

# Senior Times

The Voice of the Hubbardston Senior

April 2023

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## Hubbardston Annual Egg Hunt

Saturday April 1st

(rain date April 2nd)

11:00 am at Rec Field

Bring your own bag or basket to collect your eggs. Easter Bunny will be there for pictures!

We will have 3 age groups, Pre-K, K-2nd grade and 3rd grade and up.

Sponsored by  
Parks Dept with help from  
Hubbardston Girl Scouts



## Earth Day

April 22, 2023



Take pride in your community! Gather up that winter debris along your section of the road. Free disposal of the bagged trash is available at the dumpster at Curtis Rec Field from 8:00 am till noon.

Also, Girl Scouts are having a bottle drive at the same time. Turn in those recyclable bottles and cans you picked up!



## Your Hubbardston Cultural Council Needs You!

The Hubbardston Cultural Council is designed to provide cultural, educational and entertainment events to Hubbardston Residents at all age levels. The Council receives funds from the Massachusetts Cultural Council to pay for these events. "No heavy lifting" required (the group meets no more than six times a year). However, the input from the members is vital in deciding which events are held. The only requirement is enthusiasm and a desire to see our citizens benefit from fun activities held at various venues such as the Hubbardston Fair; the Hubbardston Field Day; performances held at the Senior Center; Hubbardston Library; or Curtis Recreational Field. We are looking for two new members as we shall have two vacancies as of June 30th, 2023.

If you are interested, please contact either Sara Lyon at [saralyonrn@gmail.com](mailto:saralyonrn@gmail.com) or Bill Shea at [bill@therupturedduck.com](mailto:bill@therupturedduck.com). You can call Bill at 978-928-4440. Thank you!

## Upcoming Events

### Yarn-it-All

Meets every Tuesday morning from 10:-00 am to noon. Already know how to knit or crochet? Want to learn? Come join us and we can help!



*Dog licenses expire March 31st. Many dog owners drag their feet in licensing because their dog's rabies shot has expired.. Licenses are available from the Town Clerk once rabies are up to date. The cost of the license is \$10.00 for spayed or \$15.00 for non spayed animals. After April 30 a \$25.00 late fee is assessed, so get Fido that shot ASAP!*



Every Monday afternoon 12:30 p.m.



Spring is here! With the warmer weather, the children will be outside playing. Keep an eye out for bikes and rolling balls! Be alert!

### Golden Age Club

The Club will be meeting on Wednesday, April 5th and Wednesday, April 19th at 1:00 pm at the Senior Center. New members welcome any time. The 2nd meeting of the month we try to do a pay as you go luncheon at different venues. Call the Senior Center for more information at 978-928-1400 x211. Have fun and make some new friends.



Hands Across the Valley Quilters Guild presents their 18th

**Hands All Around Quilt Show**  
**April 22 2023**

**Robert Crown Gymnasium**  
**839 West Street – Route 116**  
**Hampshire College, Amherst, MA**

**10:00 – 4:00 each day**  
**Tickets \*8.00**

If interested in attending, give us a call at 978-928-1400 x211

### Scalloped Potatoes & Ham By Judy Forte

1 can cream of mushroom soup  
1/2 c. milk  
Dash of pepper  
3 c. sliced potatoes

1-1/2 C. cooked ham  
1/2 C. thin sliced onions  
1/2 c. shredded cheddar cheese  
Paprika



Take a dab of butter and sauté the onion with the pepper. Add the soup and milk to onions. In a 1-1/2 quart casserole arrange the potatoes, ham, onions mixture in layers. Cover. Bake at 375 degrees for 1 hour. Uncover, sprinkle with cheese and paprika. Bake 15 minutes more, until cheese melts and potatoes are tender.

# TRANSPORTATION



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 special event 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.**

Shine Counselor is available on Friday,  
April 7; Friday, May 12; Friday, June 9;  
Friday July 7; Friday, August 18; and  
Friday, September 8. Call to make an ap-  
pointment at 978-928-1400 x211

Are you a veteran or spouse of a veteran in need of food secu-  
rity assistance? Montachusett Veterans Outreach Center can  
help!

- ◆ MVOC food and clothing pantry is available
- ◆ Monthly food box delivery for Vets in need
- ◆ Call 978-632-9601 for more information



## Community Services and Information

- **SHINE**—Counselor available. Call Senior Center  
to make appt or to discuss your health insurance  
needs over the phone with the SHINE counselor.  
978-928-1400 x211
- **Community Legal Aid of Central MA** Free 855-  
252-5342 or [www.communitylegal.org](http://www.communitylegal.org)
- **Food Stamp Program (SNAP)** - 978-965-8700
- **Fuel Assistance**—978-342-4520 (NEFWC); 978-  
342-9407 (Salvation Army); 877-563-4645 (Joe  
for Oil)
- **Meals on Wheels** are offered Tuesday and  
Thursday. Call 978-928-1400 x211 to sign up.
- **Central MA Agency on Aging** - 508-852-5539

## TIME TO APPLY

**Low-income Home Energy Assistance  
Fuel is expensive, and winter is long!**

Please submit an application early! [https://  
toapply.org/NEFWF](https://toapply.org/NEFWF) Or come in to the Sen-  
ior Center on Tuesdays and ask for Pat Lam-  
oureux. She can help with the paperwork.

**REMEMBER** — It's an ongoing process and  
you're working with bureaucracy — the re-  
ward is worth the effort!

**Senior Tax Work-Off Program applica-  
tions are now available at the Senior  
Center. This program runs from Octo-  
ber 1, 2022 to September 30, 2023.**

Thank you GFA for sponsoring our  
newsletter.



## WE NEED YOUR HELP!

Many of you will remember the incredibly successful 2022 Memorial Day Parade and Ceremony. We are doing our very best to keep that momentum going as we look forward to 2023.

**REMEMBER, THIS IS THE DAY THAT WE HONOR THOSE THAT GAVE THEIR LIVES SO THAT WE CAN ENJOY ALL THE FREEDOMS THAT WE HOLD DEARLY.**

The Memorial Day Committee is asking for your financial help as we have a very limited budget, and the previous year's expenses far exceeded our allotted budget. If you would like to help, please send your donation, in any amount, to the Hubbardston Town Office, 7 Main Street, Hubbardston, MA 01452, Attn Memorial Day Committee. Please make your check out to the Town of Hubbardston with a notation "for Memorial Day Parade".

You can also stop in person at the Senior Center or the Town Offices during business hours to drop off your donation.

On behalf of our veterans, THANK YOU FOR YOUR SUPPORT!

## Hubbardston Memorial Day Committee

### *Bonnie's Bits*

#### Words of Wisdom To My Grandchild

I've traveled paths you've yet to walk  
Learned lessons old and new  
And now the wisdom of my life  
I'm blessed to share with you.

Learn to trust your feelings,  
Your beliefs you should uphold.  
Don't walk away from what is right  
Be courageous and be bold.

Let yourself be humble,  
And remember to be kind.  
When you have respect for others  
True friendships you will find.

Have dignity and honor,  
And be proud of all you do,  
Confidence will take you far,  
A future that waits for you.

And so, I cannot wait to see,  
The wonders you will do  
Because you are my grandchild,  
And I'm so proud of you.

Courtesy of The Bradford Exchange

### Mark Your Calendars!

#### **Wednesday, May 9**

11:00 a.m.

Mass Bar Association  
Elder Law Seminar

#### **Wednesday, June 21**

11:00 a.m. – Noon

SCAMS

Both these events will be held at the Senior Center. More information to follow in the May Senior Times.

### *Crafty Crew*

Meet every *Thursday* from 10:00 - Noon.

We're working on spring centerpieces and May baskets for shut-ins. Ideas are welcome and always need helping hands.





# APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Easter Egg Hunt</i>
2	3 <i>Coffee 9—11 am Wii-Bowling 9-11 am Bingo 12:30 pm</i>	4 <i>Coffee 9—11 am Knitting 10-noon Singing 1:30 pm</i>	5 <i>Coffee 9—11 am Wii-Bowling 9-11 am Golden Age 1 pm</i>	6 <i>Eggs 8:30 Coffee 9—11 am Crafts 10:00—noon Cribbage 1:00 pm</i>	7 <i>Paint Class 9:00—noon Pitch Party 6:30 pm</i>	8
9 	10 <i>Coffee 9—11 am Wii-Bowling 9-11 am Bingo 12:30 pm</i>	11 <i>Coffee 9—11 am Knitting 10-noon Singing 1:30 pm</i>	12 <i>Coffee 9—11 am Wii-Bowling 9-11 am Pitch party 1:00 pm</i>	13 <i>Eggs 8:30 Coffee 9—11 am Crafts 10:00—noon Cribbage 1:00 pm</i>	14 <i>Paint Class 9:00—noon</i>	15
16	17 <i>Coffee 9—11 am Wii-Bowling 9-11 am Bingo 12:30 pm</i>	18 <i>Coffee 9—11 am Knitting 10-noon Singing 1:30 pm</i>	19 <i>Coffee 9—11 am Wii-Bowling 9-11 am Golden Age 1:00 pm</i>	20 <i>Eggs 8:30 Coffee 9—11 am Crafts 10:00—noon Cribbage 1:00 pm</i>	21 <i>Paint Class 9:00—noon Pitch Party 6:30 pm</i>	22
23	24 <i>Coffee 9—11 am Wii-Bowling 9-11 am Bingo 12:30 pm</i>	25 <i>Coffee 9—11 am Knitting 10-noon Singing 1:30 pm</i>	26 <i>Coffee 9—11 am Wii-Bowling 9-11 am Book Club 11 am Pitch party 1:00 pm</i>	27 <i>Eggs 8:30 Coffee 9—11 am Crafts 10:00—noon Cribbage 1:00 pm</i>	28 <i>Paint Class 9:00—noon</i>	29
30						

# Farm Animals

K	N	C	D	B	A	L	H	C	F	S	O	A	E
E	S	G	E	F	U	L	P	I	I	C	A	L	F
O	N	O	S	E	L	F	S	D	D	N	E	H	H
G	L	A	T	F	B	H	F	L	R	O	A	C	D
O	E	T	G	I	S	E	S	A	A	D	A	H	U
O	I	A	M	A	L	L	E	S	L	M	R	I	C
S	O	A	D	E	E	R	K	S	G	O	B	C	K
E	P	T	R	S	N	M	B	D	H	A	S	K	B
E	I	T	U	B	E	E	I	N	B	N	N	E	K
R	I	I	L	R	E	S	R	O	H	I	K	N	O
E	C	E	G	H	K	A	D	C	A	M	S	I	M
C	D	O	G	O	R	E	S	R	A	A	K	O	H
G	S	G	E	E	S	E	Y	S	A	L	E	F	N
H	S	O	S	S	H	E	E	P	L	S	E	G	A

BEES  
 TURKEY  
 ANIMALS  
 BUFFALO  
 HORSE  
 DUCK  
 BIRDS  
 DOG  
 GOAT  
 FISH  
 CHICKEN  
 CALF  
 LLAMA  
 DEER  
 GOOSE  
 SHEEP  
 BISON  
 HEN  
 GEESE  
 LAMB

Play this puzzle online at : <https://thewordsearch.com/puzzle/7/>

*Don't forget- We have puzzles—a great activity that stimulates those brain cells. Come to the Senior Center to see our collection and borrow one.*





**Hubbardston Senior Center**  
7 Main Street Unit #3  
Hubbardston, MA 01452



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### 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.

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### Meet Your Council On Aging Members

#### **DIRECTOR**

**Claudia Provencal**  
978-928-1400 x211  
Please leave a message.  
Home: 978-928-5195  
coa@hubbardstonma.us

#### **CHAIR**

Florence Pervier  
**SECRETARY/OUTREACH WORKER**  
Mary Ellen (Mel) Shaughnessy  
**TREASURER**  
Ken Horvath

#### **MEMBERS**

Nancy Afonso  
Susan Breagy  
Bonnie Cunningham  
Pat Lamoureux  
William Lipka

#### **Advisory Committee**

John Nason

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Hubbardston MA Council on Aging