

# The Scantic Scribe



**January 2025**

**HAMPDEN SENIOR CENTER**

**104 ALLEN STREET**

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

**Website: [www.hampdenma.gov](http://www.hampdenma.gov)**



**FREE WI-FI**



**Please let us know if you would like to receive this newsletter via email.**

**Call us with your email address!**

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

**SENIOR CENTER STAFF**

**Rebecca Moriarty, Executive Director**  
**[coa@hampdenma.gov](mailto:coa@hampdenma.gov)**

**Wendy Cowles, Outreach Coordinator**  
**[outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)**

**Tina Doran, Administrative Assistant & Volunteer Coordinator**  
**[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)**

**Activities Coordinator**  
**[activities@hampdenma.gov](mailto:activities@hampdenma.gov)**

**Sharon Woodin & Joi Giuggio, Receptionists**  
**[receptionist@hampdenma.gov](mailto: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](mailto: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, 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.



## **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?

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](http://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](http://fbi.gov/elderfraud)

The US DOJ, Office for Victims of Crime also offers the  
**National Elder Fraud Hotline:**  
**(833) FRAUD-11; (888) 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 Winnepesaukee) - \$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](mailto: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](mailto: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.

**TRIVIA**

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.



## 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.*



## "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.



## 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.*

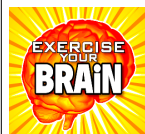
**Beginner Ukulele and Recorder**  
**Mondays, 12:00 pm to 1:00 pm**

**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.

Please call 413.566.5588 for additional information

# January 2025

Hampden Senior Center  
104 Allen Street, Hampden MA

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><b>1 CLOSED</b></p> <p>Happy New Year 2025</p>	<p><b>2</b></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><b>3</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p><b>6</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg <b>11:00 Common Threads New Time</b> 12:00 Lunch 12:00 Billiard League 12:30 Movie</p>	<p><b>7</b> 9:00 Card Making</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 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p><b>8</b> <u>Footcare by Appt</u></p> <p>9:30 <b>Vets Coffee Hour</b> 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>9</b> <u>Facials by Appt</u></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><b>10</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p><b>13</b></p> <p>9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg <b>11:00 Building Com Mtg</b> 11:00 Common Threads 12:00 Lunch 12:00 Billiard League 12:30 Movie</p>	<p><b>14</b> <u>Chair Massage by Appt</u></p> <p>9:00 <b>COA Board Mtg</b> 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><b>15</b></p> <p>9:30 <b>Farmshare</b> 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>16</b></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><b>17</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p><b>20 CLOSED</b></p> <p><b>MARTIN LUTHER KING DAY</b> ★ I HAVE A DREAM ★</p>	<p><b>21</b></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 <b>12:30 Brown Bag</b> 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p><b>22</b></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><b>23</b></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 <b>12:00 Lunch/Ple Day</b> 12:30 Acrylic Painting 12:30 Mexican Train <b>1:00 BINGO</b> 1:00 Mat Yoga</p>	<p><b>24</b></p> <p>9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
<p><b>27</b></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><b>28</b> <u>Chair Massage by Appt</u></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 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p><b>29</b></p> <p>9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p><b>30</b> 9:00 Men's Billiards</p> <p>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><b>31</b></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><b>Key for Symbols:</b>            Cal = Total Calories            Carb = Total Carbs            Na = Total Sodium            *Higher Sodium content (&gt;500mg)</p> <p>Total Sodium &amp; Calories include regular dessert, milk (100mg NA) and</p>	<p><b>*Suggested Donation Increased to \$3.00 per meal.</b></p> <p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p>	<p><b>1 CLOSED</b></p> <p><b>2025</b>  <b>Happy New Year</b></p>	<p><b>2</b></p> <p>Chicken Parmesan w/Pasta            Italian Blend Veg            Orange Juice            Dinner Roll            Apple Crisp</p> <p>Cal:856 Carb:122 Na:729</p>	<p><b>3</b></p> <p>Hot Dog w/Bun            Potato Salad            Baked Beans            Ketchup            Jello w/Topping</p> <p>Cal:835 Carb: 72/70 Na:1456</p>
<p><b>6</b></p> <p>Breakfast Sausage            Scrambled Eggs            Potatoes O'Brien            Cranberry Snack Loaf            Spiced Apples</p> <p>Cal:587 Carb:59 Na:904</p>	<p><b>7</b></p> <p>Hamburger w/Cheese            Ketchup            Onions &amp; Mushrooms            Roasted Red Potatoes            Wheat Burger Bun            Mandarin Oranges</p> <p>Cal:728 Carb:87 Na:1105</p>	<p><b>8</b> <u>Soup &amp; Sandwich/ High Sodium Day</u></p> <p>Ham &amp; Swiss            Mayo            Coleslaw            Chicken Vegetable Soup            Club Roll            Mixed Fruit</p> <p>Cal:743 Carb:87 Na:1277</p>	<p><b>9</b> <u>High Sodium Day</u></p> <p>Turkey w/Gravy            Collard Greens            Butternut Squash            Buttermilk Biscuit            Cookies</p> <p>Cal:693 Carb:81 Na:1277</p>	<p><b>10</b></p> <p>Spaghetti &amp; Meatballs            Tossed Salad w/Ranch            Garlic Bread            Mixed Fruit</p> <p>Cal:628 Carb:74 Na:732</p>
<p><b>13</b></p> <p>Mac &amp; Cheese            Stewed Tomatoes            Whole Wheat Bread            Cranberry Juice            Jello w/Topping</p> <p>Cal:566 Carb:71/69 Na:824</p>	<p><b>14</b></p> <p>Ham w/Pineapple Sauce            Herbed Green Beans            1/2 Baked Sweet Potato            Wheat Roll            Fresh Fruit</p> <p>Cal:562 Carb:794 Na:804</p>	<p><b>15</b></p> <p>Crab Cake            Steamed Corn            Coleslaw            Whole Wheat Bread            Chilled Peaches</p> <p>Cal:670 Carb:94 Na:1152</p>	<p><b>16</b> <u>Soup &amp; Sandwich</u></p> <p>Cape Cod Chicken Salad            Celery Salad            Coleslaw            Butternut Bisque            Club Roll            Rice Krispie Treat</p> <p>Cal:736 Carb:98 Na:851</p>	<p><b>17</b></p> <p>Chicken Marsala            Tossed Salad w/Italian            Penne Noodles            Garlic Bread            Mixed Fruit</p> <p>Cal:644 Carb:75 Na:1037</p>
<p><b>20 CLOSED</b></p> <p></p>	<p><b>21</b></p> <p>Fish Chowder            Green Beans            Oyster Crackers            Mandarin Oranges</p> <p>Cal:526 Carb:66 Na:705</p>	<p><b>22</b></p> <p>Shepherd's Pie            Steamed Peas            Mashed Potato Topping            12 Grain Bread            Spiced Peaches</p> <p>Cal:730 Carb:86 Na:643</p>	<p><b>23</b></p> <p>Chicken Fajitas            Fajita Blend Vegetables            Yellow Rice Sour Cream            Flour Tortilla            Fresh Fruit</p> <p>Cal:505 Carb:60 Na:896</p>	<p><b>24</b> <u>Birthday Meal</u></p> <p>BBQ Pulled Pork            Broccoli Slaw            1/2 Baked Sweet Potato            Whole Wheat Burger Bun            Birthday Cake</p> <p>Cal:817 Carb:101 Na:868</p>
<p><b>27</b></p> <p>Beef Stew            w/Carrots and Peas            Mashed Potatoes            Wheat Roll            Jello w/Topping</p> <p>Cal:777 Carb:80/78 Na:312</p>	<p><b>28</b></p> <p>Eggplant Parmesan*            Tossed Salad w/Italian            Penne w/Sauce            Garlic Bread            Applesauce</p> <p>Cal:810 Carb:99 Na:1177</p>	<p><b>29</b></p> <p>Jamaican Jerk Chicken            Collard Greens            Coconut Rice            Oatnut Bread            Mixed Fruit</p> <p>Cal:805 Carb:95 Na:1090</p>	<p><b>30</b></p> <p>Braised Pork            w/Apple Gravy            Steamed Peas            Herb Roasted Potatoes            Whole Wheat Bread            Fresh Fruit</p> <p>Cal:826 Carb:104 Na:736</p>	<p><b>31</b></p> <p>Beef Stroganoff            Brussels Sprouts            Egg Noodles            Italian Bread            Cookies</p> <p>Cal:616 Carb:84 Na:691</p>

A Scantic River Artisans Exhibit 2025

# BIG ART SHOW

of Small  
Works

and SALE

February 8 (10 - 4)

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



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

[www.scanticriverartisans.com](http://www.scanticriverartisans.com) • [info@scanticriverartisans.com](mailto: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!***