

Hubbardston Senior News

April 2019

**Hubbardston
Senior Center**

7 Main Street

Hubbardston, MA

978-928-1400 x 211

Easter Fun Facts

What is Easter Sunday?

Easter is the most important holiday on the Christian calendar— and has been regularly observed from the earliest days of the Church.

Easter Sunday celebrates Christ's resurrection from the dead, following crucifixion. It marks the end of Holy Week, the end of Lent, and the last day of the Easter Triduum (Holy Thursday, Good Friday, and Easter Sunday), as well as the beginning of the Easter season of the liturgical year.

The resurrection represents the triumph of good over evil, sin, death, and the physical body.

When is Easter Sunday?

Easter is a "moveable feast" and does not have a fixed date; however, it is always on a Sunday.

How Is the Date of Easter Determined?

How you believe that the date of Easter is related to the full Moon? Specifically, Easter is celebrated on the first Sunday after the paschal full Moon on or just after the vernal equinox.

For simplicity, the equinox is considered to be March 21 (a fixed spring date set by the Church), although in astronomy, it's not always that day. The paschal full Moon always falls on the 14th day of a lunar month; because ancient calculations (made in AD 325) did not take into account certain lunar motions, it may differ from the actual full Moon date by a day or so.

Easter always falls on a Sunday between March 22 and April 25.

What Folklore Is Associated with Easter?

Eggs, traditionally forbidden during Lent, symbolize new life. The Easter Bunny recalls the hare, the Egyptian symbol of fertility.

Where Did the Word "Easter" Come From?

The origin of the word "Easter" is unclear. It may have derived its name from the Anglo-Saxon dawn goddess Eostre, whose feast was celebrated each spring at about this time. Or, it may have derived from words meaning "rising," "dawn" or "east."

Scalloped Potatoes

Ingredients:

4 large potatoes, peeled and par-boiled
 1 medium onion, sliced thin
 3 Tbsp. butter
 3 Tbsp. flour
 1/2 tsp. salt and pepper
 1 1/4 cup milk
 8 oz. shredded Cheddar Cheese
 3 to 4 Tbsp. butter

Directions:

Butter a baking dish. Slice the cooked potatoes and arrange half of them in the dish. Spread the sliced onion on top. (these can be precooked in butter)
 Sprinkle with a little salt and pepper, then arrange rest of sliced potatoes on top.

Sauce: In pan, melt 3 Tbsp. butter and add 3 Tbsp. flour, salt & pepper. Stir and mix. Then slowly add milk and cook until thickened. Stir in cheese until dissolved.
 Put dots of butter on top and bake at 350 degrees for one hour or until golden. Makes 4 servings

*****Great recipe with your favorite Easter Baked Ham**

April MOC Meals Menu

Tuesday	Totals	Thursday	Calories
* All meals include 1% milk			
2 Chicken Breast w/orange sauce Sweet Potato Tossed salad Pumpnickel bread Peaches	Calories 469 Sodium mg 675	9 Turkey Corn Stew Green Beans Dinner Rolls Mandarin Oranges	Calories 435 Sodium mg 703
9 Salmon Boat in Lemon Sauce Yukon Potatoes - Broccoli-Dinner Rolls- Chocolate Mousse D: Diet Chocolate Mousse	Calories 680 Sodium mg 949	11 Grilled Chicken Parmesan Bowtie Pasta Tossed Salad Multigrain Bread pineapple	Calories 585 Sodium mg 796
16 Autumn Chicken Kielbasa on a Bun Peppers & Onions Roasted Potatoes Spinach Apricots	Calories 683 Sodium mg 902	18 Meatloaf in Gravy Whipped Potato & carrots Dinner Rolls Brownies D: Chocolate Graham	Calories 822 Sodium mg 837
23 Swedish Meatballs Egg Noodles Summer Vegetables Rye Bread Hermit Cookies, Maple Graham	Calories 752 Sodium mg 546	25 White Bean Kale Roast Turkey in Tarragon Gravy Bread Stuffing Dinner Rolls Tropical Fruit	Calories 588 Sodium mg 1065
30 Omelet w/cheese Sausage Patty, Home Fries Spinach, Dinner Roll Cran/Orange Loaf Lorna Doone	Calories 822 Sodium 1167		

Don't Blame the Rain

Despite the common belief that joint pain signals a change in the weather, scientists can't find much proof. Two recent Australian studies, one on knee osteoarthritis and another on lower back pain, found no significant link between temperature, air pressure, humidity, precipitation, or wind and the onset or exacerbation of discomfort.

Facts

Rain storms don't cause joint pain, but their sound may help your memory. Researchers have discovered that "pink noise", a relaxing sound with rhythmic variation—rain falling on a sidewalk, for instance—can boost memory during deep sleep. In a study at Northwestern University, pulses of pink noise were delivered to participants over age 60 during the stage of sleep when the brain stores the day's learning in long term memory. Upon waking, the participants who had been exposed. Good news: Most sound machines and apps offer pink noise.

Expand Your Word Power

small — adjective

- tiny, minor, little, petite, slight, trivial, trifling, miniature, lesser

Example:

- They live in a very small house.
- The project isn't likely to be profitable anytime soon given its small scale.

Positive Quote

"Forgiveness is giving up the hope that the past could be different"
It's accepting the past for what it was and using this moment and this time to help yourself move forward.

— Oprah

Honey Bees

If honey bees disappeared there would be no more pollination, no more plants, no more animals, no more man.

We would have only four years to live.

That is how honey bees are important to man and the environment. We have to protect our honey bees.

Honey bees produce a healthy food called honey

- They pollinate flowers and trees
- They release oxygen into the air
- Most clothing is made from cotton and guess how cotton is pollinated bees
- They even pollinate cocoa trees which is chocolate and everybody loves chocolate
- Honey is a sweetener that many people use
- Honey has antibiotic, antiviral and anti inflammatory properties to boost the immune system
- Honey is effective in skincare products treating eczema and acne

That is why we should take care of our environment each day to protect the honey bees because without them life would disappear.

Plant Sale

Saturday April 27, 2019 from 9:00AM-2:00PM

Sunday April 28, 2019 9:00AM-2:00PM

Start some flowers or veggies seedlings to share! Donations of houseplant starts and perennial discussions welcome. Proceeds benefit The Senior Center's activities.

Gardner Rehab Center Presentation

Gardner Rehab Center is giving a presentation on Hospital Discharge Planning.

- Learn how to plan ahead for care you may need after a hospital stay.
- Learn about types of care, how to choose a rehabilitation facility, and questions to ask your physician before and elective procedure.

Please join us at the Hubbardston Senior Center on April 17, 2019 at noon. Free lunch will be served



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APRIL 2019

SUN	MON	TUE	WED
	1 8 AM Coffee Hour Wii bowling Bingo 12:30 PM BOS meeting 6:30 PM Free Baked Goods (when available)	2 8 AM Coffee Hour Wii bowling Walking Club 8:30 AM Moc Meals 11:45 AM Singers 1:30 PM	3 8 AM Coffee Hour Wii bowling ** All Day Free baked goods & produce!
7	8 8 AM Coffee Hour Wii bowling Bingo 12:30 PM Free Baked Goods (when available)	9 8 AM Coffee Hour Wii bowling Walking Club 8:30 AM Moc Meals 11:45 AM Singers 1:30 PM	10 8 AM Coffee Hour Wii bowling Pitch 1:30 PM ** All Day Free baked goods & produce!
14	15 8 AM Coffee Hour Wii bowling Bingo 2:30 PM BOS Meeting 6:30 PM Free Baked Goods! (when available)	16 8 AM Coffee Hour Wii bowling Walking Club 8:30 AM Moc Meals 11:45 AM Singers 1:30 PM	17 8 AM Coffee Hour Wii bowling 12:00 Noon— Presentation on Hospit Discharge Planning (fr will be served ** All Day Free baked
21 Happy Easter	22 8 AM Coffee Hour Wii bowling Bingo 2:30 PM COA Meeting 6:30 PM Free Baked Goods! (when available)	23 8 AM Coffee Hour Wii bowling Walking Club 8:30 AM Moc Meals 11:45 AM Singers 1:30 PM	24 8 AM Coffee Hour Wii bowling Pitch 1:30 PM 6:00-7:00 PM Worksh By the Alzheimer's Association ** All Day Free baked
28 Plant Sale 9:00 AM—2:00 PM	29 8 AM Coffee Hour Wii bowling Bingo 12:30 PM Free Baked Goods! (when available)	30 8 AM Coffee Hour Wii bowling Walking Club 8:30 AM Moc Meals 11:45 AM Singers 1:30 PM	

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*We're glad to serve the
community of Hubbardston
In God we Trust!*

THU	FRI	SAT
4 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club 11:45 AM Moc Meals Golden Age Meeting 1:30 AM Blood pressure 10:30 AM	5 8 AM Coffee Hour Wii bowling Craft Class 10-12 1:30 PM Cribbage 6:30 PM Pitch Baked goods & produce!	6
11 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club Rep Berthiaume visit 9:00-9:45 AM 11:45 AM Moc Meals Cribbage 1:30 PM Egg Day!	12 8 AM Coffee Hour Wii bowling Craft Class 10-12 Wii Bowling 1:00 PM Baked goods & produce!	13
18 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club 11:45 AM Moc Meals Golden Ages (Golden Oldies Entertainment 1:00PM) Egg Day!	19 8 AM Coffee Hour Wii bowling Craft Class 10-12 1:30 PM Cribbage 6:30 PM Pitch Shine (by Appt) Baked goods & produce!	20 Annual Town Wide Cleanup (rain or shine) from 8:00 AM -12:00 PM Curtis Recreational Field
25 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club 11:45 AM Moc Meals Cribbage 1:30 PM Egg Day!	26 8 AM Coffee Hour Wii bowling Craft Class 10-12 1:30 PM Cribbage Baked goods & produce!	27 Plant Sale 9:00 AM-2:00 PM
	Eggs are donated by Country Hen for Town seniors & town workers only	Bakery Goods & Produce donated by Price Chopper

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,

7 PHILBROOK TERRACE, HAMPTON, NH 03842

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9 Spices With Super Healing Power

1. Cinnamon
2. Sage—Try with casseroles, stuffing, roasted sweet potatoes, butternut squash soup or rub on roasted chicken. Also great for digestion and hot flashes!
3. Turmeric—Use with curry powder in lentil soup
4. Thyme—Great with chicken, fish or root vegetables. Also goes well with lemon.
5. Ginger
6. Rosemary—Try with chicken and veggies
7. Saffron
8. Basil—Try adding it to tomato sauces or pasta salads— Add to pizza anything with tomatoes anytime of year
9. Chili Peppers

Can You Relate? (continued from March's Newsletter)

At the end of the day: the car isn't washed, the bill are not paid, there is a warm can of Coke sitting on the counter, the flowers aren't watered, there is still one check in my checkbook, I can't find the remote, I can't find my glasses, and I don't remember what

- I did with the car keys
- Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired.
- I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.
- Do me a favor, will you? Forward this message to everyone you know, because I don't remember to whom it has been sent.
- Don't laugh — if this isn't you yet, your day is coming!

The End

Walking Group

Our Senior Center Walking Group has remained active during these winter months. When it is too cold or too slippery to walk outdoors we still try to get our steps in by walking indoors at a store or mall. Some members have joined a gym for the Winter months.

We are planning some fun hikes off-site this Spring at the Quabbin Reservoir. Meanwhile we gather at the Senior Center at 8:30 AM on Tuesdays and Thursday. Come on down and join us!!

Puzzle of the Month

A motorcar is three times as old as its tires were when it was as old as the tires are now. When its tires are as old as the car is now, the car will be older than the tires are now. What are the present ages of car and tires?

(Answer in next month's Newsletter)

*** Answer for last month's puzzle is (Farm)

Dieting After 60: 4 Things You Need To Know

1. **Stay Strong**—You lose muscle mass as you age. Offset that by doing strength training. You can use weight machines at a gym, lighter weights you hold in your hands, or your own body weight for resistance like in yoga or Pilates. Keeping your muscle mass is key to burning more calories, says Joanna Li, RD a nutritionist at Food trainers in New York.
2. **Eat More protein**—Because you're at risk for losing muscle mass, make sure your diet includes about one gram of protein to every kilogram (2.2 pounds) of body weight "Protein also keeps you full for longer, so that helps with weight loss efforts," Li says. She recommends wild salmon, whole eggs, organic whey protein powder, and grass-fed beef.
3. **Hydrate, Hydrate, Hydrate** - Drink plenty of water. Sometimes, thirst masks itself as hunger. As you get older, you may be as quick to notice when you're thirsty, Li says. She says you should get 64 ounces of water a day. You can drink it or get part of it from foods that are naturally rich in water, such as cucumbers and tomatoes. If you're not sure if you're getting enough water, check your urine: It should be pale yellow.
4. **Outsmart Your Metabolism**—Eat more small meals and snacks, and don't go much longer than 3 hours without eating. Because your metabolism is already slow, if you're starving yourself, it just gets slower. You may need fewer calories than you did when you were younger. Ask your doctor or a registered dietitian about that. "If you were eating the same way you did when you were 25, you're definitely going to be gaining."

ANNOUNCEMENTS

Medicare—SHINE NEWS

Turning 65 soon or simply want to lower your Medicare costs?

Understand your Medicare options and contact a certified SHINE counselor.

A certified SHINE (Serving Health Insurance Needs of Everyone) Medicare counselor is now available at your Hubbardston Senior Center. SHINE counselors are trained and certified annually and attend monthly meetings to ensure they are sharing up-to-date information. They provide free and unbiased insurance information and counseling to Medicare beneficiaries.

Phone the Hubbardston Senior Center at (978) 928-1400 x211 for an individual appointment.

New Trim Together Group

New classes to begin Tuesday April 2, @ 10:30AM.
Sharing information about nutrition and exercise for a healthier lifestyle

Swingin', Singin' Seniors

Want to lift your spirits and meet a great bunch of people? Come to the senior center on Tuesdays from 1:30-3:00p.m and you will do just that! We are a small group (about 20 men and women) who range widely in age and musical talents. We sing for our own enjoyment and that of others. (OK, we do have to practice a little for others to enjoy us!) You are welcome to come check out a rehearsal anytime and there are absolutely no requirements. (Just a joy of singing!) Feel free to call Nancy Afonso at 508-873-3348 with any questions!

Hubbardston WII Bowling Team Update

Our Bowling team has much to celebrate. On 2/19/19 Asta Anderson bowled her 9th perfect 300 point game to tie team mate Dan Baxter. Less than an hour later, Dan bowled his 10th perfect game keeping his place as leader of the team for perfect score games. Other members with 300 point games include Richard Hackett, Richard Anderson and Steve Goldsmith.

The Hubbardston WII Bowling Team will host the first tournament on Friday, April 12, 2019 1:00 PM

Hubbardston's Annual Townwide Cleanup

Saturday, April 20th Rain or Shine
8AM-Noon

Curtis Recreation Field

Keep Hubbardston Beautiful is sponsoring the 2nd Annual Townwide Cleanup, A one-stop shop for waste disposal, bottle and can redemption and electronic waste and appliance recycling.

Residents are encouraged to pick up litter around town and bring what they've collected to the Rec Field for proper disposal in a free dumpster. You can obtain Large trash bags at the slade building April 15-18 or at the Rec Field

April 20th (or you can use your own bags).

Hubbardston Girl Scouts + Scouts BSA Troop 22 will be collecting recycling!

Keep Hubbardston Beautiful is seeking donations for safety shirts for volunteers!

For more information about *Keep Hubbardston Beautiful* or this event visit tiny.cc/KeepHubbBeautiful, like them on Facebook, Call at (978)820-0246 or email KeepHubbBeautiful@gmail.com

The Golden Age Club

Officers for 2019

President—Beverly Kohlstrom
Vice-President —Betty Gaidanowicz
Secretary—Sandy Parady
Treasurer—Roberta Keane

Committees for 2019

Membership—Ethel D'Ascanio
Social—Jacquie Young
Scholarship—Walter Scott

HOW TO SCHEDULE APPOINTMENTS FOR THE MART VAN

Call or leave a message for Sharon at 207-710-1777

If she does not answer, please leave a message. Your call will be returned within 24 hours (excluding weekends)

Please give her the following information:

- Time and location you need to be picked up
- Time and location of your appointment
- Time your appointment should be finished
- A phone number where she can reach you

Medical Appointments: Available as needed

- Please note: If the appointment is for surgery, the client needs to find other transportation home. Van drivers cannot be responsible for a client after having any major medical procedures.

Shopping: Available as needed

- Anyone wanting to attend meals at the Senior Center, please call ahead. The van driver will give you a ride to the Senior Center and then back home free of charge.

If you have any questions or concerns regarding the MART van services, please call Sharon @ 207-710-1777 or 978-928-1400 ext 210.

Please remember the MART van will not be running when school is closed due to weather or holidays.

Hubbardston Senior Center

7 Main Street Unit #3
Hubbardston, MA 01452



Hubbardston Council On Aging Mission Statement

The Hubbardston Council on Aging and the Senior Center exist to serve, support, and enhance the lives of all senior citizens in the community by providing social, educational, and health related programs and activities which support their well-being. It seeks to create an environment that is socially and intellectually stimulating, promotes interconnectedness and unity among older residents and encourages them to pursue healthy, active, independent lives.

Meet Your Council On Aging Members

Contact any of the members listed below with ideas and suggestions for future activities or any senior issues that need to be addressed

DIRECTOR

Claudia Provencal
Center 978-928-1400 x 211.
Please leave a message
Home 978-928-5195
coa@hubbardstonma.us

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Hilary (Skip) Scott Jr.
978-928-1372
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VICE CHAIR

Florence Pervier
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SECRETARY/OUTREACH WORKER

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