

# THE SCANTIC SCRIBE NOVEMBER 2016



## HAMPDEN SENIOR CENTER

104 ALLEN STREET

Monday-Friday 9:00am—3:00pm

413-566-5588 (phone)

413-566-2103 (fax)

Website: [www.hampden.org](http://www.hampden.org)



### TWO TOWN TROLLEY (413) 525-5412

The Two Town Trolley is running for Hampden and East Longmeadow residents. Mon-Fri, 9:00am-2:00pm.

#### SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director

[coa@hampden.org](mailto:coa@hampden.org)

Doreen Rauch, Administrative Clerk

[scribe@hampden.org](mailto:scribe@hampden.org)

Wendy Turer, Outreach Coordinator

[outreach@hampden.org](mailto:outreach@hampden.org)

Nan Hurlburt, Activities Coordinator

[activities@hampden.org](mailto:activities@hampden.org)

Holly Normoyle, Receptionist

[receptionist@hampden.org](mailto:receptionist@hampden.org)

Rudie Voight, Custodian

#### Greetings!

Isn't this a beautiful time of the year? The colors outside are so vibrant and the air is so crisp. Grab a sweater and enjoy as much time as possible outside! The weather could get cold again soon, so take it all in!

We hope that you will spend time at the senior center this month as we celebrate so many wonderful holidays and have great programs planned for your education and enjoyment.

Please attend our annual **Veteran's Breakfast on Thursday, November 10th at 9:00 A.M.** This is a wonderful time for everyone to give thanks to all of the veterans who fought for our freedom.

On **Wednesday, November 16th** we will host a Thanksgiving luncheon with special entertainment and a delicious meal. Please sign up in advance for this program.

And it's that time of year again when we set up the annual Holiday Craft Sale table. The table will be set up on **November 7th** and we encourage you to come in a shop often at this great fundraiser!

We are looking for **VOLUNTEER DRIVERS!** Please call Wendy with questions or to sign up as a driver to take older adults to medical appointments.

Hope to see you soon! **BECKY...**

#### COA BOARD MEMBERS

CHAIRMAN: DEANNA VERMETTE

VICE CHAIRMAN: MARTY JACQUE

TREASURER: ART BEAUREGARD

SECRETARY: DEBBIE MAHONEY

RAY CROWLEY, MONIQUE DOWNEY,

ED NORMAN, NANCY WILLOUGHBY

REP TO GSSI: JOHN SHAY

NEXT COA BOARD MEETING:

TUESDAY, NOVEMBER 8TH @ 9:00AM

**Don't forget...TURN BACK THE  
CLOCKS ON NOV 6th**



The Hampden Lion's Club provides the paper for the SCRIBE and Friends of the Hampden Seniors provide postage. Many thanks to both organizations for supporting the Hampden Senior Center!



**EARLY VOTING AT THE  
SENIOR CENTER ON  
NOVEMBER 1st, 2nd,  
3rd AND 4th, 9-3pm**

## ACTIVITY CORNER

BRIDGE - MONDAY, 9:30AM. LOOKING FOR PLAYERS!!

BINGO - THURSDAYS, 12:00, \$.50 CENTS A CARD.

BUNCO - CALL FOR TIMES.

CANASTA - EVERY TUESDAY, 12:30

CHAIR MASSAGE - THIRD FRIDAY OF MONTH, 10:00am,  
15 MINUTE MASSAGE FOR ONLY \$10.00

CHAIR YOGA - TUESDAYS, 11AM \$5/CLASS

CHORAL GROUP - MONDAYS @ 2:45PM.

GENEALOGY - 1st & 3rd THURSDAYS, 12:00NOON

JEWELRY - NEW TIME (9:30-11:00)  
\$3.00/class plus cost of beads.



LINE DANCING - THURSDAYS, 2PM, \$3.00pp

MAHJONGG - FRIDAYS, 12:00, WILL TEACH ANYONE  
INTERESTED!

MANICURES/PEDICURES - CALL CATHY AT 335-7422

PITCH - WEDNESDAYS, COST IS \$2.00. SIGN UP 11:45, PLAY 12:15

QUILTING - FRIDAYS, 9:00-3PM

SHUFFLEBOARD- OPEN 9-3PM; weather permitting!

STRENGTH TRAINING - TUESDAYS, 12:00NOON, \$5.00

TAI CHI - ADVANCED CLASS, MONDAYS, 10:00AM.  
BEGINNER CLASS, 11:15 TO 12:00NOON. COST IS \$5.00

TRIVIA - EVERY WEDNESDAY @ 10AM. COME JOIN THE FUN!

WEIGHT TRAINING/YMCA - TUESDAY & THURSDAY, 10AM, \$3.50 a class

YOGA - TUESDAY & THURSDAY, 1:00PM, \$5.00/CLASS

ZUMBA GOLD - MONDAYS AT 12NOON, \$5.00

## FRIENDS OF HAMPDEN SENIOR CITIZENS, INC.



The Friends are looking for  
volunteers to bake for their  
**VOTING DAY BAKE SALE,**  
Tuesday, November 8th  
8am DROP OFF AT TOWN HALL  
OR DAY BEFORE AT SENIOR CENTER  
BY 2:30PM.  
**THANK YOU!**

## HAMPDEN TRAVEL CLUB

Call NORA at 566-5796



AMERICAN'S COWBOY COUNTRY - 8 DAYS,  
Yellowstone, Mt. Rushmore, Badlands National Park & more.

NEW DATE! Sept 8th, 2017

SOUTHERN CHARM HOLIDAY - Dec 4-9th, 2016.

Special holiday trip, Charleston, Savannah, Jekyll Island.

VERY SPECIAL—TRAINS & WINERIES & TREASURES of

Northern California, June 2017

LONDON & PARIS—May 18, 2017

HAWAII—OCTOBER 27, 2017

Call for fliers or pick one up at the HSC!

## TRIPS WITH BOBBI GRANT

Call Bobbi @ 413-566-8271

email to [bobbijg2@charter.net](mailto:bobbijg2@charter.net)



## SUGGESTIONS FOR 2017:

Gatlin Bros/BBQ lunch, Indian Ranch, Webster, MA Thurs May 25 - \$89/pp

Doo-Wop Revue w "The Corvettes", Aqua Turf Club, Thurs, June 15 - \$77

Newport Playhouse/Lobster Buffet/Show/Cabaret, Tues, Aug 22 - \$95/pp

Thimble Islands Cruise/Lunch/USS Nautilus/Submarine Museum, Sept ? -  
\$73/pp MAX 48

Lake Winnepesaukee/Turkey Train/Anheuser Busch Tour, Oct ? - \$86/pp  
MAX 48

Cher & Elvis, Vegas-Style, Aqua Turf Club, Tues, Nov 14 - \$76/pp

Hall of Fame/Patriot Place/Gillette Stadium/Luciano's Lunch/Wrentham  
Outlets - \$69/pp

Blue Man Group/Magianno's Lunch, Sunday matinee - no date/price yet

Cape Cod Canal Cruise/Lunch/More - no date/price yet

Danbury Mall Shopping Trip/Lunch on own - no date/price yet

Mohegan Sun/Flander's Fish Mkt Lunch - no date/price yet

## Monday Movies at 12:15

Nov 7th—MIDNIGHT SPECIAL— After discovering that  
his young son possesses extraordinary powers, a father must try to  
safeguard the boy not only from the intensive pursuit of  
government authorities but also a band of religious fanatics.  
Cast: Michael Shannon, Joel Edgerton, Kirsten Dunst.

Nov 14th—EYE IN THE SKY— Leading an operation to  
nab a terrorist and her collaborators in Kenya, Col. Katherine  
Powell ends up in a political and moral quagmire as the mission  
changes and a drone strike is ordered, putting a young girl at risk  
of becoming collateral damage. Cast: Helen Mirren, Aaron Paul,  
Alan Rickman.

NOV 21st—BLACK MASS— This fact-based drama  
recounts the story of notorious Boston gangster "Whitey" Bulger,  
who turned FBI informant to get rid of his mob rivals. Later facing  
imminent indictment, he eluded authorities for more than 15 years,  
until his arrest in 2011. Cast: Johnny Depp, Joel Edgerton, Benedict  
Cumberbatch

Nov 28th—MA MA — Newly fired from her job and  
abandoned by her husband, Magda learns she has breast cancer.  
But any inclination toward self-pity is erased the same day, when  
the man she meets at her son's soccer game receives shattering  
news about his wife and child.  
Cast: Penelope Cruz, Luis Tosar, Asier Etxeandia



# OUTREACH/WELLNESS CORNER

The Outreach Office is your resource center. Information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc.

**BROWN BAG - TUESDAY, NOVEMBER 15TH @ 1:00pm**

**FALLON INSURANCE** Representative will be here on Tuesday, November 22, 10am.

**SHINE** (Serving Health Information Needs of Everyone)  
Call for an Appointment with Becky if you need help navigating the Medicare maze!



**FREE BLOOD PRESSURE CLINICS**  
**EVERY TUESDAY AND THURSDAY**  
**10:00 AM—11:00 AM**



**EVERY WEDNESDAY**  
**11:00-12Noon**

## Fuel Assistance

Income guidelines for 2017 heating season

<u>Family Size</u>	<u>Income Limit</u>
1	\$34,001
2	\$44,463
3	\$54,925
4	\$65,387

- The following documentation is also required:
- Copy of Social Security check or bank statement showing deposits of all income (not more than 30 days old)
  - 2016 Electric Bill
  - Oil Statement or Gas Bill (or both)
  - 2016 Telephone Bill
  - Property Tax and/or Homeowners Bill
  - Photo ID, Social Security Card or Birth Certificate
  - Mortgage statement if not paid in full
  - Current Homeowners Insurance Bill
  - If working, 4 previous pay stubs (these must be the most recent)
- Please contact Wendy with any questions or to schedule an appointment at 566-5588

## STOCKINGS FOR SENIORS



Please join us as we share the Holiday spirit with the residents at Wingate of Hampden.

The Hampden Senior Center knitting and quilting Groups have made Holiday stockings and we are asking for your help to fill them.

Some suggested items are:  
**Toothbrushes/Toothpaste**

**Combs, Nail files**

**Mini Hand Lotion, Mini Tissue Packs**

**Mini Hand Sanitizer**

**Candy Canes, Mini Individually Wrapped Chocolates**

**Peanut Butter Crackers**

Your donations will help to bring joy and happiness to our friends during the Holiday season.

Please bring your donations to the Hampden Senior Center by December 1<sup>st</sup>. Contact Wendy at 566-5588



**The Farmer's Market is coming to The Hampden Senior Center with fresh, local produce!**

**Join us on the following Fridays**  
**December 9th, January 13th**  
**February 10th, March 10th**  
**April 7th**  
**From 10am-12pm**

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036

# NOVEMBER 2016

Lunch served daily @11:30am,  
RVSP before noon the day  
before @ 566-5588.

Mon	Tue	Wed	Thu	Fri
	<b>1 VOTE</b> 9:00 Ladies Pool 9:00 Shuffleboard 10:00 Weights 10:00 Blood Pressure 11:00 <b>CHAIR YOGA</b> 12:00 Strength Training 12:30 Canasta 1:00 Yoga	<b>2 VOTE</b> 10:00 Trivia 10:00 <b>MEMOIR CLASS</b> 11:00 Blood Pressure 12:00 PITCH 12:30 WATERCOLOR	<b>3 VOTE</b> 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 12:00 Genealogy 12:00 Bingo 1:00 Yoga 2:00 <b>Line Dancing (cancel)</b> 3:00 Art is 4 Every 1	<b>4 VOTE</b> 9:00 Quilting 10:00 AMP 12:00 Mahjongg
<b>7 CRAFT SALE</b> <b>STARTS TODAY</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 Zumba Gold <b>12:15 MOVIE</b> 12:30 WATERCOLOR	<b>8 COA MEETING</b> 9:00 Ladies Pool 9:00 Shuffleboard 10:00 Weights 10:00 Blood Pressure 11:00 <b>CHAIR YOGA</b> 12:00 Strength Training 12:30 Canasta 1:00 Yoga	<b>9</b> 10:00 Trivia 10:00 <b>MEMOIR CLASS</b> 11:00 Blood Pressure 11:30 <b>Lunch/Learn</b> 12:00 PITCH 12:30 WATERCOLOR	<b>10 VETERANS</b> <b>BREAKFAST</b> 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 3:00 Art is 4 Every 1	 <b>11</b> <b>CLOSED</b> <b>VETERANS</b> <b>DAYS</b>
<b>14</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 Zumba Gold <b>12:15 MOVIE</b> 12:30 WATERCOLOR 2:45 Choral Group	<b>15</b> 9:00 Ladies Pool 9:00 Shuffleboard 9:30 Jewelry 10:00 Weights 10:00 Blood Pressure 10:45 <b>Lunch/Learn</b> 11:00 <b>CHAIR YOGA</b> 12:00 Strength Training 12:30 Canasta 1:00 Yoga 1:00 <b>BROWN BAG</b>	<b>16</b> 10:00 Trivia 11:00 Blood Pressure 11:30 <b>THANKSGIVING</b> <b>LUNCHEON</b> 12:15 <b>PITCH(cancelled)</b> 12:30 WATERCOLOR	<b>17</b> 9:00 Men's Pool 10:00 Blood Pressure 10:00 Weights 12:00 Genealogy 12:00 Bingo 1:00 Yoga 2:00 Line Dancing 3:00 Art is 4 Every1	<b>18 MASSAGE</b> 9:00 Quilting 9:30 <b>Memory Cafe</b> 12:00 Mahjongg
<b>21</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 Zumba Gold <b>12:15 MOVIE</b> 12:30 WATERCOLOR 2:45 Choral Group	<b>22</b> 9:00 Ladies Pool 9:00 Shuffleboard 10:00 <b>Fallon Insurance</b> 10:00 Weights 10:00 Blood Pressure 11:00 <b>CHAIR YOGA</b> 12:00 Strength Training 12:30 Canasta 1:00 Yoga	<b>23 FOOTCARE</b> 10:00 Trivia 11:00 Blood Pressure 12:00 PITCH		
<b>28</b> 9:00 Knitting 9:30 Bridge 10:00 Tai Chi 11:15 Beginner Tai Chi 12:00 Zumba Gold <b>12:15 MOVIE</b> 2:45 Choral Group	<b>29</b> 9:00 Ladies Pool 9:00 Shuffleboard 10:00 Weights 10:00 Blood Pressure 11:00 <b>CHAIR YOGA</b> 12:00 Strength Training 12:30 Canasta 1:00 Yoga	<b>30</b> 10:00 Trivia 11:00 Blood Pressure 11:00 <b>STATE SENATOR</b> <b>AIDE: Mary Lee Walsh</b> 12:00 PITCH	<div style="border: 1px dashed black; padding: 10px;"> <p><b>STATE SENATOR LESSER</b> <b>OFFICE HOURS</b></p> <p>Wednesday, 11am December 28th</p> <p>Mary Lee Walsh, from State Senator Eric Lesser's office</p> </div>	

# HOLIDAY



# PROGRAM

Wednesday, December 14th

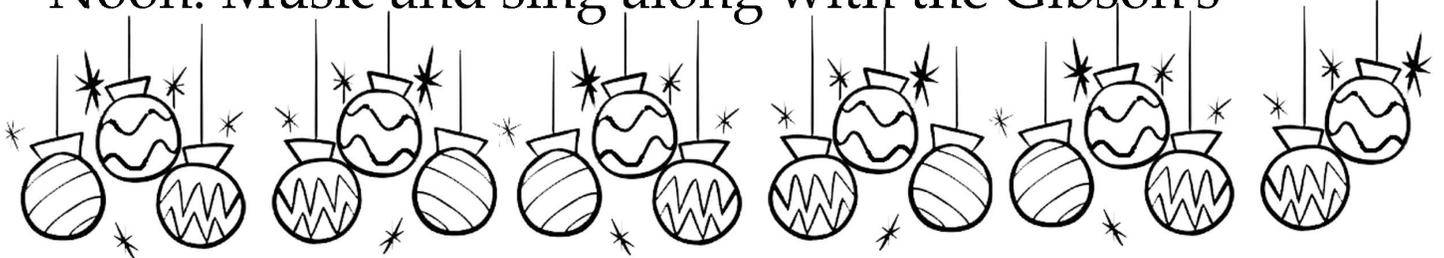
Cost \$5.00

10:45 Appetizers

11:00 Choral Group

11:30 Luncheon

Noon: Music and sing along with the Gibson's



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## Bring in the New Year!

Friday, December 30th 11:30am

Luncheon with entertainment

Benjamin Buck will  
perform "Songs of the Season"

Cost \$5.00



Please call 413 566 5588 or sign up at  
front desk for all our events...Thanks

Wed, Nov 9th

@ 11am

Lunch & Learn with Mark Whitney



**WINTER CAR CARE**

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# VETERANS DAY

## Breakfast

Thursday, Nov 10th, 9am

Fruit, Cheesy Egg Cups, Ham & Potato Patty and Coffee

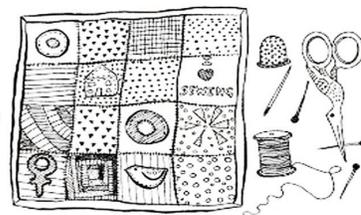
Alice Genereux, office manager from Griswold Home Care, will be here for an informative talk on Veteran's Services and how to access them. Questions and answers will be welcome during the presentation. Please plan to attend. Cost \$3.00. Veterans are FREE



Tuesday, Nov 15th @ 10:45 am  
Former Spfd Policeman James Gormally  
will speak on Identity Theft. What to  
look for and how to avoid.

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*Calling all Quilters...All levels Welcome*  
*Fridays 9-2 Bring your own project and machine*  
*or work on our lap robe project.*



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Please call 566-5588 or sign up at front desk  
for all our events...Thanks

Wednesday, November 16th

11:30 Luncheon

Cost \$5.00



Happy Thanksgiving!



Join us for a yummy pot roast  
lunch with all the fixings,

followed by

“Songs of Thanks”

performed by:

“Vicki Rose”



Please call or sign  
up at front desk

413 566 5588 Thanks!

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

# NOVEMBER 2016

## Lunch Menu

Lunch served daily @  
11:30am, RSVP before noon  
the day before.

Mon	Tue	Wed	Thu	Fri
	<b>1</b> Lasagna Roll up/Sau Spinach Tossed Salad Twisted Bread Stick Reg/Diet Pears  Cal: 587 Sod: 844	<b>2</b> Meatloaf/Gravy Mashed Potatoes Mixed Veggies Wheat Bread Birthday Cake  Cal: 874 Sod: 925	<b>3</b> Caulf/Broc Soup Potato Pollack Filet/Tarter Hamburg Bun Tri Color Pasta Salad Reg/Diet Peaches  Cal: 858 Sod: 1034	<b>4</b> Moroccan Beef Stew White Rice Whole Wheat Dinner Roll Reg/Diet Mixed Fruit  Cal: 628 Sod: 446
<b>7</b> *Hot Dog/Mustard Confetti Cole Slaw Baked Beans Hot Dog Bun Apple  Cal: 758 Sod: 1262	<b>8</b> Breaded Veal Pattie/Gravy Mashed Potatoes Carrots Rye Bread Rice Raisin Pudding Diet Vanilla Pudding  Cal: 839 Sod: 1034	<b>9</b> <u>GSSSI THANKSGIVING</u> Roast Turkey/Gravy Herb Stuffing Mashed Potato Butter Squash Dinner Roll Reg/Diet Apple Pie  Cal: 1040 Sod: 1544	<b>10</b> Ziti/Meat Sauce Roman Blend Veggies Twisted Bread Stick Reg/Diet Pineapple  Cal: 738 Sod: 735mg	<b>11</b> <b>CLOSED</b>  <b>VETERANS DAY</b>
<b>14</b> Chicken Meatball Stroganoff Buttered Noodles Summer Blend Veggies Pumpnickel Bread Reg/Diet Butterscotch Pudding  Cal: 782 Sod: 985	<b>15</b> <u>CATCH OF THE DAY</u> Haddock/Butter Crumbs Potato Wedges Oriental Blend Veggies Rye Bread Reg/Diet Peaches  Cal: 497 Sod: 914	<b>16</b> <u>HSC</u> <u>THANKSGIVING</u> <u>PARTY</u>  Pot Roast/Gravy Mashed Potato Mixed Veggies Oat Nut Bread Reg/Diet Pears  Cal: 607 Sod: 802	<b>17</b> Potato Chowder Egg Salad/Bun Three Bean Salad Orange  Cal: 796 Sod: 1061	<b>18</b> American Chop Suey Tossed Salad Broccoli Dinner Roll Reg/Diet Ambrosia  Cal: 796 Sod: 638
<b>21</b> Pier 17 Fish Rice Pilaf Chuck Wagon Corn Rye Bread Reg/Diet Mixed Fruit  Cal: 765 Sod: 847	<b>22</b> Boneless Chicken Filet/Gravy AuGratin Potato Jardiniere Veggies Pumpnickel Bread Banana Frosted Cake Diet Angel Cake  Cal: 996 Sod: 1168	<b>23</b> Egg Florentine Casserole Carrots Tossed Salad Wheat Bread Reg/Diet Pineapple  Cal: 771 Sod: 820	<b>24</b> CLOSED <b>25</b> CLOSED  	
<b>28</b> Taco Salad Bowl Shredd Cheese Lettuce Yellow Rice Salsa Tortilla Chips Pear  Cal: 679 Sod: 706	<b>29</b> Roast Leg Pork/Gravy Scalloped Potatoes Mixed Veggies Oat Nut Bread Reg/Diet Applesauce  Cal: 868 Sod: 639	<b>30</b> BBQ Boneless Grilled Chicken Macaroni & Cheese Mixed Veggies Oat Nut Bread Reg/Diet Applesauce  Cal: 830 Sod: 1060	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>*High Sodium Entrée Suggested Voluntary Donation \$2.00 Puree Meals available <b>Call GSSSI</b></p> </div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto; margin-top: 10px;"> <p>Nutrition info only includes entree, starch, veg approx. sodium for 1% milk 100mg, bread 170mg, fruit 6mg, sweets 260mg, condiments 100mg, marg 49mg, muffins/fruit loaf 380 mg, crackers 49mg, jello/pudding 120mg.</p> </div>	