

The Scantic Scribe



April 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

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 GSSI: Cheryl Delviscio
Cliff Bombard, Juanita Markham, Anne-Marie Villamaino

COA BOARD MEETING:

Tuesday, April 8th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, April 7th or 14th at 11:00 am (TBD)
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 the Senior Center.
We appreciate your support of our essential programs and services.

Greetings!

Spring is here! The weather is getting warmer and it's staying lighter later. All good news! April is Volunteer Appreciation month and here at the senior center we have the very best volunteers. Our senior center would not be what it is today without the dedicated volunteers who give of their time and talents to help on a daily basis. Thank you to all Hampden Senior Center Volunteers from all of the staff at the senior center. We appreciate you every day! Special thanks to Monique Downey for her years of service on the COA Board. Monique and her husband have moved away and we wish them all the best.

So much happening this month, be sure to read this newsletter cover to cover.

Thanks to those who donated to help pay for the school bus to bring Green Valley Preschool students to the senior center for an Intergenerational Program on April 8th. There's still time to get your name on the wall of buses. Stop at the reception desk for more information.

Enjoy the beauty of spring, Becky.....



Western New England Mad Science Presents

Science Behind Superheroes

Tuesday, April 8th at 9:30 am—10:30 am

Join us as we welcome MadScience and Green Valley Preschool for an intergenerational program all about Science and Superheroes!

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.



COVID Vaccine Clinic By appointment only:
Monday, April 28, 2025 from 1:00—3:00 PM



Who should receive a shot? The CDC recommends that previously vaccinated individuals 65 and older receive a second dose separated by 6 months regardless of vaccination history. This means if you received your last shot here at the senior center (or somewhere else) back in October 2024, you are eligible.

Please call your health care provider if you have specific questions about your personal situation and vaccine history.

By appointment only. Please call 566.5588 for scheduling.

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:**

***NEW INCOME GUIDELINES:**

1 person household—\$2,608; 2 person household—\$3,525

Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet monthly income guidelines.



- **Brown Bag:**

*** NEW INCOME GUIDELINES:**

1 person household—\$2,608; 2 person household—\$3,525

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, April 15th.



**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, April 16th 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: \$2,935 per month / Married: \$3,966 per month

There is no asset limit.

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



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

The Hampden Fire Department will be picking up the 5-gallon buckets that were delivered to residents who requested sand anytime from the end of April to the beginning of May.



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



Tri-Town Trolley Transportation Services, Monday - Friday, 9:00 am - 3:00 pm

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

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.

\$2 each way for in-town rides, \$4 each way for out-of-town rides. *Please call 525-5412 as soon as you make a medical appointment to schedule a ride. **Please have exact change. Thank you.***



Transfer Station Bags are available at the Hampden Senior Center

*Bags are sold in packages of 10. **Small Bags (16 gallon) \$15 ; Large Bags (33 gallon) \$30***



ART CORNER

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.

WATERCOLORS with Chris Sterritt

8-week session - *wait list only*.
January 8th through March 12th.
Wednesdays 9:30am-12:00pm & 12:30pm-3:00pm.



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



FITNESS

FUNCTIONAL FITNESS with Sue Kent

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

TAI CHI with Heather Duncan - Mondays

Advanced Session - 9:15am-10:15am.
Beginners Session - 10:30am-11:30am.
\$5 per class paid to instructor.

WEIGHT TRAINING with YMCA

Tuesdays, 9:30am-10:30am.
Save money and purchase a 10-class punch card at the Senior Center for \$40 or pay \$5 per class. Please pay cash, or make checks payable to: YMCA of Greater Springfield.

WEIGHT TRAINING with Jenn

Thursdays, 9:30am-10:30am. \$5 per class paid to instructor.

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.



The Friends of Hampden Senior Citizens 2025 meeting schedule

April 8th (Annual Meeting) at 3:00 pm
July 15th, October 14th

and December 9th. All are welcome to attend.

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.*



MOVIE MONDAYS

MOVIES: Mondays at 12:30pm

4/7 - **The Six Triple Eight**, PG-13, Drama/History/War
4/14 - **The Holiday**, PG-13, Charming/Feel Good/Comedy
4/21 - **CLOSED for Patriot's Day**
4/28 - **It Ends With Us**, PG-13, Drama/Romance



Trips with Bobbi

Flyers available at the Senior Center or via email.

Full Payment Deadlines are approx. 2 weeks before the event.

Tues, Apr 29 - The Aqua Turf Club;

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

Wed, May 14 - The Log Cabin;

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

Mon, July 14 - The Newport Playhouse;

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

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

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

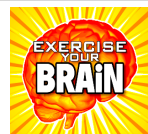
Mon, Dec 8 - The Aqua Turf Club;

"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



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 May 1st.

**Congratulations to Eileen Root and Rich Delviscio,
our lucky winners of the January/February Puzzle Pac.**



The Hampden Garden Club

will have guest speaker **Becky Sadlowski**
at Academy Hall,

Main Street, Hampden.

Thursday, April 17th at 7:00 pm

Becky will speak about growing colorful, home grown cut flowers. Becky and her husband founded Rooted Flowers, a specialty cut flower farm in Agawam.

Guest Fee is \$5.00 per person.

For more information, call Lil Fedora at 566-1137



Do you have Parkinson's Disease or you know someone who does?

PWR! Moves Group Exercise Classes,

A Parkinson-specific exercise class that "makes function exercise" to keep you moving and doing more of what you want to do! As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics, and flexibility.

Exercises are designed to improve your fitness, counteract your PD symptoms and increase your daily activity. This whole body, function-focused exercise class will push you to do more than you think you can in a fun, empowering, and enriched environment!

**With enough interest, classes will be on Mondays from 9:00 am to 10:00 am,
and will be led by Lisa Kern, OT, Reiki Master| Holistic Therapist**

Cost is \$10.00 per class. Please call 566-5588 to let us know if you are interested.

Did you know we have...



FREE Blood Pressure Clinic

Walk in 9:15 am to 10:45 am

Tuesdays with Ann Maggio, RN

Thursdays with Elms College Nursing Students



Chair Massage with Mindy

Tuesdays, April 8th & 22nd.

\$10 for 10 minutes. Please call 566-5588.



Facials with Diane Neill

2nd Thursday of every month.

April 10th by appointment.

Please call 566-5588 for appointment and pricing.



Foot Care with Deborah

Thursday, April 3rd.

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.



Reiki with Lisa

Friday, April 4th.

1st Friday of every month.

\$60 for a 60 minute session (recommended),
or \$30 for 30 minutes. Please call Lisa directly
at 413-455-6990 to schedule an appointment.



Common Threads

Led by Dr. Joan Tompkins

Come join our friendly group...

We share memories and learn new coping skills of how to deal with loss, loneliness, and adapting to life changes.

Established Group - Mondays from 11:00 am - 12:00 pm
Lunch together with group from 12:00 pm - 12:30 pm (optional)

New Members will meet at 12:30 pm to 1:30 pm

*Joan will share things with new members that the
existing group has already learned.*

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



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

New 12-week session April 8th through July 8th.

No classes 4/22 & 5/13. Drop-ins welcome!

Tuesdays from 2:15 pm to 3:00 pm

April 8th, 15th, & 29th

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 you can train and improve even as you age."

Cost is \$60 for the 12-week session if paid in full, or \$6 per class for drop-ins. Please call 566-5588 to reserve your spot.



**Elms College Nursing Students will be here Thursdays, in April,
from 9:15 am to 12:00 pm.** Students will do blood pressure screening, and provide educational health information.



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, April 7th, 1:00 pm to 3:00 pm

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



Crafts with Kim

We are happy to introduce Kim Keeton is a member
of our senior center who has years of crafting experience, first as
a junior high school teacher and later was the floral manager at
Michael's. Kim is offering the following classes in April, and you
can see samples of each project in our lobby.

Monday, April 7th from 1:00 pm to 3:00 pm

Easter Wreath or Lighted Tree

Cost is \$20 for either project. All materials are provided.

Monday, April 14th from 1:00 pm to 3:00 pm

Easter Snow Globe (makes a great gift for a grandchild)

Cost is \$10.00. All materials are provided.

Tuesday, May 6th from 1:00 pm to 3:00 pm

Bow Making

Cost is \$10.00. All materials are provided. If you would like to
make a bow with ribbon for a project you are working on, feel
free to bring it and use that during your class.

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



Ever wanted to try Scrapbooking?

Kim will hold an informational session to discuss what you need
for supplies and give suggestions on organizing your pictures.

If there is enough interest, Kim will offer classes so you can
personalize your scrapbook using her tools to make it unique.

Learn more about scrapbooking on

Tuesday, April 22nd at 1:00 pm

PLEASE



**HELP US STOCK OUR
SHELVES
with Toothpaste!**



Thank you to those that donated dish soap last month.
Every month we will target a different item to help fill monthly
Personal Needs Bags.

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



"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 beginning April 7th through June 30th.

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

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 accept donations of new or gently used clothing,
outerwear, accessories, and footwear.

We appreciate your ongoing generosity.

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






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

April 2025

Hampden Senior Center
104 Allen Street, Hampden MA



Mon	Tue	Wed	Thu	Fri
	1 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	2 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	3 <u>Footcare by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 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	4 <u>Reiki by Appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
7 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 1:00 Crafts w/Kim 1:15 Music Ensemble	8 <u>Chair Massage by Appt</u> 9:00 COA Board Mtg 9:00 Ladies Billiards 9:30 MAD SCIENCE 9:15 Blood Pressure 9:30 Weights —cancelled 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 3:00 Friends Annual Meeting	9 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	10 <u>Facials by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 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	11 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
14 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 Crafts w/Kim 1:15 Music Ensemble	15 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	16 8:30 Collate Scribe 9:30 Farmshare 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	17 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 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	18 CLOSED <i>GOOD FRIDAY</i> 
21 CLOSED PATRIOT'S DAY 	22 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:30 Bird Craft Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 1:00 Scrapbooking Info	23 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	24 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 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	25 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
28 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 COVID Vaccine Clinic 1:15 Music Ensemble	29 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	30 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	<div>  <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 to schedule an appointment.</p> </div>	

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

April 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>1</p> <p>Chicken Broccoli Alfredo* Steamed Spinach Orange Juice Whole Wheat Bread Fresh Fruit</p> <p>Cal:777 Carb:113 Na:1077</p>	<p>2 <u>Cold Plate</u></p> <p>Turkey & Swiss Coleslaw Macaroni Salad Club Roll Chilled Pineapple</p> <p>Cal:847 Carb:86 Na:1147</p>	<p>3 <u>Spring Holiday Meal</u></p> <p>Ham w/Pineapple Sauce* Green Beans 1/2 Baked Sweet Potato Wheat Roll Red Velvet Cake</p> <p>Cal:715 Carb:96 Na:1013</p>	<p>4</p> <p>Eggplant Parmesan* Tossed Salad w/Italian Penne w/Sauce Garlic Bread Applesauce</p> <p>Cal:810 Carb:99 Na:1177</p>
<p>7</p> <p>Pierogis Sauteed Cabbage Parslied Carrots 12 Grain Bread Fresh Fruit</p> <p>Cal:615 Carb:99 Na:886</p>	<p>8</p> <p>Lemon Chicken Steamed Broccoli Rice Pilaf Whole Wheat Bread Jello w/Topping</p> <p>Cal:537 Carb:50 Na:577</p>	<p>9</p> <p>Pot Roast w/Gravy Brussels Sprouts Mashed Butternut Whole Wheat Bread Mixed Fruit</p> <p>Cal:627 Carb:76 Na:449</p>	<p>10</p> <p>Mediterranean Turkey* Marinated Cucumber Salad Couscous Oatnut Bread Warmed Applesauce</p> <p>Cal:584 Carb:68 Na:750</p>	<p>11</p> <p>Salmon w/Dill Sauce California Blend Veg Roasted Red Potatoes Whole Wheat Bread Cookies</p> <p>Cal:633 Carb:75 Na:534</p>
<p>14</p> <p>Turkey w/Gravy* Green Beans Mashed Potatoes Oatnut Bread Fresh Bread</p> <p>Cal:720 Carb:88 Na:1016</p>	<p>15</p> <p>Chicken w/Orange Sauce Steamed Spinach White Rice Whole Wheat Bread Mandarin Oranges</p> <p>Cal:632 Carb:91 Na:948</p>	<p>16</p> <p>Cheeseburger Onions & Mushrooms Roasted Red Potatoes Hamburger Burger Bun Fresh Fruit</p> <p>Cal:756 Carb:95 Na:1100</p>	<p>17</p> <p>Lasagna w/Roasted Red Pepper Sauce Tossed Salad w/Ranch Garlic Bread Jello w/Topping</p> <p>Cal:607 Carb:68 Na:881</p>	<p>18 CLOSED</p> <p><i>Good Friday</i></p> 
<p>21 CLOSED</p> <p>PATRIOT'S DAY</p> 	<p>22 <u>Birthday Meal</u></p> <p>Chicken Cordon Bleu* Steamed Broccoli 1/2 Sweet Potato Wheat Roll Cupcake</p> <p>Cal:799 Carb:101 Na:1325</p>	<p>23</p> <p>Potato Pollock Fillet Coleslaw Steamed Corn Whole Wheat Bread Applesauce</p> <p>Cal:667 Carb:82 Na:812</p>	<p>24</p> <p>Beef Taco Bowls Tossed Salad w/Ranch Yellow Rice Tortilla Chips Cookies</p> <p>Cal:567 Carb:50 Na:512</p>	<p>25</p> <p>Ravioli w/Meat Sauce* Tossed Salad w/Italian Garlic Bread Fresh Fruit</p> <p>Cal:650 Carb:88 Na:1040</p>
<p>28</p> <p>Beef Stroganoff* Brussels Sprouts Egg Noodles Wheat Roll Cookie</p> <p>Cal:691 Carb:84 Na:954</p>	<p>29</p> <p>Hot Dog w/Bun* Potato Salad Baked Beans Mixed Fruit Ketchup/Mustard</p> <p>Cal: 840 Carb: 82 Na:1489</p>	<p>30</p> <p>Turkey Breakfast Sausage Spiced Applesauce Potatoes O'Brien French Toast* w/Syrup Orange Juice Fresh Fruit</p> <p>Cal:794 Carb: 130 Na: 872</p>	<p>*Suggested Donation Increased to \$3.00 per meal.</p> <p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p>	<p>The <u>voluntary donation</u> amount for lunch through GSSSI 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!</p>

Spring into ART

ART SHOW & SALE

APRIL 12 10:00-4:00 & 13 11:00-3:00

Reception: Sunday (noon - 2:00)

WIN a Stunning Handcrafted Pottery Piece!
Simply fill out an Invitation Entry Card - available on our website or from any Scantic River Artisan member - and bring it to the show to enter.

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

www.scanticriverartisans.com
email: info@scanticriverartisans.com

Scantic River
ARTISANS

Needle Felt Craft Class with Pop Up Art School

Tuesday, April 22, 2025 at 10:30 AM

Cost is \$12

Learn how to needle felt a bird with red accents, perched on a real branch. Pop Up Art School will show you the basics of how to needle felt wool roving. Leave the class with the basic supplies and knowledge to needle felt on your own. Needle felting is surprisingly easy, relaxing and fun!

Call 566.5588 to reserve your seat.



FLIP THE SCRIPT ON AGING: MAY 2025

May is Older Americans Month *Flip the Script on Aging, May 2025*

Save these Dates

More information will be available in the May Scribe.



FLIP THE SCRIPT ON AGING: MAY 2025

Fri., May 2nd at 11:30 am

Pizza and Proxies with Attorney Dave Carlson. Join Atty. Carlson to learn about important documents you should have in place. Fill out a Health Care Proxy form while you are here. **Call 566-5588 today to sign up.**

Enjoy a **FREE** pizza lunch sponsored by Gio's Pizzeria, JGS Lifecare & Bluebird Estates.

Thu., May 8th at 11:30 am

Falls Prevention Program and **FREE** lunch sponsored by The Reserve. Sandwich, chips and dessert. **Call 566-5588 today to reserve your seat.**

Fri., May 9th at 12:30 pm

Reiki Presentation

Wed., May 14th at 9:30 am

Live to 100: Secrets of the Blue Zone Video Part 1 & Guest Speaker Sue Kent

Fri., May 16th 12:00-2:00 pm

Pro Shred Event in the parking lot from 12:00—2:00 PM

Fri., May 16th at 6:00 pm

Fundraising Event: Jewelry Making Class with Nan

Mon., May 19th at 12:30 pm

Movie: Thelma

Wed., May 21st at 9:30 pm

Live to 100: Secrets of the Blue Zone Video Part 2 & Guest Speaker Tara Hammes, Nutritionist

Thu., May 22nd at 12:30 pm

BINGO with the Hampden Fire Department

Wed., May 28th at 9:30 pm

Donuts with Jason Burgener, Hampden Veteran Services Officer

Fri., May 30th at 12:30 pm

Drumming Concert



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.

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



Sponsored by:

Friends of Hampden Senior Citizens

Fundraiser Workshop

Friday, May 16th 6-8pm

Cost \$25.00

104 Allen St., Hampden, Ma 01036

**Learn the art of Polymer Clay with Nan Hurlburt
and create your own unique Pendant!**



Proceeds to benefit Hampden Senior Center Programs...Please call 413-566-5588 for your reservation.

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!