

October 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!

Greetings!

Fall is in the air, enjoy the cooler weather that this beautiful season brings.

Huge thanks to the Hampden Highway Department for the major fall garden and grounds clean up they did here at the center. Everything looks amazing and we are grateful. Also, thanks to Bethlehem Church attendees who participated in the Personal Needs Closet drive. Our closet is full thanks to so many generous people!

Thanks to the Friends of Hampden Senior Citizens for organizing and hosting an amazing three week Tag Sale event here inside the Center. We appreciate their hard work and thank all those who came to shop and support the Senior Center.

October 15th marks the beginning of Medicare Open Enrollment. If you are in need of an appointment to review your current plan or make changes for next year, please be sure to call ASAP to get on the schedule. These appointments fill up quickly.

See you soon, BECKY.....



Music BINGO with Paul Federico

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

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

Refreshments sponsored by

Vantage Health & Rehab of Hampden.

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.

Medicare Supplement Plans or Medicare Advantage Plans?

Which Coverage is Best for Me?

Friday, October 3rd, 12:30 pm—1:30 pm

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.

Come for lunch (shepherd's pie) at noon provided by GSSSI. (Suggested donation \$3.) and stay for the presentation.

Call 566.5588 to sign up.



60s Themed Halloween Luncheon with Musical Guests: The 60s Experience

Friday, October 31st at 12:00 noon

Put on your tie dyed shirts and join us for a fun afternoon that will transport you back to the 1960's.

"The 60s Experience" band has reunited for this event and is coming to provide us with the sounds of the 60's.

Lunch includes: Meatloaf, Mashed Potatoes, Peas & Bread provided by Greater Springfield Senior Services

Becky and Wendy will prepare a delicious Tie-Dyed dessert!

Cost is \$6.00 per person (\$3 suggested donation for lunch and \$3 for entertainment)



Please call 566.5588 to reserve your seat.



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:** **Farm Share:** call Wendy at 566-5588 or email outreach@hampdenma.gov.
PICK-UP Wednesdays, October 1st and 15th. *The winter farm share resumes in January.*
- 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 Tuesday, October 21st between 12:30—1:30 pm
- 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.

- Fuel Assistance:** **Income guidelines for 2025/2026 heating season**

REMINDER: Fuel Assistance runs from 11/1/2025—4/30/2026. Applications are accepted throughout the heating season.

<u>Family Size</u>	<u>Income Limit</u>
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573

The following documentation is required for RECERTIFICATION:

- GREEN Recertification application
- Photo ID
- Proof of all household income (If working 4 most recent paystubs) *
 - Copy of oil and gas bill
- A complete copy of your most recent electric bill.

The following documentation is required for NEW APPLICATIONS:

- Proof of all household income (If working 4 most recent paystubs) *
 - Copy of oil, gas, electric bill (source of heating)
 - Property Tax and/or Homeowners Bill
- Photo ID AND Social Security Card or Birth Certificate
 - Mortgage statement if not paid in full
 - Current Homeowners Insurance Bill

*BANK STATEMENTS ARE NO LONGER ACCEPTED AS PROOF OF INCOME

Please contact Wendy with any questions or to schedule an appointment at 566-5588

- 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.



HELP US STOCK OUR SHELVES with Disinfecting Wipes.

Thank you to those that donated tissues last month.

Every month we will target a different item to help fill monthly Personal Needs Bags.

Due to space constraints, please refrain from purchasing warehouse size items.



ART CORNER

ACRYLIC PAINTING with Nan Hurlburt

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

\$20/per class, includes materials.

Space is limited. Call to sign up.

WATERCOLORS with Chris Sterritt

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.

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

Please call 566-5588 to let register and schedule your court time.



Fall Puzzle Pacs *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.*

Winners: July/August: Lorraine Blake & Lou Scungio. Congratulations!

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 session: 10/27—12/15

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

10/6—Marry Me (2002), PG-13, Romantic Comedy

10/13—No Movie – Senior Center Closed – Columbus Day

10/20—Thursday Murder Club (2025), PG-13, Comedy/Crime/Mystery

10/27—Set It Up (2018), TV-14, 1h 45m, Comedy/Romance

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 class on 10/13

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

October 7th & 14th by appointment
\$10 for 10 minutes.
Please call 566.5588



Foot Care with Kylie **October 7th**

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!

Current session: September 25th—November 13th

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

Get started with Scrapbooking Info Session

Tuesday, October 7th from 10:00 am to 12:00 pm

Create a FREE Fall-themed paper album to take home.
Please bring 4-6 photographs, no larger than 4"x6" in size.

October Scrapbooking Class “Everything Autumn”

Tuesdays, from 10AM—12PM. Drop-ins welcome!

\$10 per class. Choice of 12"x12" or 8"x8" page will be provided. Tape runners, archival pens and other supplies available for purchase.

October Crafts: All on display in the lobby

Tuesday, October 7th from 1:00 pm to 3:00 pm

Halloween Lighted Wreath—\$20

Scarecrow Mug Arrangement—\$10

Tuesday, October 14th from 1:00 pm—3:00 pm

Autumn Globe Scenes—\$10

All materials are provided.

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, October 27th, 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 October will be on the 7th, 14th, 21st, 28th.

Current 11-week session 9/30-12/16.

Cost is \$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.”

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.

Please call 413.566.5588 for
additional information

October 2025

Hampden Senior Center
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
<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>	 <p>Look for this graphic on the calendar to know what day Lobby Learning events are taking place.</p>	<p>1</p> <p>9:30 Farmshare 9:30 Watercolors Pickleball @ TWB 10:00 Trivia 12:00 Lunch 12:30 Music BINGO 12:00 NO Pitch 12:30 Rummikub</p>	<p>2</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga 2:15 Ballroom Dance</p> 	<p>3</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 12:30 BC/BS Presentation 2:00 Drumming</p>
<p>6</p> <p>9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Shuffleboard 10:30 Tai Chi - Beginner 11:00 Bldg Comm 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced 1-4 Flu/Covid Clinic by appt</p>	<p>7 Chair Massage by Appt Foot Care by appt</p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Scrapbook Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 1:00 Craft Class 2:15 Lamar's Class</p>	<p>8</p> <p>9-11 Flu/Covid Clinic by appt 9:30 Watercolor Pickleball @ TWB 10:00 Trivia 10:00 Pat Sherman 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolor</p>	<p>9</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga 2:15 Ballroom Dance</p> 	<p>10</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch & Learn Fire Prevention 2:00 Drumming</p>
<p>13</p> <p>SENIOR CENTER CLOSED</p>	<p>14</p> <p>9:00 COA Board 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Pumpkin Painting 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</p>	<p>15</p> <p>9:30 Farmshare Pickleball @ TWB 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Watercolors 12:30 Rummikub</p>	<p>16</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 BINGO 12:30 Acrylic Painting 12:30 Mexican Train 1:00 Mat Yoga 2:15 Ballroom Dance</p> 	<p>17</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch& Learn Incontinence 2:00 Drumming</p>
<p>20</p> <p>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 Common Threads 12:30 Movie 1:00 Ukulele—Advanced</p>	<p>21 Chair Massage by Appt</p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Scrapbook Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>22</p> <p>Pickleball at TWB 8:30 Collate Scribe 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Watercolors 12:30 Rummikub</p>	<p>23</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 BINGO 12:30 Acrylic Painting 12:30 Mexican Train 1:00 Mat Yoga 2:15 Ballroom Dance</p>	<p>24</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Drumming</p>
<p>27</p> <p>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</p>	<p>28</p> <p>9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Scrapbook Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class</p>	<p>29</p> <p>Pickleball at TWB 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Watercolors 12:30 Rummikub</p>	<p>30</p> <p>9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 BINGO 12:30 Acrylic Painting 12:30 Mexican Train 1:00 Mat Yoga 2:15 Ballroom Dance</p>	<p>31</p> <p>9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 1960s HALLOWEEN LUNCH 2:00 Drumming</p>

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413.566.5588

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

October 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>voluntary donation</u> amount for lunch through GSSSI has increased to \$3.00. 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>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Total Sodium & Calories include regular dessert, milk (100mg NA) and</p>	<p>1</p> <p>Rose Chicken Tossed Salad w/Ranch Penne Pasta Garlic Toast Reg/Diet Cookie</p> <p>Cal:713 Carb: 81 Na: 1120</p>	<p>2</p> <p>Pierogis Sauteed Cabbage Sour Cream Parslied Carrots 12 Grain Bread Fresh Fruit</p> <p>Cal: 621 Carb: 102 Na: 888</p>	<p>3</p> <p>Shepherd's Pie Steamed Peas Mashed Potato Topping Whole Wheat Bread Apple Crisp</p> <p>Cal: 689 Carb: 78 Na: 613</p>
<p>6</p> <p>Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Jello w/ Topping</p> <p>Cal:568 Carb:70/69 Na:840</p>	<p>7</p> <p>Fish Chowder Green Beans Oyster Crackers Chilled Pineapple</p> <p>Cal:583 Carb:77 Na:726</p>	<p>8</p> <p>Turkey Taco Bowl Tossed Salad w/Ranch Yellow Rice Tortilla Chips Reg/Diet Cookies</p> <p>Cal:860 Carb:96 Na:1114</p>	<p>9</p> <p>Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Fresh Fruit</p> <p>Cal:845 Carb:106 Na:1087</p>	<p>10</p> <p>Pot Roast w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Mixed Fruit</p> <p>Cal:725 Carb:85 Na:626</p>
<p>13</p> <p>SENIOR CENTER CLOSED NO MEALS</p>	<p>14</p> <p>American Chop Suey Roman Blend Vegetables Wheat Roll Fudge Round Cookie</p> <p>Cal:720 Carb:95 Na:667</p>	<p>15</p> <p>Butter Crumb Fish Tartar Sauce Parslied Carrots Rice Pilaf Whole Wheat Bread Mandarin Oranges</p> <p>Cal:592 Carb:71 Na:806</p>	<p>16</p> <p>Braised Pork w/Apple Gravy Steamed Peas Herb Roasted Potatoes Whole Wheat Bread Reg/Diet Pudding w/Topping</p> <p>Cal: 867 Carb:113 Na:943</p>	<p>17</p> <p>Deli Sandwich from Village Food Mart Potato Chips Cookie</p> <p>Sponsored by: Powerback Rehab</p>
<p>20</p> <p>Turkey Chili Sour Cream Mixed Vegetables White Rice Italian Bread Chilled Pineapple</p> <p>Cal:744 Carb:107 Na:773</p>	<p>21 Birthday Lunch High Sodium Meal</p> <p>Chicken Cordon Bleu* Steamed Broccoli 1/2 Sweet Potato Dinner Roll Cupcake/Diet Cake</p> <p>Cal:800 Carb:62/90 Na:1266</p>	<p>22</p> <p>BBQ Pulled Pork Green Beans Mashed Potatoes Whole Wheat Burger Bun Fresh Fruit</p> <p>Cal:746 Carb:91/79 Na:939</p>	<p>23</p> <p>Potato Pollock Filet Tartar Sauce Coleslaw Steamed Corn Whole Wheat Bread Mandarin Oranges</p> <p>Cal:725 Carb:93 Na:795</p>	<p>24</p> <p>Cranberry Apple Chicken Steamed Peas Roasted Red Potatoes Multigrain Bread Reg/Diet Jello w/Topping</p> <p>Cal:689 Carb:82/80 Na:766</p>
<p>27</p> <p>Chicken & Dumplings * Mashed Butternut Squash Multigrain Bread Apple Crisp</p> <p>Cal:779 Carb:105 Na:1053</p>	<p>28</p> <p>Mediterranean Turkey * Marinated Cucumber Salad Couscous Whole Wheat Bread Reg/Diet Jello w/Topping</p> <p>Cal:504 Carb:54 Na:843</p>	<p>29</p> <p>Crab Cake * w/Tartar Steamed Corn Coleslaw Whole Wheat Bread Chilled Pineapple</p> <p>Cal:674 Carb:96 Na:1138</p>	<p>30</p> <p>Lasagna w/Meat Sauce Tossed Salad w/Italian Garlic Bread Fresh Fruit</p> <p>Cal:691 Carb:92 Na:1031</p>	<p>31 HAPPY HALLOWEEN!</p> <p>Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread</p> <p>Cal:864 Carb:106 Na:1048</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.

10/2—Providence Place
10/9—Parkinson's Foundation
10/16—The Atrium

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



Do you need to get your affairs in order?

Patrick Sherman from Edward Jones will be here

Wednesday, October 8th 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.



Save the Date: Veterans Dinner **Thursday, November 6, 2025 at 5:30 PM**

Join us for an evening of gratitude as we honor Veterans for their dedicated service.

Enjoy a dinner of Chicken Francaise, Rice, Green Beans, Salad and Bread followed by a delicious dessert.

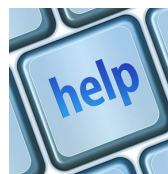
In preparation for our annual Veterans dinner, we are collecting photographs of Veterans in uniform that will be used as decorations for this event.

If you have a photograph of yourself or a family member to share, please drop it off at the front desk.

Please include your name and phone number on the back of the photograph so it can be returned to you after the event.

To attend the Veterans dinner, please call 566.5588 to RSVP. Veterans are **FREE**; non-Veterans \$5.00

This event is being sponsored by Nathan Bill's Bar & Restaurant, VSO Jason Burgener and Rick Green.



FREE Tech Support **Monday, October 20th**

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.



Fire Prevention Lunch & Learn with the **Hampden Fire Department** **Friday, October 10th at 12:00**

Come and meet members of the Hampden Fire Department who will provide fire prevention and safety tips.

Please call 566.5588 to RSVP for this program. Pot Roast with gravy, mashed potatoes and steamed peas will be provided by Greater Springfield Senior Services. There is a \$3.00 suggested donation for lunch.

Don't Make Me Laugh..... I might Pee!

Friday, October 17th at 12:00 PM

Enjoy a FREE catered deli lunch from Village Food Mart and learn about managing and understanding the causes of incontinence with Jillian Haynes from Powerback Rehab. This presentation is not just for women; men have issues, too! Come and enjoy making fun of our overactive bladders.

Pre-registration is required.

Please call 566-5588 to reserve your spot. Space is limited. Sponsored by Powerback Rehab



Register of Deeds Lunch and Learn **Friday, November 7, 2025; 12:00-1:00**

Join representatives from Cheryl Coakley-Rivera, Esq. The Register of Deeds office to learn all about Register of Deeds, The Homestead Act, the Consumer Notification system and Title Fraud

All attendees are able to receive a **free certified copy** of their deed.

Lunch will be provided by GSSSI, with a suggested donation of \$3.00 per person. Please call 566-5588 to reserve your seat.

Friends of Hampden Senior Citizens Annual Pie Sale

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 Hampden 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 the coupon below and dropping it in
the mail or at the front desk of the Hampden Senior Center.

Thank you! We appreciate your support!

Call 566.5588 with any questions.

Name: _____

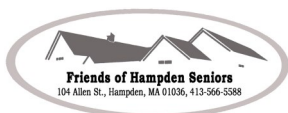
Apple Pie Qty: _____

Pumpkin Pie Qty: _____

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

Cash or check (payable to Friends of Hampden Senior Citizens)

Thank you so much for your support!



Hartsprings Truck Event

Saturday, October 18th from 10:00 am to 1:00 pm

This event will be held in the parking lot of the Hampden Senior Center at 104 Allen Street, Hampden. Hartsprings will accept all cloth items including bedding items such as sheets, blankets and comforters, but NO bed pillows; dishes, glassware, books (NO library books) and suitcases.

NO mattresses or large furniture items can be accepted. This is a FREE drop off event. Donations to the Friends of Hampden Senior Citizens will gladly be accepted and used to continue to support programs and services at the Senior Center. Your support is greatly appreciated.

Please call Joan with any questions. 413.566.8224



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

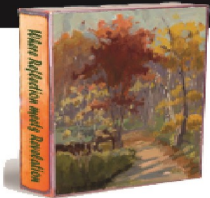
Community Room, (Hampden Sr. Center), 104 Somers Rd., Hampden, MA

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



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Thank you to our sponsors:
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The Friends of Hampden Seniors
RAH (Recreation Assoc. of Hampden)

Garden Club Meeting

Thursday, October 18th at 7:00 P.M.

Hampden Historical Society, 216 Main St, Hampden

Plants for a Beautiful Garden with **Becky Tiernan**, a Hampden Garden Club member who has been a gardener and landscaper for the past 30 years.



Come learn what plants will add to the beauty of your gardens.



Guest Fee \$5.00



Pumpkin Painting with Louise

Tuesday, October 14th at 9:30 AM

\$3.00 per person

Join Louise for a fun afternoon of pumpkin painting.

All supplies will be provided.

Please call 566.5588 to reserve your spot.



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.

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

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



WMA Students are back!!

Join us as we welcome students from Wilbraham Monson Academy.

Students will be at the senior center the first three Mondays of the month from 1:30—3:00 PM to help with projects around the senior center and participate in activities with you!

Be sure to say hello and make them feel welcome.



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



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.

Here's what's happening at the Memory Café in October:

10/3—Socialization with Christina

10/10—Rhythm & Motion with Sara

10/17—Music with Renee

10/24—Pumpkin Painting with Louise

10/31—No Café—join us for the 1960's themed Halloween Luncheon. Call 566.5588 to RSVP.

Please call Wendy at 566.5588 for more information.

Sponsored by: Friends of Hampden Seniors & private donations.

Walk to End Alzheimer's Sunday, October 26th at 9AM Holyoke Community College 303 Homestead Avenue, Holyoke, MA

Register online at act.alz.org and click on Find a Walk Near You, click on Find a Team and enter Tri Town.

Select Tri Town Team, follow the instructions to register.

Or, call the Hampden Senior Center at 566-5588 and we can help you register.

All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association.

The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed.

alzheimer's association®



Tri-Town Trolley Transportation Services

Operates for Hampden, East Longmeadow and Longmeadow older adults.

Monday - Friday, 9:00 am - 3:00 pm

Grocery store trips will only be scheduled on Wednesdays and Thursdays with a 3 bag limit on the van.

A 72 hour notice is required for scheduling rides.

*As soon you schedule a medical appointment, please call **525-5412** to schedule a ride.*

\$2 each way for in-town rides, \$4 each way for out-of-town rides. **Please have exact change. Thank you.**



SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Tina Doran, Program & Volunteer Coord.
scribe@hampdenma.gov

Sharon Woodin, Receptionist

Joi Giuggio, Receptionist

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, October 14th, at 9:00 am

in PERSON or VIA ZOOM

ZOOM Meeting ID: 95866401813

ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

TBD

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.