



Senior Times

The Voice of the Hubbardston Senior

July 2022

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Interesting 4th of July facts every American should know

The history of the 4th of July is incredibly interesting, but there are other interesting 4th of July facts every American should know. Here are six interesting ones to take note of:

- Some colonists celebrated Independence Day during the summer of 1776 by putting on mock funerals for King George III of England—symbolizing the death of the Crown's rule on America.
- The first annual commemoration of Independence Day happened on July 4, 1777, in Philadelphia.
- John Adams, a Founding Father and the second president of the United States, strongly believed Independence Day should be celebrated on July 2nd. He even refused to attend 4th of July events because he felt so strongly about July 2nd being the correct date.
- Adams, along with Thomas Jefferson, another Founding Father, both died on July 4, 1826. James Monroe, another U.S. president, also died on July 4th, but he passed in 1831.
- Thomas Jefferson was the first president to celebrate Independence Day at the White House, in 1801. The celebration featured horse races, parades, food, and drinks—similar to the 4th of July celebrations we see today.
- Although the 4th of July has been celebrated each year since 1776, it didn't become a federal holiday until 1870. And it didn't become a paid holiday for federal employees until 1941.

Coffee with the Vet Agent
3rd Wednesday of the Month

10:00 a.m.

Join us each month as our Veteran Agent discusses benefits, events, and resources available to veterans, spouses, and their families.

Golden Agers Club

What fun the Golden Age members had on their float in the Memorial Day parade. Such a beautiful day! We meet the 1st and 3rd Wednesday of every month 1:00 p.m. at the Senior Center. We are going out the 15th—where will we go? Maybe lunch or ice cream. See Bev to sign up or call Bev at 978-464-5041.

In the meantime:

BE KIND — BE GOOD — BEHAVE

Upcoming Family Event!

Annual Dinghy Dash at
Brigham Pond

Boats made with cardboard
and tape only!

August 27, 2022

10 A.M.

Call Katie Young for more
information.



Walk Club

We are starting up again! Come Monday
and Wednesday mornings at 9:00 a.m.
Meet at the Senior Center.

Questions? Please call Claudia at 978-928-
1400 x211



Make some great summer memories! Come join us for a
fun day at Fosters, a stop at Cape Neddick, and Stonewall
Kitchen.

Foster's in Maine
Monday, August 1, 2022
\$87.00 pp
Bus leaves at 9:30 a.m. re-
turns 6:30-7:00 p.m.

Call Claudia at 978-928-
1400 x211 for more infor-
mation.



Fostering a Maine Tradition.

Save the Date:

September 6th

State Primary Day

Ultra Easy Pineapple Chicken Kabobs



- 1 green bell pepper cut into 1" pieces
- 1/2 onion, cut into 1 inch pieces
- 1/2 lb skinless boneless chicken breast halves, cut into 1" pieces
- 1 (15 oz) can pineapple chunks, drained
- 1/4 C barbeque sauce
- 6 skewers

DIRECTIONS

Preheat an outdoor grill for medium high heat and lightly oil
the grate.

Thread green bell pepper, onion, chicken, and pineapple
onto skewers, brush with barbeque sauce

Cook on the preheated grill until chick is no longer pink in
center and the juices run clear, 7-10 minutes per side.

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** is offered Tuesday and Thursday. Call 978-928-1400 x211 to sign up.
- **Central MA Agency on Aging** - 508-852-5539

Save the date!

September 23, 24, 25, 2022

Cleaning out the garage and attic? Please donate to our Yard Sale. Bring it down to the Senior Center, and we will store it until the sale! Call 978-928-1400 x211

Like to sing? Can you carry a tune? The Hubbardston Swingin' Singin' Seniors meet every Tuesday at 1:30 p.m. at the Senior Center. Great group of people. Come join us.



How Can a SHINE Counselor Help Me?

SHINE Counselors help Medicare beneficiaries and their caregivers navigate the complex health insurance options. A SHINE Counselor can explain Medicare options and how the components work in everyday language.

A SHINE Counselor can help you compare the costs and benefits of Medicare and additional health insurance options and help you enroll in a health insurance program that best fits your needs. A SHINE Counselor can help people with limited resources enroll in programs that may help pay health insurance costs.





Friends of the Hubbardston Senior Center News

Happy Summer! The Friends are seeking new recruits to volunteer on our Board of Directors (BOD) and help us fulfill our Mission. If you don't want to be on the BOD, you can still help us with our Mission in other ways. For those of you who wonder who we are and what our mission is, we want to provide some information.

History

We began in 2016 as a group interested in helping the Hubbardston Senior Center. In 2018, we obtained our 501c non-profit organization status, which allows us to hold raffles as a fundraising method.. We are governed by an eight-member BOD who organize and carryout our mission.

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.

Current Board Members

Kay Senckowski, President (outgoing)
Karen Whittier, Vice President
Edward Gosson, Secretary/Clerk
Asta Anderson, Treasurer

Karen Wolfe, Assistant Treasurer
Richard Anderson
Anita Falco
Edward Casey

Annual Fundraising Events

Hubbardston Field Day (raffles & membership)
Hubbardston Town-wide Yard Sale
Senior Center Holiday Craft Show (raffles & membership)

Past Projects

Purchase of new kitchen appliances for the Senior Center remodel
Purchase of the copier and continued maintenance contract
Provided Grab 'n Go meals for several months during the pandemic thru grant funding
Provided financial support for the vital supplies needed to help the Senior Center remain open during the pandemic thru grant funding
Thanksgiving Dinner for Hubbardston Seniors by a generous donation from the Ryan Patrick Jones Heart of a Hero Foundation

Future Projects

Financial assistance for the Senior Center patio
On-going financial support for the Hubbardston Senior Center
Continued monitoring of available grant funding opportunities

Meetings

Our meetings are scheduled monthly on the 2nd Wednesday at 5 pm, unless there is a scheduling conflict. Our meetings are listed on the Hubbardston Senior Center calendar.


Membership

Current – 15 lifetime members, 66 general members
Annual membership dues are \$10/year/individual, \$25/year/family (2+), or \$100 lifetime

Contact

Ed Gosson at (978) 353-9649 for more information.

JULY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Painting Class 9-11 am Pitch Party 6:30 pm	2
3	4 Cl 	5 Coffee Time 9-11 am Knitting Club 10-12 noon Singing 1:30-3 pm	6 Coffee Time 9-11 am WII Bowling 9-11 am Walk Club 9 am Golden Ages 1 pm	7 Coffee time 9-11 am Egg drive thru 8:30- 12 noon Cribbage 1:00 pm	8 Painting Class 9-11 am	9
10	11 Coffee time 9-11 am WII-Bowling 9-11 am Walk Club 9 am Bingo 12:30 pm	12 Coffee Time 9-11 am Knitting Club 10-12 noon Singing 1:30-3 pm	13 Coffee Time 9-11 am WII Bowling 9-11 am Walk Club 9 am Pitch party 1 pm Friends Mtg 5 pm	14 Coffee time 9-11 am Egg drive thru 8:30- 12 noon Cribbage 1:00 pm	15 Painting Class 9-11 am Pitch Party 6:30 pm	16
17	18 Coffee time 9-11 am WII-Bowling 9-11 am Walk Club 9 am Bingo 12:30 pm	19 Coffee Time 9-11 am Knitting Club 10-12 noon Singing 1:30-3 pm	20 Coffee Time 9-11 am WII Bowling 9-11 am Walk Club 9 am Golden Ages 1 pm COA Mtg 6:30 pm	21 Coffee time 9-11 am Egg drive thru 8:30- 12 noon Cribbage 1:00 pm	22 Painting Class 9-11 am	23
24	25 Coffee time 9-11 am WII-Bowling 9-11 am Walk Club 9 am Bingo 12:30 pm	26 Coffee Time 9-11 am Knitting Club 10-12 noon Singing 1:30-3 pm	27 Coffee Time 9-11 am WII Bowling 9-11 am Walk Club 9 am Book Club 11 am Pitch party 1 pm	28 Coffee time 9-11 am Egg drive thru 8:30- 12 noon Cribbage 1:00 pm	29 Painting Class 9-11 am	30
31						

Card Games

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

BACCARAT
 BLITZ
 BRIDGE
 CANASTA
 CASINO
 CRIBBAGE
 EUCHRE
 FAN TAN
 FREE CELL
 GO FISH

HEARTS
 MAO
 NERTZ
 OH HELL
 OLD MAID
 PATIENCE
 PINOCHLE
 PIQUET
 POKER
 PYRAMID

ROOK
 RUMMY
 SKAT
 SLAP JACK
 SNAP
 SPADES
 SPIT
 WAR
 WATTEN
 WHIST

ANNUAL HUBBARDSTON FIELD DAY

SEPTEMBER 17, 2022

9:00 A.M.—3:00 P.M.

Thank you GFA for sponsoring our newsletter.





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Donnawarfield99@gmail.com



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

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 THE HUBBARDSTON COMMUNITY**

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

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

CHAIRPERSON

John Nason

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