

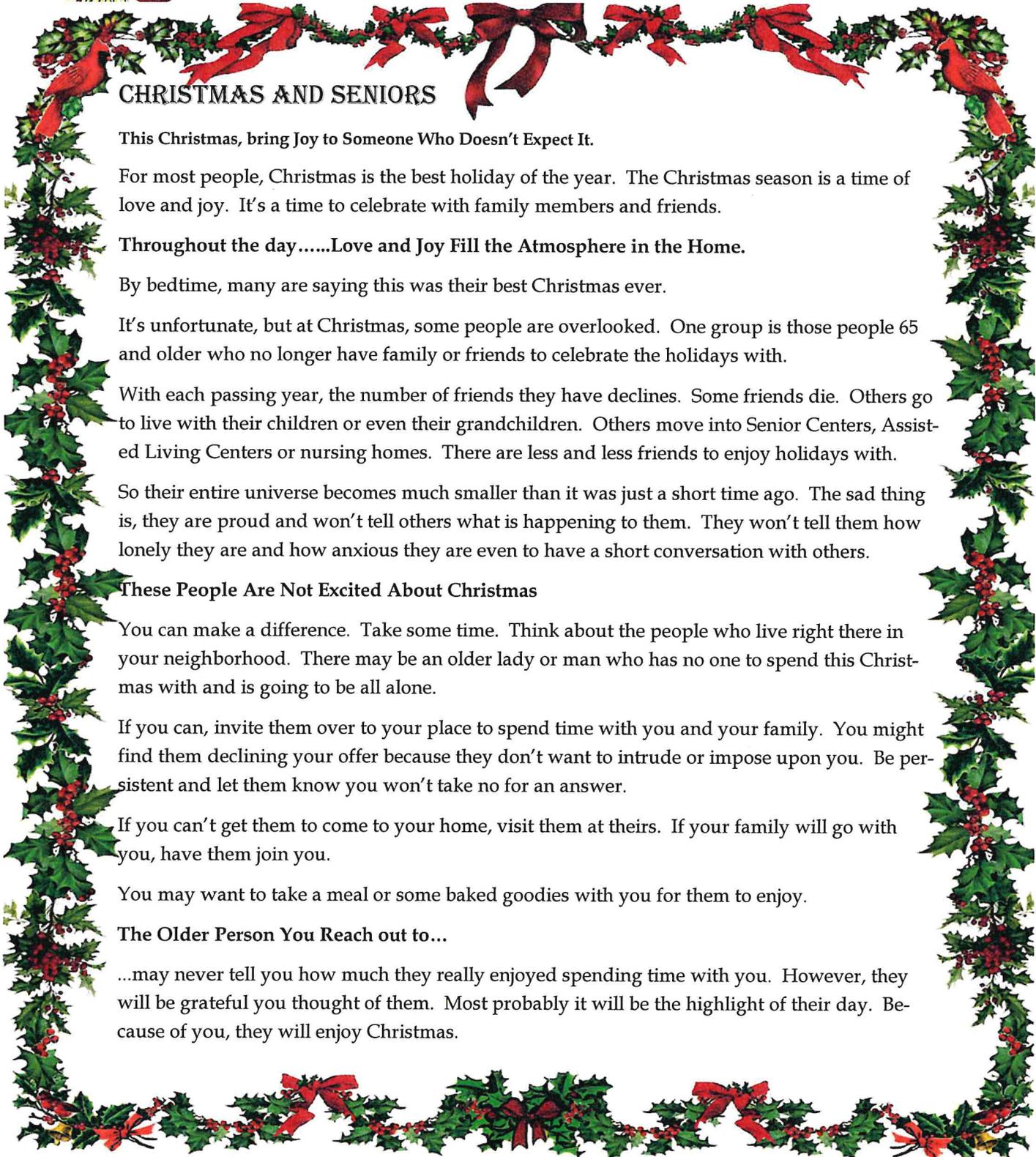


Senior Times

December 2021

The Voice of the Hubbardston Senior Center

Editor: Claudia Provencal
Assistants
Patricia Lamoureux
Susan Breagy



CHRISTMAS AND SENIORS

This Christmas, bring Joy to Someone Who Doesn't Expect It.

For most people, Christmas is the best holiday of the year. The Christmas season is a time of love and joy. It's a time to celebrate with family members and friends.

Throughout the day.....Love and Joy Fill the Atmosphere in the Home.

By bedtime, many are saying this was their best Christmas ever.

It's unfortunate, but at Christmas, some people are overlooked. One group is those people 65 and older who no longer have family or friends to celebrate the holidays with.

With each passing year, the number of friends they have declines. Some friends die. Others go to live with their children or even their grandchildren. Others move into Senior Centers, Assisted Living Centers or nursing homes. There are less and less friends to enjoy holidays with.

So their entire universe becomes much smaller than it was just a short time ago. The sad thing is, they are proud and won't tell others what is happening to them. They won't tell them how lonely they are and how anxious they are even to have a short conversation with others.

These People Are Not Excited About Christmas

You can make a difference. Take some time. Think about the people who live right there in your neighborhood. There may be an older lady or man who has no one to spend this Christmas with and is going to be all alone.

If you can, invite them over to your place to spend time with you and your family. You might find them declining your offer because they don't want to intrude or impose upon you. Be persistent and let them know you won't take no for an answer.

If you can't get them to come to your home, visit them at theirs. If your family will go with you, have them join you.

You may want to take a meal or some baked goodies with you for them to enjoy.

The Older Person You Reach out to...

...may never tell you how much they really enjoyed spending time with you. However, they will be grateful you thought of them. Most probably it will be the highlight of their day. Because of you, they will enjoy Christmas.



Need help heating your home this winter?

Call or visit:

NEW ENGLAND FARM WORKERS
COUNCIL

(NEFWC) 473 Main St. 3rd Floor, Fitchburg,
MA- 978-342-4520 Or Call Claudia at the Senior
Center 978-928-1400 x211

*Hubbardston Police Dept. is looking for dona-
tions for children in need in town. Toys appro-
priate for children in grades Kindergarten to*

*5th grade are appreciated.
Cash donations accepted
too.*



Deadline – December 12th

Don't Forget – It's Medicaid signup time for your supplemental insurance. The SHINE representative is here to help you. Call 978-928-1400 x211 and we will help you make an appointment!

DEADLINE DECEMBER 7th



WALK CLUB

Come walk with Rich Hackett and Susan Breagy Tuesday and Thursday at 9 a.m. We walk 1-2 miles. Come join us – we meet at the Senior Center parking lot .

Have a Suggestion or Idea of fun things to do?
Call or email us to see if we can get it done!

978-928-1400 x211

coa@hubbardstonma.us

Senior Work-off Program

Over 60? Income under \$48,950 for a single person, under \$55,950 for 2 people? You own your home? You are a Hubbardston resident? If the answers are yes – you may qualify for this program. You can earn up to a \$1,500 credit on your property tax. Either come to the Senior Center or call Claudia at 978-928-1400 x211 for an application and more information.

Golden Age Club meets the 1st and 3rd Wednesday of every month – 1:00 p.m. at the Senior Center

Our Golden Age Christmas Party will be here very soon. See you then!

Merry Christmas

Bev – President



BOOK CLUB

Book club will be meeting on December 29th at 11:00 a.m. This month's read is *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini

Come join us for a lively discussion.



Golden Age Club Presents

The Hubbardston Senior Singers

December 1st

2:00 p.m.

Come sing and enjoy some refreshments!



Christmas Sing Along

Mark your calendars! Come join us on Tuesday, December 21 from 4-6 p.m.

Denis Cormier is performing a Christmas Sing Along.

Light refreshments will be served.

Sponsored by our Local Cultural Council

Love to Craft? Interest in joining a group to show your talents? You have a specialty? Needle crafts, slate painting, etc.

Call Cindy at 978-928-5526



Cribbage is starting at 1:00 as of November 4th due to traffic congestion.

HUBBARDSTON ANNUAL LIGHT FIGHT

Join us the first 3 weekends in December, Friday, Saturday & Sundays nights from 5-9pm and check out all the light displays around town.

DATES: December 3,4,5, 10,11,12, 17,18,19

Maps & voting survey links will be available by December 3rd. Please see official entry form & contest rules for details. There are 3 categories to enter and prizes to win in all categories.



UPCOMING EVENT:

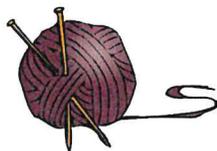
Memorial Day Parade Committee is already meeting to plan for this extra special event. The Town will be honoring all our veterans' and will be dedicating the new Vietnam Veterans' Memorial. Mark your calendars for May 30, 2022 at 11:00 a.m.



YARN IT ALL

Come join our new knitting club! Meets every Tuesday from 10 till 12!

Questions?
Call Cindy at
978-928-5526



Paint Class

Like to paint—want to learn?
Come join us on Friday mornings
and find your inner artist!



Hubbardston Singin' Swingin' Seniors

Love to sing? We need your voice! Come join us Tuesdays at 1:30.

Upcoming Concerts:

December 1—Hubbardston Golden Agers 2:00 P.M.

December 8—Gardner Golden Agers 2:00 P.M.

December 14—Grandview Terrace, Barre 2:00 P.M.

December 16—Sterling Grange 6:30 p.m.

December 21—Christmas Party Senior Center 1:30 p.m.



Christmas Fair at the Senior Center

December 4th
9 a.m.—3 p.m.

Food, Crafts, Raffles,
Chinese Auction, Lottery Tree, Home
made bakery goods, hot soups and
homemade bread. Take Home or Eat
in

Get your picture taken with Mr. & Mrs.
Claus. They will be here from 10 to 2 for
pictures. Bring the children!



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.

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@gmail.com



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the community of
Hubbardston
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Ricky Mansfield
Funeral Directors**

Advanced Funeral Planning

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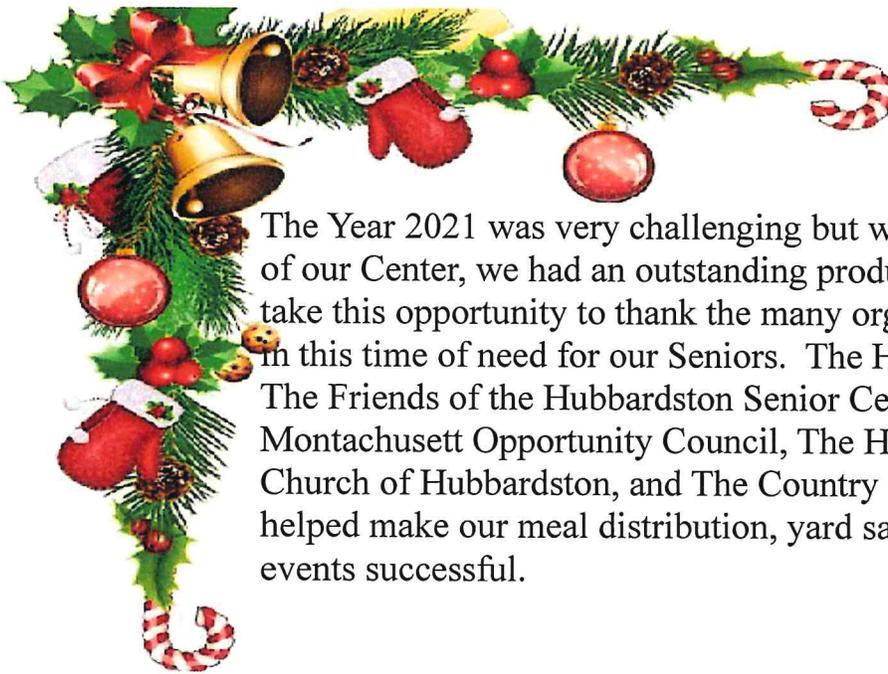
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Holden, MA
508-829-4434

100 Worcester RD
Sterling, MA
508-978-422-0100



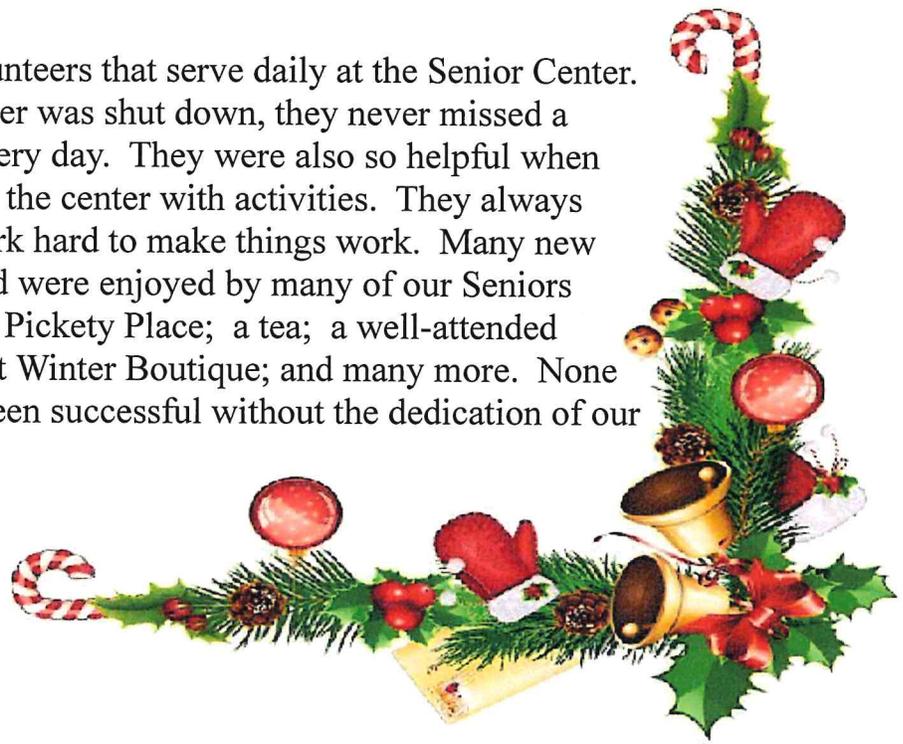
105 Central Street
Gardner, MA
978-632-0158

John H. Mack, Director
Kevin J. Mack, Director
Www.mackfamilyfh.com



The Year 2021 was very challenging but with the continuous support of our Center, we had an outstanding productive year. I would like to take this opportunity to thank the many organizations that stepped up in this time of need for our Seniors. The Hubbardston Lion's Club, The Friends of the Hubbardston Senior Center, The Golden Age Club, Montachusett Opportunity Council, The Hubbardston Evangelical Church of Hubbardston, and The Country Hen. These organizations helped make our meal distribution, yard sale, Field Day and other events successful.

Most importantly are the volunteers that serve daily at the Senior Center. During Covid, when the Center was shut down, they never missed a meal delivery or an egg delivery day. They were also so helpful when the time came to slowly open the center with activities. They always show up with a smile and work hard to make things work. Many new events were held this year and were enjoyed by many of our Seniors which included a luncheon at Pickety Place; a tea; a well-attended Thanksgiving dinner; our first Winter Boutique; and many more. None of these events would have been successful without the dedication of our volunteers. Thank you to all.



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In December, we will be participating in the December 4th Christmas Fair. We will be having a Christmas Tree raffle, an original painting, a Chinese Auction and also selling small Christmas wreaths. Please stop by our booth and check us out! Thank you in advance for supporting the Hubbardston Senior Center!





Baked Biscuit Wreath Dip

DEC 5, 2018



YIELDS:8

PREP TIME:0 HOURS 15 MINS

TOTAL TIME:0 HOURS 45 MINS

INGREDIENTS

1 can refrigerated biscuits (such as Pillsbury)	3/4 c. frozen spinach, defrosted and chopped
extra-virgin olive oil, for brushing biscuits	1/4 c. mayonnaise
1/2 c. plus 1 tbsp. grated Parmesan	2 tsp. garlic powder
2 c. shredded mozzarella	1 tsp. kosher salt
1 c. ricotta	Crushed red pepper flakes, for garnish

DIRECTIONS

Preheat oven to 350°. Halve biscuits and flatten each one out, then roll into a ball and place in an oven-proof skillet seam side down. Arrange in a ring around the skillet. Brush biscuits with olive oil and sprinkle with 1 tablespoon Parmesan.

In a large bowl, combine mozzarella, ricotta, spinach, Parmesan, mayonnaise, garlic powder, and salt and mix until combined.

Spoon dip into center of skillet and sprinkle with red pepper flakes.

Bake until warmed through, bubbly, and golden, 25 to 30 minutes. Serve hot.

December 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Coffee 9-11 Wii Bowling 9-11 Golden Age 1 Christmas Singing 2	2 Eggs 8:30 Walking Club 9 Cribbage 1:00	3 Painting Club 9-11 Light Fight 5:00 PM – 9:00 PM	4 Christmas Fair 9-3
5 Light Fight 5:00 PM – 9:00 PM	6 Coffee 9-11 Wii Bowling 9-11 Bingo 12:30	7 Walking Club 9 Knit Club 10 Singing 1:30	8 Coffee 9-11 Wii Bowling 9-11 Pitch Party 1:00 COA 6:30 PM	9 Eggs 8:30 Walking Club 9 Cribbage 1:00 Sicilian Tenors	10 Painting Club 9-11 Light Fight 5:00 PM – 9:00 PM	11
12 Light Fight 5:00 PM – 9:00 PM	13 Coffee 9-11 Wii Bowling 9-11 Bingo 12:30 Christmas in the White Mountains	14 Walking Club 9 Knit Club 10 Singing 1:30	15 Coffee 9-11 Wii Bowling 9-11 Golden Age 1	16 Eggs 8:30 Walking Club 9 Cribbage 1:00	17 Painting Club 9-11 Pitch Party 6:30 Light Fight 5:00 PM – 9:00 PM	18 Caroling 4:00
19 Carol-ing Snow Date Light Fight 5:00 PM – 9:00 PM	20 Coffee 9-11 Wii Bowling 9-11 Bingo 12:30	21 Walking Club 9 Knit Club 10 Singing 1:30 Christmas Sing-Along 4-6	22 Coffee 9-11 Wii Bowling 9-11 Pitch Party 1:00 Golden Age Christmas Party	23 Eggs 8:30 Walking Club 9 Cribbage 1:00	24 Painting Club 9-11	25 
26	27 Coffee 9-11 Wii Bowling 9-11 Bingo 12:30	28 Walking Club 9 Knit Club 10 Singing 1:30	29 Coffee 9-11 Wii Bowling 9-11 Book Club 11	30 Eggs 8:30 Walking Club 9 Cribbage 1:00	31 Painting Club 9-11 Danvers New Years Eve Party	

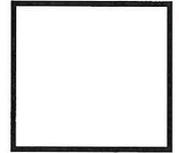
Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



S G R D A M A F C I F Z Z X F K U H J X
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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
978-928-1400 x211
Please leave a message
Home: 978-928-5195
coa@hubbardstonma.us

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