

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!

November 2025



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.

Timeless Beauty: Makeup for Mature Women with Celebrity Makeup Artist, Joby Rodgers **Wednesday, November 12th from 9AM-11:30AM**

This FREE program is perfect for mature women of all ages & experience, to learn how to create a make-up style that compliments their personal features and skin tone.

Explore products, tools and "must haves" for your personal makeup collection and participate in "hands-on" makeup demonstrations. You will leave knowing that with a little practice, you can perfect your personal appearance for all occasions.

You are encouraged to come makeup free and you can bring your own makeup.

Both are encouraged, but neither are required.

This program requires pre-registration; space is limited.

Sign up today by calling 566.5588.

Sponsored by the Friends of Hampden Senior Citizens.



Thanksgiving Grab and Go Dinner

Wednesday, November 26, 2025

Pick up between 2:00 pm to 2:30 pm

Enjoy a delicious Thanksgiving Dinner with all the fixings, and dessert!

Compliments of the Hampden Senior Center, and our generous sponsors:

Assisted Living Locators, Brodeur Campbell Fence Company, Friends of Hampden Senior Citizens, Great Horse, JGS Lifecare, Monson Savings Bank, Texas Roadhouse, Hampden Senior Center Quilt Group, Saint Mary's Parish and Vantage Health & Rehab of Hampden.

Delivery in Hampden is available. Thanks to our sponsors, there is no charge for this meal.

Please let us know when ordering if you need your meal delivered.

Please call 566-5588 starting November 1st to order your dinner. Meals are limited.



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
Members: Cliff Bombard, Juanita Markham, Anne-Marie Villamaino
COA BOARD MEETING: Tuesday, November 18th, at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813 ZOOM Password: 639217

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.
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, November 18th 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.
- **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.



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 November:

11/7—Socialization with Christina
11/14—Rhythm & Motion with Sara
11/21—Music with Renee
11/28—No Café—Happy Thanksgiving

Please call Wendy at 566.5588 for more information.

Sponsored by: Friends of Hampden Senior Citizens & private donations.



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 & 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.

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

WINTER WEATHER ADVISORY

Remember to watch channels 22 & 40 for information about cancellations and/or delayed openings.
Watch for **HAMPDEN SENIOR CENTER** and **GREATER SPRINGFIELD SENIOR SERVICES** for information.

Hampden Resident Emergency Fuel Fund

The Fuel Fund is available to any Hampden resident who is in a heating crisis. A resident must have received a shut off notice from the electric company, have less than a quarter of a tank of oil, or be in another emergency heating situation. Please call Wendy at 566-5588 for more information or to schedule an appointment.

All information provided is confidential.

The Hampden Emergency Fuel Fund is made possible through private donations throughout the year.

We are so grateful for the support of this valuable program.

Sand for Seniors

Now through April, 2026 the Hampden Fire Department and Hampden Senior Center will work together to manage the Sand for Seniors program. This program is available for anyone over the age of 60 living in Hampden. The Fire Department will deliver a FREE 5-gallon bucket of sand to your home for you to use on your steps and walkways.

If you wish to have a bucket of sand delivered, please call the Senior Center at 566-5588 and leave a message with your name, address, phone #, and where you would like the bucket placed. If we need additional information we will call you back, otherwise you're all set!

Thanks to the Hampden Fire Department for continuing this great program!

Fuel Assistance Income guidelines for 2025/2026 heating season

Family Size Income Limit

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

REMINDER:

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



HELP US STOCK OUR SHELVES with Dish Soap.

Thank you to those that donated disinfecting wipes 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

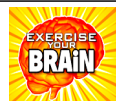
Three time slots available on Wednesday mornings:

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 register and schedule your court time.



Fall Puzzle Pacs

Keep your brain healthy and sharp!

Return your puzzle pack to the Senior Center by **November 25th** 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 December 15th.

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

\$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.



“African Drumming” with Jason

Current session runs through December 12th.

No class on 11/28.

Fridays from 2:00 pm to 3:00 pm

All are welcome! No previous experience necessary.

\$7 per class for drop-ins.

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

MOVIE MONDAYS: Mondays at 12:30pm

11/3 **LION (2016)**, PG-13, 1h 58m, Biography/Drama

11/10 **The 355 (2022)**, PG-13, 2h 02m, Action/Spy/Cyber Thriller

11/17 **Good Advice (2001)**, PG-13, 1h 33m, Romantic Comedy

11/24 **The Penguin Lessons (2024)** PG-13, 1h 51m, Drama



Shuffleboard Anyone? Or are we playing Cornhole?

The courts are open! Indoors or Out!

Mondays at 10:00 AM

Come rain or shine, or if it's too cold to be outside.

Our shuffleboard players are having a great time playing, and they don't want to stop.

We plan on playing outside until we can't.

Once the weather becomes prohibitive, we will be going indoors to play Corn Hole.

All are welcome! No experience necessary!

Please call Tina at 566-5588 to let her know you are interested in playing.

November Crafts with Kim

All projects are on display in the lobby.

Tuesday, November 4th, from 10:00 am to 12:00 pm

Snow Globe - your choice of Mr. & Mrs. Claus or Nativity Scene
Cost is \$12 each project.

Tuesday, November 18th, from 10:00 am to 12:00 pm

4-pack of adorable cork ornaments - \$5 fee; materials included.
Cork Trivets - \$5 for class, materials included.

November's Scrapbooking Theme is Holiday & Winter

Tuesdays, November 4th and 18th from 1:00 pm—3:00 pm.

Drop-ins welcome!

Cost is \$10 per class. A choice of 12" x 12" or 8" x 8" page will be provided for your album.

Tape runners, archival pens, and other supplies are available for purchase.

No Scrapbooking in December. Class resumes in January.
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, November 24th, 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.

Health & Wellness Services



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



Foot Care with Kylie

November 4th

1st Tuesday of every month. \$40 for a 30 minute appointment
Please call 566.5588 for appointment.



Chair Massage with Mindy

November 18th by appointment

\$10 for 10 minutes. Please call 566.5588

Tri-Town Trolley Transportation Services

For Hampden, East Longmeadow and Longmeadow older adults.

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

Grocery store trips on Wednesdays and Thursdays only 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.

Handmade Gift Card & Money Holder Class

Holidays will be here before you know it!

Join Sandy for a festive craft class, with refreshments and music to put you in the mood.

Make your holiday gifts look extra special with handmade gift card and money holders.

We will also make a variety of festive gift tags.

Wednesday, November 19th, from 9:15 am to 11:15 am

Tuesday, December 2nd, from 1:00 pm to 3:00 pm

Cost is \$3.00 per person per class for as many as you can make. All materials will be provided.

Please call 566-5588 to reserve your spot.

Ballroom Dance for Balance and Longevity!

Current session through 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 \$10 for drop-ins.

Please call 566-5588 to reserve your spot.



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

Tuesdays from 2:15 pm to 3:00 pm

Classes in November will be on the 4th, 18th, 25th
No class on 11/11.

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

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 November 24th

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

There is no charge to join All are welcome.

**Common Threads will NOT meet in December,
but will be back in January with a new format.**

Stay tuned for details.

Lobby Learning for the Holidays

Lobby Learning in November and December welcomes local vendors with great gift ideas and yummy treats that will be available for purchase here in the lobby.

Don't have time to get to the store to purchase a gift this year? Stop by the senior center on a Lobby Learning day and pick up a great gift for someone or treat yourself to something new! Buy local and help support small businesses.

11/6—Behavioral Health Network, holidays can be an emotional time, but thankfully help is available if you need it. Stop by the table for more information about dealing with holiday stress and more.

11/13—The Cookie Fairy

11/20—Ferrindino Maple

12/4—Sue Kendrick with local honey products

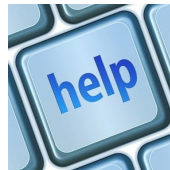
Perhaps there is an organization you would like us to welcome? Please let us know.

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

Join representatives from Cheryl Coakley-Rivera, Esq. The Registry of Deeds office to learn all about Registry 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.



FREE Tech Support **Monday, December 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.

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



Trish Pilon will be here from

Creative Roots Studio



to teach a two-week class in abstract painting on **Wednesdays, December 3rd and 10th from 10:00 am to 12:00 pm**

Cost is \$20.00 per person. All materials will be provided. Please call 566-5588 now to reserve your spot. Space is limited.



Save the Date **December 10th at 10:00 A.M.**

The New England Air Museum will be here to do a presentation on the Warbirds of WWII.

Please call 566-5588 to reserve your spot.

Sponsored by: Pat Sherman of Edward Jones Financial Group

Volunteer Opportunities

Hampden Cultural Council is looking for new members

The Cultural Council is looking for people interested in serving on the committee. Responsibilities include review of program request grant applications, selection of programs, and allocation of funds for the selected grant applications for the town of Hampden. For more information, please contact Ginny Blake at 413.566.6593 or ginbee@charter.net

Want to learn new skills and feel great while helping others?

Join the AARP Foundation TaxAide Team

providing free tax-filing help to those who need it most both here in Hampden and other local communities.

Apply at aarpfoundation.org/TaxaideVolunteer or call 1-888-AARP-Now (1-888-227-7669).

Please call 413.566.5588 for additional information

November 2025

Hampden Senior Center
104 Allen Street, Hampden MA

Mon	Tue	Wed	Thu	Fri
3 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 Billard League 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced	4 <u>Foot Care by appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Craft Class 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 1:00 Scrapbooking Class 2:15 Lamar's Class	5 9:30 Watercolors Pickleball @ TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	6 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 5:30 Veterans Dinner	7 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch & Learn with the Registry of Deeds 2:00 Drumming
10 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 Billard League 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced	11  Senior Center Closed	12 9:00 Make Up Class with Joby Rodgers 9:30 Watercolors Pickleball @ TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub 12:30 Watercolors	13 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	14 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 2:00 Drumming
17 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Shuffleboard 10:00 Tech Support 10:30 Tai Chi - Beginner 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Common Threads 12:30 Movie 1:00 Ukulele—Advanced	18 9:00 COA Board Meeting 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Craft 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 Scrapbooking Class 2:15 Lamar's Class	19 8:30 Collate Scribe Pickleball @ TWB 9:15 Gift Card Box Craft 9:30 Watercolors 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Watercolors 12:30 Rummikub	20 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 ???	21 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 2:00 Drumming
24 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 Movie 1:00 Ukulele—Advanced 1:00 Card Making with Ellie	25 <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	26 Pickleball at TWB 10:00 Trivia 12:00 NO Lunch 12:00 NO Pitch 12:30 Rummikub 2:00 Grab & Go Thanksgiving Meal	27  Senior Center Closed	28 Senior Center Closed
 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.			 Look for this graphic on the calendar to know what day Lobby Learning events are taking place.	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.

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413.566.5588

November 2025

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
<div>3</div> <div>Turkey & Provolone Cheese Celery Salad Tomato Soup Hamburger Bun Applesauce</div> <div>Cal: 600 Carb: 60 Na: 1090</div>	<div>4</div> <div>Thai Curry Style Meatballs Green Beans White Rice Multigrain Bread Chilled Pineapple</div> <div>Cal: 685 Carb: 89 Na: 726</div>	<div>5 High Sodium Day</div> <div>Hot Dog w/Bun * Broccoli Slaw Baked Beans Mixed Fruit Ketchup/Mustard</div> <div>Cal:759 Carb: 79 Na: 1412</div>	<div>6</div> <div>Chicken Piccata Tossed Salad w/Italian Rice Pilaf Garlic Bread Fresh Fruit</div> <div>Cal: 748 Carb: 87 Na: 1019</div>	<div>7</div> <div>Crab Cake w/tartar Coleslaw Steamed Corn Whole Wheat Bread Jello w/Topping</div> <div>Cal: 623 Carb: 79 Na: 1148</div>
<div>10</div> <div>Ham w/Pineapple Steamed Peas Baked Sweet Potato Whole Wheat Bread Mandarin Oranges</div> <div>Cal:562 Carb:91 Na:902</div>	<div>11</div> <div></div> <div>Cal:622 Carb:53 Na:632</div>	<div>12</div> <div>Beef Taco Bowl Tossed Salad w/Ranch Yellow Rice Tortilla Chips Cookies</div> <div>Cal:622 Carb:53 Na:632</div>	<div>13</div> <div>Bruschetta Chicken Steamed Spinach Penne Pasta Whole Wheat Bread Fresh Fruit</div> <div>Cal:646 Carb:75 Na:846</div>	<div>14</div> <div>Butter Crumb Fish/Tartar Parslied Carrots Roasted Red Potatoes Whole Wheat Bread Pudding w/Topping</div> <div>Cal:708 Carb:82/78 Na:1021</div>
<div>17</div> <div>Chicken Pot Pie California Blend Veg Biscuit Topping Apple Crisp</div> <div>Cal: 643 Carb:63 Na:830</div>	<div>18</div> <div>Ravioli w/Meat Sauce California Blend Veg Italian Bread Reg/Diet Jello w/Topping</div> <div>Cal:528 Carb:64 Na:974</div>	<div>19</div> <div>Thanksgiving Meal *High Sodium Turkey w/Gravy* Green Beans Mashed Potatoes Cranberry Stuffing Pumpkin Pie</div> <div>Cal: 910 Carb:120 Na:1288</div>	<div>20</div> <div>Potato Pollock Fish Tartar Sauce Coleslaw Steamed Corn Whole Wheat Bread Chilled Pineapple</div> <div>Cal: 694 Carb:87 Na:808</div>	<div>21</div> <div>Turkey Breakfast Sausage Spiced Apples Potatoes O'Brien French Toast w/Syrup</div> <div>Cal: 794 Carb:130 Na:872</div>
<div>24</div> <div>Shrimp Scampi Steamed Broccoli Penne Noodles Italian Bread Fresh Fruit</div> <div>Cal:749 Carb:96 Na:934</div>	<div>25</div> <div>Indian Style Butter Chicken Steamed Spinach Coconut Rice Whole Wheat Bread Chilled Pineapple</div> <div>Cal:803 Carb:84 Na:1174</div>	<div>26</div> <div>No Lunch Today</div>	<div>27</div> <div></div> <div>Senior Center Closed</div> <div>Senior Center Closed</div>	
<div>The voluntary donation 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>	<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 \$3.00 per meal. Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</div>	<div>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.</div>	



The Friends of Hampden Senior Citizens "SHOP TILL YOU DROP"

Annual Holiday Fundraiser is back!

You'll find lots of great gifts for those special people in your life.

All are welcome to come in and shop at the
Hampden Senior Center, 104 Allen Street.

Sale begins: Monday, November 10th through Friday,
December 30th. (the center is closed 12/25 & 12/26)

Shopping Hours: Monday—Friday from 9:00 am to 3:00 pm.

Cash or checks only.

All proceeds benefit programs at the senior center.



"Come What May" Boutique...

In the senior center lobby & great room for all to shop
during normal business hours,

Monday through Friday, 9:00 am to 3:00 pm

We accept donations of new or gently used clothing, outerwear,
accessories, and footwear.

We appreciate your ongoing generosity.

All proceeds from Boutique sales will benefit the Senior Center.



Trips with Bobbi



Thurs, Dec 4—Yankee Candle & Treehouse Brewery

\$50pp. Call 566.8379 to sign up. *This trip is being run by the
Wilbraham Senior Center.*

Mon, Dec 8 - The Aqua Turf Club;

"Rock This Town Orchestra" - Coffee on arrival, delicious family-style
lunch, Swinging '50s and '60s tunes - \$127pp.

This is my last trip for 2025; hope you enjoyed them. Check
out the possibilities for 2026 in the December Scribe.

Make checks 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

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!



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!

Friends of Hampden Senior Citizens Annual Calendar Fundraiser Event

FRIENDS OF HAMPDEN SENIORS JANUARY 2026 FUNDRAISER CALENDAR

THANK YOU TO ALL OUR
GENEROUS SPONSORS!
WE APPRECIATE YOUR SUPPORT!

				1 \$100 La Cucina Gift Card	2 \$50 D&R Farm Gift Card	3 \$100 CASH! Doreen Rauch
4 \$100 CASH! Rick Green Insurance	5 \$25 CASH! Country Auto	6 \$25 Gio's Gift Card	7 Quabog CC Golf Foursome Gift Certificate	8 \$25 Bilton's Gift Card	9 \$50 Casa Bella Gift Card	10 \$50 CASH! Bobbi Grant in memory of Dave
11 \$75 CASH! Scott Southworth	12 \$25 CASH! Chet & Son Painting	13 \$40 Bagel Nook Gift Card	14 Hampden Beauty Nails Manicure Gift Card	15 \$25 Gio's Gift Card	16 \$50 CASH! Architecture E.L.	17 \$50 Gio's Gift Card Bob & Betty Howarth
18 \$100 CASH! John D. Flynn	19 \$25 CASH! Hampden Auto Body	20 \$25 Gift Card One Way Brewing	21 Haircut from Cutting Crew	22 \$25 Gift Card Village Mart	23 \$50 CASH! Nancy Syrett in memory of Mark	24 \$50 CASH! Rick Green Insurance
25 \$50 CASH! Bobbi Grant in memory of Dave	26 \$25 CASH! Bagel Nook	27 \$25 Mt. View Gift Card	28 \$175 Value Gift Bag Mane Event	29 \$50 Gift Card Ferrindino Maple	30 \$50 CASH! Janice Knittle	31 \$100 CASH! Rick Green Insurance

**GREAT GIFT
IDEA**

Back by popular demand, the Friends of Hampden Senior Citizens, are selling one-month lottery calendars for **\$10.00 each** to support the Hampden Senior Center. **Calendar Sales will begin on November 1st and end December 31st.**

You have a chance to win a cash prize or gift card to a local business every day for the month of January. One name will be drawn daily. Holiday and weekend winners will be drawn the Friday before they occur. Winners will be notified and can pick up their prize or we will mail it to them.

Lottery calendars make great holiday gifts for friends, mail/newspaper delivery people, teachers, coaches, doctors, nurses, co-workers, babysitters; hairdresser, veterinarians, and more!

These calendars make great stocking stuffers!

Remember you can win more than once!

You have a chance win EVERY day during the month of January.

You can purchase lottery calendars at the Senior Center or fill out the form below, and mail it back to us with a check for the total number of calendars you are purchasing. We need the name, address and phone number for each person you are purchasing a calendar for. Once payment is received, we will mail the calendars back to you, or you can pick them up at the Senior Center.

The above calendar is for you to keep if you are purchasing a calendar for yourself. If you are purchasing multiple calendars for gifts, you can either pick up the calendars or we will mail them to you once payment is received.

Please fill out & return with your check for \$10 for each calendar you are purchasing.

Attach a separate sheet to list each person you are gifting a calendar to, along with your check, and return to:
Hampden Senior Center, at 104 Allen Street, Hampden 01036.

Please make check payable to: **Friends of Hampden Senior Citizens**, and put "Calendar Raffle" in memo line.

of Calendars: _____

Name: _____ Phone #: _____

Address: _____

Winners will be notified by phone. *Good Luck and Thank You* for your support.