

August 2021



Senior Times

The Voice of the Hubbardston Senior Center

**YOU WILL
BE
MISSED!**



**WISHING YOU
GOOD HEALTH
AND MUCH HAPPY-
NESS ON YOUR
NEW ADVENTURE**

It is with great sadness that The Friends of Hubbardston Seniors have accepted the resignation of Darlene Seaborne as the President of this organization. We are happy for Darlene and her husband and wish them many years of happiness and good health as they start a new chapter down in Georgia.

In 2018, Darlene agreed to become President of our organization. She truly has been the driving force behind us for the past 3 years. The first task she took on, and a very important one, was to work with the State on making us a 501 (C3) nonprofit. Thru her diligent work, this was accomplished. This means that the Friends do not have to pay taxes on any donations received and enables donors to deduct thier donation off their taxes.

If any of you have been to the Senior Center lately, you probably have noticed how beautiful it is. Under Darlene's leadership and partnership with the COA, the Friends were able to help the Senior Center pay for the kitchen appliances, the cabinetry around the room, new flooring, and for the tables and chairs. The purpose of the Friends is to support our Seniors financially so we will not be a burden to the Town.

In 2020, when the pandemic struck our Country, Darlene was instrumental in obtaining over \$10,000 in grants for Covid-19. These grants bought an air purifier, hand sanitizer dispensers at each entry way, masks, gloves, and other sanitizing equipment to allow the Senior Center to operate during the shut-down. An additional grant was obtained for the Grab 'N Go lunches for the Senior Center drive thru on Thursdays. This gift was enjoyed by many seniors in town.

Aside from the grants, she was also instrumental in the planning and organizing of fundraising. Whether it was a booth at Field Day, The Hubbardston Fair, the town wide yard sale, or the Christmas Fair – she was always there. We are grateful that this is not goodbye to Darlene. She will continue her noteworthy work in helping our organization continue to procure grants for projects. It is the goal of the Senior Center to build some type of outdoor space. We will be running fundraisers to pay for this project.

If you would like to be part of this, please feel free to reach out to the new President, Kay Senckowski at 808-372-5167 or via email at wavegrl38@gmail.com.

Thank you Darlene for all your hard work.

~Singers Needed~

Love to sing? Come join us Tuesdays at 1:30. We have a concert on August 17 at 2 at Grandview Terrace in Barre and we will be the guest performers at the United Federated Church in the center at 10 a.m. on October 3rd.

All are welcome.

THE GOLDEN AGES

Golden Ages meet the 1st and 3rd Wednesday of every month. Come join our lively group. Recently we visited the Cross in Barre, learned how to make greeting cards, going to Picketty Place for lunch. We love doing social things—come join us with your ideas!

Every few days try your jeans on just to make sure they fit! The pajamas will have you believe all is well in the kingdom.

Your Shine Corner

Open enrollment runs from October to December. New information on health insurance coverage will be available at this time. If you are interest in talking to a Shine Councilor, call the Senior Center to make an appointment at 978-928-14010 x211.

Barre Senior Center

Wednesday 11:30—2

Pinochle

FRIENDS OF HUBBARDSTON

Hi Friends! We would like to thank all of you that came out and showed your support at our fantastic Yard Sale. It was great! Also, we are still looking for members and board members for the Friends of the Hubbardston Senior Center non-profit organization.

Please contact Kay Senckowski at 808-372-5167 or at wavegrl38@gmail.com if you have any questions. Thank you and go out and enjoy your summer!

PITCH IS BACK

2ND AND 4TH FRIDAY OF
THE MONTH

6:30 P.M.

COME JOIN US!

Dinghy Dash is Coming!!!

Join us for our 4th annual Dinghy Dash on August 28th @10am at Brigham Pond (Rain date August 29th). This is a cardboard boat competition filled with laughs and fun! 1st prize is \$300 gift card, 2nd prize is \$150 gift card, 3rd prize is \$75 gift card. Also a trophy for Best Sink & Most Creative Vessel. Open to all to enter, see official rules for details and regulations. Registration is \$20 per Dinghy. All fees go towards Special Events fund for this and future events. Registration deadline is August 20th.

So grab some friends or help promote your business and enter today!

WILDWOOD, NEW JERSEY September 19-22



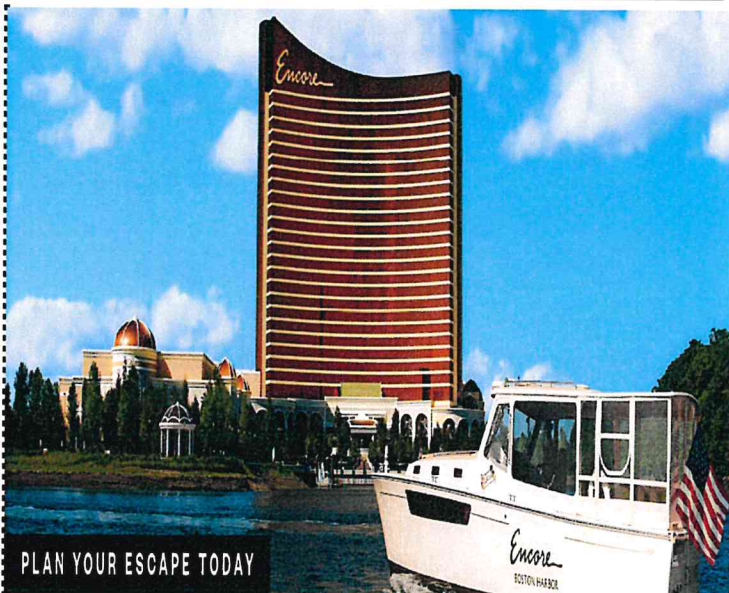
4 DAYS & 3 Nights, Motorcoach Transportation. 3 Nights Accommodations at an Oceanfront Hotel. 3 Full Breakfasts at your Hotel. 3 Superb Dinners Including: Meal Voucher at Resorts Casino. Hospitality Party with Pizza, Hoagies, Cocktails & Live DJ. A visit to Victorian Cape May, NJ. Patriotic Flag Ceremony at Sunset Beach. Visit to Atlantic City with Best Available Bonus. Free Time on the Famous Wildwood Boardwalk. Visits to: Historic Smithville, Stone Harbor, The Cape May Lighthouse. All Taxes are included.

PACKAGE PRICE.... \$369.00 pp/dbl

SINGLE SUPPLEMENT.... \$105.00 Additional

\$50.00 Deposit due with Reservation. Balance by August 10. Call Claudia at 978-928-1400 x211 or 978-9285195. Trip cancellation Protection is available for \$29.00

ENCORE CASINO



August 4th, 2021

\$35.00 with \$20.00 Bonus Slot

Leaving Hubbardston Rec Field at 8:00 AM and Returning approximately 4:30 PM. Call for reservations at 978-928-1400 x211 ask for Claudia

When we are born our eyes are almost full size, but our nose and ears never stop growing.



SIZZLING SUMMER

WORD SEARCH PUZZLE

ARID
AUGUST
BEACH
BURNS
DAMP
DROUGHT
HEAT
HOT
HUMID
JULY
JUNE
PARCHED
PICNIC
RECORD
SCORCHER
SMOG
STEAM
STICKY
STUFFY
SUN
SWELTERING
THUNDER
VACATION
WAVE

A	R	V	A	C	A	T	I	O	N	V	T	E	K
D	O	V	G	O	M	S	H	X	D	A	M	P	D
E	M	D	T	N	T	S	U	G	U	A	A	Y	P
O	E	A	I	I	I	H	T	Q	U	R	H	G	I
R	E	M	Y	R	O	R	E	E	C	O	S	G	C
H	E	D	R	T	A	Y	E	H	A	C	R	F	N
F	I	D	I	K	K	V	E	T	O	M	M	D	I
S	R	F	N	C	D	D	S	R	L	E	T	V	C
T	D	S	I	U	H	R	C	N	H	E	P	F	Y
U	J	T	E	U	H	H	O	C	R	N	W	L	O
F	S	U	M	V	E	T	A	C	U	U	U	S	Q
F	I	I	N	R	A	E	I	S	E	J	B	E	K
Y	D	V	V	E	B	W	S	Z	U	R	W	M	D

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.





December 7, 8, or 9 2021
(Tues, Weds, or Thurs)
Danvers Yacht Club -
Danvers MA

Price: \$72pp - Includes Plated luncheon, meal tax & meal gratuity, show ticket

*Price including transportations:
\$96pp
(driver gratuity not included)*

Plated Luncheon Meal Choice:
Stuffed Breast of Chicken or Baked Schrod
Also included: Salad, potato, vegetables,
breads, dessert, coffee/tea

An American Bandstand

New Year's Eve Day - Friday - December 31st, 2021
Featuring the Tom LaMark Orchestra



Plated Luncheon Meal Choice:
Stuffed Breast of Chicken or Baked Schrod
Also included: Salad, potato, vegetables,
breads, dessert, coffee/tea

PRICE ONLY: &79pp Includes plated luncheon, meal tax, gratuity, live entertainment, party favors, & Champagne Toast

Price w/Transportation: \$105

AUGUST 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Coffee w Friends 9-11 Wii-Bowling 9-11 Bingo 12:30	3 Walk Club 9 Singing 1:30	4 Coffee w/Friends 9-11 Wii-Bowling 9-11 Golden Age Meeting 1:30	5 Walk Club 9 Drive Thru Eggs 8:30-noon Cribbage 1:30	6 Watercolor Painting Class 9-11	7
8	9 Coffee w Friends 9-11 Wii-Bowling 9-11 Bingo 12:30	10 Walk Club 9 Singing 1:30	11 Coffee w/Friends 9-11 Wii-Bowling 9-11	12 Walk Club 9 Drive Thru Eggs 8:30-noon Cribbage 1:30	13 Watercolor Painting Class 9-11 Pitch 6:30	14
15	16 Coffee w Friends 9-11 Wii-Bowling 9-11 Bingo 12:30	17 Walk Club 9 Singing 1:30	18 Coffee w/Friends 9-11 Wii-Bowling 9-11 Golden Age Meeting 1:30	19 Walk Club 9 Drive Thru Eggs 8:30-noon Cribbage 1:30	20 Watercolor Painting Class 9-11	21 Sherriff Picnic
22	23 Coffee w Friends 9-11 Wii-Bowling 9-11 Bingo 12:30	24 Walk Club 9 Singing 1:30	25 Coffee w/Friends 9-11 Wii-Bowling 9-11 Book Club 11	26 Walk Club 9 Drive Thru Eggs 8:30-noon Cribbage 1:30	27 Watercolor Painting Class 9-11 Pitch 6:30	28 Dinghy Dash
29	30 Coffee w Friends 9-11 Wii-Bowling 9-11 Bingo 12:30	31 Walk Club 9 Singing 1:30				

ANNOUNCEMENTS



WORCESTER COUNTY SHERIFF ANNUAL SENIOR PICNIC AUGUST 21, 2021

FREE DRIVE-THRU SPECTACULAR
FREE CAR WASH TOO!

BBQ MEAL * ORGANIC PRODUCE * ICE CREAM
TONS OF GIVE AWAYS * RAFFLES

**ABSOLUTELY MUST REGISTER
BY AUGUST 5TH TO ATTEND!**

DOSTIGUY@WORCESTERCOUNTYSHERIFF.ORG
OR CALL 508-796-2638

Growing Places Mobil Market

Date: Every Thursday

TIME: 8:30 a.m. to 9:30 a.m.

Location: Hubbardston Council on Aging
7 Main Street, Hubbardston

Looking for local produce?

Come to the Mobile Market to purchase local product using SNAP and HIP dollars. **HIP DOUBLES** your SNAP purchase for local produce. If you have SNAP, you have HIP. We also have shelf stable meals packs for those who would like.

Also accept cash/credit and Farmers Market Coupons!

Someone will be here to help you sign up for SNAP if interested.

Need help with Food Assistance? These organizations can help you find what you need:

Massachusetts Executive Office of Elder Affairs (EOEA)
www.mass.gov/elders (800) age-info (243-4636) www.800ageinfo.com

Massachusetts Elder Nutrition Programs
www.mass.gov/elders/meals-nutrition

SNAP Eligibility (former Food Stamps)
Find out if you are eligible for SNAP Food Assistance www.mass.gov/snap

Project Bread FOODSOURCE Hotline
For information about SNAP (food stamps), eligibility and emergency food, contact the Project Break SNAP Hotline at 1-800-645-8333

Nutrition Information for You
Information about nutrition facts as you age www.nutrition.gov/life-stages/seniors

What are Farmer's Market Coupons?

Your \$25 booklet can be used to purchase produce and honey grown and sold by local farmers at farmers' markets and some farmstands. The coupons cannot be used at the grocery store.

What Can You Buy With the coupons?

- Fruits and vegetables
- Fresh cut herbs
- Honey

Other items available for sale at the market cannot be purchased with senior farmers' market coupons, but you may purchase those items with cash.



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

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.

A NIGHT AT THE BALL GAME WITH



Central Massachusetts
Agency on Aging, Inc.

SATURDAY, AUGUST 14TH

4:05 PM

POLAR PARK



LOS WEPAS DE WORCESTER



SYRACUSE METS

PRE-GAME FESTIVITIES AND GATES OPEN AT 3:30PM

LAS ACTIVIDADES COMENZARÁN A PARTIR DE 3:30PM

**CALL 508-852-5539 OR EMAIL [AKRASINSKI@SENIORCONNECTION.ORG](mailto:akrasinski@seniorconnection.org)
BY AUGUST 2ND FOR A COMPLEMENTARY TICKET!**

Mark your calendars for Saturday, August 14th!

CMAA will be the featured nonprofit of the night for the August 14th WooSox Game against the Syracuse Mets. There will be a pre-game recognition of CMAA and an outreach table in the concourse as well throughout the game.

Join us to celebrate older adults and caregivers, learn more about local resources, and enjoy some baseball!

For a complementary ticket to the game, email akrasinski@seniorconnection.org before August 2nd.

**Saturday, August 14th
Los Wepas de Worcester vs. Syracuse Mets
Polar Park
100 Madison Street, Worcester**

**Game time: 4:05pm
Pre-game activities starting at 3:15pm**

Follow our social media pages for updates about our Night At The Ball Game.

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here!!

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CUSTOMERS 365
DAYS A YEAR!

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community of Hubbardston
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Classic Gazpacho Recipe

This classic no-cook gazpacho is a mix of fresh vegetables and store-bought tomato based vegetable juice for a perfect blend of smooth and chunky vegetable flavors.

Ingredients

- 3 stalks celery diced
- 1 seedless hot-house cucumber with skin on diced
- 1 zucchini diced
- 3/4 whole medium red onion diced
- 4 cups tomato juice such as V-8
- 2 cloves garlic pressed or minced
- 1/4 cup extra virgin olive oil or grapeseed oil
- 1/4 cup red wine vinegar
- 2 tablespoons sugar
- 2 tablespoons Chohula hot sauce or other hot sauce to taste
- 1 tablespoon celery salt
- 1 tablespoon garlic salt
- 6 cocktail or campari tomatoes diced
- Kosher salt and freshly ground black pepper
- 1/4 cup sour cream
- Fresh chives for garnish

Instructions

In the bowl of a food processor or in a blender, combine half of the celery, cucumber, zucchini, red onion, 2 cups of the tomato juice with the pressed or minced garlic, olive oil, red wine vinegar, sugar, hot sauce, celery salt and garlic salt.

Pulse all of ingredients until well blended. Add the rest of the tomato juice and pulse to mix. Add the celery, cucumber, zucchini and the diced tomatoes and pulse once or twice. Season with kosher salt and freshly ground black pepper and adjust the hot sauce to taste.

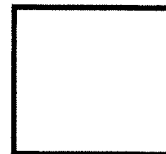
Chill the soup for at least 1 hour before serving.

Serve the soup with a drizzle of the sour cream that has been thinned with water. Top with fresh chopped chives.

**DON'T FORGET TO STOP BY ON MONDAY
AND WEDNESDAY FOR A CUP OF
COFFEE! AND A TREAT!**

9 AM- 11- AM

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

DIRECTOR

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

CHAIRPERSON

Hilary (Skip) Scott Jr.
978-928-1372
sk.scott417@aol.com

VICE CHAIR

Florence Pervier
978-928-5113
ppervier@yahoo.com

SECRETARY/OUTREACH WORKER

Mary Ellen (Mel) Shaughnessy
Center: 978-928-1400 x 211
Home: 978-928-5120
melshaughnessy@gmail.com

TREASURER

Ken Horvath
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Khorvath.cpa@gmail.com

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