



# Senior Times

The Voice of the Hubbardston

June 2023

Editor: Claudia Provencal  
Assistants  
Susan Breagy  
Bonnie Cunningham  
Beverly Kolstrom

## Good Advice from Dad

- Hold your child's hand every chance you get. The time will come when he or she won't let you.
- Never be the first to break a family tradition.
- Send your mother-in-law flowers on your spouse's birthday.
- Once in a while, invite the person in line behind you to go ahead of you.
- Give people more than they expect, and do it cheerfully.
- Someone will always be looking at you as an example of how to behave; don't disappoint them.
- Do your homework and know your facts, but remember it's passion that persuades.
- Be as friendly to the janitor as you are to the chairman of the board.
- When someone asks you a question you don't want to answer, smile and say, "Why do you want to know?"
- Don't be so concerned with your rights that you forget your manners.
- When you say "I'm sorry," look the person in the eye.
- Trust in God, but lock your car.
- Never say anything uncomplimentary about your wife or children in the presence of others.
- No matter how old you get, hug and kiss your mother whenever you greet her.
- Pray. There's immeasurable power in it.
- Brush your teeth before putting on your tie.
- Phone home if you are going to be more than 20 minutes late.
- Remember that everyone is influenced by kindness.
- Overpay good babysitters.
- Be bold. Providence loves boldness and will assist you in ways you wouldn't imagine.
- Go on blind dates. That's how I met your mother!
- ....Call your dad.

Excerpted from The Readers Digest.

Happy Father's Day to all our Dads!


**JOIN US FOR THE  
2023 SHERIFF'S  
ANNUAL**


# SENIOR PICNIC

**FREE DRIVE THRU EXTRAVAGANZA!**

**SATURDAY, JUNE 10, 2023**

**11 AM - 1 PM**  
**SAC PARK**  
**438 LAKE STREET,**  
**SHREWSBURY, MA 01545**

**BBQ MEAL | LOTTERY TICKETS | TONS OF  
GIVEAWAYS | DESSERTS | RAFFLE BONANZA**

**ATTENDEES MUST REGISTER BY MAY 19, 2023**  
**NYDIA@WORCESTERCOUNTYSHERIFF.ORG**  
**508-796-2638**  
 LEAVE MESSAGE WITH NAME, ADDRESS & PHONE  
 FIRST COME, FIRST SERVE

**Sorry, No Extra Bags to Go. Must Be Present To Participate.**



District Attorney Joseph D. Early, Jr.



## Staying Safe as Scams Continue to Evolve

**Presented by:** The Office of Worcester County District Attorney Joseph D. Early, Jr.

**When:** 11:00 a.m., Wednesday, June 7th

**Where:** The Hubbardston Senior Center

### Voting Day Bake Sale

Hosted by

The Friends of Hubbardston  
Senior Center

Tuesday, June 13

7:00 a.m.—8:00 p.m.



### Hubbardston Fair

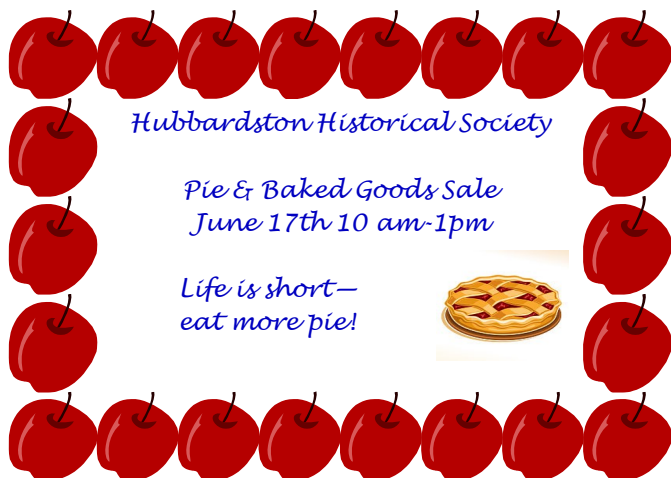
June 10 9 am—2 pm

Curtis Recreation Field



### 2023 Elections

|                      |           |
|----------------------|-----------|
| Annual Town Meeting  | June 6th  |
| Annual Town Election | June 13th |



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



## 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.**

### TICK SEASON IS UPON US!

**HELPFUL HINT:** To safely dispose of a removed tick: Drop it on the sticky side of some Scotch tape. Fold over and press on all sides . Toss in the trash! (Wash your hands after handling ticks.)

## 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

Questions on your health insurance? The Shine Counselor is available on Friday, June 9; Friday July 14; Friday, August 18; and Friday, September 8. Call to make an appointment at 978-928-1400 x211

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



## ATTENTION MASS HEALTH PARTICIPANTS!!!

### MassHealth Change Alert

As of **April 1, 2023**, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the next 12 months. Members who need to provide information to MassHealth will receive a **redetermination package in a large blue envelope**. **DO NOT IGNORE THIS—A MANDATORY RESPONSE IS REQUIRED TO KEEP YOUR BENEFITS!!!!**

## Upcoming Events

### The Boutique is Coming!

October 14

9:00 a.m. — 3:00 p.m.

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



### 26th Annual Library 5K

September 9th 9 am

Registration starts 8 am

Free T-shirt to 1st 100 registrants

Applications available at the Library

Like to knit or crochet? Come join us every Tuesday morning from 10- noon. All levels and ages welcome – we'll teach you! Come join us for lively conversation .



### The Golden Age Club

Everyone is welcome to attend our business meeting on the 1st and 3rd Wednesday at 1:00 p.m. at the Senior Center.

June 21st come and learn about the State of the Arts with Judy Seppa at 2:00 p.m. The Senior Center will welcome everyone.



The Hubbardston Hot Shots will be hosting the Wii-Bowling tournament at 12:30 pm on June 23rd. Like to bowl? Come join us Monday and Wednesday at 9:00 am to join our team.

## Strawberry, Basil and Arugula Salad with Lots of Black Pepper

### Ingredients:

16 ounces strawberries, hulled and halved  
¼ cup rice vinegar  
1 tablespoon honey  
8 cups arugula  
1 cup basil leaves

Flaky salt  
1 teaspoon crushed red pepper flakes  
Freshly ground black pepper  
2 tablespoons extra-virgin olive oil



### Directions

1. In a medium bowl, toss the strawberries, rice vinegar and honey to combine.
2. Arrange the arugula and basil leaves on a serving platter. Season with flaky salt and sprinkle with the crushed red pepper flakes. Spoon the berries and their juices over top, then drizzle with the olive oil. Season generously with freshly ground black pepper.

A quick and easy dish to accompany your food from the grill!

Thank you GFA for sponsoring our newsletter.





# June

| S         | MON  | TUE  | WED  | THU   | FRI   | SAT                    |
|-----------|--|--|--|---|---|------------------------|
|           |  |  |  | <b>1</b><br>Eggs 8:30 am<br>Coffee 9-11 am<br>Cribbage 1:00 pm  | <b>2</b><br>Paint Class 9-11 am<br>Pitch party 6:30 pm      | <b>3</b>               |
| <b>4</b>  | <b>5</b><br>Coffee 9-11 am<br>Wii-Bowling 9-11 am<br>Bingo 12:30 pm  | <b>6</b><br>Coffee 9-11 am<br>Knit Club 10- Noon<br>Singing 1:30 pm  | <b>7</b><br>Coffee 9-11 am<br>Wii-Bowling 9-11 am<br>Learn about Scams 11 am<br>Golden Age 1:00 pm | <b>8</b><br>Eggs 8:30 am<br>Coffee 9-11 am<br>Cribbage 1:00 pm  | <b>9</b><br>Paint Class 9-11 am                             | <b>10</b><br>Field Day |
| <b>11</b> | <b>12</b><br>Coffee 9-11 am<br>Wii-Bowling 9-11 am<br>Bingo 12:30 pm | <b>13</b><br>Coffee 9-11 am<br>Knit Club 10- Noon<br>Singing 1:30 pm | <b>14</b><br>Coffee 9-11 am<br>Wii-Bowling 9-11 am<br>Pitch Party 1:00 pm                          | <b>15</b><br>Eggs 8:30 am<br>Coffee 9-11 am<br>Cribbage 1:00 pm | <b>16</b><br>Paint Class 9-11 am<br>Pitch party 6:30 pm     | <b>17</b>              |
| <b>18</b> | <b>19</b><br>Coffee 9-11 am<br>Wii-Bowling 9-11 am<br>Bingo 12:30 pm | <b>20</b><br>Coffee 9-11 am<br>Knit Club 10- Noon<br>Singing 1:30 pm | <b>21</b><br>Coffee 9-11 am<br>Wii-Bowling 9-11 am<br>Golden Age 1:00 pm<br>State of the Arts 2 pm | <b>22</b><br>Eggs 8:30 am<br>Coffee 9-11 am<br>Cribbage 1:00 pm | <b>23</b><br>Paint Class 9-11 am<br>Bowling Tournament Noon | <b>24</b>              |
| <b>25</b> | <b>26</b><br>Coffee 9-11 am<br>Wii-Bowling 9-11 am<br>Bingo 12:30 pm | <b>27</b><br>Coffee 9-11 am<br>Knit Club 10- Noon<br>Singing 1:30 pm | <b>28</b><br>Coffee 9-11 am<br>Wii-Bowling 9-11 am<br>Pitch Party 1:00 pm                          | <b>29</b><br>Eggs 8:30 am<br>Coffee 9-11 am<br>Cribbage 1:00 pm | <b>30</b><br>Paint Class 9-11 am                            |                        |

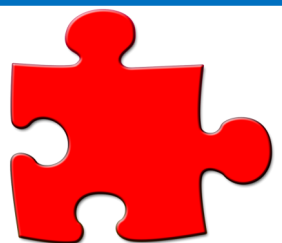
# Ice Cream Flavors

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| T | U | O | H | A | A | U | E | T | A | R | S | C | Y |
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| D | L | O | T | R | E | E | S | E | S | T | Y | O | L |
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| U | T | G | S | I | A | N | A | N | A | B | E | M | A |
| E | A | H | T | U | N | O | C | O | C | I | A | O | N |
| L | N | N | N | T | D | A | O | R | Y | K | C | O | R |

COCONUT  
 STRAWBERRY  
 VANILLA  
 FUDGE  
 ROCKY ROAD  
 COOKIE DOUGH  
 NEOPOLITAN  
 COTTON CANDY  
 HOKEY POKEY  
 CHOCOLATE  
 MOOSE TRACKS  
 GREEN TEA  
 TIGER TAIL  
 PECAN  
 REESES  
 BANANA

Play this puzzle online at : <https://thewordsearch.com/puzzle/416/>

*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.*



## Foxwood Bus Trip

June 21st

Cost \$40.00 per person

Call 978-928-1400 x211 to sign up and



Hubbardston  
Swingin' Singin'  
Seniors

Tuesday's at 1:30 p.m.

Come have fun in  
song!



### C.O.A. Announcement

The Council on Aging has two openings on our Board. Need to make new connections? Are you new to town and would like to get involved? Newly retired and want to make a contribution to the community? Help your fellow seniors? Have you been to our Senior Center and enjoyed an activity? Please stop in and see Claudia or call 978-928-1400 x211.

The Friends of

The Hubbardston Senior Center

Monthly meeting June 19th at 5:30 p.m.

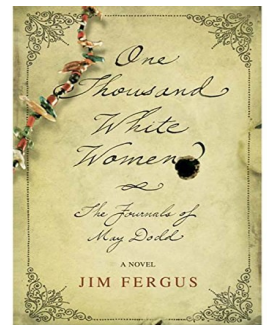
Any interest in ideas for fundraising?

Come see what we are all about!

### Book Club

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

Come join us for lively  
discussions!



### Hubbardston Trustees Scholarship Submission due June 30, 2023

It is Scholarship Season! The Hubbardston Public Library is offering two (2) Five Hundred Dollar (\$500) Scholarships in 2023. Please download the application [here](#). When completed you can drop it off at the Library, mail it to Hubbardston Public Library 7 Main St Unit #8

Hubbardston, MA 01452 or email your submission to [HPLScholarship@gmail.com](mailto:HPLScholarship@gmail.com).

*Bonnie's Bits*

*Did You Know?*

Your cat can help you be well!

Researchers studied and analyzed the purrs of 44 members of the cat family, including cheetahs, ocelots, pumas and domestic cats. Every one generated strong vibrational frequencies between 25 and 150 Hz. Their purr frequencies corresponded to the exact vibrational frequencies that have been found to successfully treat bone growth/fractures, pain, swelling, muscle strain, joint flexibility, difficulty breathing and wounds.

Domestic cats produced purr frequencies at exactly 25 Hz and 50 Hz. These are the two low frequencies that best promote bone growth and the healing of bone fractures. When they harmonize, their purr frequency is within 2 Hz of 100 Hz, the exact frequency used therapeutically for pain, swelling, wounds, and difficulty breathing.

Cat purring is a built-in vibrational mechanism for self-healing. It also helps explain why some people can stop migraine headaches by lying down with a purring cat next to their head, or soothe an aching joint through contact with a purring cat.

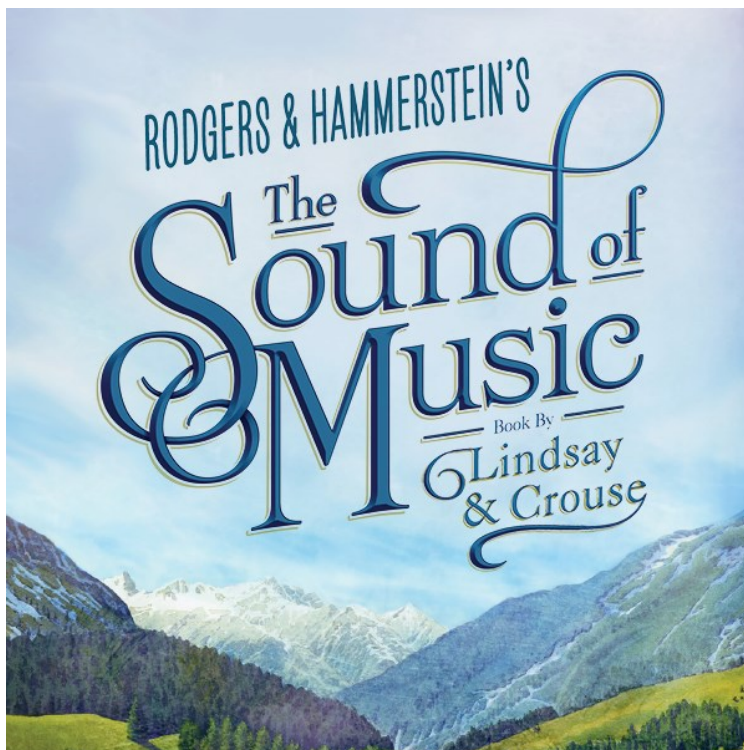
Vets say there is a big difference between cats and dogs. Complications from surgery are far more common in dogs and cancer and disease of the bone are rarely found in cats, but common in all breeds of dogs. We could and should be learning from the innate healing ability of cats. They may provide living proof of just how vital vibration can be in healing and health. To learn more, check out this study:

J Acoust Soc Am 2001;110:2666.<https://doi.org/10.1121/1.4777098>.)

**KEEP CALM**



**AND CUDDLE A CAT**



*Wednesday*

*July 12th*

*North Shore Music  
Theatre*

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



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Donnawarfield99@gmail.com



Kimberly Clark

978-906-1503

kimberlyclark1@remax.net

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*Thank!  
You!*



**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  
Bonnie Cunningham  
William Lipka

#### **Advisory Committee**

John Nason

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