

The Scantic Scribe



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

COA BOARD MEETING:

Tuesday, May 6th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Monday, May 12th 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!

Welcome to Older Americans Month! We have a full schedule of new and exciting programs and events for you to take part in this month. Check out the full schedule on the last 2 pages of the Scribe and be sure to sign up early as events will fill quickly. The Annual Town Meeting will take place at Thornton Burgess Middle School on Monday, May 12th at 7:00 PM. This is a great opportunity for Hampden residents to get informed about town projects and the town budget.

Thanks to those who have donated to and shopped at the "Come What May" boutique in the senior center lobby. We appreciate your generosity and support.

Enjoy this month and all the great programs we have scheduled for you.

Becky.....



May is Older Americans Month Flip the Script on Aging

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. This year's theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging.

It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

We can all participate here at the Hampden Senior Center by attending any of the exciting programs we have planned. Your name will be entered into a raffle prize drawing for each program you attend.

Please see the schedule on the back page of the Scribe.



Save the Date: June 6, 2025

Get Organized with Bonnie Borromeo Tomlinson

Back by popular demand, Bonnie Borromeo Tomlinson, author of "Stop Buying Bins & other blunt but practical advice from a home organizer" And "Stop Pushing Perfection and just create a home you can actually keep neat", will be here to talk about downsizing, creating organization systems for your lifestyle, decorating and much more.

Bonnie's books will be available for purchase.
Call 566.5588 TODAY to sign up.



Sponsored by Kempf -Vanderburgh Realty Consultants
Elyana Bassell, and Hannah Kennedy



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.

- **D&R Farm**



Winter Farm Share; PICK-UP is on Wednesday, May 21st 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. Shares are limited.



COMING SOON SUMMER FARM SHARE from July through October

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. New applications for Summer Farm Share are required and must be completed, and submitted to Wendy by May 15th. Please let us know if you need your shares delivered. Shares are limited.

- **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, May 20th.

- **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 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 are available for pickup Monday—Friday from 10AM-2PM. Please call Wendy at 566.5588 with any questions.



What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all 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.



MEMORY CAFÉ EVERY FRIDAY AT 10:15 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 if you would like more information about the café. **Sponsored by: Friends of Hampden Senior Citizens, and private donations.**

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.

Current session ends May 7th. New Session May 14th—July 2nd.
Wednesdays 9:30am-12:00pm & 12:30pm-3:00pm.

BILLIARD ROOM

Billiards League	Off for the Summer
Mon, Wed & Fri:	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.

WORKOUT 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.



MOVIE MONDAYS

MOVIES: Mondays at 12:30pm

5/5 - **LIFT**, PG-13, Action/Comedy/Crime/Thriller
5/12 - **La Dolce Villa**, TV-14, Comedy/Romance
5/19 - **Thelma**, PG-13, Comedy/Action
5/26 - **CLOSED** for Memorial Day



May/June Puzzle Pacs

Keep your brain healthy and sharp!

Return your puzzle pack to the Senior Center by **June 30th** for a chance to win. Drawing will be held on July 1st.

Winners for the May/June Puzzle Pac will be announced in the July Scribe.

Trips with Bobbi



Flyers available at the Senior Center or via email.

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

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

“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 Garden Club



Welcomes guest speaker

Bonnie Powers to present on Good Bugs—Bad Bugs at Academy Hall, Main Street, Hampden.

Thursday, May 15th at 7:00 pm

This program will describe beneficial & pest insects that gardeners encounter.

Guest Fee is \$5.00 per person.

For more information, call Lil Fedora at 566-1137



The Garden Club Annual Plant Sale/Memorial Day, May 26th

8:00 A.M.—12:00 noon, Rain or Shine

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

PWR! Moves Group Exercise Classes with Lisa Kern, OT, Reiki Master/Holistic Therapist

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!

Classes will be held on Mondays from 9:00 am to 10:00 am, beginning on May 5th.

Lisa Kern, OT, Reiki Master/Holistic Therapist

Pre-paid rate for 8 classes: \$65 Drop in rate: \$10.00 per class.

Please call 566-5588 to sign up.



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 Karen Blair, RN



Chair Massage with Mindy

May 13th & 27th by appointment

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



Facials with Diane Neill

2nd Thursday of every month.

May 8th by appointment.

Please call 566-5588 for appointment and pricing.



Foot Care with Deborah

NO FOOTCARE IN MAY, will return June 5th.

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 Sunscreen

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.



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.



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

12-week session continues through July 8th.

No class 5/13. Drop-ins welcome!

Tuesdays from 2:15 pm to 3:00 pm

Classes in May will be on the 6th, 20th, & 27th

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 \$6 per class for drop-ins.

Please call 566-5588 to reserve your spot.

Create a Greeting Card with Ellie!

Come and discover endless possibilities for creating your own personal greeting cards. Learn new techniques each month.

Monday, May 5th, 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

Bow Making Class

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

Cost is \$10. All materials are provided. If you would like to use your own ribbon, you are welcome to bring it.

Summer Wreath

Tuesday, May 13th from 1:00 pm to 3:00 pm

Cost is \$25.00. All materials provided.

Scrapbooking Class

May 6th—June 10th

Tuesdays, from 10:00 am to 12:00 pm

Please bring 7-8 photographs, scissors, a tape runner and any stickers you may wish to use. Paper will be provided.

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

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

If you have any seashells you would like to donate for the June craft class, please drop them off at the senior center.



“African Drumming”

with Jason

Drop-ins welcome!

14-week session through July 25th.

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

Fridays from 2:15 pm to 3:15 pm

Cost is \$7 per class for drop-ins.

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



Making Music

New instructor, Amy Scott, will begin an 8 week ukulele session starting on Monday, June 2nd.

Cost is \$50 for the session if paid in full or \$7 per class for drop in students.

Call today to sign up and register.

More information coming in the June Scribe or call Tina at 566.5588 w/questions.

Current ukulele students are welcome to come on Mondays in May at 1:00 to practice.



Are you interested in singing in a choral group? Please let us know by calling 566.5588.



The Scantic River Artisans present:

Scratchboard Art

Scratchboard art is a drawing technique where one uses a sharp tool to scratch away a dark surface to reveal a white or colored layer underneath, thus creating images with white lines (or areas) on a dark background.

Join artist, Cathy Guidetti, who will host a workshop in “Scratchboard Art”. She will demonstrate and teach participants to create a beautiful piece of unique art. All are welcome.

When: May 29th, 2025, Thursday, 6:00-7:30PM

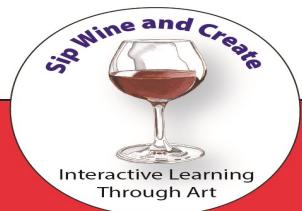
Where: 104 Allen Street, Hampden, MA

(Community Room, Hampden Sr. Center)

Cost: \$20 (Includes all materials plus instruction)

Signup-contact: Laura Salerno- LEQSALENO@gmail.com

Visit our website at: www.scanticriverartisans.com



Pleasant View Senior Center Trunk Sale Fundraiser

Saturday, May 31st from 9:00 am - 2:00 pm Rain Date: Sunday, June 1st.

328 North Main Street, East Longmeadow

Come shop or set up a trunk with your household items for sale! For those that would like to sell items, parking spots are \$25 each per vendor or 2 spaces next to each other for \$40 per vendor.

You keep your earnings! Call Linda at 413.627.8509 for information about becoming a vendor.

*All proceeds from purchased parking spaces will go to the Alzheimer's Association.

Mon	Tue	Wed	Thu	Fri	
	<p></p> <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>		<p>1</p> <p>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</p>	<p>2</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 11:30 Pizza & Proxies 12:00 Lunch 2:15 <u>NO Drumming</u></p>	
5	<p>9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Common Threads 12:00 Lunch 12:00 Billiard League 12:30 Movie 1:00 Card Making</p>	<p>6 9:00 COA Board Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Senator/State Rep 10:00 Scrapbook Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 1:00 Crafts w/Kim 2:15 Lamar's Class</p>	<p>7</p> <p>9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>8 <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 11:30 Falls Prevention 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga</p>	<p>9</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
12	<p>9:00 PWR!Moves 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>13 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Scrapbook Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 1:00 Crafts w/Kim 2:15 Lamar's Class</p>	<p>14</p> <p>9:30 <u>Live to 100</u> 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>15 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</p>	<p>16</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:00—2:00 ProShred 2:15 Drumming</p> <p>6:00 Jewelry Making Fundraiser w/Nan</p>
19	<p>9:00 PWR!Moves 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 & HPD</p>	<p>20</p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Scrapbook Class 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</p>	<p>21</p> <p>8:30 Collate Scribe 9:30 Farmshare 9:30 Live to 100 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>22 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 w/ Fire Dept 12:30 Mexican Train 1:00 Mat Yoga</p>	<p>23</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming</p>
26	<p>CLOSED FOR MEMORIAL DAY</p> <p></p>	<p>27 <u>Chair Massage Appt</u></p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Scrapbook Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>28</p> <p>9:30 <u>Donuts w/ Jason</u> 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors</p>	<p>29 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</p>	<p>30</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Drumming Concert 2:15 Drumming</p>

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

May 2025

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Total Sodium & Calories include regular dessert, milk (100mg NA) and</p>	<p>*Suggested Donation Increased to \$3.00 per meal.</p> <p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p>	<p>The voluntary donation 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>	<p>1 Shrimp Scampi Tossed Salad w/Italian Spaghetti Noodles Garlic Bread Fresh Fruit</p> <p>Cal:727 Carb:76 Na:1015</p>	<p>2 Lunch Provided by Gio's, JGS Lifecare & Bluebird Estates</p> <p>Gio's Cheese Pizza Tossed Salad Dessert</p>
<p>5 Potato Pollock Fillet w/ Tartar Sauce Coleslaw Steamed Corn Whole Wheat Bread Cookies</p> <p>Cal:771 Carb:94 Na:868</p>	<p>6 Cold Plate Egg Salad Broccoli Slaw Balsamic Pasta Salad Club Roll Chilled Peaches</p> <p>Cal:969 Carb:100 Na:989</p>	<p>7 Mediterranean Turkey Marinated Cucumber Salad Couscous Oatnut Bread Apple Crisp</p> <p>Cal:786 Carb:109 Na:846</p>	<p>8 Lunch Provided by The Reserve</p> <p>Deli Sandwich Potato Chips Dessert</p>	<p>9 Mother's Day Meal Ham w/Pineapple Sauce Green Beans 1/2 Baked Sweet Potato Wheat Roll Pound Cake w/berries</p> <p>Cal:747 Carb:124 Na:780</p>
<p>12 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Pudding w/topping</p> <p>Cal:739 Carb:106/100 Na:1074</p>	<p>13 Fish Chowder Green Beans Oyster Crackers Mandarin Oranges</p> <p>Cal:525 Carb:66 Na:706</p>	<p>14 Cold Plate Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad Whole Wheat Pita</p> <p>Cal:783 Carb:83 Na:874</p>	<p>15 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Spiced Peaches</p> <p>Cal:607 Carb:68 Na:881</p>	<p>16 BBQ Pulled Pork Coleslaw Baked Beans WW Burger Buns Cookies</p> <p>Cal:686 Carb:71 Na:1173</p>
<p>19 Spaghetti & Meatballs Steamed Broccoli Italian Bread Fresh Fruit</p> <p>Cal:549 Carb:84 Na:720</p>	<p>20 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Mixed Fruit</p> <p>Cal:805 Carb:95 Na:1090</p>	<p>21 Cold Plate Chef Salad * w/Ham & Turkey Macaroni Salad Whole Wheat Bread Jell-O w/Topping</p> <p>Cal:667 Carb:82 Na:812</p>	<p>22 Chicken Cordon Bleu* Parslied Carrots Garlic Mashed Potatoes Whole Wheat Bread Cupcakes</p> <p>Cal:818 Carb:100/88 Na:1379</p>	<p>23 Butter Crumb Fish Green Beans 1/2 Baked Sweet Potato Whole Wheat Break Mandarin Oranges</p> <p>Cal:534 Carb:63 Na:610</p>
<p>26 CLOSED FOR MEMORIAL DAY</p> 	<p>27 Memorial Day BBQ Hamburger w/Cheese Onions & Mushrooms Roasted Red Peppers Wheat Burger Bun Jell-o w/topping</p> <p>Cal: 723 Carb: 79 Na:1146</p>	<p>28 Lemon Chicken Steamed Broccoli Mashed Potatoes Multigrain Bread Mixed Fruit</p> <p>Cal:671 Carb: 77 Na: 876</p>	<p>29 Salmon w/Dill Sauce Asparagus Spears Rice Pilaf Whole Wheat Bread Fresh Fruit</p> <p>Cal:677 Carb: 86 Na: 478</p>	<p>30 America Chop Suey Roman Blend Veggies Wheat Roll Fudge Round Cookies</p> <p>Cal: 685 Carb:94 Na:662</p>



Sponsored by:

Friends of Hampden Senior Citizens

Fundraiser Workshop

Friday, May 16th 6-8pm

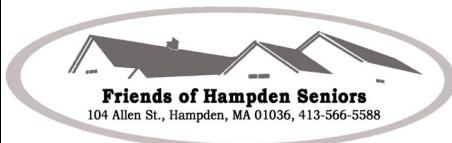
Cost \$25.00

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 Hartsprings Fundraiser

Your donations help kids succeed through Big Brothers Big Sisters youth mentoring programs and 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 tell a staff member.

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!



May is Older Americans Month

Flip the Script on Aging, May 2025



The 2025 Older Americans Month theme is **Flip the Script on Aging** which focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Please call 413.566.5588 to register for any of the events listed below.

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. Complete a Health Care Proxy form and enjoy a *FREE pizza lunch* sponsored by Gio's Pizzeria, JGS Lifecare & Bluebird Estates.
FREE Lunch/Presentation
Pizza Lunch

Thu., May 8th at 11:30 am **Falls Prevention Program and FREE lunch sponsored by The Reserve.** Join staff from The Reserve for a *FREE* tasty lunch and important information about preventing falls.
FREE Lunch/Presentation
Sandwich, chips, dessert

Wed., May 14th at 9:30 am **Live to 100: Secrets of the Blue Zone Video Part 1 & Guest Speaker Sue Kent** "Live to 100: Secrets of the Blue Zones" is a Netflix docuseries that follows author Dan Buettner as he travels to five "Blue Zones" – regions where people live exceptionally long and healthy lives – to uncover the secrets to longevity and a fulfilling life. You will watch the first 2 segments of the documentary and enjoy a presentation from Sue Kent about how exercise and movement are a beneficial part to a long life. Stay for a delicious lunch of Mediterranean Pasta Salad.
Video & Presentation
Mediterranean Pasta Salad

Fri., May 16th;12:00-2:00 pm **Pro Shred Event in the parking lot from 12:00—2:00 PM** The Friends of Hampden Senior Citizens are sponsoring this *FREE* community shredding event. Please note there is a limit of 5 paper boxes per person.
Community Event

Fri., May 16th at 6:00 pm **Fundraising Event: Jewelry Making Class with Nan** Join Nan Hurlburt, Jewelry Designer and Artist, to learn the art of Polymer Clay. Enjoy a glass of wine and light refreshments while you create your own unique pendant. This fundraiser event will support programs and services at the Hampden Senior Center. Cost \$25.00 per person.
Fundraiser Event

Mon., May 19th at 12:30 pm **Movie: Thelma, Rated PG-13 & a visit from Det. Jason Roath, HPD** Come and enjoy this movie about Thelma Post, a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her. Just prior to the movie, Detective Roath from the Hampden Police Department will speak briefly on elder fraud and staying safe from scams.
Movie & Popcorn



May is Older Americans Month

Flip the Script on Aging, May 2025



Wed., May 21st at 9:30 am **Live to 100: Secrets of the Blue Zone Video Part 2 & Guest Speaker**

Video & Presentation

Chef Salad

Tara Hammes, Nutritionist

"Live to 100: Secrets of the Blue Zones" is a Netflix docuseries that follows author Dan Buettner as he travels to five "Blue Zones" – regions where people live exceptionally long and healthy lives – to uncover the secrets to longevity and a fulfilling life. You will watch the last 2 segments of the documentary and enjoy a presentation from Tara Hammes, a nutritionist who will talk with you more about the Blue Zone foods and how a healthy diet can help you live a longer life. Stay for a delicious Chef Salad lunch.

Thu., May 22nd at 12:30 pm **BINGO with the Hampden Fire Department**

Lunch/BINGO

Chicken Cordon Bleu

Join the Hampden Fire Department for a lively game of BINGO as they educate us on fire safety and prevention and learn about some of the programs offered through the fire department. Lots of great prizes and giveaways!

Wed., May 28th at 9:30 am **Donuts with Jason Burgener, Hampden Veteran Services Officer**

Stop in for a **FREE Donut Dip donut** and meet Hampden VSO Jason Burgener. You do not have to be a Veteran to attend this event.

Wear Red, White and Blue for an extra ticket in the raffle basket.

Fri., May 30th at 12:30 pm **Drumming Concert**

Lunch/Concert

American Chop Suey

The Drumming group invites you to come and hear what they have been learning in their Friday afternoon classes. Refreshments sponsored by MercyLIFE.

All events are FREE unless otherwise noted.

Lunch is a \$3.00 suggested donation to Greater Springfield Senior Services, Inc. (GSSI)

Please call 413.566.5588 to pre-register for all programs. Space is limited.

Attend any of the above programs, and your name will be entered into a raffle prize drawing.

The winner will be chosen at the end of May.

The more events you attend, the more chances you have to win!