



# Senior Times

The Voice of the Hubbardston Senior Center

February 2022

Editor: Claudia Provencal  
Assistants  
Patricia Lamoureux  
Susan Breagy



What makes a successful marriage. We've spoken to many different couples who have been married 30+ years asking what was the strategy for a lengthy marriage. What was most interesting was how each couple had a different perspective and has a very different recipe for their success. Below are some answers from people interviewed:

## From the female perspective:

Forgiveness  
Be committed to each other. Put God first, spouse second and then children.  
Patience  
Humor  
Always kiss each other good night.  
Make time for each other.  
One weekend a year, do a get away—just the two of us.  
Man Cave  
She Shed  
Lots of sex.  
Someone has to give in.  
Need to be on the same page raising children.  
Supportive to each other  
Appreciate what you do for each other. Say Thank You.  
Communication  
Don't go to bed mad.  
Don't be self centered—WE.  
Marriage isn't 50/50. It needs to be 100% from both.  
Love and commitment  
Dealing with each others quirks  
Keep going and try not to argue too much.  
Respect

## From the male perspective:

Tone of voice.  
Yes Dear.  
Give and take  
Patience  
Understanding  
Commitment  
For better or worse  
Maturity  
Discernment  
Being able to ascertain balance or a problem.  
Financially responsible  
Faith in God  
Each have your own space and find time each day to spend time together  
Caring for each other  
Get it out in the open and talk about the problem  
Nothing goes without issues in life  
Work together  
Don't give up on each other  
A promise is a promise  
Teamwork  
Getting along  
Sense of humor

## BOOK CLUB

Book club will be meeting on February 26th at 11:00 a.m. The book we're reading this month is *The Reckoning* by John Grisham.

Come join us for a lively discussion.



## Watercolor Class

Like to paint—want to learn?  
Come join us on Friday mornings  
9-11 and find your inner artist!

## NOTICE

Due to Covid protocols, our State Representative, Don Berthiaume will not be holding office hours at senior centers. Please call 774-402-4742. Donna, his assistant, can be reached via e-mail at [donna.farmer@mahouse.gov](mailto:donna.farmer@mahouse.gov).



Like puzzles—We got puzzles! Many 300 piece puzzles are available.  
Come check out our collection.

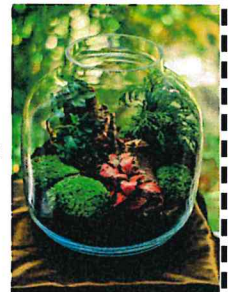


# Girl Scouts®

It's that time of year again!  
Girl Scout Cookies are for sale!  
Look for them at various locations throughout town.  
Some of the young ladies may be selling door to door. If interested, please contact Katie Young.

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



## ATTENTION~

The Council on Aging has 3 vacancies on their board. Interested? Call Claudia at 978-928-1400 x211.

## Senior Work-off Program

We still have a few slots open for qualifying residents. 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.

Mark your Calendar! May 30th 11:00 a.m.

The Memorial Day Parade Committee is planning the Memorial Day event for our Town. The new Vietnam Era Memorial will be dedicated. Come join them for the parade which will include floats, a marching band, and many other organizations. Afterwards is an ice cream social. Great patriotic event for the entire family to participate in!





## TOWN NEWS

2022 Census and Dog Licenses have been mailed! Included with the census, you will find the 2022 Burn Permit and the 2022 Dog License Renewal. Please note, separate checks need to be written for burn permits and dog licenses as they are processed by different departments however, they can be mailed in together.

For dog licensing, please be sure to send in a copy of current rabies (if we do not already have one on file) along with a self-addressed stamped envelope for processing. Please be sure to update us if you no longer have a previously registered dog so we can update our files accordingly. Under State and local laws, all dogs by the age of 6 months must be licensed with the Town and have a valid rabies vaccination. Dogs not licensed by May 1 will be charged a \$25 late fee. Any collection of more than 4 dogs kept for any purpose requires a Special Permit from the Planning Board.

Census forms should be updated accordingly and returned at your earliest convenience. Please note: Per MGL Ch. 51, Sec. 4(c) failure to respond to the annual census for 2 consecutive years shall result in removal from the active voter list. The Census form **DOES NOT** register you as a voter or allow you to change your political party. To register or change party, contact the Town Clerk by phone at 978-928-1400 x202 or by email at [tcclerk@hubbardstonma.us](mailto:tcclerk@hubbardstonma.us)

### *Community Services and Information*

- **SHINE**—Counselor available. Call Senior Center to make appt or discuss over the phone with Shine counselor.
- **Community Legal Aid of Central MA** Free 855-252-5342 or [www.communitylegal.org](http://www.communitylegal.org)
- **Food Stamp Program (SNAP)** - 978-9665-8700
- **Fuel Assistance**—978-342-4520 (NEFWC); 978-342-9407 (Salvation Army); 877-563-4645 (Joe for Oil)
- **Meals on Wheels** is 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

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 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.

# Aphrodisiacs

## arugula

Arugula is one of the oldest aphrodisiacs around and the dark, leafy greens are vital to sexual health. According to a study at [Al-Nahrain University](#), in addition to boosting male fertility, arugula can help block out environmental contaminants that wreak havoc on our libidos.

## olive oil

Just imagining dipping some fresh bread or pita into quality olive oil is enough to turn me on, but there are actual reasons why the oil is so damn sexy. Olive oil is rich in antioxidants, which keeps the skin smooth and the body running. But additionally, the oil itself has been [used for sensual massages](#) since ancient Egyptian times.

## cinnamon

Add it to your coffee, your desserts, even your veggies—cinnamon has long been used to help control blood pressure, improve overall alertness, and get you feeling cozy. It's also a good source of manganese, which is thought to help [increase male sex drive](#).

## basil

Basil's magic is in the scent, which is supposed to be stimulating and promotes blood flow (and probably reminds you of pizza which is also very alluring), all things that enhance the libido. The plant has also been a [symbol of love](#) since Roman times.

## truffles

There are a few reasons truffles are one of the most well-known aphrodisiacs. First of all, they're rare and expensive which obviously increases their allure. Additionally, they're high in protein which promotes stamina. But most interestingly of all, their aroma is said to [mimic the male pheromone](#) which subconsciously makes people want to gobble them up.

## ginger

In addition to smelling amazing, ginger can improve blood flow and circulation (which are some of [the most common causes](#) of erectile dysfunction) and has been [used in many cultures](#) as a stimulant for desire.

## sweet potatoes

There's a good chance you know about sweet potatoes' (also called "yams") sex-boosting properties thanks to [Sex and the City 2](#). [Samantha](#) ate them in an effort to get a "natural" dose of hormones when she had to go without her menopause supplements. The root veggie contains vitamin A, which can help generate testosterone and affects arousal.

## pumpkin

[Marta Montenegro](#) explains that pumpkin is high in fiber and has potassium, "both good for stamina" as well as magnesium, which can help calm nerves and muscles.



Note from the Hubbardston Police Department:

It's getting cold out there! If you need help, please call us at 978-928-1405.





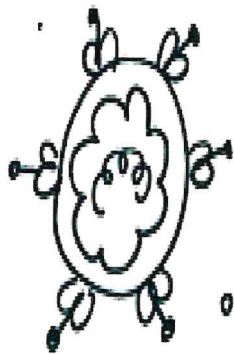
# February 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Walking Club 9 Knitting 10 Singing 1:30	2 Coffee Time 9 Wii-Bowling 9 Golden Age 1:00	3 Egg Delivery 8:30 Walking Club 9 Cribbage 1:00	4 Paint Class 9 Pitch Party 6:30	5
6	7 Coffee Time 9 Wii-Bowling 9 Bingo 12:30	8 Walking Club 9 Knitting 10 Singing 1:30	9 Coffee Time 9 Wii-Bowling 9 Pitch Party 1:00  COA 6:30	10 Egg Delivery 8:30 Walking Club 9 Cribbage 1:00	11 Paint Class 9  Valentine Day Party w/Golden Age 1:00	12
13	14 Coffee Time 9 Wii-Bowling 9 Bingo 12:30  	15 Walking Club 9 Knitting 10 Singing 1:30	16 Coffee Time 9 Wii-Bowling 9 Golden Age 1:00  Friends 5-6	17 Egg Delivery 8:30 Walking Club 9 Cribbage 1:00	18 Paint Class 9 Pitch Party 6:30	19
20	21 Coffee Time 9 Wii-Bowling 9 Bingo 12:30	22 Walking Club 9 Knitting 10 Singing 1:30	23 Coffee Time 9 Wii-Bowling 9 Pitch Party 1:00	24 Egg Delivery 8:30 Walking Club 9 Cribbage 1:00	25 Paint Class 9	26
27	28 Coffee Time 9 Wii-Bowling 9 Bingo 12:30					

# Coronavirus Word Search Puzzle

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

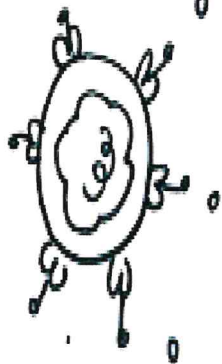
Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans.



epidemic  
pandemic  
coronavirus  
widespread



outbreak  
cough  
fever



facemask  
spread  
illness  
global  
germs



social distance  
quarantine  
toilet paper

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

### Golden Ages

A New Year—A New Board—with hopes our new board will have a new ideas for new adventures.

We meet the 1st and 3rd Wednesday at 1:00 p.m. every month at the Senior Center.

Everyone is welcome.

Bev—President

### The Friends of the Hubbardston Senior Center

We have two openings on our Board. The purpose of our organization is to raise funds to help the Senior Center make improvements. Currently we're hoping for a patio out back. We need help to reach this goal. Have a good idea for a fundraiser? Willing to help out? Come to our February 16th meeting at 6:00 p.m. at the Senior Center.

**REMINDER**—Your \$10.00 dues for 2022 are due.

### Shine Update

Remember—you can change your health coverage till March. Call us at the Senior Center 978-928-1400 x211 and we can make an appointment to see the rep!

## Marry me Chicken

### Ingredients

- ☐ 2 tablespoons [olive oil](#)
- ☐ 3 large chicken breasts *approximately 1 ½ to 2 pounds*
- ☐ salt *to taste*
- ☐ pepper *to taste*
- ☐ 2 cloves garlic *minced*
- ☐ ¾ cup [chicken broth](#)
- ☐ ⅓ cup freshly grated parmesan cheese *at room temperature*
- ☐ ½ cup heavy cream
- ☐ ½ cup [sun-dried tomatoes](#)
- ☐ 1 teaspoon [dried oregano](#)
- ☐ ½ teaspoon red pepper flakes
- ☐ basil *for garnish*



1. Preheat oven to 375° Fahrenheit. Liberally season each chicken breast with salt and pepper on both sides.
2. Heat olive oil in cast iron skillet over medium-high heat. When hot, add chicken to skillet. Sear 3 to 4 minutes, then flip and sear on other side 3 to 4 minutes. Remove seared chicken from skillet and set aside.
3. Add garlic to skillet and cook until fragrant, approximately 1 to 2 minutes.
4. Stir in broth and heavy cream, then slowly add grated parmesan, sun dried tomatoes, oregano, and red pepper flakes.
5. Bring mixture to simmer, then return chicken breasts to skillet. Quickly flip chicken a time or two to coat in sauce, then transfer entire skillet to oven.
6. Bake 15 to 20 minutes, or until chicken reaches internal temperature of 165° Fahrenheit. Remove chicken from skillet and plate with desired sides.
7. Spoon additional sauce from skillet over chicken, garnish with basil, and serve immediately.



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

**VICE CHAIR**

Florence Pervier

**SECRETARY/OUTREACH WORKER**

Mary Ellen (Mel) Shaughnessy

**TREASURER**

Ken Horvath

**MEMBERS**

Nancy Afonso

Bonnie Cunningham

Pat Lamoureux

William Lipka

John Nason – Advisory Member

**CHAIRPERSON**

John Nason

*THIS PUBLICATION IS PARTIALLY FUNDED BY A  
GRANT FROM THE MASSACHUSETTS EXECUTIVE  
OFFICE OF ELDER AFFAIRS*