

# The Scantic Scribe

## HAMPDEN SENIOR CENTER

104 ALLEN STREET, HAMPDEN, MA 01036

413-566-5588 (phone); 413-566-2103 (fax); [www.hampdenma.gov](http://www.hampdenma.gov)  
Monday - Friday 9:00AM-3:00PM



Please let us know if you would like to receive this newsletter via email. Call us with your email address!



Greetings!

As we wrap up 2025, I am so grateful for each and every one of you who comes to the senior center to participate, and also grateful for the staff and numerous volunteers who help keep the center up and running. The staff deserves an extra special thanks for continuing to provide exceptional service through many ups and downs. The senior center would not be the place that it is today without Wendy, Sharon, Joi, Tina and Rudie! Give them an extra thank you next time you see them.

We know that economic times are difficult and we are here to help. If you are a Hampden resident and are feeling the strain of delayed or diminished SNAP benefits, please contact Wendy at 566.5588 for help. If you are not currently receiving SNAP and think you might be eligible for SNAP or other benefit programs, please call.

All information is confidential and we will be glad to offer you assistance.

Wishing you the happiest of holidays and a safe and healthy new year! Becky.....



### Holiday Luncheon with the Fort Carolers

Friday, December 19th at 12:00 PM



Join us for a wonderful afternoon of great music and food as we welcome  
The Fort Carolers just in time for the holidays.

Enjoy a Turkey Dinner provided by Greater Springfield Senior Services and  
delicious German Chocolate Cake prepared by Chef Eric Rogers from Westfield Tech Academy.

Please call 413.566.5588 to RSVP for this event.

Cost is \$6 per person (\$3 suggested donation for lunch and \$3 for entertainment)

*Sponsored by the Friends of Hampden Senior Citizens*



NEW ENGLAND  
AIR MUSEUM

### Warbirds of WWII

**Wednesday, December 10th at 10:00 am**

Join the New England Air Museum for a presentation on  
Warbirds of WWII.

This program will discuss several warbirds the museum has  
on display, including unique and one of a kind aircraft!

Aircraft will include the Boeing B-29 Superfortress,  
ZNPK-28 Blim Control Car, Sikorsky R-4 helicopter, and more!

There is no cost to attend this program.

Sponsored by Pat Sherman from Edward Jones.

Please call 566-5588 to reserve your spot.

### The Artistic Dance Conservatory presents



### The Ballet Circus of Light

**Thursday, December 18th at 1:30 P.M.**

Prepare to be dazzled as elegance meets  
enchantment under the big top!

The Ballet Circus of Light is a breathtaking dance experience  
where classical ballet twirls into whimsical circus wonder.

It is a story of courage, creativity, and light performed by  
dancers who bring magic to every step.

From soaring leaps to sparkling stage moments,  
this unforgettable performance will illuminate  
your imagination and light up your heart.

A show for dreamers of all ages.

Don't miss your chance to witness this!

Please call 566.5588 to reserve your seat.

This is a FREE program.

Donations will be accepted for the Dance Conservatory.

### Holiday Concerts at the Hampden Senior Center



Monday, December 15th at 12:30 PM FREE Ukulele Concert with the Hampden Senior Center Advanced Ukulele Group

Friday, December 12th at 12:30 PM FREE Drumming Concert with the Hampden Senior Center Drumming Group.

Come and support these two groups of very talented musicians. Refreshments will be provided. Please call 566.5588 to RSVP.

# Outreach Updates

The Outreach Office is your resource center for information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc. The Outreach Program is partially funded by a grant from the Executive Office of Aging and Independence.

Contact Wendy Cowles at 566-5588 or email [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov) for information.

- **D&R Farm:** Winter Farm Share is back in January. D & R Farm will once again offer fresh produce twice a month starting in January and running through May. 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 are required. If interested, contact Wendy at 566.5588 to get your application in and sign up!
- **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, December 16th 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 December:**

December 5th-Joy of Song w/Sara

December 12th-Rhythm & Motion w/Sara

December 19th-Music w/Renee



Join us for the Holiday Luncheon December 26th—No Café

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 thanks to 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.**

### **2026 Tax Work Off Program**

The town of Hampden will begin accepting applications for the 2026 Tax Work Off Program effective immediately. Applications and program details are available at the Hampden Senior Center and completed applications are due back by **December 19, 2025**.

The town has 14 tax work off positions in various departments including the senior center, the library, town hall, park and rec and the police department and provides up to a \$2,000 tax abatement.

Due to the popularity of this program, all positions will be filled using a lottery system. Department heads may choose to interview potential tax work off employees to make sure the employees skills meet the specific needs of the department.

If you have questions about this program, please contact Becky at the senior center at [coa@hampdenma.gov](mailto:coa@hampdenma.gov) or 413.566.5588.

### **HELP US STOCK OUR SHELVES with Liquid Hand Soap**



Thank you to those that donated dish soap last month. Every month we request a different item to help fill 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

No classes in December  
New 8-week session January 7th—February 25th—wait list only.  
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.**



## Tri-Town Trolley Transportation Services Monday - Friday, 9:00 am - 3:00 pm

For Hampden, East Longmeadow and Longmeadow older adults.

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.**

## FUN AND GAMES AND MORE

### Mondays

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

### Thursdays

BINGO at 12:30  
Dominoes 12:30

### Tuesdays

Bunco at 12:00

### Fridays

Quilting from 9-3  
MahJong at 10:30

### Wednesdays

Trivia at 10:00AM

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



## Ukulele Classes with Amy Scott

Current session runs through December 15th.

Drop-ins are welcome!

**New 8-session begins January 5<sup>th</sup> through March 9<sup>th</sup> Mondays**

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

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

**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 12<sup>th</sup>.

**Fridays from 2:00 pm to 3:00 pm**

All are welcome! No previous experience necessary.

\$7 per class for drop-ins.

### FREE Drumming Holiday Concert

**Friday, December 12<sup>th</sup>, at 12:30 pm,**

Come enjoy a holiday concert with festive refreshments.

Donations to subsidize this program are welcome and greatly appreciated.

**The new 12-week session begins January 9<sup>th</sup> through April 10<sup>th</sup>**

All are welcome! No previous experience is necessary.

Cost is \$70 for the 12-week session if paid in full

or \$7 per class for drop-ins.

## MOVIE MONDAYS: Mondays at 12:30pm



- 12/1 Just Mercy (2019), PG-13, 2h 17m, Biography/True Crime/Drama
- 12/8 No Sleep 'Til Christmas (2018), PG-14, 1h 30m, Comedy/Romance
- 12/15 Last Holiday (2006), TV-PG, 1h 52m, Comedy/Drama/Romance
- 12/22 Operation Christmas Drop (2020), TV-PG, 1h 44m, Heartfelt Family
- 12/29 Sister Act (1992), PG, 1h 40m, Comedy/Family/Music

## Indoor Cornhole

**Mondays at 10:00 A.M.**

**All are welcome! No experience necessary!**

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

## December Crafts with Kim

All projects are on display in the lobby.

**Tuesday, December 2nd, from 10:00 am to 12:00 pm**

Bow Making Class

Cost is \$10 for the class. All materials are included.

**Tuesday, December 9th, from 1:00 pm to 3:00 pm**

Winter Scene Wooden Sleds

Cost is \$5 for the class. All materials are included.

**Tuesday, December 16th, from 1:00 pm to 3:00 pm**

Set of 3 painted Wooden Ornaments

Cost is \$5 for the class. All materials are included.

**There will be no Scrapbooking in December.**

Classes will resume in January.

Please call 566-5588 to reserve your spot for all classes.



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.



## Greeting Cards with Ellie

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

Learn new techniques each month.

**Monday, December 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.

## 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 on December 2nd**

1st Tuesday of every month.

\$40 for a 30 minute appointment.

Please call 566.5588 for appointment.



**Chair Massage with Mindy**

**Tuesdays, December 9th & 23rd by appointment**

\$10 for 10 minutes. Please call 566.5588

## Winter Puzzle Pacs

Return your puzzle pack to the Senior Center by **February 27th** for a chance to win. Drawing will be held on March 2nd.



## 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.

**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!**

**Thursday, December 4th & December 11th**

**2:15 pm to 3:15 pm**

Cost is \$10 for drop-ins through 12/11.

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!

A new 8-week session price (\$60) will be offered starting January 8th through February 26th. Must be paid in full.

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 December will be on the 2nd, 9th, 16th & 23rd.

**Current session extended through 12/23**

**New 12-week session starts January 6th through March 31st.**

Cost is \$60 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."

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

## Low Vision Support Group

**Monday, December 8th at 1:00 P.M.**

*(second Monday of every month)*

**Longmeadow Adult Center, 211 Maple Road, Longmeadow**

This group meets regularly to provide individuals who have low vision or are blind with information aimed at improving their quality of life.

Guest speaker: Dr. Cahrlene Chateauneuf, O.D. from Solinsky Eye Care in Enfield. She specializes in treating people with low vision.

Call 413-565-4150 for more information.

## Common Threads Led by Dr. Joan Tompkins

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 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.

**Thursday, 12/4—Sue Kendrick with local honey products**

**Thursday, 12/18—Scantic River Artisans**

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

### **In a rut? Feeling the Holiday and Winter Blues?**

**Join Behavioral Health Network on**

**Friday, December 12th from 9:30 AM—10:30 AM**

to talk about the holiday and winter blues and learn new ways to cope with grief and challenges.

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



### **Veterans Coffee Hour with Jason Burgener**

**Save the Date: January 28th at 10:00 A.M.**

Join Jason and Wilbraham Funeral Home for a discussion about preparing for your future and potential Veterans benefits.

Light Refreshments will be provided.



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

Jason's office hours at the new Hampden Town Hall, 85 Wilbraham Road, Hampden (former TWB Middle School):

**Wednesdays, 9:00 am to 4:00 pm**

Please call Jason directly at 413-640-0540 to schedule an appointment.

### **Save the Date: January 14th at 12:00 noon**



Luau with the Hampden Senior Center Ukulele Group

Beat the winter blues and join us for a tropical island

### **Luau Luncheon**

A delicious lunch will be provided by Greater Springfield Senior Services and entertainment will be provided by the Hampden Senior Center Ukulele Group.

Cost is \$6 pp. More details to follow in the January Scribe.



### **Help is on the way!**

**Need a button sewn? Pants hemmed? Fix a rip?**

Starting on **January 9th** and continuing on the second Friday of every month, the senior center welcomes seamstress extraordinaire, Georgina Hamilton to help with your alterations, tailoring and more. This service is **FREE**, but donations will be accepted for senior center programs and services.

### **SENIOR CENTER STAFF**

**Rebecca Moriarty, Executive Director, [coa@hampdenma.gov](mailto:coa@hampdenma.gov)**

**Wendy Cowles, Outreach Coordinator, [outreach@hampdenma.gov](mailto:outreach@hampdenma.gov)**

**Tina Doran, Program & Volunteer Coordinator, [scribe@hampdenma.gov](mailto:scribe@hampdenma.gov)**

**Sharon Woodin & Joi Giuggio, Receptionists, [receptionist@hampdenma.gov](mailto:receptionist@hampdenma.gov)**

**Rudie Voight, Custodian**



### **FREE Tech Support**

**Monday, December 15th**

**Everyday Tech Support** will be available **by appointment only.**

for 30 minute sessions on the 3<sup>rd</sup> 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.

### **Save the Date: Armbrook Village cooking demo**

**Brain Healthy Cooking for One**

**January 8, 2026 at 11:00 A.M.**

The Chef from Armbrook will show you how to prepare several tasty Mediterranean-style meals from a short list of cost effective brain health ingredients, helping you eat nutritiously, reduce food waste and stretch your shopping budget when cooking for one!

Participants will each receive 2 salmon cakes served over a bed of greens, a cup of lemon chicken soup and tahini chocolate pudding for dessert. Call 566-5588 to reserve your seat.

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](http://aarpfoundation.org/TaxaideVolunteer) or call 1-888-AARP-Now (1-888-227-7669).

More information about making an appointment to have your taxes done will be in the January SCRIBE. Appointments will not be scheduled until January 5, 2026.

### **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: TBD in PERSON or VIA ZOOM**

**ZOOM Meeting ID: 95866401813 ZOOM Password: 639217**

# December 2025

Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Cornhole 10:30 Tai Chi - Beginner 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Movie 1:00 Ukulele—Advanced	<b>2</b> <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 Gift Card Box Craft 2:15 Lamar's Class	<b>3</b> Pickleball @ TWB 10:00 Abstract Painting 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>4</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga 2:15 Ballroom Dance	 <b>5</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Drumming
<b>8</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Cornhole 10:30 Tai Chi - Beginner 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Movie 1:00 Ukulele—Advanced	<b>9</b> <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Craft Class 1:00 Mat Yoga 2:15 Lamar's Class	<b>10</b> Pickleball @ TWB 10:00 Abstract Painting 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>11</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 BINGO 12:30 Mexican Train 1:00 Mat Yoga 2:15 Ballroom Dance	<b>12</b> 9:00 Quilting 9:30 Grief Support Group 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Drumming
<b>15</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:00 Cornhole 10:00 Tech Support 10:30 Tai Chi - Beginner 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Movie 1:00 Ukulele—Advanced	<b>16</b> 9:00 COA Board Meeting 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Craft Class 1:00 Mat Yoga 2:15 Lamar's Class	<b>17</b> <b>8:30 Collate Scribe</b> Pickleball @ TWB 10:00 Trivia 12:00 Lunch 12:00 Pitch 12:30 Rummikub	<b>18</b> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Workout w/Jenn 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 BINGO 12:30 Acrylic Painting 12:30 Mexican Train 1:00 Mat Yoga 1:30 Dance Conservatory	 <b>19</b> 9:00 Quilting 10:15 MEMORY CAFÉ 10:30 Mahjong 12:00 Holiday Luncheon with The Fort Carolers 2:00 <u>NO</u> Drumming
<b>22</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Cornhole 10:00 FREE Tech Support 10:30 Tai Chi—Beginner 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Movie 1:00 Ukulele—Advanced 1:00 Card Making with Ellie	<b>23</b> <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class	<b>24</b> Pickleball at TWB 10:00 Trivia <b>12:00 Lunch</b> <b>12:00 NO Pitch</b>  <b>Senior Center closing at 12:30</b>	<b>25</b>    Senior Center Closed	<b>26</b>  Senior Center Closed
<b>29</b> 9:00 PWR!Moves 9:00 Knit/Crochet 9:15 Tai Chi—Adv 9:30 Bridge 10:00 Cornhole 10:00 FREE Tech Support 10:30 Tai Chi—Beginner 11:45 Ukulele—Beginner 12:00 Billard League 12:00 Lunch 12:30 Movie 1:00 Ukulele—Advanced	<b>30</b> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga 2:15 Lamar's Class	<b>31</b> Pickleball at TWB 10:00 Trivia <b>12:00 Lunch</b> <b>12:00 NO Pitch</b>  <b>Senior Center closing at 12:30</b>	 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

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

# December 2025

## LUNCH MENU

\*Suggested  
Donation  
\$3.00 per meal.

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

Mon	Tue	Wed	Thu	Fri
1  Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Jello w/Topping  Cal: 568 Carb:70/69 Na: 840	2  Fish Chowder Green Beans Whole Wheat Bread Chilled Pineapple  Cal: 582 Carb: 76 Na: 725	3  Chicken Marsala Cucumber Salad Penne Noodles Garlic Bread Fresh Fruit  Cal:666 Carb: 80 Na: 718	4 <b>Birthday Meal</b> Pot Roast w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Cupcake/Diet Cupcake  Cal: 835 Carb:100/88 Na: 847	5  Turkey Taco Bowl Tossed Salad w/Ranch Yellow Rice Tortilla Chips Cookies  Cal: 748 Carb: 65 Na: 958
8  Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Fresh Fruit  Cal:845 Carb:106 Na:1087	9  American Chop Suey Roman Blend Vegetables Wheat Roll Fudge Round Cookie  Cal:720 Carb:95 Na:667	10 <b>Soup &amp; Sandwich Day</b> Classic Chicken Salad Coleslaw Creamy Tomato Soup Club Roll Mandarin Oranges  Cal:594 Carb:71 Na:879	11  Braised Pork w/Apple Gravy Steamed Peas Herb Roasted Potatoes Whole Wheat Bread Cookies  Cal:795 Carb:100 Na:755	12  Eggplant Parmesan* Tossed Salad w/Italian Penne w/Sauce Garlic Bread Chilled Peaches  Cal:826 Carb:104 Na:1168
15  Beef Chili w/ Sour Cream Mixed Vegetables Baked Potato Italian Bread Chilled Pineapple  Cal: 767 Carb:118 Na:777	16 <b>Soup &amp; Sandwich Day</b> Tarragon Tuna Salad Celery Salad Butternut Bisque Club Roll Fresh Fruit  Cal:740 Carb:88 Na:996	17 <b>Winter Holiday Meal</b> Ham with Pineapple Green Beans Au Gratin Potatoes Dinner Roll Chocolate Mousse w/Topping  Cal: 900 Carb:115 Na:1167	18  Butter Crumb Fish Tartar Sauce Parslied Carrots Rice Pilaf Whole Wheat Bread Mandarin Oranges  Cal: 628 Carb:78 Na:822	19  Turkey w/Gravy Steamed Peas Mashed Potatoes Cranberry Stuffing Cookie  Cal: 687 Carb:93 Na:1013
22  Raviolo w/Meat Sauce Steamed Broccoli Italian Bread Fresh Fruit  Cal:577 Carb:76 Na:937	23  Cranberry Apple Chicken Steamed Spinach Roasted Red Potatoes Multigrain Bread Reg/Diet Jello w/Topping  Cal:689 Carb:82/80 Na:766	24  Mediterranean Style Turkey Marinated Cucumber Salad Couscous Whole Wheat Bread Chilled Pineapple  Cal:523 Carb:68 Na:780	25	26  <i>Merry Christmas</i>
29  Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Apple Crisp  Cal:592 Carb:65 Na:553	30 <b>High Sodium Day</b> Hot Dog w/Bun Ketchup/Mustard Broccoli Slaw Baked Bean Mixed Fruit  Cal:759 Carb:79 Na:1412	31 <b>Happy New Year!</b> Chicken Cordon Bleu * Steamed Broccoli 1/2 Sweet Potato Dinner Roll Fudge Round Cookie  Cal:780 Carb:96 Na:1106	<b>Key for Symbols:</b> Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)  Total Sodium & Calories include regular dessert, milk (100mg NA) and	The <u>voluntary donation</u> amount for lunch through GSSSI has increased to <b>\$3.00</b> . 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!



## 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.

Shopping Hours until December 31st:

Monday from 12 noon-3 pm and

Tuesday, Wednesday, Friday from 9:00 am to 3:00 pm

Thursday from 9:00 am—12:00 noon

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.*



## Possible Trips with Bobbi 2026



May 19–21, Tue–Thur, Lancaster PA, Joshua/Sight & Sound Theatre, \$595pp dbl

May 17–June 7, Newport Playhouse, "America's Sexiest Couple", Lunch, Cabaret, \$138pp

Summer, Thimble Island Cruise, stop @ Mohegan Sun or Foxwoods, \$89pp

Late June, Carousel Museum, lunch @ The Taverna Grill, \$TBD

July 14, Tue, Aqua Turf Club, North County Band, lunch, Line dancing, \$TBD

July 16, Thur, Log Cabin, Lob/Prm rib, The Corvettes "Doo-Wop", \$99pp self-drive

Aug 5, Wed, Log Cabin, Lob/Prm rib, Kenny Rogers Tribute, \$99pp self-drive

Aug 2–Aug 23, Newport Playhouse, "On Golden Pond", Lunch, Cabaret, \$138pp

Sept 8, Tue, Aqua Turf Club, Jukebox45 Show Band, "Doo-Wop", lunch, \$TBD

Fall, Lakeside Turkey Train, Lake Winnipesaukee, NH, \$TBD

Dec 8, Tue, Aqua Turf Club, Holiday Classics, The Cartells, lunch, \$TBD

What do you think? call Bobbi [413-566-8271/bobbijg2@charter.net](mailto:413-566-8271/bobbijg2@charter.net)  
(For Thimble Island & Turkey Train call Amanda 413-596-8379)



## Friends of Hampden Senior Citizens Hartsstrings 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.**

**If the bin is full, please leave items on the senior center front porch.**

Only use tall kitchen size garbage bags or smaller for your donations to fit in the bin.

**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 The Vermette Family	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 \$25 Gift Card Ferrindino Maple	30 \$50 CASH! Janice Knittle	31 \$100 CASH! Rick Green Insurance



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 have it mailed

*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 to 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.**