

2007



2007

THE SCANTIC SCRIBE

413-566-5588 (PHONE); 413-566-2103 (FAX); COA@HAMPDEN.ORG(EMAIL)
HOURS: MONDAY, TUESDAY, THURSDAY, FRIDAY 10-2; WEDNESDAYS 10-3
WE'RE ON THE WEB: WWW.HAMPDEN.ORG



BRIGHT NIGHTS 2007

Tuesday, December 18th

*Busses will depart promptly at 4:30p.m.
and return around 7:00p.m.*

*Light refreshments will be served at the Senior center
following this trip.*

Partially funded with a grant, this trip costs only \$4.00

Greetings! It is hard for me to believe that it is already December and we've seen our first snowfall. This is a wonderful time of year and I hope you all enjoy it as much as I do. I wish you all a very Merry Christmas, Happy Hanukkah and a Happy New Year!

We have so many great events planned this month I hope to see you. We are having a Victorian Christmas on Dec. 7th, the Wilbraham Womens Choral Group will be here to sing on Dec. 14th, we are traveling to Bright Nights on December 18th, the Scantic Seniors are having their holiday luncheon on December 19th, and chair massage is on December 21st. Don't miss out on these great events and so many others!

The collection for the veterans at the soldiers home will continue through December 19th. The list of needed items is included in this Scribe.

Thank you for your generosity.

Happy Holidays, BECKY....



Outreach
Sue LaMondia

Office Hours

Tuesday and Thursday 10:00 ~ 2:00

Staying Warm This Winter

Budget Billing - Set up a Budget Billing plan to even out energy costs over 12 months helping you to avoid high bills during the cold winter months.

Payment Plan- If you have an overdue balance you can set up a payment plan that allows you to pay equal monthly installments along with your current bill, until you pay off the balance. Contact your utility company to set up a plan.

Fuel Assistance- Direct payment subsidies to help income-eligible families pay their winter heating bills. Applications are available at the Senior Center.

Weatherization Assistance Program (WAP) and "HEARTWAP"- assists low-income households in reducing heating bills by providing comprehensive home energy conservation services and heating system repair and replacement. 1-800-632-8175.

Utility Discount Rates - are available to Gas and Electric customers who meet income qualifications. Discounted rates lower your monthly energy bill. Contact your utility to see if you are eligible.

Good Neighbor Energy Fund, administered by

Local Services

- **Brown Bag**: Brown Bag is a grocery bag program for individuals 55 and older. Call or stop in the Outreach Office for an application.
- **Medical Equipment Loan Closet**: Hampden Senior Center's Loan Closet available to any Hampden resident free of charge.
- **SHINE** (Serving Health Insurance Needs of Elders): A SHINE counselor will be here on December 12th. Please call the Sr. Center to schedule an appointment.
- **Veterans**: our local VA Agent is Bob Mathiason. He can be reached at 267-4140 or 267-4107.
- **Van Transportation**: is available through the PVTA by calling **739-7436** or **1-866-277-7741**. The hours of service are Monday through Friday, 8:00 A.M. - 4:00 P.M. Discount tickets can be purchased at the Senior Center.
- **Volunteer Drivers**: are available to take seniors to doctor's visits. Contact Sue to

ON-GOING PROGRAMS & ACTIVITIES

Aerobics	Mondays at 10:00a.m.
Alterations	Call Shirley Gouvan at 566-8543 for information
Baystate Hearing Clinic	1st Wednesday, December 5th. Please call for an appointment
Better Life Whole Foods	1st Thursday at 11:15a.m.(December6th)
BINGO	Every Thursday @ 12:00noon; NO BINGO 12/27
Birthday Lunch	December 12th at 11:30a.m.
Blood Pressure	1st Tuesday at 11:00a.m. & 3rd Tuesday from 10:00a.m.-12:00noon
Bowling	Mondays at 12:30p.m.
Brown Bag Pick Up	3rd Tuesday at 1:00p.m. (December 18th). Apply with Sue or Becky
Chair Massage	3rd Friday Starting at 10:00a.m. by appt. (December 21st) 15 min. /\$10
COA Board Meeting	2nd Tuesday at 8:30a.m. (December 11th)
Computer Classes	Wednesdays, 10:00am-11:30a.m.; call to sign up
Cribbage	Thursdays at 12:00noon, <u>NEW DAY!</u> —join us!
Drawing –Advanced	Tuesdays starting January 29th at 12:00p.m. 8 week session
Dominoes	Starting in January 2008! Please call for time & date.
Fireside Chat	Tuesdays at 10:00a.m., in the library. Everyone welcome!
Foot Care	Tuesday, December 27th; call for appointment
Hair Cuts	Call Dolly at 566-8117 for appointments
Jewelry	Tuesday, December 18th at 10:00a.m.
Knitting & Crocheting	Mondays at 10:00am. Join this group to learn & share.
Line Dancing	Tuesdays at <u>12:30pm NEW TIME!</u>
Lunch	Served daily at 11:30, please call 24 hrs in advance for a reservation
Movies	Fridays @ 12:00 noon; movie titles are listed in this issue.
Notary	Kathleen Flynn is usually here on Mondays 566-5588, <i>please call.</i>
Pitch	1st, 2nd& 4th Wednesdays. Sign up - 12:00noon, Play - 12:15
Pool—Mens	Thursdays at 10:00am, join anytime.
Pool—Ladies	Fridays at 12:00noon, join anytime.
Quilting	Fridays, 10:00am-2:00p.m .
Scantic Senior Citizens Club	Wednesday, December 19th, Noon at the Hampden Country Club
Scrabble	Tuesdays at 12:00p.m.
SHINE	Serving Health Insurance Needs of Elders. Wed, Dec 12th. by appt only.
Trivia	Weds at 10:00am; an informal & fun group, meets in our library.
Yoga	Mondays at 12:45p.m. Current ends Dec. 17th.Next session starts Jan 8th
Visit w/Senator Gale Candaras	2nd Wednesday at 11:00a.m.(December 12th)
Visit w/ Rep. Mary Rogeness	2nd Tuesday at 11:00a.m. (December 11th)
Water Color Painting	Next session starts Monday, January 28th.
Weight Training	Tuesdays & Thursdays at 10:00am. \$2/class or your “YMCA” pass

HEALTH AND WELLNESS

FOOT CARE

December 27th. Pat O'Brien will cut your nails and massage your feet. Please call to schedule your appointment. Fee is \$27.



BLOOD PRESSURE CLINIC

The first Tuesday of the month, December 4th, at 11:00am and the third Tuesday, December 18th from 10:00am-12:noon. No appointment is necessary.



BETTER LIFE

The first Thursday of the month, December 6th at 11:15am. Questions you may have about healthy living will be addressed. Get a copy of the latest newsletter FREE.

BAYSTATE HEARING CLINIC

The first Wednesday every month at 10:00a.m, December 5th. Hearing tests and minor repairs of your hearing aids. Please call for an appointment.



CHAIR MASSAGE

Chair Massage is very relaxing. Your 15 minute session will leave you relaxed and refreshed. The 3rd Friday each month, December 21st, cost is just \$10. Call for your appointment.



LINE DANCING

Tuesdays at 12:30p.m. Led by Mattie Nichols, we encourage you to join us for a good time & great exercise too. \$1 per class.

YOGA

A YMCA program, the next session starts Monday, January 8th, 7 weeks. Cost is \$40, paid in advance please.



LO IMPACT AEROBICS

Mondays at 10:00a.m. A great way to start your week! Cost is \$2.00 per class or your 'Y' punch class. A Scantic Valley YMCA program.



WEIGHT STRENGTHENING

Tuesday & Thursday at 10:00a.m. A Scantic Valley YMCA program. Cost is \$2.00 per class or your 'Y' punch card.



WALKING CLUB

Our walking club meets every Thursday from 8:00 to 9:00a.m. at the Food Court entrance to the Eastfield Mall. We will walk inside for the winter and head back outside in the Spring. This is a great way to visit with friends and stay fit too!



DECEMBER MOVIES

December 7th... License to Wed

December 14th... The Santa Clause 3: The Escape Clause

December 21st... Deck the Halls

December 28th... Meet the Robinsons



ARTS, CRAFTS & HOBBIES

KINITTING & CROCHETING

Every Monday at 10:00a.m., under the direction of Barbara Dunwoody. This group knits for charitable projects and Barbara will also assist you with your own projects.



QUILTING

Fridays 10:00a.m. -2:00p.m. Bring your own projects and share ideas. Join anytime.



SCRABBLE

Tuesdays at 12:00 noon. Dalma Mandolini leads this group. Please sign up in advance at the office.

CRIBBAGE

NEW DAY! Thursdays at 12:00 Noon. This is an informal and fun group, join anytime.

TRIVIAL PURSUIT

Wednesdays at 10:00. Join this fun loving group to tease your brain.

FIRESIDE CHAT

Tuesdays at 10:00a.m. Come sit and chat in the warmth of our fire in the library.



DOMINOES

Good News! Nancy Cordner will be back in January to teach dominoes. Please call for start date.



VICTORIAN CORNUCOPIA CANDY & CHRISTMAS TREES

Join us on Friday, December 7th at noon for a very enjoyable and special Holiday Hands-on Demonstration by Rita Parisi. Dressed in period costume, Rita will invite us to create our own Victorian Ornament (filled with candy) to take home. Cost is only \$2.00 and is partially grant funded. Class size is limited and advance registration is necessary, call 566-5588.



JEWELRY DESIGN WORKSHOP

3rd Tuesday (December 18th) at 10:00a.m. In this class you may create new pieces or repair your broken pieces. Fee is \$2.00 per class plus the cost of beads you use.



COMPUTER CLASSES

Pat Broer leads this most informative class. Please sign up in advance. Wednesdays at 10:00a.m.



DRAWING CLASS

Tuesdays with Clare Doyle, instructor. Next session will be *Drawing the Face and Figure*, starting January 29th, 2008. Class meets from Noon -2:00p.m. and cost is \$70 for 8 weeks.



WATERCOLOR PAINTING

Mondays 11:30-2:00p.m., starts January 28th with Joyce Emerle,. Cost is \$75 for 8 weeks, payable in advance please.



PITCH CLUB

1st, 2nd & 4th Wednesdays in December Sign up at 12:00. Play begins at 12:15 sharp!



BINGO

Thursdays at 12:00p.m. Good fun, starting right after lunch.



MAHJONGG

Would you like to learn this fascinating game? We have an instructor who is eager to get this group going. Please call 566-5588 to sign up.

EXPLORING YOUR FAMILY HISTORY

with Nancy Zebert. Explore your family tree. Wednesdays, December 12th & 19th noon-3p.m.



GIFTS FOR OUR DESERVING VETERANS

We are collecting gifts for the Veterans in the Holyoke Soldiers Home. The following is a list of items that will be greatly appreciated:

- ★ Large can spray deodorant (spray type only)
- ★ Polydent/Efferdent Tablets
- ★ Hairbrushes & combs
- ★ Emery boards/ nail clippers
- ★ Tooth brushes
- ★ Cosmetic bags for women veterans, baby lotion, lipstick, hairbrush, knee socks
- ★ White socks (no elastic)
- ★ Fanny packs
- ★ Wheelchair bags
- ★ Tennis balls for bottom of walkers
- ★ Playing cards
- ★ Writing pads/envelopes
- ★ Large boxes of Kleenex
- ★ Sweatpants, sweatshirts &tee-shirts (color) M– XXL only



- Baseball caps
- Bird Seed
- Popcorn
- Popcorn oil
- Beano cards
- Large print books/ magazines
- Videos
- Paperback books and magazines
(only recent issues within
the past six(6) months)



**NEWS FROM YOUR
HAMPDEN BOARD OF
HEALTH**

Special hours for the Hampden Transfer Station are as follows: We will be closed Christmas and New Years days. We will be open Wednesday, December 26th 1-4p.m. and resume regular hours on January 5th.

On Dec 8th, only, a limited number of free recycle bins will be available at the recycling center, 1 per household.



HOLIDAY CRAFT
For your shopping pleasure

Our very generous elves have been busy crafting gifts for our Friends of Seniors craft table. This special fund raiser is a great way to support our Senior Center *and* to get a start on your Holiday Shopping. Proceeds will help support our *Special Events*.



Do you have a December birthday?
Please join us for lunch on Wed, Dec 12th to celebrate your special day.



The Staff at the Senior Center wishes everyone
A Merry Christmas, Happy Hanukkah
& and Happy & Healthy 2008



TRAVEL TIME

SAVE THESE DATES!

SSCC Boston Duck Tour, Wednesday, May 21, 2008

Enjoy this unique land and water tour of Boston's best points of interest aboard your "DUCK". You'll see the numerous historic sites of the fabulous city during an 80 minute narrated tour and a great Seafood Luncheon at the NO NAME RESTAURANT. Cost is \$70pp and includes meal, taxes & tips

Bobbi has plans for a March 12th luncheon trip to MAGIC WINGS BUTTERFLY CONSERVATORY in South Deerfield.

Sign ups for these trips will begin after January 1st, 2008.

RED SOX BASEBALL at FENWAY

Bobbi is planning a trip to Boston to watch our champions in action! Date and cost to be determined when schedule is released in early January. Sign up ASAP as this bus is sure to fill up.

HAMPDEN TRAVEL CLUB

Foxwood Casino; December 4th \$20 per person

Foxwood Casino; February 5th, \$20 per person

Atlantic City; April 27—29, 2008. 2\$189 per person dble. Lots of extras! 2 nights, 3 days.

Watch for our Lobster Trip to Rhode Island, June, 2008

We're thinking of a European River Boat Cruise next year!

For reservations, please call Nora Kane at 566-5796 or 566-3882

RECIPE CONNECTION

Almond Chicken Dijon 375*/25-30 min
Prep time 10 min 4 servings

4 boneless skinless chicken breast halves (1lb)
2 Tbs Dijon mustard
2Tbs mayonnaise
1/2 tsp garlic powder
1/4C sliced almonds
Place chicken in greased 9x9 or 7x11 pan. Mix mayo and mustard 'til blended: spread on top side of chicken and sprinkle evenly w/almonds. Bake as above or 'til chicken is cooked through.

Nutritional info: Cal-200, fat-9g(40%fat),
Saturated fat-1.5g, Chol-70mg, Sodium-300mg,
Carbs-3g, Fiber- 1g, Sugar-0g



Spiced Cranberry Dip makes 1 3/4C
14 servings

1 softened pkg(8 oz) cream cheese
1/2 C canned whole cranberry sauce
1/4 C orange marmalade
1/8 tsp ground red pepper (cayenne)
1/4 C toasted slivered almonds

Spread softened cream cheese onto bottom of 9-inch pie plate. Mix cranberry sauce, marmalade & red pepper; spoon over cream cheese. Sprinkle with slivered almonds. Serve with crackers.



As you get older your secrets are safe with your friends
because they can't remember them either!



The Senior Center & Council on Aging send a *BIG THANK YOU* to the
HAMPDEN LIONS' CLUB for providing the paper for our SCRIBE.



SCANTIC SENIOR CITIZEN'S CLUB

December 19th

At the Hampden Country Club

12noon. . .cost \$15 members, \$18 guests

Haddock Francais or Roast Beef au Jus



Rob Adams, singer, songwriter and guitarist will provide our musical entertainment. Rob frequently entertains at the Whistling Swan and the Salem Cross Inn. Please join us. Reservations may be made at the center, 566-5588

Hampden Council on Aging
Hampden Senior Center
104 Allen Street
Hampden, MA 01036

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
Sue LaMondia, Outreach Coordinator
Helena Nossal, Clerk & Scribe Editor
Bobbi Grant, Activities Coordinator
Rudie Voight, Custodian

COA BOARD MEMBERS

Chairman: Brian MacLeod
Vice Chairman: Pat Clark
Secretary: Deanna Vermette
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