

# Senior Times

The Voice of the Hubbardston Senior

July 2023

Editor: Claudia Provencal  
Assistants  
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Bonnie Cunningham  
Beverly Kolstrom

## *Celebrate our Country's Birthday!*

“Ask not what your country can do for you, ask what you can do for your country.”

— John F Kennedy

“We will never give away our freedom. We will never abandon our belief in God. [Long Applause] And we will never stop searching for a genuine peace.”

. Ronald Reagan



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Join us for a no-cost seminar to help you understand your Medicare health insurance options.

Planning for Medicare—Countdown to 65 is a no-cost seminar that helps you understand your Medicare health insurance options outside of your employer-sponsored coverage, whether or not you're planning to retire.

**DATE: Wednesday July 26, 2023**

**TIME: 6:00—7:00 p.m.**

Call the Senior Center to register at 978-928-1400 x211 to sign up.

### *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](http://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

## **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.





*Come join us for a memorable trip*

*Wednesday, July 12th*

*North Shore Music Theatre*

*Luncheon at the Hardcover Restaurant*

*Cost is \$167 per person includes transportation, lunch and the show.*

*Call 978-928-1400 x211 for more information*

## *Introducing*

*Art Group*

*of the*

*Hubbardston Senior Center*

All Artists and media are welcome. It's an open forum to create your art and share your knowledge or just meet up with other artist and share your stories. 9-11 a.m. on Fridays. Call Cindy at the Senior Center 978-928-1400 x211.

*The Friends of the*

*Hubbardston Senior Center*

*Thank to all of those who supported us during the Hubbardston Fair and at the bake sale during voting. We appreciate you!*

*Our next meeting is Tuesday, August 15th at 5:00 p.m.*

## **The Golden Age Group**

The Golden Age ladies would like to give a BIG SHOUT OUT to Lorraine Williams for all the help she gave on decorating the float for Memorial Day. Thank you, thank you.

We meet the 1st and 3rd Wednesday at 1:00 p.m. at the Senior Center. All are welcome.

**Summer Concert Series**

Free admission & Free parking  
July 15th & 22nd  
August 5th & 19th  
Save the Dates!

**Location :**  
Curtis Rec Field  
24 Gardner Rd Hubbardston

**More Information :**  
hubbardston250@gmail.com

5-8 pm rain date next night

## **Strokes**

Heywood Healthcare will be here July 11th from 9-10 am to talk with us about strokes. What are the signs, when to get help, etc. All are welcome to come and learn.

## Upcoming Events

26th Annual Library 5K

September 9th 9 am

Registration starts 8 am

Free T-shirt to 1st 100 registrants

Applications available at the Library



The Boutique is  
Coming!

October 14

9:00 a.m. —3:00 p.m.

Accepting donations of gently used  
clothing—from kids to adults.

Your support is appreciated!



Construction on Main Street will continue for quite some time. Take caution, be alert, and expect delays!

Also—remember school is out. Keep an eye out for rolling balls and kids on bikes!

### Celebrate the 4th of July With a Patriotic Trifle in a Jar



#### Ingredients

2 store bought pound cakes

1 pint blueberries

1 pint raspberries

**homemade whipped cream** (heavy cream, vanilla extract and sugar)

*Unsophisticook*

Trifles are endlessly customizable, but I chose to use a simple store bought pound cake with blueberries, raspberries and homemade whipped cream to achieve a patriotic effect for the 4th of July. I selected Ball 8-oz. quilted jelly jars for the perfect individual serving size.

Slice the cake into pieces that are about 1 inch thick, and then use round cookie cutters to cut the cake into rounds. I found that I needed a slightly smaller size for the bottom layer than the top since the jars are tapered. If you don't have round cookie cutters, cutting the cake up into cubes would work as well.

Start with a cake layer on the bottom. Then just layer your berries and whipped cream to create a red, white and blue effect. Top with another cake round and a dollop of whipped cream. Garnish with extra berries if desired.

Questions on your health insurance? The Shine Counselor is available on Friday July 14; Friday, August 18; and Friday, September 8. Call to make an appointment at 978-928-1400 x211

Thank you GFA for sponsoring our newsletter.





# July 2023

Sun

Mon


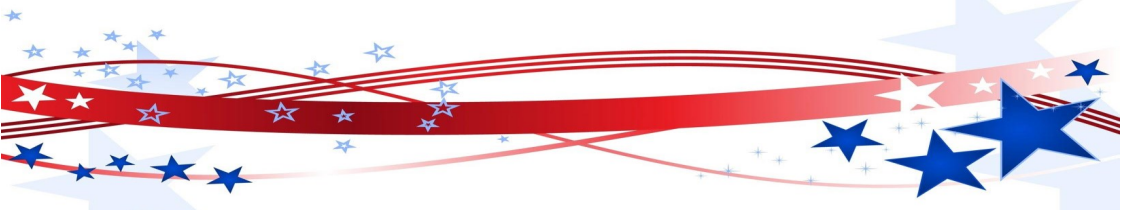
Tue

Wed

Thu

Fri

Sat

						1
2	3 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	4  Closed	5 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	6 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm	7 Art Group 9-11 am Pitch Party 6:30 pm	8
9	10 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	11 Coffee 9-11 am Strokes 9-10 am Knitting 10-noon Singing 1:30 pm	12 Coffee 9-11 am Wii-Bowling 9-11 am Sound of Music 9 am Pitch Party 1:00 pm	13 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm	14 Art Group 9-11 am	15
16	17 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	18 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	19 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	20 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm	21 Art Group 9-11 am Pitch Party 6:30 pm	22
23	24 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	25 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	26 Coffee 9-11 am Wii-Bowling 9-11 am Book Club 11 am Pitch Party 1:00 pm BlueCross Seminar 6:00—7:00 pm	27 Eggs 8:30 am Coffee 9-11 am Cribbage 1:00 pm	28 Art Group 9-11 am	29
30	31 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm					

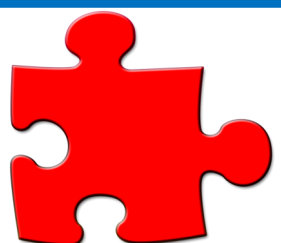
# The American Revolution

C	T	E	R	E	V	E	R	L	U	A	P	N	E
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R	V	R	D	R	O	C	N	O	C	N	H	B	A
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S	L	L	L	I	H	R	E	K	N	U	B	R	Y
H	I	P	D	E	N	T	A	E	F	E	D	S	L
C	L	K	D	E	C	L	A	R	A	T	I	O	N
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E	C	A	D	L	C	O	L	O	N	I	E	S	U
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U	E	H	C	N	E	R	F	T	I	R	E	E	C
D	E	E	T	S	U	R	R	E	N	D	E	R	D

SEVEN YEARS WAR  
 BOSTON MASSACRE  
 SURRENDER  
 GRIEVANCES  
 COLONIES  
 PAUL REVERE  
 BUNKER HILL  
 DECLARATION  
 FRENCH  
 INDEPENDENCE  
 DEFEAT  
 CONCORD  
 MONTESQUIEU  
 CONGRESS  
 BRITISH  
 LOCKE  
 LAW

Play this puzzle online at : <https://thewordsearch.com/puzzle/20996/>

*Don't forget- We have puzzles—a great activity that stimulates those brain cells! Come to the Senior Center to see our collection and borrow one.*





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**Hubbardston Senior Center**  
7 Main Street Unit #3  
Hubbardston, MA 01452



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### 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.

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### 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  
William Lipka

#### **Advisory Committee**

John Nason

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