: 104 Allen Street, Hampden, MA

(Community Room, Hampden Sr. Center)

Cost: \$20 (Includes kit of materials plus instruction)

Sign up-contact: Sue Superson - sjsrighter@aol.com or 413-530-0036

For more info, visit: www.scanticriverartisans.com



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 or email 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
Wednesdays, Fridays: Open Play
Tuesdays, 9:00am-12:00pm: Women's No Rules Play
Thursdays, 9:00am-12:00pm: Men's 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 - New Day & Time

Monday, February 3rd.

1st Monday of every month, 1:00pm-3:00pm.

Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE Tuesdays, February 11th & 25th.

\$10 for 10 minutes. Please call for appointment.

COMMON THREADS - New Time

Mondays, 11:00am-12:00pm New people welcome.

Call for more information.

CRIBBAGE - Please call if interested.

DRUMMING - Accepting new students.

Fridays, 2:15pm-3:15pm

12-week session through March 28th; No Class 2/14.

\$7 per class - space available (*please call for availability*).

FACIALS with Diane Neill Thursday, February 13th.

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

FOOTCARE Thursday, February 6th.

1st Thursday of the month by appointment only.

\$40 for a 30 minute appointment. Please call for appointment.

FUNCTIONAL FITNESS with Sue Kent

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

KNITTING/CROCHETING Mondays, 9:00am-10:30am.

New people welcome, will teach.

LIVING STRONGER...LONGER with Lamar Moore

Tuesdays, 2:15pm-3:00pm.

12-week session through March 25th.

\$6 per class - space available (*please call for availability*).

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

MEXICAN TRAIN DOMINOES Thursdays, 12:30pm-3:00pm

MOVIES: Mondays at 12:30pm.

2/3 - Set It Up, TV-14, Romantic Comedy

2/10 - Purple Hearts, TV-14, Drama/Music/Romance

2/17 - No Movie Today - Senior Center Closed

2/24 - The Age of Adeline, PG-13, Drama/Fantasy/Romance



MUSIC CLASSES with Sue McHand: Mondays

New 12-week session begins February 24th—May 19th

Beg. Ukulele & Recorder: 12:00pm-1:00pm

Ensemble Group: 1:15pm-2:30pm

(Ukulele, Recorder, Percussion, and Vocals)

\$50 for 10-week session if paid in full, or \$6 per class
space available (*call for availability*).

Please pay cash or make checks payable to: Susan McHand.

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 HOUR - New Day & Time

Tuesday, February 11th.

2nd Tuesday of every month 10:00am-11:00am.

TAI CHI with Heather Duncan Mondays, \$5 per class.

Advanced Session - 9:15am-10:15am.

Beginners Session - 10:30am-11:30am.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

WATERCOLORS with Chris Sterritt

8-week session - wait list only.

January 8th through March 5th; No Class 2/19.

Wednesdays 9:30am-12:00pm & 12:30pm-3:00pm.

WEIGHT TRAINING with YMCA

Tuesdays and Thursdays, 9:30am-10:30am.

Save money and purchase a 10-class punch card for \$40
at the Senior Center or pay \$5 per class. Please pay cash,
or make checks payable to: YMCA of Greater Springfield.

YOGA with Sue Kent \$5 per class paid to instructor.

Chair Assist: Tuesdays and Thursdays, 11:00am-12:00pm.

Mat Yoga: Tuesdays and Thursdays, 1:00pm-2:00pm.



Create a Greeting Card with Ellie!

Come and discover endless possibilities for creating your own personal greeting cards.

Meet new friends, and learn new techniques each month.

Monday, February 3rd, 1:00 pm to 3:00 pm

Cost is \$3.00 per person. All materials are provided.

Please call 566-5588 to reserve your seat, space is limited.



Living Stronger... Longer... with Lamar Moore

12-week session through March 25th

Tuesdays from 2:15 pm to 3:00 pm
February 4th, 11th, 18th, & 25th

Join Lamar to learn about balance and how it impacts your overall health and wellness. Get tips on strength training and cardiovascular endurance to increase mobility and flexibility.

"It's never too late to start making progress on your health span. Muscles and balance are the two things can train and improve even as you age."

\$6 per class (*please call ahead for availability*).

Please call 566-5588 to reserve your spot. Space is limited.



"Come What May" Boutique...

Is in our lobby for all to shop during normal business hours,

Monday through Friday, 9:00 am to 3:00 pm

We are now accepting donations of new or gently used clothing, outerwear, accessories, and footwear.

Donations can be dropped off at the Senior Center
on Mondays from 10:00 am to 2:00 pm.

We appreciate your ongoing generosity.

*All proceeds from Boutique sales will benefit the needs of
The Senior Center.*



The five-suited Rummy-style card game.

If you're looking for a new card game that feels like a classic, then Five Crowns is a great choice to play with your friends.

Whether you're learning for the first time or just need a refresher, we'll walk you through all the rules, scoring, and winning strategies for Five Crowns.

***You're guaranteed to meet new friends and
share a lot of laughs.***

Please call 566-5588 to let us know you are interested in starting a group for a weekly game of Five Crowns.



"African Drumming" with Jason

New 12-week session

begins January 3rd through March 28th.

Fridays from 2:15 pm to 3:15 pm
Accepting New Students

Cost is \$70 for the 12-week session if paid in full and receive two free classes, or \$7 per class (*call ahead for availability*).

Please call 566-5588 to reserve your spot. Space is limited.



Making Music with Sue

Sue is taking a break and returning in February.

There will be a beginner class of Ukulele and Recorder for new students. She will also be forming an ensemble class of Recorder, Ukulele, Percussion, and Vocals.

New 12-week session

begins February 24th through May 19th.

Beginner Ukulele and Recorder
Mondays, 12:00 pm to 1:00 pm

Ensemble Class
Mondays, 1:15 pm to 2:30 pm

Cost is \$60 for the 12-week session if paid in full and receive two free classes, or \$6 per class (*call ahead for availability*).

Please pay cash or make checks payable to: Susan McHand

Please call 566-5588 to reserve your spot. Space is limited.




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 Hampden Senior Center in writing.

Please call 413.566.5588 for additional information

February 2025

Hampden Senior Center
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
3 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Common Threads 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Card Making <i>New day & time</i>	4 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class	5 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	6 <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 Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga	7 <u>Relki by Appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
10 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Building Com Mtg 11:00 Common Threads 12:00 Lunch 12:00 Billiard League 12:30 Movie	11 <u>Chair Massage by Appt</u> 9:00 COA Board Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Senator/State Rep <i>New day & time</i> 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class	12 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	13 <u>Facials by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga	14 9:00 Quilting 10:00 MEMORY CAFÉ - Cancelled 10:30 Mahjong 12:00 Valentine Luncheon & Entertainment 2:15 Drumming - Cancelled <i>Happy Valentine's Day</i> ❤️
17 CLOSED 	18 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 2:15 Lamar's Class	19 8:30 Collate Scribe 9:30 Farmshare 9:30 Watercolors - Cancelled 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors - Cancelled	20 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga	21 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
24 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Common Threads 12:00 Lunch 12:00 Billiard League 12:00 Beg Ukulele & Recorder 12:30 Movie 1:15 Music Ensemble	25 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class	26 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	27 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga	28 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming



The Friends of Hampden Senior Citizens announce their 2025 meeting schedule. All are welcome to attend.

April 8th (Annual Meeting) , July 15th, October 14th and December 9th

SAVE THE DATE of Wednesday, April 30, 2025 at 6PM for a Friends of Hampden Senior Citizens Meet and Greet Event

Come and hear about fundraising ideas for 2025 and learn how you can be a part of the fun.

Watch for more details.

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

February 2025

LUNCH MENU

**Lunch served daily at
12pm. RSVP by 11am
the day before
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</p>	<p>*Suggested Donation Increased to \$3.00 per meal.</p> <p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p>	<p>Due to rising food and supply costs, the <u>voluntary donation</u> amount for lunch through Greater Springfield Senior Services has increased to \$3.00.</p> <p>Your support of the meal site is greatly appreciated. If you have any questions about the donation change, please call GSSSI at 413.781.8800. Thank you!</p>		
<p>3</p> <p>Pierogis Sautéed Cabbage Parslied Carrots 12 Grain Bread Cookies</p> <p>Cal:624 Carb:97 Na:946</p>	<p>4</p> <p>Turkey and Swiss Tomato Soup Potato Salad Mustard Club Roll Fresh Fruit</p> <p>Cal:776 Carb:79 Na:1153</p>	<p>5</p> <p>Mediterranean Turkey* Marinated Cucumber Salad Couscous Oatnut Bread Warmed Applesauce</p> <p>Cal:751 Carb:101 Na:756</p>	<p>6</p> <p>Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Mixed Fruit</p> <p>Cal:619 Carb:77 Na:723</p>	<p>7</p> <p>Potato Pollock Filet Coleslaw Steamed Corn Tartar Whole Wheat Bread Jello w/Topping</p> <p>Cal:725 Carb:83 Na:845</p>
<p>10</p> <p>Turkey w/Djon Sauce* Steamed Spinach Roasted Red Potatoes Whole Wheat Bread Mixed Fruit</p> <p>Cal:538 Carb:66 Na:1173</p>	<p>11</p> <p>Korean Meatballs Steamed Broccoli White Rice Oatnut Bread Chilled Applesauce</p> <p>Cal:628 Carb:91 Na:911</p>	<p>12</p> <p>Shrimp Scampi Tossed Salad w/Italian Spaghetti Noodles Garlic Bread Cookies</p> <p>Cal:721 Carb:70 Na:1088</p>	<p>13</p> <p>Breakfast Sausage Spiced Apples Potatoes O'Brien French Toast Fresh Fruit</p> <p>Cal:718 Carb:111 Na:857</p>	<p>14 <u>Valentine's Day Luncheon</u> Chicken Cordon Bleu* Parslied Carrots Garlic Mashed Potatoes Wheat Dinner Roll Chocolate Dessert</p> <p>Cal:796 Carb:102/90 Na:1274</p>
<p>17 CLOSED</p> <p><i>Happy President's day</i></p>	<p>18</p> <p>Ravioli w/Meat Sauce* Collard Greens Italian Bread Fresh Fruit</p> <p>Cal:594 Carb:81 Na:1064</p>	<p>19 <u>Birthday Meal/ High Sodium Day</u> Turkey w/Gravy Steamed Peas Mashed Potatoes Cranberry Snack Loaf Cupcake</p> <p>Cal:676 Carb:93/81 Na:936</p>	<p>20</p> <p>Chicken & Dumplings* Mashed Butternut Squash Multigrain Bread Mandarin Oranges</p> <p>Cal:677 Carb:91 Na:994</p>	<p>21</p> <p>Hot Dog w/Bun* Potato Salad Baked Beans Ketchup Mixed Fruit</p> <p>Cal:857 Carb: 83 Na:1491</p>
<p>24 <u>Soup & Sandwich</u> Ham and Swiss w/Mustard Minestrone Soup Pickled Beets Club Roll Chilled Applesauce</p> <p>Cal:663 Carb:76 Na:1196</p>	<p>25</p> <p>Crab Cake* w/Tartar Steamed Corn Coleslaw Whole Wheat Bread Mixed Fruit</p> <p>Cal:670 Carb:94 Na:1152</p>	<p>26</p> <p>Turkey Chili Sour Cream Green Beans Baked Potato Cornbread Muffin Cookies</p> <p>Cal:815 Carb:117 Na:746</p>	<p>27</p> <p>Pot Roast w/Gravy Brussels Sprouts Egg Noodles Whole Wheat Bread Fresh Fruit</p> <p>Cal:724 Carb:88 Na:540</p>	<p>28</p> <p>Chicken Parmesan Penne w/Sauce Tossed Salad w/Italian Garlic Toast Jello w/Topping</p> <p>Cal:736 Carb:81/79 Na:1090</p>



You're Invited!

The Scantic River Artisans Art Exhibit and Sale

Join us for a celebration of creativity and inspiration.

Experience an enchanting showcase of breathtaking artworks created by talented local artists. From stunning paintings to captivating sculptures, there is something for every art lover to admire.

Special Opportunity:

Bring this invitation with you for a chance to win an award-winning painting! Simply fill out the section below and drop it off during our show hours at our Welcome Table for your chance to be the lucky winner.

NAME: _____

PHONE: _____

EMAIL: _____

(The winner will be selected on February 10, 2025, and notified for pick-up. By providing your email, you agree to receive show updates. We respect your privacy and do not share your information.)

Bring to: 104 Allen Street (Hampden Senior Center), Hampden, MA on February 8 or 9, 2025, during show hours.

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FRIENDS OF HAMPDEN SENIOR CITIZENS 2025 ANNUAL MEMBERSHIP DUES & DONATION FORM

Use this form to **MAKE A DONATION, PAY ANNUAL DUES, OR JOIN THE FRIENDS!** 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** 2025 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!