



Senior Times

The Voice of the Hubbardston Senior

February 2023

Editor: Claudia Provencal
Assistants
Susan Breagy
Bonnie Cunningham
Pat Lamoureux

Valentine's Day—a Time for Love

This month on the calendar marks the importance of Love in our lives, as we celebrate Valentine's Day.

Those who are fortunate enough to be in meaningful relationships often mark the day with gifts of cards, flowers or candy. Long-married husbands and wives who might often take each other for granted, hopefully remember on that day the love that prompted their union and kept them together, through good times and bad, for all those years. Those who are now alone need only to remember the love we once shared with our spouses, to let those cherished memories warm our hearts.

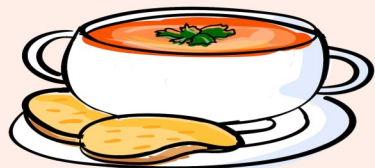
Love in our lives is as essential as the air we breathe; when we find ourselves alone, we ought to seek out other loving support systems to enhance our lives. One of the most important, after the love of family, is that of friends. Older couples tend to let outside relationships lapse and concentrate on each other, especially as we become more frail. Ironically, this is just the time when it is vital to reach out to old friends and to make new ones, as inevitably, someday one member of the couple will be left alone.

Our senior center has been a lifeline for many seniors as we learn to navigate in a world without our loved one. But in order to grasp that lifeline, we must reach out. That initial venture can take some courage, but the result will be so worthwhile! There are so many kind and friendly people who visit the center, meeting new friends, learning new skills and hobbies, sharing experiences and lifting each other's spirits. You should join them!

A new activity that started last month, and will last through March, is "Souper Tuesday." On the second and fourth Tuesday, people are invited to make a pot of their favorite soup, or bring bread, crackers or a dessert, and join us from 10:30 a.m. through 12:30 p.m. At the first event, it was rewarding to see how many seniors dropped in to visit and warm their spirits, as well as their tummies! The future dates are Valentine's Day! (Feb. 14), Feb. 28, Mar. 13 and 27.

Upcoming Events

Reminder—Taxes due February 1st



Souper Tuesday

February 14 and 28

10:00 – 12:30 p.m.

Love to make a pot of soup? Want to make a new friend?

Come down to the Senior Center and share your soup.; NOT A COOK? Bring some crackers or bread, or a dessert.

Golden Age

Meeting: February 1 & 15

Where: Senior Center

Time: 1:00 p.m.

We will have a business meeting then refreshments. We will plan our March event after our meeting.

Reminder from the Town Clerk:
Don't forget to return the Town census. Dog licenses need to be renewed.

Egg Day on Thursday

Thank you to The Country Hen for donating eggs every Thursday for Senior Hubbardston residents. In these inflationary times, it helps so much!

Book Club

Meets 4th Wednesday of the month at 11:00 a.m. The book this month is *Crossfire* by Dick Francis.

Interested in joining? Call the library at 978-928-4775 to get a copy of the book. Come join this lively group for stimulating conversation.



February 4, 2023

Hubbardston Scholarship Committee

Tour of Italy Supper

Penne with white sauce, spaghetti with red sauce, ravioli, stuffed shells, chicken parmesan, meatballs, salad, bread, dessert, coffee, punch

Hubbardston Rod & Gun Club

Serving 5:00 – 7:30 pm

Adults \$15.00 Kids \$8.00 Kids 8 yrs and under free



Like to sing? Come to the Senior Center on Tuesdays at 1:30 p.m. to join our lively Hubbardston Swingin' Singin' Seniors! All welcome!

Yarn-It-All

Meets every Tuesday from 10:00 a.m. to noon. Know how to knit or crochet? Want to learn? All levels welcome!



Valentine's Day Souper Tuesday

Special menu – soup, bread, sparkling grape juice and decadent dessert. Come join from 10:30 a.m. – 12:30 p.m.



Bring out your inner Picasso!
Join our paint group on Friday from 9-11 am. All mediums welcome!



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.

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.

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

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

Senior Tax Work-Off Program applications are now available at the Senior Center. This program runs from October 1, 2022 to September 30, 2023.

Thank you GFA for sponsoring our newsletter.



WE NEED YOUR HELP!

Many of you will remember the incredibly successful 2022 Memorial Day Parade and Ceremony. We are doing our very best to keep that momentum going as we look forward to 2023.

REMEMBER, THIS IS THE DAY THAT WE HONOR THOSE THAT GAVE THEIR LIVES SO THAT WE CAN ENJOY ALL THE FREEDOMS THAT WE HOLD DEARLY.

The Memorial Day Committee is asking for financial help as we have a very limited budget, and our previous year's cost far exceeded our allotted budget. If you would like to help, please send your donation, in any amount, to the Hubbardston Town Office, 7 Main Street, Hubbardston, MA 01452, attn Memorial Day Committee. Please make your check out to the Town of Hubbardston with a notation of "for Memorial Day Parade".

You can also stop in person at the Senior Center or the Town Offices during business hours to drop off your donation.

On behalf of our veterans, THANK YOU FOR YOUR SUPPORT!

Hubbardston Memorial Day Committee

Herbes de Provence Shrimp with Basil and Pea Couscous

1 C. Couscous
3/4 C. frozen peas, thawed
1/3 C. fresh basil, chopped
1 tsp Lemon zest, plus 2 tbs lemon juice
3 tbs olive oil divided
Kosher salt and fresh ground pepper
1 lb. large shrimp, peeled and deveined
2 tsp fresh thyme
2 tsp fresh marjoram, oregano chopped

1 tsp fresh rosemary chopped
1/2 tsp fresh lavender chopped
1 tbs fresh tarragon chopped



DIRECTIONS

1. Cook couscous per package directions. Fold in peas, basil, lemon zest, and 1 tablespoon oil. Season with salt and pepper.
2. Combine shrimp, thyme, marjoram, rosemary, lavender, and 1 tablespoon oil in a bowl. Season with salt and pepper.
3. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add shrimp and cook, turning once until opaque throughout, 2-3 minutes. Remove from heat and add lemon juice and tarragon; toss to combine. Serve with couscous alongside.

Did you know?

Our Hubbardston Senior Center has developed a reputation for being one of the warmest and friendliest centers around. Your presence will only enhance this. Join us!





February

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Coffee 9-11 am Wii-Bowling 9-11 am Golden Ages 1:00 pm	2 Eggs 8-noon Coffee 9-11 am Crafts 10- noon Cribbage 1:00 pm	3 Painting Class 9-11 am Pitch Party 6:30 pm	4 Tour of Italy Rod and Gun 5-7:30 pm
5	6 Coffee 9-11 am Wii Bowling 9-11 am Bingo 12:30	7 Coffee 9-11 am Knitting 10-12 noon Singing 1:30 pm	8 Coffee 9-11 am Wii-Bowling 9-11 am Pitch Party 1:00 pm	9 Eggs 8-noon Coffee 9-11 am Crafts 10- noon Cribbage 1:00 pm	10 Painting Class 9-11 am	11
12	13 Coffee 9-11 am Wii Bowling 9-11 am Bingo 12:30	14 Coffee 9-11 am Knitting 10-12 noon Soup 10-12:30 pm Singing 1:30 pm	15 Coffee 9-11 am Wii-Bowling 9-11 am Golden Ages 1:00 pm	16 Eggs 8-noon Coffee 9-11 am Crafts 10- noon Cribbage 1:00 pm	17 Painting Class 9-11 am Pitch Party 6:30 pm	18
19	20 Coffee 9-11 am Wii Bowling 9-11 am Bingo 12:30	21 Coffee 9-11 am Knitting 10-12 noon Singing 1:30 pm	22 Coffee 9-11 am Wii-Bowling 9-11 am Book Club 11:00 am Pitch Party 1:00 pm	23 Eggs 8-noon Coffee 9-11 am Crafts 10- noon Cribbage 1:00 pm	24 Painting Class 9-11 am	25
26	27 Coffee 9-11 am Wii Bowling 9-11 am Bingo 12:30	28 Coffee 9-11 am Knitting 10-12 noon Soup 10-12:30 pm Singing 1:30 pm				

Things you need to know that you didn't know you needed to know!

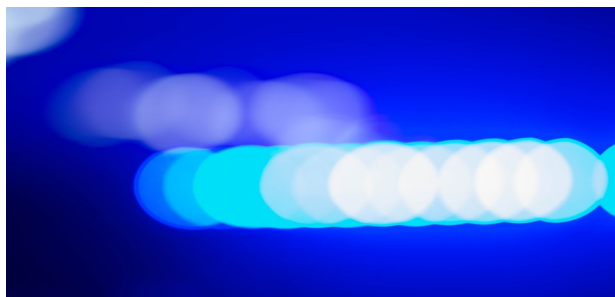
Drinks that can help you sleep:

Stay away from sleeping pills, acetaminophen and ibuprofen and try one of these natural drinks:

Warm almond milk; Its high calcium ups production of sleep-inducing melatonin.

Tart cherry juice; Increase nighttime melatonin with an 8-oz. glass morning and evening. (Available at health food stores.)

Camomile tea; This traditional herbal contains apigenin, which may be a natural sedative.



Blue light: A Sleep Stealer

Tablets, smartphones, laptops and e-readers, all emit blue light. Its short wavelength suppresses melatonin, your body's sleep-inducing hormone. Try powering down all electronics at least an hour (and preferably two hours) before bedtime. According to researchers at Rensselaer Polytechnic Institute, after two hours of blue-light exposure, melatonin levels dropped 27%.

Don't cradle the phone!

Cradling the telephone between the head and shoulder for an extended phone conversation can not only create neck pain, it might even cause a ministroke by pushing a bone in the skull into a blood vessel. Use a headset or speakerphone when your hands are too busy to hold the telephone.

SCAM ALERT

Make your password hard to hack, easy to recall
If "password" is your online password, you're in good company, and that's bad. As the most popular password, it's the most easily hacked by cybercriminals. The second and third most popular are "123456" and "12345678." Using simple devices like these significantly increases your risk of identity theft. If you want to foil thieves, go long: use at least 12 characters. According to a study, a good 12-character password would take hackers more than 17,000 years to crack!



Mix it up; use upper and lower-case letters, spaces and underscores, and symbols like @ and %
For easier recall, base your passwords on foods you like, TV shows or first letters of a song, but with tweaks, symbols and conscious mis-spellings. Whatever you choose, use different passwords to access online financial accounts, email, social networking and even to post comments on websites. Consider changing them every 90 days or so.

To gauge password protection, go to Microsoft.com/security and select "Create Strong Passwords."



WE WANT YOU!

to JOIN

The Friends of the Hubbardston Senior Center

We need Hubbardston residents and people from neighboring communities, high school age and older to support the mission of the Friends.

Mission Statement

Our mission is to support the dignity, independence and enrichment of senior citizens by enhancing and supporting the activities of the Hubbardston Senior Center.

We will accomplish these goals by fundraising, advocating and underwriting programs and improvements to the Hubbardston Senior Center

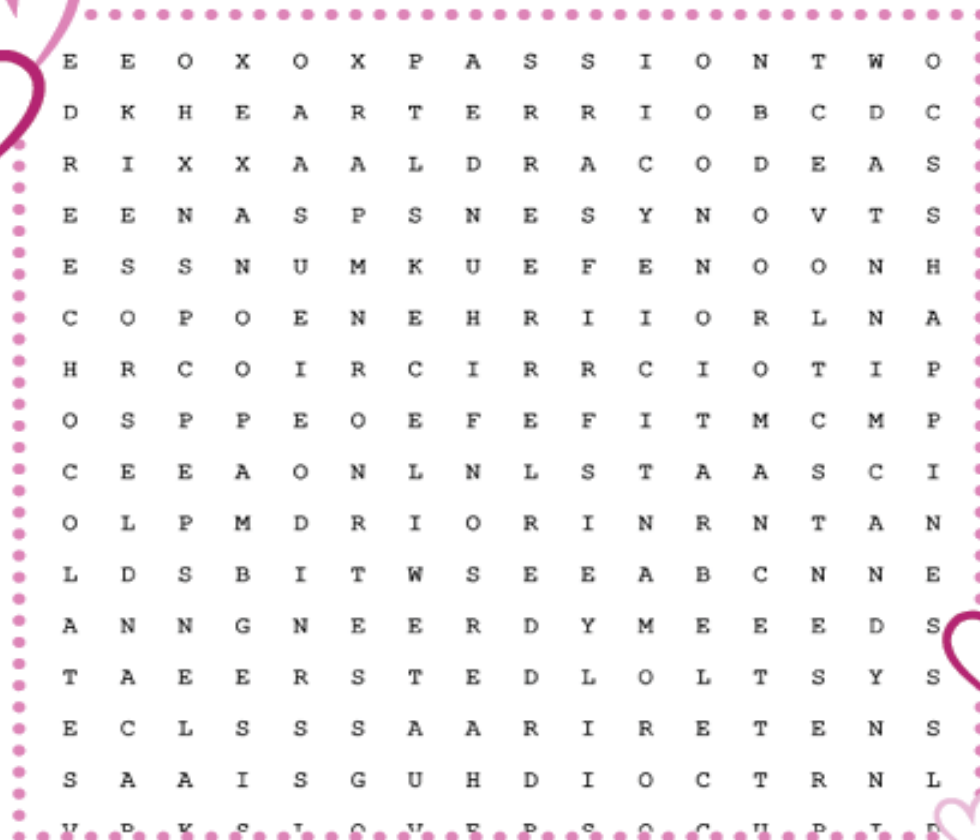
PLEASE JOIN US! Annual dues \$10 –Family membership \$25

Contact Ed Gosson, Secretary @ 978-353-9649

egosson37 @ gmail.com

A Valentine's Day

Wordsearch This Mama's Life



CANDLES
CANDY
CARD
CELEBRATION
CHOCOLATES
COUPLES
CUPID
DINNER

FLOWERS
HEART
HUGS
KISSES
LOVE
LOVERS
PASSION
PINK

POEMS
HAPPY
RED
ROMANCE
ROSE
TWO
VALENTINE
XOXO

Don't forget- We have puzzles—a great activity on these cold days of winter! Come to the Senior Center to see our collection.



HUBBARDSTON LIQUORS & FOOD MART

(978)-928-5038

We're glad to serve the Hubbardston community In God We Trust!

beer, wine, liquors, lottery and much more

32 MAIN STREET, HUBBARDSTON MA



122 A/944 Main Street Holden, MA

508-829-433

www.sunnysideford.com

The Donna Warfield Team

Donna AM. Warfield
508-479-1047
Donnawarfield99@gmail.com



Kimberly Clark
978-906-1503
Kimberlyclark1@remax.net

WE ARE THANKFUL FOR ALL OF THE SUPPORT FROM THE HUBBARDSTON COMMUNITY

"WE ARE HERE TO ASSIST YOU IN ANY OF YOUR REAL ESTATE NEEDS"

RE/MAX ADVANTAGE1
WWW.THEDONNAWARFIELDTEAM.COM



27 Years of Servicing Hubbardston, Barre, Oakham, Hardwick, Petersham & More



105 Central Street
Gardner MA 01440
Phone 978-632-0158
John H. Mack, Director
Kevin J. Mack, Director

MACKFAMILYFH.COM



Richard Mansfield
Ricky Mansfield
Funeral Directors

Advanced Funeral Planning
Serving the Community of Hubbardston for over 125 years

1158 Main Street
Holden, MA
508-829-4434

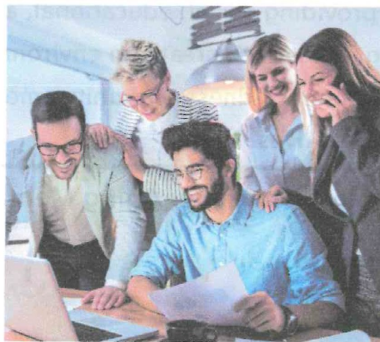


100 Worcester RD
Sterling, MA
508-978-422-0100

www.milesfuneralhome.com

Thank you all for supporting this senior newsletter. Please show local support to the advertisers as they have contributed toward the publication of this newsletter.

Thank you
From Senior News!



Thank!
You!



An Assisted Living Residence

A new place to call home
in a community that cares



978-632-8292 hwcommons.com



We bring
Community
To You

We connect local businesses
with their residents.
Advertise Today



Senior News
Publications

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

CHAIR

Florence Pervier
SECRETARY/OUTREACH WORKER
Mary Ellen (Mel) Shaughnessy
TREASURER
Ken Horvath

MEMBERS

Nancy Afonso
Susan Breagy
Bonnie Cunningham
Pat Lamoureux
William Lipka

Advisory Committee

John Nason

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

Follow us on Facebook
Hubbardston MA Council on Aging