

August 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!



Greetings! We hope you are enjoying the summer and doing your best to stay cool and hydrated in this heat!

The COA Board is seeking new members. Please contact us if you have any interest in serving on this Advisory Board.

Many thanks to Melissa Moriarty and Alison Buesing for their amazing work repainting the shuffleboard courts. Many hours went into this project and we are grateful for the time and effort they put into bringing the courts back to life. Shuffleboard players are here on Mondays at 10:00 AM, but the courts are available anytime the center is open. Stop by to play!

Thank you to Bethlehem Church for hosting a collection box for items for the Personal Needs Closet. If you know of a local business or organization that would be interested in hosting a collection, please let us know. Enjoy the summer! See you soon. Becky.....



### 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. Sign up today to reserve your seat.

Hot Dogs provided by Mountain View Restaurant and Cake provided by Vantage Health and Rehab at Hampden.

### 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 any questions.

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

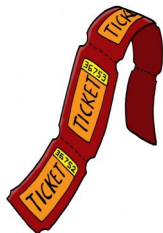


### Alzheimer's Association Benefit Raffle

**August 11th—August 22nd in the Hampden Senior Center Lobby.**

Come and see all of the amazing raffle prizes that are up for grabs in our annual benefit raffle for the Alzheimer's Association. Tickets are 6 for \$5.00 and can be purchased at the front desk.

Raffle prizes include LEGO sets, Gift cards, Gift Baskets and more!



#### 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 GSSSI:** Cheryl Delviscio

Cliff Bombard, Juanita Markham,

Anne-Marie Villamaino

#### COA BOARD MEETING:

**Tuesday, September 9th, 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:

ZOOM Password:

#### **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.**

# 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:** D & R Farm is offering fresh produce twice a month, FREE with SNAP/HIP if you qualify! If you do not qualify for SNAP/HIP, you may purchase a share for \$40 cash per month. New applications for Summer Farm Share are required. Contact Wendy if you haven't submitted your application. Please let us know if you need your shares delivered. To sign up, please call Wendy at 566-5588 or email [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov). **PICK-UP Wednesdays, August 6<sup>th</sup> and 20<sup>th</sup>.**

## • 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, August 19th**

## • 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 Mouthwash.**

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.***



## **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.



## Pickleball at Thornton Burgess

85 Wilbraham Road

**Three time slots available on Wednesday mornings:**

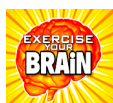
**8:00 AM—9:30 AM, 9:30 AM—11:00 AM or 11:00AM-12:30PM.**

You must call the senior center to sign up and let us know your preferred time slot.

This program is primarily for new players and beginners looking to learn the rules of the game.

**Please call 566-5588 to let us know you'll be joining us and schedule your court time.**

Thanks to Hampden Park & Rec Department for making this time available for the Senior Center.



## 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



*Drop-ins are welcome!*

**The NEW 8-week session August 18th—October 20th.**

*No classes on 9/1 & 10/13*

### New Times:

#### Beginner Ukulele – 11:45 pm to 12:45 pm

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

#### Advanced Ukulele – 1:00 pm to 2:30 pm

Cost is \$80 for the session.

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



## “African Drumming” with Jason

### NO Drumming in August

New 14-week session begins

September 5<sup>th</sup> through December 12<sup>th</sup>

*No class on 11/28.*

All are welcome! No previous experience necessary.

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

### **NEW TIME\*\* Fridays from 2:00 pm to 3:00 pm**

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

## MOVIE MONDAYS: Mondays at 12:30pm

- 8/4 **Grown Ups** PG-13, 1h 42m, Slapstick Comedy  
8/11 **The Intern** PG-13, 2h 01m, Comedy/Drama  
8/18 **Red Eye** PG-13, 1h 25m, Psychological Thriller/Suspense  
8/25 **Instant Family** (2018), PG-13, 1h 59m, Comedy/Drama



## Greeting Cards with Ellie

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

**Monday, August 4th, 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.*

Winners: Eileen Root – March/April; MaryAnn Cilley – May/June

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 or Ruth Haley, RN  
Thursdays with Karen Blair, RN

#### **Chair Massage with Mindy**

August 12th & 26th by appointment  
\$10 for 10 minutes.  
Please call 566.5588



#### **Facials with Diane Neill On Summer Vacation!**

#### **Foot Care with Deborah August 7th**

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**

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

Classes in August will be on the 5th, 12th, 19th and 26th.

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.

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.

#### **Crafters Choice!**

#### **Floral Mirror Arrangement or Seashell Frame**

**Tuesday, August 12<sup>th</sup> from 1:00 pm to 3:00 pm**

Cost is \$10 for each project. All materials are provided.

Projects are on display in the lobby.

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

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

*Current session through August 28<sup>th</sup>.*

**Thursdays, from 2:15 pm to 3:15 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!

**Next 8 week session: September 18<sup>th</sup>—November 6<sup>th</sup>**

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

# August 2025

Hampden Senior Center  
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
				<b>1</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Dog Days of Summer Luncheon with Baird Souls
<b>4</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 11:45 Ukulele—Beginner 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Card Making 1:00 Ukulele—Advanced	<b>5</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 & Presentation 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class	<b>6</b> <b>9:30 Farmshare</b> Pickleball @ TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>7</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 2:15 Ballroom Dance	<b>8</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
<b>11</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 11:45 Ukulele—Beginner 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced	<b>12</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 1:00 Mat Yoga 2:15 Lamar's Class	<b>13</b> Pickleball @ TWB 9:30 Farmshare 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>14</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 2:15 Ballroom Dance	<b>15</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
<b>18</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 11:45 Ukulele—Beginner 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced	<b>19</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 1:00 Scratchboard Art Class 2:15 Lamar's Class	<b>20</b> <b>8:30 Collate Scribe</b> <b>9:30 Farmshare</b> Pickleball at TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>21</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 2:15 Ballroom Dance	<b>22</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
<b>25</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 11:45 Ukulele—Beginner 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced	<b>26 TAG SALE</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 1:00 Mat Yoga 2:15 Lamar's Class	<b>27 TAG SALE</b> Pickleball @TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>28 TAG SALE</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 2:15 Ballroom Dance	<b>29 TAG SALE</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch



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

# August 2025

## LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<p>The <b><u>voluntary donation</u></b> 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>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>	<p><b>*Suggested Donation Increased to \$3.00 per meal.</b></p> <p><b>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</b></p>		<p><b>1</b></p> <p><b>HSC STAFF PREPARED</b> <b>"Dog Days of Summer"</b></p> <p>Hot Dogs Baked Beans Macaroni Salad Cake</p>
<p><b>4</b> Nat'l Choc Chip <b>Cookie Day</b> Cape Cod Tuna Salad Broccoli Slaw White Bean Cucumber Salad Club Roll Reg/Diet Cookies <b>Cal:714 Carb:73 Na:1088</b></p>	<p><b>5</b> Turkey Breakfast Sausage Spiced Applesauce Potatoes O'Brien French Toast w/Syrup Fresh Fruit Orange Juice <b>Cal:794 Carb:130 Na:872</b></p>	<p><b>6</b> Indian Style Butter Chicken Steamed Spinach Coconut Rice Wheat Pita Bread Mandarin Oranges <b>Cal:826 Carb:88 Na:1185</b></p>	<p><b>7</b> Hamburger w/Cheese Ketchup Onions &amp; Mushrooms Roasted Red Potatoes Wheat Burger Bun Mixed Fruit <b>Cal:723 Carb:79 Na:1146</b></p>	<p><b>8</b> Birthday Meal Chicken Cordon Bleu* Parslied Carrots Garlic Mashed Potatoes Whole Wheat Bread Reg/Diet Cupcake *High Sodium <b>Cal:832 Carb:100/88 Na:1394</b></p>
<p><b>11</b> Fish Chowder Green Beans Oyster Crackers Chilled Pineapple <b>Cal:551 Carb:73 Na:700</b></p>	<p><b>12</b> <b>Cold Plate</b> Ham &amp; Swiss Pickled Beets Potato Salad Wheat Hamburger Bun Reg/Diet Cookies <b>Cal:790 Carb:77 Na:1184</b></p>	<p><b>13</b> Mac &amp; Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Jell-O w/Topping <b>Cal:568 Carb:70/69 Na:840</b></p>	<p><b>14</b> Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Peach Crisp <b>Cal: 730 Carb:86 Na:643</b></p>	<p><b>15</b> Rose Chicken Asparagus Spears Penne Pasta Whole Wheat Bread Fresh Fruit <b>Cal:559 Carb:85 Na:870</b></p>
<p><b>18</b> American Chop Suey Roman Blend Veggies Wheat Roll Fudge Round Cookie <b>Cal:732 Carb:97 Na:654</b></p>	<p><b>19</b> Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Applesauce <b>Cal:796 Carb:93 Na: 1100</b></p>	<p><b>20</b> <b>Cold Plate</b> Deviled Egg Salad Lettuce/Tomato Barley Raisin Salad Whole Wheat Roll Mandarin Oranges <b>Cal:822 Carb:88 Na:882</b></p>	<p><b>21</b> BBQ Pulled Pork Coleslaw Baked Beans Whole Wheat Burger Bun Fresh Fruit <b>Cal:668 Carb:76 Na:1070</b></p>	<p><b>22</b> Salmon w/Dill Sauce Steamed Broccoli Rice Pilaf Whole Wheat Bread Red/Diet Jell-o w/Topping <b>Cal:633 Carb:67/66 Na:511</b></p>
<p><b>25</b> <b>Cold Plate</b> Turkey &amp; Swiss Celery Salad Macaroni Salad Club Roll Fresh Fruit <b>Cal:733 Carb:59 Na:1166</b></p>	<p><b>26</b> Butter Crumb Fish Green Beans Tartar Sauce 1/2 Baked Sweet Potato Whole Wheat Bread Mandarin Oranges <b>Cal:601 Carb:76 Na:770</b></p>	<p><b>27</b> Pierogis Sauteed Cabbage Parslied Carrots 12 Grain Bread Reg/Diet Pudding w/Topping <b>Cal:708 Carb:105 Na:1089</b></p>	<p><b>28</b> Meatloaf w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Cookie <b>Cal:634 Carb:77 Na:788</b></p>	<p><b>29</b> Creamy Chicken Pesto Pasta * Tossed Salad w/Italian Garlic Bread Applesauce *High Sodium <b>Cal:774 Carb:87 Na:1178</b></p>



## 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.

**August 28th, Shiloh Angels Home Care**



Learn how to do

## Scratchboard Art with Cathy

**Tuesday, August 19th; 1:00 pm to 3:00 pm**

Create this beautiful flower art project on a 5 1/2" x 7" scratchboard. Cathy will teach you the techniques to create projects of your own.

Project is displayed in the lobby.

Cost is \$10.00 per project. All supplies are provided. Please call 566-5588 to reserve your spot. Space is limited.

# Special Guest Presentations

## Local Author and Historian, J.R. Green to visit the Hampden Senior Center

to discuss his book "The Old Quabbin Valley in 100 Objects"

**Friday, September 5, 2025 at 12:30 PM**

Join us for lunch at 12:00 noon and a 12:30 PM presentation from J. R. Green as he discusses his recently published book that chronicles daily life in the four small towns of Dana, Enfield, Greenwich and Prescott, that were abandoned and destroyed to make way for the Quabbin Reservoir in the 1930s.

**Sign up today!** This is a **FREE** presentation sponsored by the Friends of Hampden Senior Citizens.



## Life with Bill, A New Model of Aging

**Friday, September 12, 2025 at 12:30 PM**

Join us for a **FREE** program with Nick Kachulis, local author, storyteller and professional musician will be here to perform his program of stories and music, Life with Bill, a New Model of Aging.

A heartfelt tale of taking care of a parent in their later years, *Life with Bill* is both an exceptionally educational and entertaining experience opportunity. Nick Kachulis is a published author with work appearing in several periodicals including *Chicken Soup for the Soul Grieving Loss and Healing*. Nick's music has been featured on broadcast television in Asia, Africa, Europe, North and South America including ABC, PBS, HBO and ESPN. **Sign up today by calling 413.566.5588.**

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

*This program is also sponsored by the Friends of Hampden Senior Citizens.*

## New Transfer Station Permits on sale now.

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

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

Small Bags \$20. Contact Laurie at 566.5588 x102 in the Board of Health office for more information.

## "Petals to Pantry"

Garden Club Meeting: August 21st at 7:00 P.M.  
Academy Hall, Main Street, Hampden

The Garden Club welcomes  
**Hampden resident and Herbalist,**

**Juanita Markham**

who will share ways herbs can support  
body, heart, mind & spirit.



## Nurse Notes



Many people are confused about whether and when you get vaccines. It is important to recognize that vaccines are safe. Like many other medications vaccines can cause side effects which are usually minor and of short duration. Many leaders in health care cite the safety and importance of receiving vaccines. Note older adults have the highest risk of getting extremely sick from COVID 19 with more than 80% of deaths from COVID occur in individuals over sixty-five. The CDC reports it is important to stay up to date on COVID vaccines. COVID is now in its sixth year and it constantly mutates, making it necessary to modify the vaccines to maintain effectiveness, much like the flu vaccine. Be sure to discuss the necessity of receiving this vaccine with your primary care provider. ~Sheila Rucki



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.



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

**August 26th—September 12th; Shopping Hours Monday—Friday from 9AM-3PM**

**SAVE THE DATE! Shopping starts on Tuesday, August 26th**

### **Cleaning out your closets? Interested in donating items?**

Items can be dropped off at the Senior Center during regular business hours (M-F from 9-3) until August 22nd.

We are accepting clothing, shoes, household items, etc., but 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.

Call 566.5588 with any questions.



### **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. 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.**

*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.*

***Thank you for your donations and support!***

***Call Joan Shea at 413.566.8224 with any questions.***



### **Trips with Bobbi**



***Flyers available at the Senior Center or via email.***

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

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

Harts Turkey Dinner on board, Country Farm Store stop (on own) and NH Liquor Store - \$140pp. Waitlist for 2nd train car.

### **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)**

### **St. Catherine of Siena Church Trips**

**Thursday, September 11, 2025 "Heartbreak Hotel" the Musical**, featuring 40 of Elvis' greatest hits. Theater By the Sea in Rhode Island

Cost is \$209 per person and includes lunch at George's of Galilee (options: cod, chicken or harvest bowl), and driver gratuity.

Bus departs the church parking lot at 8:45 A.M. and returns at approximately 7:45 P.M.

**Tuesday, December 9, 2025 trip to the Aqua Turf Club in Plantsville, CT for a Christmas Special featuring The Cartels**

Cost is \$149 per person and includes a welcome snack, musical entertainments, family style dinner and driver gratuity.

Bus departs the church parking lot at 9:50 A.M. and returns approximately 4:30 P.M.

**Questions and reservations please call Betty at 413.896.8801**



### **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!***