

# Hubbardston Senior News

September 2019

**Hubbardston  
Senior Center**

7 Main Street  
Hubbardston, MA  
978-928-1400 x 211



## A piece of Town History

A deed held by the owner of these buildings suggest that the gas station and cottage were built around 1924; Sarah E. Wyman held the title at that date. Boleslaw L. Gaidanowicz bought the gas station about 1935. Boleslaw ran a filling station there until he left to serve in WW II; during his absence his brother Joseph Gaidanowicz and his wife Helen lived on the property and ran the station, which was called the Bent's Pond filling station. Joseph bought the house and station from his brother in 1947. During the 1950s it was called Joe's Filling Station. During the late 1940s or early 1950s, the Gaidanowicz family built the roadside stand selling ice cream, hamburgers and hot dogs. This is the house directly across from Sawyers Pond (Bents Pond), where the painted watermelon rock is located on the right. The curved driveway going in was part of the main road before the twist and turns were straightened out in the mid- 1950's. Joseph passed away in 1968. The property still remains in the family where they are operating a working farm selling plants and vegetables.

# Blueberry Dumpling

## Ingredients:

**2 1/2 Cups blueberries**

**1/2 cup sugar**

**1 cup water**

**(Simmer in large pot until berries soften)**

**Dough: 1 cup flour**

**2 tsp. baking powder**

**2 T. sugar**

**1/4 tsp. salt**

**2/3 cup milk**

**2 T. butter**

**(Mix dough ingredients together. Drop in-  
to hot blueberry mixture, cover and cook  
dough in sauce for 10 minutes on low)  
Can serve w/ Vanilla ice cream.**

## August MOC Meals Menu

Tuesday	Totals	Thursday	Calories
3 Chunky Tomato Soup Macaroni & Cheese Italian Bread Peaches	Calories: 717 Sodium: 1025	5 Veal Parmesan Garlic Whip Potato Italian Gr Beans , Dinner Rolls Cherry Apple Crisp	Calories : 1235 Sodium:1003
10 Shepard's Pie Beef Gravy Tossed Salad Wheat Bread, Diced Pears	Calories: 546 Sodium: 581	12 Bok Choy Soup Asian Chicken salad Pasta Cucumber salad Dinner Roll Pineapple whip	Calories:649 Sodium :789
17 Gr Chicken Breast Pesto Cream Sc Tri Color Pasta, Genoa blend Multigrain Bread, Oatmeal Cookie	Calories: 726 Sodium: 822	19 BBQ Pulled Pork on bun Mashed Potato Toss Salad, Peaches	Calories: 592 Sodium ;820
24 Potato Pollock, Tartar sauce Butternut Squash, Toss Salad Wheat Bread, Applesauce	Calories: 618 Sodium: mg 678	26 Beef Stew, Brussels Sprouts Dinner roll, Blueberry Buckle	Calories 842 Sodium: 861
	Calories: Sodium:		Calories: Sodium:
	Calories: Sodium: mg		

### Top 5 Reasons to Shop at the Farmers' Market

- 1.Helps you eat a **variety** of **fresh fruits and vegetables**
- 2.. Decrease your carbon footprint: **local food travels less**
3. To support **local farmers!**
- 4.Connects you with **your community** at the market!
5. Locally grown food is **fresh and tastes great!**

**Malnutrition:** As we get older, we can experience: Loss of appetite, chewing and swallowing difficulty, dental issues, side effects of medications and reduced sense of taste and smell. The need for certain vitamins and minerals increases with age. Focus on complex carbohydrates, such as brown rice ,oats, potatoes, whole grain breads, pastas and cereals, lean proteins chicken, turkey, eggs and beans .Healthy Fats consist of avocados, cheese fatty fish, olive oil, nuts and seeds.

A Great Man is one who never loses his child's heart.

Mohegan Sun Trip  
September 11, 2019 Call for reservation  
978-928-1400 x211 or stop by

### How much do you know about food safety? Take the quiz & see!

1. What temperature is recommended for your refrigerator?  
A) 50 degrees F  
B) 45 degrees F  
C) 40 degrees F
2. Since only the inside of melons (such as watermelon) is eaten, does their outer rind need to be washed?  
A) Yes  
B) No
3. If a food tastes OK, is it safe to eat?  
A) Yes  
B) No  
C) Maybe
4. If you've never gotten sick from food you prepare could it make someone else sick?  
A) Yes  
B) No
5. Should you wash raw meat & poultry before preparing it?  
A) Yes  
B) No

### Answers

1. **C. 40 degrees F or below** Buy an inexpensive appliance thermometer for fridge & your freezer..
2. **A Yes.** Bacteria in soil can contaminate the outside of melons.
3. **C. Maybe.** Don't count on your taste, smell, or sight to tell you if a food is safe to eat. When in doubt, throw a food out.
4. **A Yes.** Some people are at greater risk for foodborne illnesses.
5. **B. No.** Washing increases the danger of cross-contamination

## PROPER RETIREMENT OF U.S. FLAGS

Are you seeking a way to properly dispose of your Flag?

A number of people have asked us at the senior center where to take a flag for a proper disposal. In the past, the Hubbardston Boy Scouts have held a flag burning at Field Day, which worked well with cotton flags. Many of the newer flags are made of nylon which does not burn well. There is a process in which you can shred a nylon flag to properly dispose of it or burn a cotton flag. (this process can be found online at

<https://www.americandisposal.com/blog/how-to-retire-an-American-flag>

The Scouts will accept flags at Field Day this year (September 14, 2019 .) You may also drop them off at the senior center and we will present them to the scouts.

## GO 4 LIFE

### Family fun walk

Date: September 14th, 2019, (Field Day) 10:00am. At the Rec Field We have designated a 1 mile Walk around the track.

Take as long as you need to finish walking 1 mile.

Please register in advance or Sign up at the COA Tent located at Rec Field on the 14th of September.

Call 978-928-1400x211 for more information .

Your name along with our senior center will be entered into a state wide raffle for special prizes . For more details ask for Claudia

This is a family walk We look forward to seeing everyone at this event. Sponsored by Blue Cross and Blue Shield

## Annual Field Day Hubbardston Ma, September 14th, 2019.

Events Include: vendors, food, attractions, contests, music and much more! Proceeds go to our local Lions Club.

Come Join The Fun!



## Puzzle of the Month

What can travel around the world while staying in a Corner?

Answer: A stamp.

## Hubbardston Swingin ' Singin' Seniors

Come join in on the fun! If you enjoy singing and friendly people, come join our singing group that meets every Tuesday-1:30-3:00 at the Hubbardston Senior Center. Travel Arrangements can be made so please call if interested . (978-928-1400 x211 or call Nancy at 978-928-1356) Men, women and instrumentalists from the entire area gather together to create music that we share at area senior centers , nursing homes and other gatherings. This past summer we shared our music at the Winchendon Senior Center, Gardner Nursing and Rehab Center, Rutland Senior Center and Baldwinville Nursing Home. Our Fall and Winter plans will include a concert at the Grandview Senior living, The Hubbardston Lighting / Caroling, and other to yet e planned!



## Interesting Facts About Apples

Apples' health appeal is in the peel. Much of the [fiber](#) in apples is found in the peel, according to the [Academy of Nutrition and Dietetics](#). An unpeeled medium-sized apple has 4.4 grams of fiber. Minus the peel that same apple has only 2.1 grams of fiber.

Munching on an apple can help prevent cavities. According to the [American Dental Association](#), apples' high water content and fiber help balance the natural sugars they contain. And chewing stimulates the production of saliva, which washes away food particles and acids to help clean teeth.

### **"LEGENDS IN CONCERT!"**

**OCTOBER 15, 2019**

**@ Foxwoods**

Show features the greatest collection of celebrity impersonators , Elvis, Michael Jackson, Whitney Houston and more.

Tour Includes: Buffet Luncheon, \$10 Slot Play Bonus Legends in Concert Show & luxury Silver Fox Coach

There aren't many seats left so if you are interested ,please call Claudia @ the Hubbardston Senior Center

### SHINE

During the annual Medicare Open Enrollment Period (October 15th—December 7th) you will have a chance to CHANGE your plan for next year. A Shine Counselor can help you understand your plan changes, as well as other Options Call your Local Senior Center for an apt or more information 978-928-1400x211

Do you like audio books? The Hubbardston Public Library has a collection of fiction, non fiction and biography on Audio CD for you to check out. Your Library card also gives you access to a huge collection of e-audio books that you can download to your smart phone or tablet. We are open Monday and Thursday ,1 pm to 7 pm ,If you have any questions, or you are curious about the CWMARS E-Audio

### The Golden Age Club

We will be accepting donations for our bake sale which will be held September 14th 2019, at Field Day.

We appreciate your generosity in the past for this event ,and we hope we can continue to count on you for your help.

Meets every first and third Thursday Of the month 1:30pm @ Hubbardston Senior Center

For More information on the Golden age club Call President Beverly Kohlstrom 978-464-5041

## **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.**

# September 2019

2 SUN	MON	TUE	WED	THU	FRI	SAT
		3 Coffee,, Wii Bowling Meals Singing 1:30pm Militia Meeting 6"30PM	4 Coffee Will Bowling Produce	5 Coffee + Wii Bowling Egg day Walking group 9AM Moc Meals Golden Age meeting 1:30PM B/P check by Judi 9:30A 9AM	6 Coffee + Wii Bowling Produce  Cribbage 1:30 PM Pitch 6:30 PM	7
8	9 Coffee Wii Bowling Bakery Bingo—12:30 PM BOS Meeting 6:30 PM	10 Coffee Wii Bowling Walking group 9:00 AM MOC Meal 11:45 AM Singing Seniors	11 Coffee Wii Bowling Produce Pitch 1:30 PM Mohegan Sun trip	12 Coffee + Wii Bowling Egg Day Walking group 9:00 AM MOC Meal 11:45 AM Cribbage 1:30 PM	13 Coffee + Wii Bowling Produce Cribbage 1:30 PM	14 <b>FIELD DAY</b>
15	16 Coffee Wii Bowling Bakery Bingo-12:30 PM	17 Coffee Wii Bowling Walking group 9:00 AM MOC Meal 11:45 AM Singing Seniors 1:30 PM	18 Coffee Wii Bowling Produce	19 Coffee + Wii Bowling Egg Day Walking group ;900 AM MOC Meal 11:45 AM Golden Age Meeting 1:30 PM	20 Coffee + Wii Bowling Produce  Shine By Appt Cribbage 1:30 PM Pitch 6:30pm	21
22	23 Coffee Wii Bowling Bakery BOS Meeting 6:30 PM	20 Coffee Wii Bowling Walking group 9:00AM MOC Meal 11:45 AM Singing Seniors 1:30 PM	25 Coffee Wii Bowling Produce Pitch 1:30 PM	26 Coffee + Wii Bowling Egg Day Walking group 900AM MOC Meal 11:45 AM Cribbage 1:30 PM COA meeting 10:30am	27 Coffee + Wii Bowling Produce  Cribbage 1:30 PM	28
29	30 Coffee Wii Bowling Bakery Bingo 12:30 PM	Canned Peaches and Fruit cocktail are available at the Senior Center. Please feel free to come and pick up six cans.	Please Call the Senior Center if you are interested in going to the Mohegan Sun Trip Sept 11	Go For Life Family Fun Walk. / Register at the Senior Center or at our tent on Field Day . Registration 9am on Field Day. Hope you join us ...		

## 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

We are still looking for one (1) more member to join THE COUNCIL ON AGING BOARD if you are interested please call the senior center and ask for Claudia. We would like to welcome our new member Jane Gregoriou.

#### 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

#### SECRETARY/OUTREACH WORKER

**Mary Ellen (Mel) Shaughnessy**

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#### TREASURER

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**Bonnie Cunningham**

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**Jane Gregoriou**

(new Member)

**William Lipka**

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