



Senior Times

The Voice of the Hubbardston Senior

January 2023

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The Editorial staff thought it would be fun to ask people what they are planning to change in the New Year. Here are some resolutions you might consider:

- ♦ Change my earrings more often than every 6 months
- ♦ Lighten the load – declutter
- ♦ Learn a new hobby
- ♦ Get up in the morning
- ♦ Don't make one
- ♦ Try to behave (which is no fun at all)
- ♦ I don't make them – because if I do – I'll forget what it was!
- ♦ My life is so simple – I really don't need one.
- ♦ Stop watching the news
- ♦ Get your photo taken in five interesting places
- ♦ Make a new friend a month



Thank you GFA for sponsoring our newsletter.



Upcoming Events

It's that time of year! Keep an eye out for the mail. You should have received your census form, burn permit, and dog license permits.



Did you know, if a people go two years without responding to the census, they can be removed from the active voter list (be named inactive). Then, after four years of being inactive, they can be deleted altogether!

Golden Agers

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

In January we will be electing new officers. We are planning to go to lunch on January 18th at Monti Tech in Fitchburg. Call Bev with questions at 978-464-5041.

Like to Paint? Get your inner Picasso on and join us Friday mornings at 9 a.m. All mediums are welcome.



Happy New Year from the Hubbardston Police Department!

A reminder from the HPD: No parking in front of the Library from 2:30 to 3:30 pm.

BOOK CLUB

Meets 4th Wednesday of the month at 11:00 a.m.

This month's book is *The Art of Racing In The Rain* by Art Stein.



If you want to join the group for a lively discussion, call the library at 978-928-4775 and they will get you the book!

YARN—IT—ALL

MEETS EVERY TUESDAY FROM 9-11 A.M.

ALL LEVELS WELCOME. KNIT OR CROCHET. NEED TO LEARN HOW? WE CAN HELP!



Wii-Bowling happens on Monday and Wednesday mornings from 9-11 a.m. We had our first tournament in November with the Sterling Senior Center and the West Boylston Senior Center. Our gang had a ball! All are 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.

January 2023

S	Mon	Tue	Wed	Thu	Fri	S
12	Closed	3 Coffee 9-11 am Knitting Club 10-noon Singing 1:30 pm	4 Coffee 9-11 am Wii Bowling 9-11 am Golden Age 1:00 pm	5 Eggs 8-noon Coffee 9-11 am Crafty Crew 10-noon Cribbage 1:00 pm	6 Painting Class 9 am Pitch Party 6:30 pm	7
89	Coffee 9-11 am Wii Bowling 9-11 am Bingo 12:30 pm	10 Coffee 9-11 am Knitting Club 10-noon Singing 1:30 pm	11 Coffee 9-11 am Wii Bowling 9-11 am Pitch Party 1:00 pm	12 Eggs 8-noon Coffee 9-11 am Crafty Crew 10-noon Cribbage 1:00 pm	13 Painting Class 9 am	14
116	Coffee 9-11 am Wii Bowling 9-11 am Bingo 12:30 pm	17 Coffee 9-11 am Knitting Club 10-noon Singing 1:30 pm	18 Coffee 9-11 am Wii Bowling 9-11 am Veterans Agent 9-11 am Golden Age 1:00 pm	19 Eggs 8-noon Coffee 9-11 am Crafty Crew 10-noon Cribbage 1:00 pm	20 Painting Class 9 am Pitch Party 6:30 pm	21
223	Coffee 9-11 am Wii Bowling 9-11 am Bingo 12:30 pm	24 Coffee 9-11 am Knitting Club 10-noon Singing 1:30 pm	25 Coffee 9-11 am Wii Bowling 9-11 am Book Club 11 am Pitch Party 1:00 pm	26 Eggs 8-noon Coffee 9-11 am Crafty Crew 10-noon Cribbage 1:00 pm	27 Painting Class 9 am	28
230	Coffee 9-11 am Wii Bowling 9-11 am Bingo 12:30 pm	31 Coffee 9-11 am Knitting Club 10-noon Singing 1:30 pm				

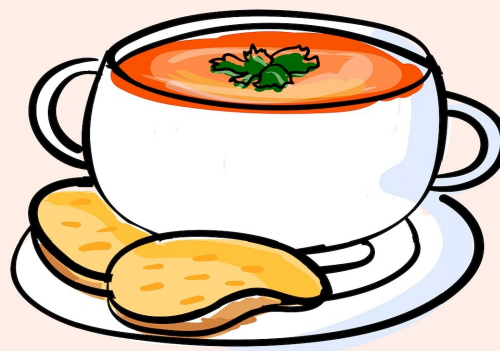
Winter Tuesday's Soup Day!

The winter is long, cold and lonely. We want to do a community soup day here at the Senior Center during January, February and March. It will be on the second and fourth Tuesday of the month.

If you can, bring in a pot of your favorite homemade soup to share with our Seniors! If you are not a soup maker, bring some crackers, cheese, or a dessert to share. The Center will provide the hot rolls and coffee.

In January the dates will be the 10th and 24th from 10 – 12:30 pm.

Come join us and make new friends! If you've never been to an event at the Senior Center, this is a great opportunity.



Available to Hubbardston Residents

Rutland Food Pantry

% St. Patrick's Church

258 Main Street

Rutland, MA 01543

Thursday evening 6-7 pm

Saturday morning 9-10:30 am

Open Air Burning Permits
Valid only from January 15, 2023
thru May 1, 2023

Permit applications are in the mail or call the
Fire Department at
978-928-4423
to activate your permit
1-844-904-4455

Snow is here! Our Highway Department works hard to clear our streets. Be sure not to park on the streets!





Montachusett Veterans Outreach Center
268 Central Street, Gardner, MA 01440

Are you a veteran or spouse of veteran in need of food security assistance?
MVOC can help!

- MVOC's food and clothing pantry is available.
- We also deliver food boxes once monthly to veterans as well!
- Call us for information on how to join our delivery program.

(978) 632-9601

Pantry Hours:

Monday 9-12

Wednesday 9-12

Friday 9-12

**Our pantry is located at the rear entrance
of our main building via Pine Street.**

Winter

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

FIRE
FREEZE
FROST
GALE
GLOVES
HAT
HORSE SLEIGH
ICE
ICICLE
ICINESS
IGLOO
JANUARY
MISTLETOE
POLAR BEARS
PRECIPITATION
SALT
SCARF
SEASON
SHIVER
SKATE
SKI
SNOW
STEW

ANTIFREEZE
ARCTIC WIND
ASTRONOMIC

BECOME FROSTED
CHATTERING TEETH
CHILLY

CHRISTMAS
COLD
DECEMBER

FRIENDS?

What do the following words have in common?

ACT COAT DOG FOOT LINE PIN STAND



Take 5 guesses on when the outhouse will fall through the ice.
We are asking for a \$20 donation per Frozen Assets form.
All donations collected will help fund future town Special Events.

The Outhouse will be located on Williamsville Rd at
The Country Hen pond starting in February.

All Frozen Assets forms must be submitted by a February 1st.

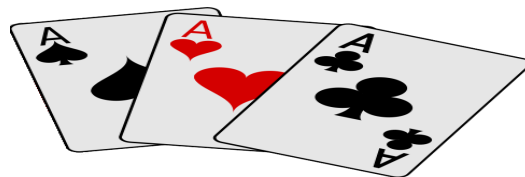
Closest Guess - \$300 gift card 2nd - \$150 gift card
3rd - \$75 gift card
4th - 1 flat of eggs for 8 weeks courtesy of The Country Hen!

**Forms can be found at The Country Trail, Pizza Palace, Hubb
Town Diner, Giacomo's Gourmet & Proulx Family Financial**

Please contact hubbardston250@gmail.com with any questions.
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Instagram at Hubbardston Celebration.
Tweet us @Hubbardstoncel1 or add us on Snapchat at hubbcelebration.
Subscribe to our YouTube channel <https://www.youtube.com/channel/UCcpiAt1O0ibGyymkrgZxirw>



Bingo – Monday at 12:30 p.m.



Cribbage every Thursday at 1:00
p.m.

Pitch Party 2nd and 4th Wednesday
of the month at 1:00 p.m.

Pitch Party 1st and 3rd Friday of
the month at 6:30 p.m.

Italian Soup with Turkey Sausage

Contributed by Shirley Bunarowski

- | | |
|--|--|
| 1 T. olive oil | 1 (14 1/2-oz) can no salt added diced tomatoes,
undrained |
| 8 sweet or hot Italian turkey
cut into 1/2" slices | 1 T Italian seasoning |
| 1/2 c. chopped onion | 1 bag fresh spinach (opt.) |
| 32 oz. reduced sodium chicken
broth | 1/2 c. sm. Pasta of choice uncooked |
| 1 (15 1/2oz) can red kidney beans,
drained and rinsed | |

Heat oil in large saucepan on medium heat. Add sausage and stir for 3-4 minutes. Add onion and cook until sausage is browned. Pour chicken broth, beans and tomatoes into pan. Stir in seasoning. Bring to a boil. Reduce heat to low and simmer 10-20 minutes. Stir in spinach and pasta. Return to boil. Reduce heat to low. Cover and simmer until pasta is tender.

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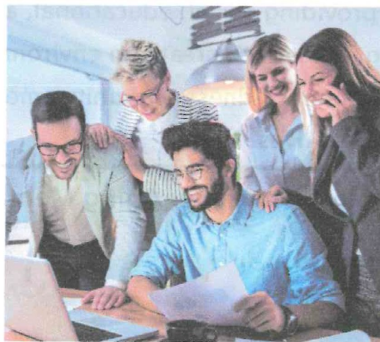


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Hubbardston, MA 01452



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

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