

Monthly Highlights for June

at the Hampden Senior Center:

HAMPDEN - The following programs will occur at the senior center on Allen Street in the coming weeks.

Summer Basket Raffle sponsored by the Friends of Hampden Seniors & Inspired by our friend Cindy O’Sullivan

This raffle basket is centered around a beautiful new summer hat that belonged to Cindy and contains cookies, sunscreen, a teapot with tea & honey, a beautiful quilt, sunscreen, sunglasses and so much more.

The basket is on display in the senior center lobby, and tickets are available for purchase at the desk.

\$2 for one ticket and \$5 for three tickets.

Cindy was a great supporter of the Hampden Senior Center, and we are happy to keep her legacy alive with this summer basket raffle. All proceeds from the summer basket raffle will go towards future programming at the senior center.

D & R Farm, Winter Farm Share COMING SOON, SUMMER FARM SHARE from July through October
New applications for Summer Farm Share are required.

If interested, contact Wendy at 566-5588 to get your application in! Shares are limited.

Introducing the Lobby Learning Program

Don’t have time to come in and sit for a long presentation? We understand! Lobby Learning welcomes businesses and organizations to provide you with helpful information. You are welcome to stop in to pick up information and speak one-on-one with representatives in the senior center lobby and stay for as long as you need to get your questions answered. Perhaps there is an organization you would like us to welcome? Please let us know.

• **Friday, June 27; 12:30 to 2 p.m.: MassEDP program (this table will be set up in the great room)**

A state program under the 911 Department offers specialized phone equipment for anyone who lives in MA and has a permanent disability, including but not limited to hearing & vision impairments and mobility issues. Come and learn about iPhones and equipment that may be FREE to you.

Do you have Parkinson’s Disease or know someone who does? Mondays from 9 to 10 a.m.

PWR! Moves Group Exercise Classes with Lisa Kern, OT, Reiki Master| Holistic Therapist

A Parkinson-specific exercise class that “makes

function, exercise” to keep you moving and 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!

Cost is \$10.00 per class. Please call 566-5588 to register.

Common Threads Led by Joan Tompkins, PhD Mondays, from 12:30 p.m. to 1:30 p.m.

Come join our friendly group... We share memories and learn new coping skills on how to deal with loss, loneliness, and adapting to life changes.

Please call 566-5588 to let us know you’re coming. There is no charge to join this group. *All are welcome.*

Ukulele with Amy – New Students Welcome!

New 8-week session begins June 2 through July 28. (No class on 6/23.)

Mondays, 12:15 to 1:15 p.m. – Beginner Lessons

Mondays, 1:30 to 2:30 p.m. – Advanced Lessons

Cost is \$50 the session if paid in full or \$7.00 per class for drop-in students.

Please pay cash or make checks payable to: Friends of Hampden Senior Citizens

Please call 566-5588 to reserve your spot now.

Choral Group

Are you interested in singing in a choral group? Please let us know by calling 566-5588.

Crafts with Kim

Scrapbooking Class – All are welcome!

Tuesdays, from 10 a.m. to Noon

Stop procrastinating and plan ahead! Memory books make great gifts for family and friends! Please bring 7-8 photographs, scissors, a tape runner, and any stickers you may wish to use.

Cost is \$10 per class. Kim will provide scrapbooking paper and all the tools necessary to make your book gift-worthy.

Living Stronger...

Longer... with Lamar Moore – New Students Welcome!

Tuesdays, 2:15 to 3 p.m.

Learn about balance and how it impacts overall health and wellness. Get tips on strength training and car-

Please see **EVENTS**, page 16

PUBLIC NOTICES

TOWN OF WILBRAHAM PUBLIC HEARING:

PROPOSED INCREASE TO WATER RATES

The Wilbraham Board of Water Commissioners, will hold an open public hearing on **July 18, 2025 at 9:15 a.m.**, at the Town Office Building, 240 Springfield St, Wilbraham, MA to hear public comment on the proposed increase to water rates, as recommended by the Water Commissioners, to be effective November 2025.

CURRENT WATER RATES

\$4.12 Commercial Rate
\$4.12 0-10,000 Cubic Feet (Single Family Home Residential)
\$4.32 10,001-20,000 Cubic Feet (Single Family Home Residential)
\$4.52 20,0001 Cubic Feet and Greater (Single Family Home Residential)

PROPOSED WATER RATES

\$4.80 Commercial Rate
\$4.80 0-10,000 Cubic Feet (Single Family Home Residential)
\$5.25 10,001-20,000 Cubic Feet (Single Family Home Residential)
\$5.50 20,0001 Cubic feet and Greater (Single Family Home Residential)

All those wishing to comment on the proposed updated water rates will be heard. This hearing will be conducted in person only.
Board of Water Commissioners
05/29, 06/05, 06/12, 06/19, 06/26/2025

LEGAL NOTICE: TOWN OF WILBRAHAM REQUEST FOR PROPOSAL (RFP) AMBULANCE BILLING SERVICE

The Town of Wilbraham is soliciting Requests For Proposals (RFP) for ambulance billing and collection service for the Wilbraham Fire Department. The RFP packet is available on June 18, 2025 at 12:00 p.m. on the Town’s website: www.wilbraham-ma.gov “Government”, then “Bids”; on COMMBUYS, and from the Town of Wilbraham, Attn: Nick Breault, Town Administrator/CPO, 240 Springfield Street, Wilbraham, MA 01095, Phone: 413-596-2800 ext. 103; nbreault@wilbraham-ma.gov. Proposers shall be solely responsible for understanding any addenda issued. Addenda will be posted on the Town’s website and COMMBUYS. Questions for addenda may be asked no later than July 1, 2025. The Town shall post Addenda up to and no later than July 7, 2025.

Proposals must be received in the Wilbraham Select Board Office at the address stated above, no later than the proposal deadline of **Thursday, July 10, 2025 at 2:00 p.m.** Late proposals will be rejected. Separate sealed Technical and Price proposals must be labeled and delivered as instructed in the RFP document. Proposals received will be logged publicly in the Select Board’s Meeting Room in the same building immediately fol-

lowing the proposal deadline. Proposals are subject the provisions of Massachusetts General Law 30B as amended. The contract will be a one year contract with renewal option for up to two additional one year terms at the sole discretion of the Town. The Town of Wilbraham, acting by and through the Select Board as the awarding authority, reserves the right to reject any or all proposals, waive minor informalities, and to award the contract in the best interest of the Town.
06/19, 06/26/2025

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

Wilbraham-Hampden Times OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts’ public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Friday at 3 p.m.

visit www.publicnotices.turley.com

Send Us Your Autumn Event Information

Turley Publications will print your Autumn event **FREE OF CHARGE** in our **Autumn Fest Supplement** which will be published **September 10, 2025.**

Total circulation of 85,000 reaching over 200,000 readers in the Pioneer Valley.

Deadline for Calendar submissions is August 11.

Community Autumn Events

Event Should Be Non-Profit & Open to the Public

FREE Calendar Listings Reaching over 200,000 Readers in the Pioneer Valley

Event Name _____

Date/Time _____

Location _____

Description _____

Cost _____

Contact name & phone number for more information _____

MAIL YOUR LISTING INFORMATION TO:
Turley Publications, Attn: Jamie Joslyn, 24 Water Street, Palmer, MA 01069
or email* them to: jamie@turley.com
***Be sure to indicate “Autumn Event” in the subject line of your email.**