

September 2025

The Scantic Scribe

HAMPDEN SENIOR CENTER

104 ALLEN STREET, HAMPDEN, MA 01036

413-566-5588 (phone); 413-566-2103 (fax); 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!



Happy September!



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 a delicious Pot Roast lunch provided by Greater Springfield Senior Services at 12:00 noon (suggested donation for lunch is \$3.00) 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.

Call 566.5588 to 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 tasty lunch of Chicken Piccata provided by Greater Springfield Senior Services at 12:00 noon (suggested donation for lunch is \$3.00) and stay for a **FREE** program with Nick Kachulis, local author, storyteller and professional musician starting at 12:30 PM.

Nick 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 and BC/BS of MA.



Hershey Chocolate Tour, Tuesday, September 16, 2025 at 1:00 PM

Join us for a virtual tour presented by the Hershey Story Museum in Hershey, Pennsylvania.

Sweet Success: The Story of Milton Hershey & International Chocolate Tasting

Discover how Milton Hershey turned a simple cocoa bean into one of the most iconic chocolate brands in the world! You will embark on a guided chocolate tasting and explore the delicious flavor profiles of single-source chocolates from across the globe. Limited spots available.

You must pre-register for this program by calling 566.5588. You don't want to miss this delicious experience!

Sponsored in part by: Katie Krupka, Assisted Living Locators

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director

coa@hampdenma.gov

Wendy Cowles, Outreach Coordinator

outreach@hampdenma.gov

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scribe@hampdenma.gov

Sharon Woodin, Receptionist

Joi Giuggio, Receptionist

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Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney

Vice Chair: Deanna Vermette

Treasurer: Nancy Willoughby

Secretary: Marty Jacques

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:

September 8, 2025 at 11:00 A.M.

In PERSON or VIA ZOOM

ZOOM Meeting ID: 819 3422 8796

ZOOM Password: 694160

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 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.
PICK-UP Wednesdays, September 3rd & 17th.

- HIP UPDATE:**

DTA announced that starting on **September 1, 2025**, HIP will be back to **\$40/60/80** benefit levels depending on household size. Please call Wendy if you have any questions.

- 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, September 16th

- 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.

Fuel Assistance Income Eligibility Guidelines for the 2025-2026 Heating Season

We do NOT have any additional information at this time. Watch for more details in the October SCRIBE.

Household Size

Maximum Annual Gross Income

1

\$51,777

2

\$67,709

3

\$83,641

4

\$99,573



HELP US STOCK OUR SHELVES with Tissues.

Thank you to those that donated mouthwash 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.



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 for more information.

Sponsored by: Friends of Hampden Seniors & private donations.

ART CORNER

ACRYLIC PAINTING with Nan Hurlburt

Thursdays, 10:00am-12:00pm & 12:30pm -2:30pm

\$20/per class, includes materials.

Space is limited. Call to sign up.

WATERCOLORS with Chris Sterritt

New 10-week session – wait list only.

September 17th through November 19th

Wednesdays 9:30 am-12:00 pm & 12:30 pm-3:00 pm



BILLIARD ROOM

Billiards League: Monday afternoons 12-3

Mon (AM), 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

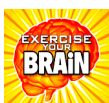
Three time slots available on Wednesday mornings:

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.



September/October/November Puzzle Packs *Keep your brain healthy and sharp!*

Return your puzzle pack to the Senior Center by December 1st for a chance to win. *Drawing will be held on December 2nd.*

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!

Current session runs through 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

New 14-week session begins

September 5th through December 12th

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

9/1 **No Movie – Senior Center Closed – Labor Day**

9/8 **Radio, PG, Biography/Docudrama/Sport**

9/15 **The Penguin Lessons, PG-13, 1h 51m, Drama**

9/22 **After the Sunset, PG-13, Action/Comedy/Crime/Drama**

9/29 **Grown Ups 2, PG-13, Slapstick Comedy**

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.



**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

No classes on 9/1 or 9/8

A Parkinson-specific exercise class that “makes function exercise” to keep you moving & 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

September 9th & 23rd by appointment

\$10 for 10 minutes.

Please call 566.5588



Foot Care with Kylie

September 2nd

1st Tuesday of every month.

\$40 for a 30 minute appointment

Please call 566.5588 for appointment.

Gift Cards are Available.

Ballroom Dance for Balance and Longevity!

New 8 week session: September 18th—November 6th

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!

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.



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.

Versatile Harvest/Halloween Wreath

Tuesday, September 9th from 1:00 pm to 3:00 pm

Slight changes will allow you to decorate as you wish.

Cost is \$25 for each wreath. All materials are provided.

Projects are on display in the lobby.

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



Greeting Cards with Ellie

Come and discover endless possibilities for creating your own personal greeting cards.

Learn new techniques each month.

Monday, September 22nd, 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.

Class will meet the 4th Monday of every month.



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

Tuesdays from 2:15 pm to 3:00 pm

Classes in September will be on the 2nd, 9th, 16th, 23rd and 30th.

New 11-week session 9/30-12/16. Cost is \$55 for the session if paid in full or \$6 per class for drop ins.

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

No meeting on 9/8 and 9/15.

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

There is no charge to join All are welcome.

Please call 413.566.5588 for
additional information

September 2025

Hampden Senior Center
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
1 <div>CLOSED FOR LABOR DAY</div>	2 TAG SALE <u>Foot Care 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 2:15 Lamar's Class	3 TAG SALE 9:30 Farmshare Pickleball @ TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	4 TAG SALE 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	5 TAG SALE 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Quabbin Author Presentation 2:00 Drumming
8 TAG SALE 9:00 NO PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi - Beginner 11:00 Bldg Comm 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 NO Common Threads 12:30 Movie 1:00 Ukulele—Advanced	9 TAG SALE <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 Craft Class 2:15 Lamar's Class	10 TAG SALE Pickleball @ TWB 10:00 Trivia 10:00 Patrick Sherman 12:00 Lunch 12:00 Pitch 12:30 Rummikub	11 TAG SALE 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	12 TAG SALE 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 Life with Bill Music/ Story Presentation 2:00 Drumming
15 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Shuffleboard 10:00 FREE Tech Support 10:30 Tai Chi—Beginner 11:45 Ukulele—Beginner 12:00 Billiard League 12:00 Lunch 12:30 NO Common Threads 12:30 Movie 1:00 Ukulele—Advanced	16 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Scrapbook Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 1:00 Hershey Chocolate Tour 2:15 Lamar's Class	17 8:30 Collate Scribe 9:30 Farmshare Pickleball @ TWB 9:30 Veteran Discounts with Jason 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Watercolors 12:30 Rummikub	18 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 THUNDERBIRDS BINGO 12:30 Acrylic Painting 12:30 Mexican Train 1:00 Mat Yoga 2:15 Ballroom Dance	19 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Drumming
22 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi—Beginner 11:45 Ukulele—Beginner 12:00 Billiard League 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced 1:00 Card Making	23 <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 2:15 Lamar's Class	24 Pickleball at TWB 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Watercolors 12:30 Rummikub	25 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	26 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch & Learn 2:00 Drumming
29 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi—Beginner 11:45 Ukulele—Beginner 12:00 Billiard League 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced	30 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	<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>Look for this graphic on the calendar to know what day Lobby Learning events are taking place.</p> </div>

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413.566.5588

September 2025

LUNCH MENU

Lunch served daily at
12pm. RSVP by 11am
the day before
calling 566.5588.

Mon	Tue	Wed	Thu	Fri
1 CLOSED FOR LABOR DAY	2 COLD PLATE Chicken Salad Broccoli Slaw Balsamic Pasta Salad Saltine Crackers Fresh Fruit Cal:690 Carb:83 Na:479	3 Potato Pollock Filet Coleslaw Steamed Corn Tartar Sauce Whole Wheat Bread Reg/Diet Cookies Cal:756 Carb:87 Na: 953	4 Mediterranean Turkey Marinated Cucumber Salad Couscous Oatnut Bread Apple Crisp Cal: 786 Carb: 109 Na: 846	5 Pot Roast w/Gravy Green Beans Roasted Red Potatoes Whole Wheat Bread Chilled Pineapple Cal: 647 Carb: 81 Na: 445
8 Ham w/Pineapple Steamed Peas Baked Sweet Potato Whole Wheat Bread Mandarin Oranges Cal:558 Carb:81 Na:942	9 Ravioli w/Meat Sauce California Blend Veggies Italian Bread Applesauce Cal:529 Carb:72 Na:959	10 Beef Taco Bowl Tossed Salad w/Ranch Yellow Rice Tortilla Chips Reg/Diet Cookies Cal:622 Carb:53 Na:632	11 Crab Cake w/Tartar Sauce Coleslaw Steamed Corn Whole Wheat Bread Reg/Diet Jello w/topping Cal:623 Carb:79 Na:1148	12 Chicken Piccata Tossed Salad w/Italian Rice Pilaf Garlic Bread Fresh Fruit Cal:748 Carb:87 Na:1019
15 Spaghetti & Meatballs Steamed Broccoli Italian Bread Applesauce Cal:549 Carb:84 Na:720	16 BIRTHDAY LUNCH Turkey w/Gravy Green Beans Mashed Potatoes Whole Wheat Bread Reg/Diet Cupcake Cal:715 Carb:96 Na:1073	17 COLD PLATE Cape Cod Tuna Salad Pickled Beets English Pea Salad Club Roll Fresh Fruit Cal:662 Carb:85 Na:1100	18 Hot Dog w/Bun Broccoli Slaw Baked Beans Mixed Fruit Ketchup/Mustard Cal: 781 Carb:85 Na:1409	19 Bruschetta Chicken Steamed Spinach Roasted Red Potatoes Whole Wheat Bread Butterscotch Pudding Cal:719 Carb:80 Na:1102
22 Chicken Pot Pie California Blend Veggies Biscuit Topping Apple Crisp Cal:666 Carb:61 Na:844	23 Thai Curry Style Meatballs Green Beans White Rice Multigrain Bread Mandarin Oranges Cal:659 Carb:82 Na: 732	24 BIG E STYLE BAKED POTATO BAR Pulled Pork Steamed Broccoli Baked Potato w/cheese sauce Whole Wheat Bread Jello w/Topping Cal:838 Carb:78 Na:977	25 Shrimp Scampi Tossed Salad w/Italian Spaghetti Noodles Garlic Bread Reg/Diet Cookies Cal:733 Carb:71 Na:1177	26 Meatloaf w/Mushroom Gravy Parslied Carrots Mashed Potatoes Oatnut Bread Fresh Fruit Cal:602 Carb:73 Na:752
29 Hamburger w/Cheese Onions & Mushrooms Roast Red Potatoes Wheat Burger Bun Ketchup Jello w/Topping Cal:725 Carb:79 Na:1128	30 Turkey Breakfast Sausage Spiced Apples Potatoes O'Brien French Toast w/Syrup Fresh Fruit Orange Juice Cal:794 Carb:130 Na:872	The <u>voluntary donation</u> amount for lunch through GSSSI has increased to \$3.00 . Your support of the meal site is greatly appreciated. If you have any questions about the donation change, please call GSSSI at 413.781.8800. Thank you!	<div> Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg) Total Sodium & Calories include regular dessert, milk (100mg NA) and </div>	<div> *Suggested Donation Increased to \$3.00 per meal. </div> <div> Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136. </div>



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.

9/4—Assisted Living Locators, Katie Krupka

9/11—Retired Senior Volunteer Program (R.S.V.P.)

9/18—Alzheimer's Association

9/25—Kind Hands Home Care

10/2—Providence Place



Do you need to get your affairs in order?

Patrick Sherman from Edward Jones will be here

Wednesday, September 10th at 10:00 A.M.

to help guide you through the necessary financial decisions you should make for yourself, rather than having someone make those choices for you.

Join Pat for coffee and bring a family member or close friend to have a casual, but important conversation.

Pat will be here the 2nd Wednesday of each month and will be available to answer any questions until noon and will schedule appointments to meet with you privately for individual needs.

Call 566.5588 to sign up for this event.



Coffee and Discussion with Veterans Agent, Jason Burgener Veteran Discounts

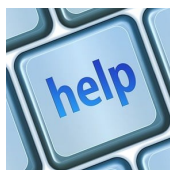
Wednesday, September 17th

9:30 AM—10:00 AM

Come and learn what discounts are available to Veterans and how to access these money saving opportunities.



Please call 566.5588 to let us know you're coming.



FREE Tech Support Monday, September 15th

Everyday Tech Support

will be available **by appointment only** for 30 minute sessions on the 3rd Monday of each month from 10:00 am to 11:00 am to meet with you to address your technical questions.

Come prepared with your charged portable device, mobile phones, laptops and/or tablets, know your passwords, and have your questions written down.

It's a good idea to bring a notebook to take notes.

Appointments are limited, and pre-registration is mandatory. Please call 566-5588 to schedule your appointment.



Grandparents Day/Thunderbirds BINGO

Thursday, September 18th

Grandparents Luncheon

Thursday, September 18th, at 12:00 noon

Lunch: Hot Dog, Broccoli Slaw & Baked Beans

Provided by GSSSI. \$3 Suggested Donation

Followed by: **BINGO with BOOMER** and the Springfield Thunderbirds!

We will have Thunderbirds prizes, including tickets to games, koozies, t-shirts, and more!

This is a FREE event. Come and have your picture taken with Boomer, and win great prizes! Please call 566-5588 to reserve your seat. Space is limited.

Lunch and Learn with Jane Barker from Shiloh Angels

**Join Jane to learn what everyone needs to know
when being discharged from a hospital.**

Friday, September 26th at 12:00 pm

Enjoy a delicious lunch of meatloaf with gravy, steamed peas, and mashed potatoes provided by GSSSI.

Lunch is a \$3.00 suggested donation to GSSSI.

Please call 566.5588 to sign up by 9/24.

Dessert is sponsored and provided by Shiloh Angels.



Thank you to our amazing Dinner Dance Sponsors!!

The Annual Fundraiser Dinner Dance for the Alzheimer's Association was a huge success that would not have been possible without the amazing sponsors who supported the event.

Thanks to Great Horse, Monson Savings Bank, Tudor House Liquors, JGS Lifecare and all the volunteers and behind the scenes workers who made the event possible. Our fundraiser efforts are a small piece of the puzzle, but we know that every dollar counts when it comes to finding a cure. Thanks to all who supported this event!

Friends of Hampden Senior Citizens HUGE Indoor Tag Sale

Now through September 12th; Shopping Hours Monday—Friday from 9AM-3PM

*****Final Sale Day: Saturday, September 13th from 8:00 AM-12 noon (no early birds!)*****

Thank you for your support of this Tag Sale. Proceeds will benefit senior center programs and activities.

Call 566.5588 with any questions.

*We are always accepting donations of clothing items for our "Come What May" Boutique.

Please drop off donations during normal business hours, Monday—Friday 9AM-3PM.



Friends of Hampden Senior Citizens Annual Rice's Farm Pie Sale Fundraiser

Order a delicious Apple or Pumpkin Pie between **September 2nd and October 17th**.

Pies are \$19 each and all proceeds from the sale will benefit programs and activities at the Senior Center.

Pies will be available for Grab and Go pick up on **Saturday, November 1st from 12:00—1:30 PM** in the senior center parking lot. Order forms are available at the senior center front desk or by clipping this coupon and dropping it in the mail or at the front desk. We appreciate your support!



Name: _____ Phone #: _____

Apple Pie Qty: _____ Pumpkin Pie Qty: _____

Total number of pies _____ @ \$19 each = Total \$ _____

Cash or check payable to Friends of Hampden Senior Citizens

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.



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!

Community News

ScanticRiver
ARTISANS

fall into ART 2025 ART SHOW & SALE

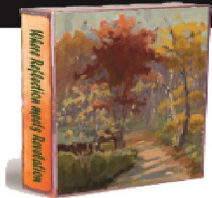
Community Room, (Hampden Sr. Center), 104 Somers Rd., Hampden, MA

Oct. 11, Saturday (10-4 PM)

Oct. 12, Sunday (11-3 PM) • Reception (12 - 2 PM)

Scantic River Artisans Present: "Reflective Musings" - A Community Art Project

This Showcase Exhibit and Sale will be held during the Art Show (Oct. 11 & 12, 2025). All works, celebrating the diverse reflections of our community, will be exhibited and offered for sale for \$20 each. Proceeds will benefit the Scantic River Artisans Scholarship Fund and Programming.



www.scanticriverartisans.com
Contact us at: info@scanticriverartisans.com
Follow us on social media:
Facebook: Scantic River Artisans
Instagram: @santicriverartisans



Sponsored in Part by:
 Mass Cultural Council  BLICK art materials

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

"Putting the Garden to Sleep"

Garden Club Meeting: September 18th at 7:00 P.M.
Academy Hall, Main St, Hampden

The Garden Club welcomes Jacqueline Clark,
Owner of Garden Designs by Jacqueline

Who will share how to prepare your gardens for the coming winter.



Nurse Notes

Beach trips and heat waves are not the only things rising this summer. COVID-19 signals are climbing nationwide, and two Omicron offshoots are leading the charge. The Centers for Disease Control and Prevention (CDC) viral activity for COVID-19 from "low" to "moderate," a change that arrives just as families prep for back-to-school. COVID is growing nationally as variants have emerged. Health officials say there is no indication these offshoots cause more severe disease, but their spread is concerning.

High-risk individuals should seek testing and prompt treatment if sick, and anyone ill should stay home to reduce transmission. Add in scorching temperatures pushing people indoors, a busy travel season, and waning immunity for those who skipped last fall's booster, and conditions are prime for a modest summer wave.

Schedule your booster now.



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.



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. 2nd train car now available.

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

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

Save these Dates!



Medicare Open Enrollment October 15th—December 7th

Please call now to schedule an appointment with a SHINE (Serving Health Information Needs of Everyone) counselor during Open Enrollment.

During the Medicare Open Enrollment period, individuals with Medicare can make changes to their coverage.

This includes switching from Original Medicare to a Medicare Advantage plan, enrolling in a Medicare drug plan (Part D), or changing between different Medicare Advantage or Part D plans.

Call 566.5588 today to schedule an appointment.



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**



Music BINGO with Paul Federico

Wednesday, October 1st from 12:30—2:30

Come enjoy the fun while listening to great music, playing BINGO and winning prizes!

Refreshments sponsored
by Vantage Health & Rehab.

Call 566-5588 to sign up for this event.

If you would like to come for lunch at 12:00 noon that day, please let us know. Lunch will be provided by

Greater Springfield Senior Services

and is a suggested donation of \$3.00 per person.

Menu for this event will be available later in the month.

Medicare Supplement Plans or Medicare Advantage Plans?

Which Coverage is Best for Me?

Friday, October 3rd, 12:30—1:30

With Medicare Open Enrollment right around the corner, this presentation is a great way to learn about your options for health coverage.

**Presented by Brian Guagnini,
Medicare Field Outreach Consultant.**

Even if you're already enrolled in a health insurance plan, it's always a good idea to reevaluate your choices each year.

Circumstances change, and so can your health plan.

While we won't go into Blue Cross Blue Shield plan details, you will leave with a clear understanding of which type of Medicare plan best fits your needs.

We'll discuss Original Medicare, the differences between Medicare Supplement and Medicare Advantage plans, prescription drug coverage options, and real-life case studies and resources to help you make decisions.

Call 566.5588 to sign up for this presentation.

Annual COVID & FLU Vaccine Clinics

Monday, October 6th, 1:00 pm to 4:00 pm

OR

Wednesday, October 8th, 9:00 am to 11:00 am

Appointments are required.

Please call 566-5588 to schedule your appointment.

Everyone who receives a shot will be entered into a raffle to win a gift card!!

Sponsored by Big Y Pharmacy.

More information on these programs coming soon!

October 10th—Fire Prevention Lunch and Learn

October 16th—HELP! Now What? An evening of information about Medicare Open Enrollment

October 17th—Incontinence Lunch and Learn

October 18th—Hartsprings Truck Event, a fundraiser event sponsored by the Friends of Hampden Seniors

October 31st—Halloween Luncheon with Entertainment provided by "The 60's Experience"