

The Scantic Scribe



January 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!

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, January 14th at 9:00 am

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, January 13th 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.

Greetings!

Happy New Year! I hope you had a wonderful holiday season. Now that winter is definitely upon us, please be sure to take caution when you are out in the snow or on slippery walkways. Call the senior center to have the Hampden Fire Department deliver a bucket of sand to your home if you have not done so already. Stay warm, check on your friends and neighbors and be sure to stop into the senior center for a cup of coffee, a delicious hot lunch and to warm up by the fire.

We have great programs and activities planned for 2025 so be sure to read through the newsletter on a regular basis so you don't miss out on anything.

While the annual Medicare Open Enrollment is over, there is Medicare Advantage Open Enrollment during January, February and March. Also, remember there is no asset limit for the Medicare Savings Program. Income guidelines can be found inside this scribe. If you think you might be eligible, if you have any questions about your insurance or would like to make a change, please call to set up an appointment.

I hope you have a happy and healthy 2025 and hope to see you soon,
Becky....



The AARP Tax-Aide Program returns for 2025 by appointment only.

Appointments can be made starting Monday, January 6th.

If you call to schedule an appointment and get the answering machine, **please leave a message with your name, phone number, and that you are interested in a tax appointment.** Calls are returned in the order in which they are received.

Taxes will be completed on **Tuesdays**. You will be mailed forms two-weeks in advance to be completed and brought in with you the day of your appointment along with all pertinent documents such as:

Forms 1099-R, 1099-SSA, W-2, Previous Year (2023) Tax Return, copies of Social Security Card, Picture I.D., all Real Estate Tax Bills (for ages 65+), Water and Sewer Bills (if applicable), etc.

On your appointment date, you will meet briefly with a counselor to review your paperwork, then leave and wait for a phone call to pick up the completed return.

Same day pick up is required.

We are happy to have this program in Hampden and look forward to a successful season.



Join us for a delicious slice (or two!) of pie on National Pie Day.

Thursday, January 23rd at 12:30 pm
Stay and play BINGO with Phil after pie!

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

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 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.



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.



D & R Farm

Winter Farm Share is back!



PICK-UP is on Wednesday, January 15th 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.



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?

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, 2024 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!



Meet your Veteran Service Officer Jason Burgener

**Wednesday, January 8th at 9:30 am
at the Hampden Senior Center.**

Coffee and light refreshments will be provided.

**Jason's office hours at the Hampden Townhouse
are Wednesdays, 9:00 am to 4:00 pm.**

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

**IMPORTANT
INFORMATION**

UPDATES FROM THE FBI

If you, or someone you know, may be a potential victim of elder fraud, file a complaint with the IC3 at www.ic3.gov.

If available, provide financial transaction information such as bank accounts, addresses, e-mails, websites, and phone numbers. Retain original records for law enforcement. Contact financial institutions to safeguard accounts, and credit bureaus to monitor your identity for suspicious activity.

For more resources, please visit the FBI Elder Fraud website at: fbi.gov/elderfraud

The US DOJ, Office for Victims of Crime also offers the
National Elder Fraud Hotline:
(833) FRAUD-11; (883) 372-8311



Transfer Station Bags

Available at the Hampden Senior Center

Bags are sold in packages of 10

Small Bags (16 gallon) \$15

Large Bags (33 gallon) \$30



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.



Trips with Bobbi

Here's a few possibilities for the 2025 trip season;
suggestions are always welcome.

Flyers will be available at the Senior Center or via email.

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

\$100 in bonuses, 2 shows - \$330pp, \$75 dep at signup,
Full payment deadline January 15.

Tues, Apr 29 - The Aqua Turf Club

"The Ozark Jubilee" from Branson, MO - \$127pp.

Wed, May 14 - The Log Cabin

"The Jersey Tenors" - \$93pp (self-drive).

Mon, July 14 - The Newport Playhouse

"It's Your Funeral" - \$132pp.

Tues, Sept 30 - Lakeside Turkey Train

(Lake Winnipesaukee) - \$140pp.

Mon, Dec 8 - The Aqua Turf Club

"Rock This Town Orchestra" - \$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 bobbijg2@charter.net



Get Help Paying Medicare Costs

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 limits:

You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month
NEW AS OF MARCH 1, 2024: THERE IS NO ASSET LIMIT	

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



We are happy to announce Foot Care is Back!

Deborah is our new footcare specialist and registered nurse. She will be here one day a month by appointment only.

Scheduling appointments for Wednesday, January 8th.

Cost is \$40 for a 30 minute appointment. Please call 566-5588 today to schedule your appointment.



Did you know we have...

Chair Massage with Mindy

Tuesdays, January 14th & 28th.

\$10 for 10 minutes.

Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month.

January 9th 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 Blood Pressure Clinic:

Walk in 9:15 am to 10:45 am

Tuesdays with Ann Maggio, RN

Thursdays with Karen Blair, RN



HELP US STOCK OUR SHELVES with Liquid Hand Soap!



Thank you to those that donated toothpaste 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.



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.

Many benefits of this ancient Japanese practice include: stress reduction, relaxation, pain relief, improved mobility, vitality, mental alertness, and better quality sleep.

Lisa Zizza is a Level 3 certified Reiki Master in the Usui Tradition. Lisa will be available by appointment at the Senior Center on a Friday (TBD).

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.



Common Threads

Led by Joan Tompkins, PhD

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

There is no charge to join this group. All are welcome.

Please call 566-5588 to reserve your seat.



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.

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 Tuesday, January 7th.

10:00am-12:00pm. Advanced sign up required.
\$3.00 per class.

CHAIR MASSAGE Tuesdays, January 14th & 28th. \$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
New 12-week session begins January 3rd through March 21st.
\$70 for 12-week session if paid in full, or \$7 per class - space available (*call for availability*).

FACIALS with Diane Neill Thursday, January 9th. 2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE Wednesday, January 8th. One day a 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.
New 12-week session begins January 7th through March 25th.
\$60 for the 12-week session if paid in full and receive two free classes, or \$6 per class (*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.

1/6 - The Bounty Hunter, PG-13, Action/Comedy/Drama
1/13 - The Union, PG-13, Action/Comedy/Thriller
1/20 - No Movie Today - Senior Center Closed
1/27 - Maid in Manhattan, PG-13, Romantic Comedy/Drama



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

Wednesday, January 22nd

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.



TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

WATERCOLORS with Chris Sterritt

New 8-week session - wait list only.

January 8th through February 26th

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.

Tuesday, January 7th, 10:00 am to 12:00 pm

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



“African Drumming” with Jason

New 12-week session begins January 3rd through March 21st.

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.



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

New 12-week session

January 7th through March 25th.

Tuesdays from 2:15 pm to 3:00 pm
January 7th, 14th, 21st, & 28th

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.”

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*).

“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.



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

Ukulele, Recorder, Percussion, & Vocals
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 directly to:
Susan McHand

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



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.

Winners for the November/December Puzzle Pac will be announced in the January Scribe.



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.

January 2025

Mon	Tue	Wed	Thu	Fri
	<p><i>A New Year's Resolution is something that goes in one year and out the other.</i></p>	<p>1 CLOSED</p> <p>•Happy• New Year 2025</p>	<p>2</p> <p>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</p>	<p>3</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p>6</p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Common Threads New Time 12:00 Lunch 12:00 Billiard League 12:30 Movie</p>	<p>7</p> <p>9:00 Card Making 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>8</p> <p><u>Footcare by Appt</u> 9:30 Vets Coffee Hour 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>9</p> <p><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</p>	<p>10</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p>13</p> <p>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</p>	<p>14</p> <p><u>Chair Massage by Appt</u> 9:00 COA Board Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>15</p> <p>9:30 Farmshare 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>16</p> <p>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</p>	<p>17</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p>20 CLOSED</p> <p>MARTIN LUTHER KING DAY ★ I HAVE A DREAM ★</p>	<p>21</p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>22</p> <p>9:30 Watercolors 10:00 Trivia 11:00 Senator/State Rep 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>23</p> <p>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/Ple Day 12:30 Acrylic Painting 12:30 Mexican Train 1:00 BINGO 1:00 Mat Yoga</p>	<p>24</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p>27</p> <p>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</p>	<p>28</p> <p><u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>29</p> <p>9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>30</p> <p>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</p>	<p>31</p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>

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

January 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>	1 CLOSED 	2 Chicken Parmesan w/Pasta Italian Blend Veg Orange Juice Dinner Roll Apple Crisp Cal:856 Carb:122 Na:729	3 Hot Dog w/Bun Potato Salad Baked Beans Ketchup Jello w/Topping Cal:835 Carb: 72/70 Na:1456
6 Breakfast Sausage Scrambled Eggs Potatoes O'Brien Cranberry Snack Loaf Spiced Apples Cal:587 Carb:59 Na:904	7 Hamburger w/Cheese Ketchup Onions & Mushrooms Roasted Red Potatoes Wheat Burger Bun Mandarin Oranges Cal:728 Carb:87 Na:1105	8 <u>Soup & Sandwich/ High Sodium Day</u> Ham & Swiss Mayo Coleslaw Chicken Vegetable Soup Club Roll Mixed Fruit Cal:743 Carb:87 Na:1277	9 <u>High Sodium Day</u> Turkey w/Gravy Collard Greens Butternut Squash Buttermilk Biscuit Cookies Cal:693 Carb:81 Na:1277	10 Spaghetti & Meatballs Tossed Salad w/Ranch Garlic Bread Mixed Fruit Cal:628 Carb:74 Na:732
13 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Jello w/Topping Cal:566 Carb:71/69 Na:824	14 Ham w/Pineapple Sauce Herbed Green Beans 1/2 Baked Sweet Potato Wheat Roll Fresh Fruit Cal:562 Carb:794 Na:804	15 Crab Cake Steamed Corn Coleslaw Whole Wheat Bread Chilled Peaches Cal:670 Carb:94 Na:1152	16 <u>Soup & Sandwich</u> Cape Cod Chicken Salad Celery Salad Butternut Bisque Club Roll Rice Krispie Treat Cal:736 Carb:98 Na:851	17 Chicken Marsala Tossed Salad w/Italian Penne Noodles Garlic Bread Mixed Fruit Cal:644 Carb:75 Na:1037
20 CLOSED 	21 Fish Chowder Green Beans Oyster Crackers Mandarin Oranges Cal:526 Carb:66 Na:705	22 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Peaches Cal:730 Carb:86 Na:643	23 Chicken Fajitas Fajita Blend Vegetables Yellow Rice Sour Cream Flour Tortilla Fresh Fruit Cal:505 Carb:60 Na:896	24 <u>Birthday Meal</u> BBQ Pulled Pork Broccoli Slaw 1/2 Baked Sweet Potato Whole Wheat Burger Bun Birthday Cake Cal:817 Carb:101 Na:868
27 Beef Stew w/Carrots and Peas Mashed Potatoes Wheat Roll Jello w/Topping Cal:777 Carb:80/78 Na:312	28 Eggplant Parmesan* Tossed Salad w/Italian Penne w/Sauce Garlic Bread Applesauce Cal:810 Carb:99 Na:1177	29 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Mixed Fruit Cal:805 Carb:95 Na:1090	30 Braised Pork w/Apple Gravy Steamed Peas Herb Roasted Potatoes Whole Wheat Bread Fresh Fruit Cal:826 Carb:104 Na:736	31 Beef Stroganoff Brussels Sprouts Egg Noodles Italian Bread Cookies Cal:616 Carb:84 Na:691

A Scantic River Artisans Exhibit 2025

BIG ART SHOW



February 8 (10 - 4)

and SALE

February 9 (11 - 3) • Reception: February 9 (12 - 2)



104 Allen St. Hampden, MA (Hampden Sr. Center)

www.scanticriverartisans.com • info@scanticriverartisans.com



Friends of Hampden Senior Citizens Hartsprings Fundraiser

Your donation helps kids succeed through Big Brothers Big Sisters youth mentoring programs and also helps to fund all the amazing programs at the Hampden Senior Center.

Items accepted in the Purple Bin outside the Senior Center:

All cloth items, • Clothing (all sizes, styles, ages, and genders), • Bedding and Draperies (NO BED PILLOWS), • Shoes • Small Appliances, • Electronics, • Kitchenware, • Household Goods• Sporting Goods, • Toys, • Books (NO Encyclopedias, Textbooks, or Library Books)

During normal business hours (M-F, 9-3) if you drop items off and the bin is full, please stop in and let a staff member know.

PLEASE DO NOT LEAVE ITEMS OUTSIDE OF THE BIN. Thank you!

Only use tall kitchen size garbage bags or smaller for your donations to fit in the bin. If the bin is full, please bring your donations to our front office and we will make arrangements to have your items picked up.

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!