

July 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, July 8th 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!

The summer months are flying by and we have packed this newsletter with great programs and information for you. The senior center AC is on and ready for you to stay cool while the temperatures outside heat up.

This month be sure to sign up to enjoy an Ice Cream Social, check out the Lobby Learning events and try your hand at Pickleball, Ballroom Dancing or maybe a music class!

There are so many great programs to keep you busy.

The Senior Center will be closed on Friday, July 4th. We all hope you have a safe and fun Independence Day Weekend. BECKY.....



### Ice Cream Social

sponsored by

**Vantage at Hampden**



Join us on Friday, July 18th at 12:30 PM for

Ice Cream complete with whipped cream, sprinkles and a cherry on top!

Also joining us will be the newly crowned Ms. Massachusetts in the Senior America Pageant, Laura Hicks!

This is a FREE event, but we need to know that you're coming.

Please call 566-5588 to sign up.



Dog Days of Summer

### The Dog Days of Summer Luncheon

Friday, August 1, 2025 at 12:00 noon.

Join us for a hot dog lunch and yummy cake for dessert while you listen to the great music of **Baird Souls**.

Cost is \$6.00 per person.

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

Sign up before July 25th to reserve your seat.

Hot Dogs provided by Mountain View Restaurant and

Cake provided by Vantage at Hampden. Thank you, Sponsors!!



### Alzheimer's Benefit Dinner Dance with Entertainment

provided by: **Off the Record**

**Saturday, August 23, 2025 at 5:30 PM**

Brush off your dancing shoes and get ready for the event of the year! Enjoy a stuffed chicken breast dinner, and delicious dessert while supporting a great cause.

Proceeds will support the Alzheimer's Association.

**SIGN UP TODAY to reserve your seat. Cost is \$30 per person paid in advance.**

Ticket price includes: appetizers, dinner, dessert, entertainment, and one free drink.

Call 566-5588 to secure your ticket or with questions.

This event is generously sponsored by: Monson Savings Bank, Great Horse, Tudor House Liquors



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



### SUMMER FARM SHARE Wednesday, July 16th

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.



**Good News! HIP benefits have increased to \$40.00 per month!** This means that if you have SNAP benefits, you will now be eligible to receive your Farm Share TWICE per month. If you are interested in increasing your Farm Share to TWICE per month, you will need to fill out a new application with Wendy before July 11th. Please call for more 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, July 15th**

## • Registry of Motor Vehicles:

If you have RMV related questions, or need help with processing RMV applications online including license and registrations, please call Wendy at 566-5588 to make an appointment.

## • Personal Needs Closet:



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.



### **Medicare Savings Program**

The 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 at 566-5588 if you would like more information.

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



### **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.**



### **Veteran Service Officer : Jason Burgener**

Jason's office hours at the **Hampden Townhouse: Wednesdays, 9:00 am to 4:00 pm**  
Please call Jason directly at 413-640-0540 to schedule an appointment.



## 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

On Summer Vacation. See you in the fall.



## 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.



## FREE Pickleball Clinic

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

**Wednesday, July 9th, from 9:30 am to 11:30 am**  
**At Thornton Burgess Middle School (TWB)**  
**85 Wilbraham Road, Hampden, MA**

Dennis Windoloski from Edge Pickleball is graciously volunteering his time to offer a free pickleball clinic, teaching beginners the rules of the game and how to play it. We will continue to have court time at TWB every Wednesday from 9:30 am to 11:30 am for seniors.

More information will be provided at the clinic.  
Please call 566-5588 to let us know you'll be joining us.

## FUN AND GAMES AND MORE

### Mondays

Knitting & Crocheting at 9:00  
Bridge at 9:30  
Shuffleboard at 10:00

### Tuesdays

Bunco at 12:00

### Wednesdays

Trivia at 10:00AM  
Pitch sign up from 12:00-12:15  
Rummikub at 12:30

### Thursdays

BINGO at 12:30  
Dominoes 12:30

### Fridays

Quilting from 9-3  
MahJong at 10:30



## Ukulele Classes with Amy Scott



*The current session continues through July 28<sup>th</sup>.  
Drop-ins are welcome!*

**The NEW 8-week session will begin on Monday, August 18<sup>th</sup>.**

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

**Beginner Ukulele – 12:15 pm to 1:15 pm**  
**Advanced Ukulele – 1:15 pm to 2:15 pm**

Please call 566-5588 to sign up for classes or the new session.



## "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.

## MOVIE MONDAYS: Mondays at 12:30pm

**7/7— The Miracle Club**, PG-13, Comedy/Period Drama

**7/14—Nonnas**, PG, Comedy

**7/21—Operation Mincemeat**, PG-13, Drama/Suspense/War

**7/28— Back in Action**, PG-13, Spy/Action/Comedy



## Greeting Cards with Ellie

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.



## July/August Puzzle Pacs

**Keep your brain healthy and sharp!**

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



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**

July 1st & 15th by appointment \$10 for 10 minutes.

Please call 566-5588.



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

**On Summer Vacation!**



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

**July 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.

*Gift Cards are Available.*

### **Living Stronger... Longer... with Lamar Moore**



**Current session ends July 15th.**

**New session starts on July 22nd.**

*Drop-ins welcome!*

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

Classes in July will be on the 8th, 15th, 22nd and 29th.

No class July 1st.

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 \$50 per session or \$6 per class for drop-ins.

Please call 566-5588 to reserve your spot.



### *Common Threads*

**Led by Dr. Joan Tompkins**

*Come join this friendly group...*

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

**Please join us on Mondays, from 12:30 pm to 1:30 pm**

Please call 566-5588 to let us know you're coming.

There is no charge to join All are welcome.

### **Crafts with Kim**

#### **Scrapbooking Class**

**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 \$10 per class.

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

#### **Sunflower Basket Arrangement**

**Tuesday, July 8th from 1:00 pm to 3:00 pm**

Cost is \$15 per project. All materials are provided.

#### **Beehive Sunflower Wreath**

**Tuesday, July 22nd from 1:00 pm to 3:00 pm**

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

Projects are on display in the lobby.  
Please call 566-5588 to reserve your spot. Space is limited.

### **NEW CLASS!**

#### **Ballroom Dance for Balance and Longevity!**

**8-week session, July 10<sup>th</sup>, through August 28<sup>th</sup>.**

**Thursdays, from 2:00 pm to 3:00 pm**

Social dance classes led by Amy Villalobos-Schold, a skilled occupational therapist. Focused on strengthening, stability, and modifications... so you can dance! Beginners and singles welcome!

Cost is \$60 per person for the 8-week session if paid in full  
or \$10 for drop-ins.

Please call 566-5588 to reserve your spot.



Please call 413-566-5588 for additional information

# July 2025

Hampden Senior Center  
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
	<b>1</b> <b>Chair Massage Appt</b> 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	<b>2</b> 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>3</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>4</b> 
<b>7</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 12:00 Lunch 12:15 Ukulele—Beginner 12:30 Common Threads 12:30 Movie 1:00 Card Making 1:30 Ukulele—Advanced	<b>8</b> <b>9:00 COA Board Mtg</b> 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>9</b> <b>9:30 Pickleball Clinic at TWB</b> 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>10</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 2:00 Ballroom Dance	<b>11</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
<b>14</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 Common Threads 12:30 Movie 1:30 Ukulele—Advanced	<b>15</b> <b>Chair Massage by Appt</b> 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 <b>12:30 Brown Bag</b> 1:00 Mat Yoga 2:15 Lamar's Class	<b>16</b> 9:30 Pickleball @ TWB 9:30 Farmshare 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>17</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 2:00 Ballroom Dance	<b>18</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Ice Cream Social 2:15 Drumming
<b>21</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 Common Threads 12:30 Movie 1:30 Ukulele—Advanced	<b>22</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Scrapbook Class 10:45 Mobile App Presentation 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>23</b> <b>8:30 Collate Scribe</b> 9:30 Pickleball at TWB 10:00 Trivia 10:30 Assessors Visit 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>24</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 2:00 Ballroom Dance	<b>25</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:15 Drumming
<b>28</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 Common Threads 12:30 Movie 1:30 Ukulele—Advanced	<b>29</b> 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>30</b> 9:30 Pickleball @TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>31</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 2:00 Ballroom Dance	

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

**\*Suggested Donation  
Increased to  
\$3.00 per meal.**

# July 2025

## LUNCH MENU

Special concerns  
regarding sodium,  
contact the nutritionist  
at GSSSI by calling  
781-8806 x1136.

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

Mon	Tue	Wed	Thu	Fri
<p>The <u><b>voluntary donation</b></u> amount for lunch through GSSSI has increased to <b>\$3.00</b>. Your support of the meal site is greatly appreciated.</p> <p>If you have any questions about the donation change, please call GSSSI at 413.781.8800. Thank you!</p>	<p><b>1</b></p> <p>Mac &amp; Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Fresh Fruit</p> <p>Cal:599 Carb:86 Na:812</p>	<p><b>2</b></p> <p>Butter Crumb Fish Tartar Sauce Green Beans 1/2 Baked Sweet Potato Whole Wheat Bread Mandarin Orange</p> <p>Cal:534 Carb:63 Na:610</p>	<p><b>3</b> 4th of July BBQ</p> <p>Hamburger w/Cheese Onions &amp; Mushrooms Ketchup Roasted Red Potatoes Wheat Burger Bun Red White &amp; Blue Cake</p> <p>Cal:810 Carb:104 Na:1188</p>	<p><b>4</b></p> 
<p><b>7</b></p> <p>American Chop Suey Roman Blend Veg Wheat Roll Fudge Round Cookie</p> <p>Cal:732 Carb:97 Na:654</p>	<p><b>8</b> Cold Plate</p> <p>Egg Salad Broccoli Slaw Balsamic Pasta Salad Club Roll Reg/Diet Jello w/topping</p> <p>Cal:948 Carb:87 Na:1012</p>	<p><b>9</b></p> <p>Rose Chicken * Parslied Carrots Penne Pasta Whole Wheat Bread Fresh Fruit</p> <p>Cal:575 Carb:85 Na:930</p>	<p><b>10</b></p> <p>Salmon w/Dill Sauce Broccoli Rice Pilaf Whole Wheat Bread Applesauce</p> <p>Cal:629 Carb:100 Na:1379</p>	<p><b>11</b></p> <p>Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Mixed Fruit</p> <p>Cal:805 Carb:95 Na:1090</p>
<p><b>14</b></p> <p>Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Peach Crisp</p> <p>Cal:764 Carb:88 Na:656</p>	<p><b>15</b></p> <p>Creamy Chicken Pesto Pasta Tossed Salad w/Italian Garlic Bread Fresh Fruit</p> <p>Cal:774 Carb:87 Na:1178</p>	<p><b>16</b> Cold Plate</p> <p>Turkey &amp; Swiss Tomato Onion Salad Macaroni Salad Club Roll Applesauce</p> <p>Cal:869 Carb:74 Na:1165</p>	<p><b>17</b> Birthday Lunch</p> <p>Chicken Cordon Bleu Parslied Carrots Garlic Mashed Potatoes Whole Wheat Bread Reg/Diet Cupcake</p> <p>Cal:818 Carb:100 Na:1379</p>	<p><b>18</b></p> <p>BBQ Pulled Pork Coleslaw Baked Beans WW Burger Bun Reg/Diet Cookies</p> <p>Cal:681 Carb:71 Na:1164</p>
<p><b>21</b></p> <p>Meatloaf w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Cookie</p> <p>Cal:634 Carb:77 Na:788</p>	<p><b>22</b></p> <p>Cape Cod Chicken Salad Pickled Beets Potato Salad Wheat Burger Bun Reg/Diet Jello w/topping</p> <p>Cal:746 Carb:70 Na: 945</p>	<p><b>23</b> National Hot Dog Day</p> <p>Hot Dog w/Bun Broccoli Slaw Baked Beans Fresh Fruit Ketchup/Mustard</p> <p>Cal:781 Carb:85 Na:1409</p>	<p><b>24</b></p> <p>Mediterranean Turkey Cucumber Salad Couscous Oatnut Bread Apple Crisp</p> <p>Cal:786 Carb:109 Na:846</p>	<p><b>25</b></p> <p>Fish Chowder Green Beans Oyster Crackers Mandarin Oranges</p> <p>Cal:525 Carb:66 Na:706</p>
<p><b>28</b></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><b>29</b> National Lasagna Day</p> <p>Lasagna w/Marinara Sauce Steamed Broccoli Whole Wheat Bread Reg/Diet Cookies</p> <p>Cal:505 Carb:80 Na:909</p>	<p><b>30</b></p> <p>Chicken Piccata Tossed Salad w/Italian Rice Pilaf Garlic Toast Fresh Fruit</p> <p>Cal:748 Carb:87 Na:1019</p>	<p><b>31</b></p> <p>Crab Cake w/ tartar Coleslaw Steamed Corn Whole Wheat Bread Reg/Diet Jello w/topping</p> <p>Cal:623 Carb:79 Na:1148</p>	<p><b>Key for Symbols:</b> Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (&gt;500mg)</p> <p><b>Total Sodium &amp; Calories include regular dessert, milk (100mg NA) and</b></p>

# Special Guest Presentations in July

## A Visit from the Hampden Assessors: Real Estate Tax Exemptions

**Wednesday, July 23rd at 10:30 AM**

Please call 566-5588 to let us know you are coming to the presentation.

The Town of Hampden offers Real Estate Tax Exemptions for those who qualify. Applications are currently being accepted by the Assessor's Office for FY2026. The deadline to apply for an exemption is April 1st.

Please contact the Assessor's Office for more information at (413) 566-2151 ext. 106.

The Assessor's office hours are Monday – Thursday from 9:00am to 2:00pm.

### **Senior Exemption (Clause 41C) - \$750.00**

To qualify for this exemption, you must be 70 years or older, have been a resident of Massachusetts for at least 10 years, own and occupy the home for at least 5 years, and meet the income and asset requirements.

The annual income cannot exceed \$20,000 for a single person and \$30,000 for a married couple. Total assets as of July 1st cannot exceed \$30,000 for a single person and \$35,000 for a married couple.

### **Blind Exemption (Clause 37) – \$437.50**

To qualify for this exemption, you must be legally blind own and occupy the property as of July 1st.

### **Surviving Spouse of a Police Officer or Firefighter (Clause 42 & 43) – Full Tax Exemption**

To qualify for this exemption, you must be the surviving spouse or a minor child of a Police Officer or a Firefighter who was killed in the line of duty. Applicant must own the property as of July 1st.

### **Veteran Exemption (Clause 22) – \$800.00**

The veteran must have a service-connected disability rating of 10% or higher, have been a Massachusetts resident for at least 1 year, and own the property as of July 1st.

### **Veteran Exemption (Clause 22E) – \$2,000.00**

The veteran must have a service-connected disability rating of 100%, have been a Massachusetts resident for at least 1 year, and own the property as of July 1st.

### **Surviving Spouse of a Veteran Exemption (Clause 22D)**

#### **Full Tax Exemption**

The veteran must have died as a direct result from an injury sustained or an illness contracted during their time in active duty. The surviving spouse must own the property as of July 1st, have been domiciled in Massachusetts at least 5 consecutive years before applying for the exemption, or the deceased veteran or service or guard member must have been domiciled in Massachusetts at least 6 consecutive months before entering the service.

## **Property Tax Deferral – (Clause 41A) Partial or Full Deferral of Real Property Tax**

This is an option for someone who is struggling to pay their taxes and wants to stay in their home. To qualify, you must be 65 years or older, have been a resident of Massachusetts for at least 10 years, own and occupy the home for at least 5 years, and meet the income requirements. Anyone with interest in the property must sign off on the deferral and the deferred taxes must be repaid with 8% interest.



## **Lobby Learning**

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, July 10th; 9:30—11:00 AM; Trinity Health Mercy LIFE**

**Thursday, July 24th; 9:15—11:00AM; Everyday Tech Support**



## **Learn how to use a Grocery Store App on your Smartphone**

**Tuesday, July 22nd at 10:45 am**

Dale Schroyer from *Everyday Tech Support* will give a presentation on how to use a Big Y or Stop & Shop grocery app on your smartphone.

Save money, and learn how to clip coupons that are only available when using the app.

This is a FREE presentation.

Please call 566-5588 to reserve a seat.



**Transfer Station  
Sticker  
& Bag Price Update**

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

Current Transfer Station Permits Expire on July 1st. New Permits on sale now.

Current permit expires 7/1/2025. \$70/\$35 second permit, \$40 Senior/\$20 second permit

**BAG PRICE INCREASE** as of July 1st: Large Bags \$40; Small Bags \$20.

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





**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.**

**Stop in and see what the Friends do and how you can help!**

For more information or questions about the Friends or how to get more involved, please contact

Friends President, Claudia Kapinos at 413.478.5462.



**Friends of Hampden Senior Citizens**  
**HUGE Indoor Tag Sale**

**August 25th—September 14th**

Cleaning out your closets? Interested in donating items?

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 Tag Sale.

Proceeds will benefit senior center programs and activities.



**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 bobbiq2@charter.net**



**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!***



# SNAP ELIGIBILITY GUIDELINES

**ONE PERSON HOUSEHOLD:  
\$2,608/MONTH**

**TWO PERSON HOUSEHOLD:  
\$3,525/MONTH**

IF YOU BELIEVE YOU QUALIFY TO RECEIVE SNAP BENEFITS BASED ON THE INCOME GUIDELINES ABOVE, **PLEASE CALL WENDY AT 413.566.5588** FOR MORE INFORMATION OR TO APPLY FOR THIS BENEFICIAL PROGRAM.

THE HAMPDEN SENIOR CENTER IS A DTA OUTREACH PARTNER AND CAN WORK WITH YOU TO MAXIMIZE YOUR BENEFITS.



**ALL SNAP PARTICIPANTS ARE ELIGIBLE TO RECEIVE A PERSONAL NEEDS BAG FROM THE HAMPDEN SENIOR CENTER PERSONAL NEEDS CLOSET. CALL WENDY AT 566.5588 FOR MORE INFORMATION.**

# PERSONAL Needs Closet



The Personal Needs Closet program provides eligible participants with a monthly pre packed bag of personal items for daily living.

Bags differ from month to month, but can include items such as toilet paper, facial tissue, bar and hand soap, laundry detergent, sanitizing wipes and more.

This program is funded with SNAP outreach partner reimbursements, SIG state grant funding through MCOA and private donations.

- ✓ If you have SNAP, you're eligible for a monthly bag.
- ✓ SNAP income guidelines are on the back of this flyer.
- ✓ You do not need to be a Hampden resident.
- ✓ Have questions? Give us a call.



Contact Us:  
**413.566.5588**



Email Wendy:  
**outreach@hampdenma.gov**

**CALL TODAY!**