

Senior Times

The Voice of the Hubbardston Senior

August 2023

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End of Summer Barbecue

Sponsored by the Council on Aging/Senior Center

Come to the Senior Center on Sunday, August 27th for an old fashion barbecue. Starts at 11:00 a.m. We will have games and contests. And a special event—a Corn Hole contest!



Archery
Jenga



Sign up at the Senior Center or call 978-928-1400 x211

Starting the last week of August, due to construction on Main Street the school drop-off will be taking up the majority of the municipal parking lot and the driveway around the Slade Building starting at 8:30 to 9:00 am and again at 3:00 to 3:30 p.m. When doing business at the Senior Center, please keep this in mind.

Questions on your health insurance? The Shine Counselor is available on Friday August 18; and Friday, September 8. Call to make an appointment at 978-928-1400 x211



Construction on Main Street is still going on. Expect delays. Remember to keep an eye out for children on bikes!

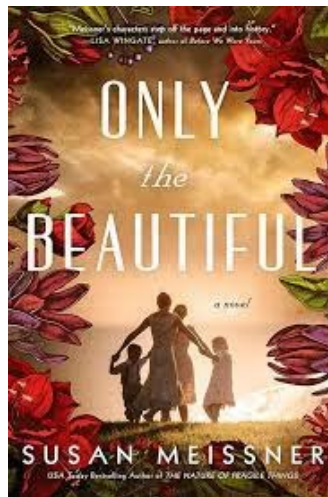
Come join our newest event!

Art Group

All Artists and media are welcome. It's an open forum to create your art and share your knowledge or just meet up with other artist and share your stories. 9-11 a.m. on Fridays. Call Cindy at the Senior Center 978-928-1400 x211.

Book Club

August's book is *Only The Beautiful* by Susan Meissner. Meets every 4th Wednesday of the month. Would you like to join us for lively discussion? Call the Library to get the book at 978-928-4775.



The Boutique is Coming!

October 13-15

9:00 a.m. — 3:00 p.m.

Accepting donations of gently used clothing—from kids to adults.

Your support is appreciated!



Partnership Update

The Massachusetts Registry of Motor Vehicles (RMV) would like to inform you that customers aged 65 and older, and customers with disabilities, can schedule an appointment at (most) [Service Center locations](#) during any available time **Monday through Friday between 9:00 a.m. and 5:00 p.m.**

An appointment is required for [Driver's License related transactions](#).

An appointment is required for [ID related transactions](#).

An appointment is **not** required for [Registration-related transactions](#).

How to make an Appointment

Customers aged 65 and older and customers with disabilities can ask for assistance with an appointment by sending an email to:

MassDOTRMVSeniors@dot.state.ma.us

Customers can expect to receive a response from the RMV within 48 hours.

Friendly Reminder

Massachusetts law requires customers age 75 and older to [renew their driver's license in person](#).

Select RMV Services Available at AAA Branches

AAA members may be eligible to renew your license/ID or registration at AAA. You must make a reservation to conduct RMV transactions at AAA.

26th Annual Library 5K


September 9th 9 am

Registration starts 8 am

Free T-shirt to 1st 100 registrants

Applications available at the Library

August



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	2 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	3 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm	4 Art Group 9:00 am Pitch Party 6:30 pm	5
6	7 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	8 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	9 Coffee 9-11 am Wii-Bowling 9-11 am Pitch Party 1:00 pm	10 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm	11 Art Group 9:00 am	12
13	14 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	15 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	16 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	17 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm	18 Art Group 9:00 am Pitch Party 6:30 pm	19
20	21 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	22 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	23 Coffee 9-11 am Wii-Bowling 9-11 am Book Club 11:00 am Pitch Party 1:00 pm	24 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm	25 Art Group 9:00 am	26
27 Barbecue 11:00 am	28 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	29 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	30 Coffee 9-11 am Wii-Bowling 9-11 am	31 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm		

Upcoming Events

Don't forget—the Library is a great resource for free passes and reduced passes to museums from Boston to the Berkshires. Visit the library or call 978-928-4775 for more information.

Farmer's Coupons are in!

\$50.00 value

Income Eligible

Call or stop by the Senior Center

The Hubbardston Swingin' Singin' Seniors

Meet every Tuesday at 1:30 p.m. Love to sing? Come join us and lift your voice!

Concert August 1st at The Baldwinville Nursing Home.



Golden Age Group

The Golden Agers had a wonderful brunch at the Stars & Stripes here in town. Our meals were very tasty; we give it a 5 star rating!

September will be here very soon. The Golden Agers have a table with home-made cooked goods at the Field Day event. We will be calling for items.

If anyone wants to join us, we meet at the Senior Center the 1st and 3rd Wednesday of the month at 1:00 p.m.

Healthy Cooking Tips:

- ◇ Wash fruits and vegetables before using.
- ◇ Keep the skin on fruits and vegetables! It's a good source of fiber.
- ◇ Try baking, grilling, roasting, boiling, steaming or broiling.
- ◇ Choose peanut, olive or vegetable oil instead of butter, margarine or lard.
- ◇ Reduce salt in recipes.
- ◇ Use garlic, ginger root, and fresh herbs like basil, parsley, thyme for more flavor.

Cribbage

Every Thursday
afternoon at 1:00
p.m.



All levels welcome!

Thank you GFA for sponsoring our newsletter.



TIME TO APPLY

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

Please submit an application early! <https://toapply.org/NEFWF> Or come in to the Senior Center on Tuesdays and ask for Pat Lamoureux. She can help with the paperwork.

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

Are you a veteran or spouse of a veteran in need of food security 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
- **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

TRANSPORTATION

Call or leave a message for Sharon at 207-710-1777 or 978-928-1400 x210.

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 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.

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



Summer Fun Word Search

Find all the words!

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

VOLLEYBALL
WATER
CREAM
LEMONADE
BUTTERFLIES
MINI
FIREFLIES
POOL



FRISBEE
BALLOONS
BEACH
WATERMELON
BADMINTON
GOLF
POPSICLE

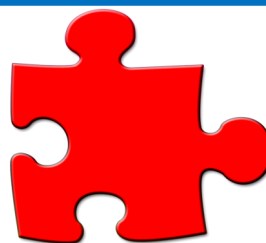


KITES
ICE
SANDCASTLE
PICNIC
PARK
BASEBALL
TRAMPOLINE



ThriftyMommasTips.com

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. Also—we've got books! Check out our library.



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

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John Nason

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