

The Scantic Scribe



March 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, Program & 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, March 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.

Greetings!

March at the senior center is full of great programs and events for you to enjoy. Enjoy a donut with us on Fat Tuesday and sign up early for the St. Patrick's Day Luncheon as we know this will sell out quickly.

March is the last month for the Medicare Advantage Open Enrollment period. If you are currently an MAPD member and would like to review or change your coverage, be sure to call and make an appointment before the end of the month.

We've made some changes in the office. Tina has taken over the Program Coordinator position and will also continue in her role as Volunteer Coordinator. We will be looking to hire someone to help with the creation of the Scribe, social media, advertising and marketing. More information to come.

Please let Tina know if there are programs you would like to see here at the center. Many thanks to all of the staff at the senior center who always make this senior center such a welcoming place and for pitching in where it's needed while we are short staffed.

Stay warm and enjoy the last month of winter,

Becky.....



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.



St. Patrick's Day Luncheon

Monday, March 17th at 12:00 noon



Come and enjoy a delicious meal of Corned Beef, Cabbage & Carrots, Red Bliss Potatoes, Rye Bread, and Dessert provided by GSSSI.

Entertainment provided by Sarah the Fiddler!

Cost is \$6 per person (\$3 suggested donation to GSSSI for meal/\$3 for entertainment). Please call 566-5588 starting March 3rd to reserve your seat. Space is limited.



Thank you Monson Savings Bank and to all who voted for the Friends of the Hampden Senior Citizens.

This year the Monson Savings Bank Community Giving Initiative is donating \$3,000 to 10 non-profit organizations and we are one of them!

Thank you, Thank You, THANK YOU!!!!



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, March 18th.

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, March 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.



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.

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, March 11th & 25th.
\$10 for 10 minutes.

Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month.
March 13th by appointment.

Please call 566-5588 for appointment and pricing.



Foot Care with Deborah

Thursday, March 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



HELP US STOCK OUR SHELVES with Dish Soap!



Thank you to those that donated
disinfecting wipes 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.



What is Reiki?

Reiki (ray-key) is a Japanese technique for
stress reduction and relaxation that also promotes healing.
Reiki treats the whole person creating many beneficial effects
that include feelings of peace, security, and wellbeing.

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, March 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 to schedule an appt.

Still not sure?

Come and see a demonstration and learn about the
benefits that Reiki can provide for you on

Friday March 21st at 12:30 pm.

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

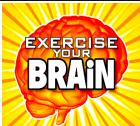
Mondays from 11:00 am - 12:00 pm

New to the group?

Joan would like to welcome you at 12:30pm
to share with you what the existing group has learned.

You are welcome to join us for lunch at noon.
Please let us know before 11:00 am on Friday if you'll be
joining the group for lunch.

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



March/April 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 **April 30th** for a chance to win.
Drawing will be held on March 3rd.

***The winners for the January/February Puzzle Pac
will be announced in the April newsletter.***

Western New England Mad Science Presents

Science Behind Superheros

Tuesday, April 8th at 10:00 am



The Hampden Senior Center is excited to once again, provide an intergenerational opportunity for the Senior Center Community and our friends at Green Valley Preschool.

Educators from Western New England Mad Science will help you discover the real science behind some of the most popular superhero powers! We will explore the science of flight, how science can make things turn invisible, and how Spiderman might walk on walls; all using fun and high-energy experiments!

Can you help us bring Green Valley Preschool Students to the Senior Center?

The Local Cultural Council has generously funded the Mad Science program, but we need your help in getting the preschoolers here. **For a \$5.00 donation**, you can sponsor a child's bus trip to and from the senior center.

Stop at the senior center front desk for more information or to leave your donation and get your name on the wall of buses.

We appreciate your support, and so do all the children at Green Valley Preschool.

This program is supported in part by a grant from the Hampden Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Trips with Bobbi

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 Winnipesaukee);

Harts Turkey Dinner on board, Country Farm Store stop (on own) and 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 bobbijg2@charter.net



The Scantic River Artisans invite you to their Spring Art Show and Sale at the Hampden Senior Center on

Saturday, April 12th, & Sunday, April 13th, 2025.

Show hours are: Saturday (10 - 4pm), and Sunday (11 - 3pm). A reception will be held on Sunday from noon - 2pm. Everyone is invited to experience, explore & purchase the diverse hanging art & the unique artisan creations.

The Scantic River Artisans invite you to join them for their **"Interactive Learning Through Art" Workshop** presented by **Bilton's Mountainside Orchard.**

Participants will be taught how to make a flower arrangement. This workshop will be held on **April 24, 2025, at 6:00pm.**

Sign up by contacting: Sue Superson - sjsrighter@aol.com or call 413-530-0036.



Elms College Nursing Students
will be here Thursdays, in March,
from 9:15 am to 12:00 pm.



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

Students want 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. Please speak with Outreach Coordinator, Wendy Cowles if you are interested in participating .

Thank you in advance for your help with this project!

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

Monday, March 3rd, 1:00pm-3:00pm.

1st Monday of every month.

Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE Tuesdays, March 11th & 25th.

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

COMMON THREADS Mondays, 11:00am-12:00pm

New people welcome 12:30pm-1:00pm.

DRUMMING - Fridays, 2:15pm-3:15pm.

Current Session through March 28th. Drop-ins welcome!

New 14-week session begins April 4th—July 25th.

No class 4/18, 5/2, and 7/4.

Pay \$80 for session when paid in full and receive 2+ classes free, or \$7 per class for drop-ins.

FACIALS with Diane Neill Thursday, March 13th.

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

FIVE CROWNS - Please call if interested.

Five-suited Rummy-style card game.



FOOTCARE Thursday, March 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. Current session through April 1st.

\$6 per class. Drop-ins welcome!

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.

3/3 - **Your Place or Mine**, PG-13, Romantic Comedy

3/10 - **Miss Congeniality**, TV-14, Action/Comedy/Crime

3/17 - No Movie Today! Happy St. Patrick's Day!

3/24 - **NYAD**, PG-13, Biography/Drama/Sport

3/31 - **Two Weeks Notice**, PG-13, Romantic Comedy



MUSIC CLASSES with Sue McHand: Mondays

Current session through May 19th. New students welcome!

\$6 per class. Must call ahead for class placement.

Please pay cash or make checks payable to: Susan McHand

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

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

(Ukulele, Recorder, Percussion, and Vocals)



PITCH Wednesdays, Sign up is at 12:00pm.

Play time begins promptly at 12:30pm.

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

New people welcome.

REIKI Friday, March 7th by appointment

\$30 for 30min./\$60 60min. session. \$10 off your first session.

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

New people welcome, will teach.

SENATOR/STATE REP HOUR - Tuesday, March 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.

WATERCOLORS with Chris Sterritt

8-week session - wait list only.

January 8th through March 12th.

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, March 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 April 1st
Drop-ins welcome!

Tuesdays from 2:15 pm to 3:00 pm

March 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 for drop-ins.

Please call 566-5588 to reserve your spot.



"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

Current session through March 28th.

Drop-ins welcome!

Fridays from 2:15 pm to 3:15 pm

New 14-week session begins April 4th through July 25th.

No class on 4/18, 5/2, and 7/4.

Cost is \$80 for the 14-week session if paid in full and receive two free classes, or \$7 per class for drop-ins.



Making Music with Sue

12-week session through May 19th.

New students welcome!

Beginner Ukulele and Recorder

Mondays, 12:00 pm to 1:00 pm

Ensemble Class

Recorder, Ukulele, Percussion, and Vocals.

Mondays, 1:15 pm to 2:30 pm

Cost is \$60 for the 12-week session if paid in full, or \$6 per class for drop-ins.

New students must call ahead for placement.

Please pay cash or make checks payable to: Susan McHand



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

March 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 12:00 Ukulele & Recorder 12:30 Movie 1:00 Card Making 1:15 Music Ensemble	4 <u>Fat Tuesday</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	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>Reiki 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 12:00 Ukulele & Recorder 12:30 Movie 1:15 Music Ensemble	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 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 10:30 Mahjong 12:00 Lunch 2:15 Drumming
17 9:00 Knit/Crochet 9:15 Tai Chi-Cancelled 9:30 Bridge 10:30 Tai Chi-Cancelled 11:00 Common Threads 12:00 St Patrick's Lunch 12:00 Billiard League 12:00 Ukulele/Recorder-Cancelled 12:30 Movie—Cancelled 1:15 Music Ensemble-Cancelled	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 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub 12:30 Watercolors	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 & Learn 12:30 Reiki Demonstration 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 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
31 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 Ukulele & Recorder 12:30 Movie 1:15 Music Ensemble			 <p>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</p>	

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

March 2025

LUNCH MENU

Lunch served daily at 12pm. RSVP by 11am the day before calling 566-5588

Mon	Tue	Wed	Thu	Fri
3 Hamburger w/Cheese Ketchup Mushrooms & Onions Roasted Red Potatoes Wheat Burger Bun Mandarin Oranges Cal:728 Carb:87 Na:1105	4 Chicken Pot Pie Collard Greens Biscuit Topping Pear Crisp Cal:608 Carb:65 Na:676	5 <u>Soup & Sandwich</u> <u>High Sodium Meal</u> Dilly Egg Salad Chicken Vegetable Soup Three Bean Salad Club Roll Pudding w/Topping Cal:1125 Carb:106 Na:1456	6 Turkey w/Gravy Steamed Peas Butternut Squash Cornbread Muffins Fresh Fruit Cal:754 Carb:102 Na:990	7 Pierogis Sautéed Cabbage Parslied Carrots 12 Grain Bread Cookies Cal:624 Carb:97 Na:946
10 Ham w/Pineapple Sauce* Green Beans 1/2 Baked Sweet Potato Wheat Roll Fresh Fruit Cal:580 Carb:99 Na:804	11 <u>Soup & Sandwich</u> Classic Chicken Salad Coleslaw Butternut Bisque Club Roll Jello w/Topping Cal:656 Carb:80 Na:802	12 Chicken Marsala California Blend Veg Penne Noodles Italian Bread Chilled Applesauce Cal:545 Carb:78 Na:951	13 Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Sour Cream Tortilla Chips Chilled Pineapple Cal:743 Carb:72 Na:889	14 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Mixed Fruit Cal:576 Carb:81 Na:799
17 <u>St Patrick's Day</u> <u>High Sodium Meal</u> Corned Beef* Cabbage & Carrots Red Bliss Potatoes Rye Bread Pistachio Cake Cal:658 Carb:84 Na:1497	18 Chicken Fajitas Fajita Blend Veg Yellow Rice Sour Cream Wheat Tortilla Fresh Fruit Cal:505 Carb:60 Na:896	19 BBQ Pulled Pork Broccoli Slaw 1/2 Baked Sweet Potato Whole Wheat Burger Bun Cookies Cal:744 Carb:72/69 Na:952	20 Spaghetti & Meatballs Tossed Salad w/Ranch Garlic Bread Mixed Fruit Cal:628 Carb:74 Na:732	21 Butter Crumb Fish Tartar Sauce Steamed Peas Rice Pilaf Whole Wheat Bread Mandarin Oranges Cal:553 Carb:66 Na:645
24 American Chop Suey Roman Blend Veg Wheat Roll Rice Krispie Treat Cal:685 Carb:94 Na:662	25 Braised Pork w/Apple Gravy Steamed Peas Herb Roasted Potatoes Whole Wheat Bread Fresh Fruit Cal:826 Carb:103 Na:736	26 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Mixed Fruit Cal:805 Carb:95 Na:1090	27 <u>MLB Opening Day</u> <u>High Sodium Meal</u> Hot Dog w/Bun* Potato Salad Baked Beans Ketchup Jello w/Topping Cal:857 Carb:83 Na:1491	28 Fish Chowder Green Beans Oyster Crackers Applesauce Cal:524 Carb:66 Na:712
31 <u>Birthday Meal</u> Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Cupcake Cal:734 Carb:92 Na:958	<u>Key for Symbols:</u> Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg) Total Sodium & Calories include regular dessert, milk (100mg NA) and	<u>*Suggested Donation</u> Increased to \$3.00 per meal. Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.	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 . 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!	



The Friends of Hampden Seniors are hosting a Hartsprings Truck Event

Saturday, April 12th from 10:00 am to 1:00 pm



At Bethlehem Church, 123 Allen Street, Hampden, MA

Will accept all cloth items, such as clothing, including scrap sewing/quilting material, bedding, linens, towels, shoes, and purses. Books, kitchenware, breakable knickknacks, small appliances, small speakers, and sporting goods.

Toys must be boxed to be accepted. Table lamps will be accepted only if they are boxed and protected from breaking.

NO encyclopedias, textbooks, or baby items such as strollers, cribs, carriages, stuffed animals, or pillows.

This truck event is an opportunity to drop off all your larger bags or boxed items for Spring Cleanup. In doing so, you're also helping the Senior Center earn a small percentage based on the total weight of items received from Hartsprings for helping their cause.

There is no charge to drop off these items, however all monetary donations will be accepted and appreciated.

All proceeds from this event will benefit the needs of the Hampden Senior Center.

Our purple bin remains in our parking lot for your convenience to drop off donations any time you desire, however our bin is limited as to the size of the bag that you're able to fit in the opening. If the bin is full, and it's normal business hours for the Senior Center (M-F, 9-3), please let a staff member know and we will hold your items in the office until they can be picked up.

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.



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

Have you ever wondered what the Friends group does? Have you considered getting more involved with fundraising for the senior center? Do you pay your annual dues and wonder what that means or where that money goes?

Learn about the Friends and how their fundraising efforts support the senior center throughout the year and hear about current openings on the Friends Board and find out if becoming a board member is a good fit for you.

If interested, please contact Claudia Kapinos, president at 413-478-5462.

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!