

June 2025

# The Scantic Scribe

## HAMPDEN SENIOR CENTER

104 ALLEN STREET, HAMPDEN, MA 01036

413-566-5588 (phone); 413-566-2103 (fax); [www.hampdenma.gov](http://www.hampdenma.gov)

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



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

Call us with your email address!

### SENIOR CENTER STAFF

**Rebecca Moriarty, Executive Director**

[coa@hampdenma.gov](mailto:coa@hampdenma.gov)

**Wendy Cowles, Outreach Coordinator**

[outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)

**Tina Doran, Program & Volunteer Coord**

[scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)

**Sharon Woodin, Receptionist**

**Joi Giuggio, Receptionist**

[receptionist@hampdenma.gov](mailto:receptionist@hampdenma.gov)

**Rudie Voight, Custodian**

### COA BOARD MEMBERS

**Chair:** Deborah Mahoney

**Vice Chair:** Deanna Vermette

**Treasurer:** Nancy Willoughby

**Secretary:** Marty Jacque

**Rep to GSSI:** Cheryl Delviscio

Cliff Bombard, Juanita Markham,

Anne-Marie Villamaino

### COA BOARD MEETING:

**Tuesday, June 10th at 9:00 am**

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

### BUILDING COMMITTEE MEETING:

To Be Determined. Call for information.

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!

It is hard to believe we have reached the half way point of 2025!

Join us for our Summer Kick Off event on June 18th complete with a delicious meal and great entertainment. Check out the Summer Raffle Basket in the lobby and buy your tickets at the front desk.

Many thanks to everyone in town who attended town meeting and voted in favor of the warrant article for the senior center. Plans for a new roof, bathroom upgrades and septic repairs are now underway. We are pleased to have the support of the town for needed repairs to this beautiful building. Stay tuned!

The Council on Aging board is seeking new members. If you are interested please reach out to me or to any of the board members listed in the Scribe.

There are so many great things happening this month. Hope to see you soon.

Becky.....



## Summer Kickoff Luncheon with Gary & Natalie Jones

Wednesday, June 18, 2025 at 12:00 noon

Join us as we kick off summer with a delicious BBQ chicken lunch provided by Greater Springfield Senior Services, delicious dessert provided by The Reserve, raffle prize from JGS Lifecare and fantastic entertainment with Gary & Natalie Jones.

Please call 566-5588 to reserve your seat. Cost is \$6.00 per person.

(\$3 for entertainment and \$3 suggested donation for lunch)

Raffle prizes donated by JGS Lifecare.



## Summer Basket Raffle

sponsored by the Friends of Hampden Seniors

& Inspired by our friend Cindy O'Sullivan

This raffle basket is centered around a beautiful new summer hat that belonged to Cindy and contains cookies, sunscreen, a teapot with tea & honey, a beautiful quilt, sunscreen, sunglasses and so much more.

The basket is on display in the senior center lobby and tickets are available for purchase at the desk. \$2.00 for one ticket and \$5.00 for three tickets.

Cindy was a great supporter of the Hampden Senior Center and we are happy to keep her legacy alive with this summer basket raffle.



## "Come What May" Boutique...

In the senior center lobby & great room 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 Senior Center.



Like us on  
**Facebook**

# 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](mailto:outreach@hampdenma.gov) for information.

- **D&R Farm**



**FINAL Winter Farm Share; PICK-UP is on Wednesday, June 18th 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.**

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, June 17th**

- **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.**

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 10:15 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 at 566-5588 if you would like more information.

**Sponsored by: Friends of Hampden Seniors & private donations.**



## **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**



## **HELP US STOCK OUR SHELVES with Dish Soap**

Thank you to those that donated sunscreen 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.**



## 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

7-week session - wait list only.

New Session in Progress: May 14th—July 2nd. **No class 6/18.**  
Wednesdays 9:30am-12:00pm & 12:30pm-3:00pm.

## BILLIARD ROOM

Billiards League:	Off for the summer
Mon, Weds, 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.

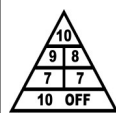
### WORKOUT with Jenn

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.



## Calling all Shuffleboard players!!

**The courts are open!**

**Mondays at 10:00 AM**

Come and join us for a friendly game or come and learn how to play if you're new to the sport.  
Call Tina at 566-5588 with any questions.



## Greeting Cards with Ellie returns in JULY!

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

**Monday, July 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.

## FUN AND GAMES AND MORE

### Mondays

Knitting & Crocheting at 9:00 AM

Bridge at 9:30 AM

### Tuesdays

Bunco at 12:00 PM

### Wednesdays

Trivia at 10:00AM

Pitch sign up from 12:00-12:15 PM; play begins at 12:30.

Rummikub at 12:30 PM

### Thursdays

BINGO at 12:30 PM

Mexican Train Dominoes at 12:30 PM

### Fridays

Quilting from 9AM-3PM

MahJong at 10:30 AM



## MOVIE MONDAYS

**MOVIES:** Mondays at 12:30pm

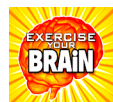
6/2 – **Operation Mincemeat**, PG-13, Drama/Suspense/War

6/9 – **Wedding Planner**, PG-13, Comedy/Romance

6/16 – **The Life List**, PG-13, Comedy/Drama/Romance

6/23 – **Spanglish**, PG-13, Romantic Comedy/Drama

6/30 – **The Fundamentals of Caring**, TV-MA, Comedy/Drama



## 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.***



## Canasta Games coming to the Senior Center

With enough interest, a Canasta game will be added to the weekly schedule.

Call Tina at 566-5588 for more information.

## Ukulele Classes with Amy Scott

A new 8 week ukulele session starts on Monday, June 2nd.

No class June 23rd.

**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.*



*Beginner Lessons—12:15 PM—1:15 PM*

*Advanced Lessons—1:30 PM—2:30 PM*



## CHORAL GROUP

Are you interested in singing in a choral group? Please let us know by calling 566-5588.



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

## **PWR! Moves Group Exercise Classes on Mondays from 9:00 AM—10:00 AM**

**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!

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**

June 3rd & 17th by appointment \$10 for 10 minutes.

Please call 566-5588.

#### **Facials with Diane Neill**

2nd Thursday of every month. June 12th by appointment.

Please call 566-5588 for appointment and pricing.



#### **Foot Care with Deborah**

**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.*



### **Living Stronger... Longer...**

**with Lamar Moore**

**12-week session continues through July 8th.**

*Drop-ins welcome!*

**Tuesdays from 2:15 pm to 3:00 pm**

Classes in June will be on the 3rd, 10th, 17th and 24th.

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.



### **Common Threads**

**Led by Dr. Joan Tompkins**

*Group meets weekly to share experiences while supporting each other. Sometimes, they just laugh and enjoy each other's company. It's a great time for socializing.*

**Established Group - Mondays from 11:00 am - 12:00 pm**

*Lunch together with group from 12:00 pm - 12:30 pm (optional)*

*\$3.00 suggested donation for lunch*

**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.***

## **Crafts with Kim**

### **Scrapbooking Class**

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

All are welcome! Stop procrastinating and plan ahead!

Memory books make great gifts for family and friends!

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

Cost is \$10 per class.

Kim will provide scrapbooking paper and all the tools necessary to make your book gift-worthy.

### **Summer Floral Basket**

**Tuesday, June 10th from 1:00 pm to 3:00 pm**

Cost is \$20 per project. All materials are provided.

### **Seashell Mirror Craft**

**Tuesday, June 24th from 1:00 pm to 3:00 pm**

Cost is \$15.00 per project. All materials provided.

Projects are on display in the lobby.



### **“African Drumming” with Jason**

*Drop-ins welcome!*

Current 14-week session run through July 25th,  
but drop-ins are always welcome! *No class on 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.

Please call 413-566-5588 for additional information

# June 2025

Hampden Senior Center  
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi - Beg 11:00 Common Threads 12:00 Lunch 12:15 Ukulele—Beginner 12:30 Movie 1:00 NO Card Making 1:30 Ukulele—Advanced 3:00 Smart Phone Class	<b>3</b> <u>Chair Massage 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	<b>4</b> 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	<b>5</b>  <b>Foot Care by appt</b> 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	<b>6</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch <b>12:30 Get Organized Presentation</b> 2:15 Drumming
<b>9</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi - Beg 11:00 Common Threads 12:00 Lunch 12:15 Ukulele—Beginner 12:30 Movie 1:30 Ukulele—Advanced	<b>10</b> 9:00 COA Board Mtg 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA <b>10:00 Senator/State Rep</b> 10:00 Scrapbook Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch & Presentation 12:00 Bunco 1:00 Mat Yoga 1:00 Crafts w/Kim 2:15 Lamar's Class	<b>11</b> 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	<b>12</b>  <b>Facials by Appt</b> 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	<b>13</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch <b>12:30 Edward Jones Lunch &amp; Learn</b> 2:15 Drumming
<b>16</b> <u>Craft Room Closed</u> 9:00 PWR!Moves <b>9:00 NO Knit/Crochet</b> 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi—Beg 11:00 Common Threads 12:00 Lunch 12:15 Ukulele—Beginner 12:30 Movie 1:30 Ukulele—Advanced	<b>17</b> <u>Chair Massage by Appt</u> <b>Craft Room Closed</b> 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 <b>12:30 Brown Bag</b> 1:00 Mat Yoga 2:15 Lamar's Class	<b>18</b> <u>Craft Room Closed</u> <b>8:30 Collate Scribe</b> 9:30 Farmshare <b>9:30 NO Watercolors</b> 10:00 Trivia <b>12:00 Summer Kick Off Luncheon</b> <b>12:00 NO Pitch</b> 12:30 Rummikub <b>12:30 NO Watercolors</b>	<b>19</b> <div>Senior Center Closed</div>	<b>20</b> <u>Craft Room Closed</u> <b>9:00 NO Quilting</b> 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch <b>12:30 "Rightsizing" Lunch &amp; Learn</b> 2:15 Drumming
<b>23</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi—Beg 11:00 Common Threads 12:00 Lunch 12:15 <b>NO</b> Ukulele—Beginner 12:30 Movie 1:30 <b>NO</b> Ukulele—Advanced	<b>24</b> <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	<b>25</b> 9:30 Pickleball Info Session 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	<b>26</b> 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 BINGO 12:30 Acrylic Painting 12:30 Mexican Train 1:00 Mat Yoga	<b>27</b>  9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch <b>12:30 MASS EDP Lunch and Learn</b> 2:15 Drumming
<b>30</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi—Beg 11:00 Common Threads 12:00 Lunch 12:15 Ukulele—Beginner 12:30 Movie 1:30 Ukulele—Advanced	<div>  <p>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.</p> </div>			<div>  <p><b>Veteran Service Officer</b>  <b>Jason Burgener</b>            Jason's office hours are at the Hampden Townhouse  <b>Wednesdays, 9:00 am to 4:00 pm</b>            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**

# June 2025

## LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<b>2</b> Cape Cod Tuna Salad Pickled Beets Mandarin Oranges Club Roll  Cal:583 Carb:74 Na:978	<b>3</b> Ravioli w/ Meat Sauce Tossed Salad w/ Italian Garlic Bread Fresh Fruit  Cal:650 Carb:88 Na:1040	<b>4</b> Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Mixed Fruit  Cal:577 Carb:80 Na:816	<b>5</b> Turkey w/Gravy Green Beans Mashed Potatoes Oatnut Bread Reg/Diet Cookies  Cal:720 Carb:88 Na:1016	<b>6</b> Balsamic Chicken Brussels Sprouts Rice Pilaf Whole Wheat Bread Chilled Peaches  Cal:628 Carb:93 Na:941
<b>9</b> Lasagna w/Roasted Red Pepper Sauce Steamed Broccoli Whole Wheat Bread Reg/Diet Cookies  Cal:538 Carb:78 Na:762	<b>10</b> <b>Pasta Lunch  sponsored by  Villa Napoletana</b>	<b>11</b> Chicken Piccata Tossed Salad w/Italian Rice Pilaf Garlic Toast Mixed Fruit  Cal:726 Carb:80 Na:1022	<b>12 High Sodium</b> Hot Dog w/Bun* Broccoli Salad Baked Beans Fresh Fruit  Cal:787 Carb:87 Na:1272	<b>13</b> <b>Deli Sandwich  Lunch  sponsored by  Edward Jones</b>
<b>16 Cold Plate</b> Ham & Swiss Tomato Onion Salad English Pea Salad Club Roll Mixed Fruit  Cal:705 Carb:75 Na:1010	<b>17</b> Shrimp Scampi California Blend Veg Spaghetti Noodles Whole Wheat Bread Reg/Diet Cookies  Cal:639 Carb:73 Na:1028	<b>18 Summer BBQ</b> BBQ Chicken* Potato Salad Steamed Corn Wheat Hamburger Bun Fresh Fruit  Cal:746 Carb:104 Na:1232	<b>19</b> <b>Senior  Center  Closed</b>	<b>20</b> Pierogis Sauteed Cabbage Parslied Carrots 12 Grain Bread Reg/Diet Pudding  Cal:708 Carb:105 Na:1089
<b>23</b> Turkey Breakfast Sausage Spiced Applesauce Potatoes O'Brien French Toast w/Syrup Fresh Fruit & OJ Cal:794 Carb:130 Na:872	<b>24 Cold Plate</b> Deviled Egg Salad Lettuce/Tomato Barley Raisin Salad Whole Wheat Roll Chilled Peaches  Cal:840 Carb:93 Na: 881	<b>25</b> Beef Taco Bowl Tossed Salad w/Ranch Yellow Rice Tortilla Chips Reg/Diet Cookies  Cal:622 Carb:53 Na:632	<b>26 Birthday Meal</b> Meatloaf w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Cupcake Cal:734 Carb:92 Na:958	<b>27</b> Indian Style Butter Chicken Steamed Spinach White Rice Wheat Pita Bread Mandarin Oranges Cal:749 Carb:87 Na:1018
<b>30</b> Salmon Dill Salad Marinated Cucumber Salad Potato Salad Oatnut Bread Reg/Diet Cookies Cal:856 Carb:73 Na:874		The <u>voluntary donation</u> amount for lunch through GSSSI has increased to <b>\$3.00</b> . 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!	<div> <b>Key for Symbols:</b>  Cal = Total Calories  Carb = Total Carbs  Na = Total Sodium  *Higher Sodium  content (&gt;500mg)    <b>Total Sodium &amp; Calories</b>  include regular dessert,  milk (100mg NA) and </div>	<div> <b>*Suggested Donation  Increased to  \$3.00 per meal.</b> </div> <div> Special concerns  regarding sodium,  contact the nutritionist  at GSSSI by calling  781-8806 x1136. </div>

# Friends of Hampden Senior Citizens



**SAVE THE DATE:**  
**Friends of Hampden Senior Citizens**  
**Quarterly Meeting**

**July 15, 2025 at 3:00PM at the Hampden Senior Center.**

**The Friends are currently seeking new members.**

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?

Come to a Friends meeting or contact  
Friends President, Claudia Kapinos at 413.478.5462  
for more information.



**Friends of Hampden**  
**Senior Citizens HUGE**  
**Indoor Tag Sale Coming SOON!**

Save the Date! The Friends Tag Sale event  
returns at the end of August and will last for three  
weeks! Watch for more details in the coming months.  
All proceeds from this event will benefit senior center  
programs and activities.

**Interested in donating items for this sale?**

Items can be dropped off at the Senior Center starting the week  
of July 28th. Clothing, shoes, household items, etc.

We cannot accept large items or furniture pieces.

Thank you in advance for your support of this great fundraiser  
and watch for details about the sale coming next month.



## **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!***



# Special Guest Presentations in June



## How Smart is your Smart Phone? Monday, June 2nd at 3:00 pm

As part of a year-end civics project, students from Wilbraham Middle School will give a **FREE** presentation on how to use your smartphone .

**Learn how to:** Take or Access Photos, and how to Add to Contacts & Scan a QR Code

- ♦ Send a Text, and learn Common Text Abbreviations, Play Music / Download Apps
- ♦ Change the Wallpaper (picture) on your screen / or change the Background Color on your screen

**All are welcome!** Please call 566-5588 to sign up now. Space is limited.

**IT'S  
A GREAT  
TIME TO  
DECLUTTER  
YOUR LIFE**

TIPS ON HOW TO GET STARTED

## Get Organized with Bonnie Borromeo Tomlinson

**Friday, June 6<sup>th</sup> at 12:30 pm**

Join author and expert organizer Bonnie Borromeo Tomlinson for a workshop on decluttering, organizing, and creating systems that work for you! Join us to explore:

- How to thoughtfully downsize your possessions and create organizing systems that work!
- How to use what you have instead of buying new and financially profit from your castoffs.
- How to live an organized life that doesn't involve constant maintenance!

This is a **FREE** program. Books will be available for purchase. 1 for \$14.95/any 2 for \$25.00.

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

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



**Kempf  
Vanderburgh**  
Realty Consultants

## Stroke Awareness Lunch & Learn with Amy Villalobos-Schold

**Tuesday, June 10<sup>th</sup> at 12:00 pm**

Enjoy a free lunch from Villa Napoletana and learn about recognizing the signs of having a stroke, the recovery process, and what it entails, with a focus on prevention.

**Sponsored by Villa Napoletana**

Please call 566-5588 to reserve your spot.

## Long-term Care Solutions with Pat Sherman from Edward Jones Lunch and Learn

**Friday, June 13<sup>th</sup> at 12:00 pm**

Once you've determined how long-term care expenses may impact your financial goals, the next step is to understand what options you have to cover these expenses.

Come and enjoy a **FREE catered lunch** and learn about long-term care solutions.

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

Sponsored by Pat Sherman, Financial Advisor from Edward Jones.



## Rightsizing your Home

**Friday, June 20<sup>th</sup> at 12:30 pm**

A **FREE** presentation by Elyana Bassell and Hannah Kennedy of Kempf-Vanderburgh Realty Consultants.

Have you considered downsizing your home, or "rightsizing" as we like to call it, and are not sure of where to begin? Elyana and Hannah will walk you through the process, including: How to make your home "show" ready, what things you could update or fix to give you the greatest return on your investment, how to properly price your home, and how to navigate the market of selling and buying at the same time.

Light refreshments will be served.

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



**Kempf  
Vanderburgh**  
Realty Consultants





## Introducing the Lobby Learning Program

Don't have time to come in and sit for a long presentation? We understand! Lobby Learning is aimed at welcoming businesses and organizations to provide helpful information to you.

You are welcome to stop in to pick up information and speak one-on-one with representatives in the senior center lobby and stay for as long as you need to get your questions answered.

Perhaps there is an organization you would like us to welcome? Please let us know.

- **Thursday, June 5th; 9:30—11:00 AM: Bluebird Estates**, Learn about Bluebird Estates Independent Living.
- **Thursday, June 12th; 9:30—10:30 AM: FCP Live In-Home Care**, Find out about in home care to help you or a loved one.
  - **Friday, June 27th; 12:30—2:00 PM: MassEDP program (this table will be set up in the great room)**  
A state program under the 911 Department offers specialized phone equipment for anyone that lives in MA and has a permanent disability, including but not limited to hearing & vision impairments and mobility issues.  
Come and learn about iPhones and equipment that may be FREE to you.



## Important Update: Federal Meals on Wheels Eligibility Changes Effective June 1, 2025

Beginning June 1, 2025, Greater Springfield Senior Services' federal Meals on Wheels program will update its eligibility criteria to better prioritize those with the greatest need. Eligible individuals must meet all of the following criteria:

**Age:** The individual is 60 years of age or older.

**Homebound:** The individual cannot leave their home without assistance and is generally confined to their home.  
Individuals who drive (at all) are not eligible for Meals on Wheels.

**Limited Ability to Prepare Meals:** The individual cannot prepare meals due to physical, mental, or functional limitations.

**Lack of Other Supports:** The individual does not have access to other resources, such as active family members, caregivers, PCA, or other in-home care supports.

These updates ensure that Meals on Wheels services are directed to those most in need, particularly those who are truly homebound and lack other support.

For more information or to discuss specific eligibility, please contact  
Greater Springfield Senior Services at 413-781-8800.



### Trips with Bobbi

*Flyers available at the Senior Center or via email.  
Full Payment Deadlines are approx. 2 weeks before the event.*

**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](mailto:bobbijg2@charter.net)**



### Pickleball Anyone?

The Hampden Senior Center is partnering with the town's Parks & Recreation Department to offer a pickleball court time for seniors 60 and older.

Mary Grasseti is coming to explain the game and tell you what all the hype is about!

Please join us for an info session with Mary on

**Wednesday, June 25th at 9:30 am**

Please call 566-5588 to let know you'll be joining us.



### **SAVE THE DATE: Saturday, August 23, 2025**

Alzheimer's Benefit Dinner Dance with Entertainment  
provided by: **Off the Record**

Brush off your dancing shoes and get ready for the event of the year!  
Proceeds from this event will support the Alzheimer's Association.  
Watch for information coming in the next Scribe.

# Community News

## Hampden Garden Club

Garden Tour Sat June 21, 2025 at Wistariahurst  
238 Cabot Street, Holyoke.

Meet at 11:30 at Academy Hall, Hampden to carpool.

Tour starts promptly at 1:00 and is for gardens only.

Fee is \$12.00 per person.

Please contact Lil Fedora at 566-1137 to let her  
know that you are planning to attend.



## Hampden Board of Health 413-566-2151 x102

Current Transfer Station Permits Expire on July 1st.

New Permits on Sale starting

May 23, 2025. Current permit expires 7/1/2025.

\$70/\$35 second, \$40 Senior/\$20 second

Please contact Laurie at 566.5588 x102 in the  
Board of Health office for more information.

## *Nurse Notes*

As the seasons change, we need to worry about emerging health risks. As we spend more time outdoors, we are at risk for contracting Lyme disease. As the weather warms up people may engage in outdoor activities that put them at risk for contracting Lyme disease a consequence of a tick bite. Lyme disease occurs soon after being infected, when the Lyme disease bacteria are still close to the site of the tick bite. It is helpful to know that Lyme disease can cause a variety of unrelated symptoms throughout your body. If you develop symptoms such as a rash, or mild flu-like symptoms especially after a tick bite or spent time in an area where Lyme disease is common, you should be tested for it.

If earlier signs are missed and not treated symptoms can appear months later. months or years after a tick bite, without ever having had or noticed symptoms of early infection.

Stay aware! ~Sheila Rucki PhD, PCNS, BC

# Celebrate **ART** Scantic River Artisans Present: **7TH ANNUAL JURIED ART SHOW**

## June 21 & 22, 2025

**&  
SALE!**

Enter a  
Chance to  
Win an Art  
Piece!

**June 21 - (12 - 5)**

**June 22 - (11 - 3)**

**Reception: June 22 - (12-2)**

**Awards: June 22 - (2 PM)**

**104 Allen St. Hampden MA**

**Community Room/Hampden Sr. Center**

**Art Demo &  
Refreshments  
& Music**

Thank you to our sponsors:  
Affordable Waste Solutions  
Blick Art Materials  
In a Flash Photography  
La Cucina  
Monson Savings Bank  
The Friends of Hampden Seniors  
RAH (Recreation Assoc. of Hampden)

ScanticRiver  
ARTISANS

**For information, visit: [www.scanticriverartisans.com](http://www.scanticriverartisans.com)**