



# Senior Times

The Voice of the Hubbardston Senior

March 2023

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## Did you know these facts about Ireland?

- ◆ Halloween was invented in Ireland. The roots of Halloween can be traced back 2,000 years to the Celtic Samhain festival, which celebrated the end of summer.
- ◆ Ireland has the largest number of red-haired people of any country in the world. Over 10% of the Irish population are estimated to have red hair. That compares to about 1% in Southern Europe, for example.
- ◆ Ireland is the only country in the world to have a musical instrument as its national symbol. As a testament to the country's love for music, Ireland boasts a harp as its national emblem. It dates back to the 13th century.
- ◆ It's estimated that there are 30,000 castles and ruins in Ireland. While Blarney Castle and Bunratty Castle are among the most famous, you can see literally thousands more.
- ◆ Boston has the largest percentage of people with Irish roots in America at 22.8%
- ◆ Where did the Irish settle in America? Irish immigrants in the 1840s and 1850s settled mainly in coastal states such as New York, Massachusetts, Pennsylvania, and New Jersey, but also in western states such as Illinois and Ohio.
- ◆ When the Irish first came to the United States, they suffered extreme prejudice due to culture and language barriers. They found that public service via careers as firemen and policemen helped lift them up socially and politically.
- ◆ Twenty-three of our Presidents had Irish roots. Recent Presidents include John F. Kennedy, Lyndon Johnson; Richard Nixon, Gerald Ford, Jimmy Carter, Ronald Regan, George H.W. Bush, George H. Bush, Barack Obama and Joe Biden.



## Upcoming Events

Election papers will be available in March at the Town Clerk's office after available. Check website for further information.

Dog Licenses must be renewed before April 1st to avoid late fees.



### Yarn-it-All

Meets every Tuesday morning from 10:-00 am to noon. Already know how to knit or crochet? Want to learn? Come join us and we can help!



After several long years of dealing with the pandemic, the Friends of the Hubbardston Senior Center are happy to announce that we'll be having our Annual Meeting on March 18th. All current members will be contacted via telephone, email, or mail with the details for signing up. The meeting is for active members only. We look forward to seeing everyone. If you're annual dues are current and you don't hear from us by March 8th, please contact Ed Gosson at (978) 353-9649.

### Golden Age Club

Wednesday February 1st at 1:00 am

Wednesday, February 15 at 11:00 am

Our outing this month will be lunch at Monty Tech. Meet at the Senior Center at 11 and we will car pool over. This is a pay as you go event. Call the Senior Center at 978-928-1400 x211 to secure your spot.

*Flora in Winter on March 2nd at the Worcester Art Museum floral arrangements created to match the painting its placed next to.*

*Meet at the Senior Center at 10:00 a.m.*

*Tickets for this museum fund raiser are \$30.00 per person. Lunch afterwards at a local restaurant after. This is a pay as you go event. Sign up at Senior Center.*

### Book Club

Meets 4th Wednesday of the month at 11:00 a.m. The book this month is *The Ruins of Gorelan* by John Flanagan.



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.

Starting after our Winter break, we will be starting up on March 7th at 1:30 p.m. Like to sing? Come join the Hubbardston Swingin' Singin' Seniors every Tuesday at 1:30 p.m. at the Senior Center.



# 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](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

## **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

Shine Counselor is available on Friday, March 10; Friday, April 7; Friday, May 12; Friday, June 9; Friday July 7; Friday, August 18; and Friday, September 8. Call to make an appointment

**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 "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

### Raspberry Walnut Irish Soda Bread

1/2 cup walnuts	1/4 cup sugar
Cornmeal for dusting	1 tablespoon caraway seeds
2-1/4 cups all purpose flour	1/4 cup butter, softened, but not melty
1-3/4 cups whole-wheat flour	1 cup frozen raspberries (do not thaw)
1 tsp baking soda	1-1/3 cup buttermilk (see cook's note)
1 tsp baking powder	1 large egg



### Directions

1. Preheat the oven to 350 degrees F. Spread the walnuts on a baking sheet and toast in the oven for 5 minutes, then let cool slightly. (Leave the oven on.) When cool enough to handle, roughly chop the nuts; set aside. Dust a baking stone or baking sheet with cornmeal and set aside.
2. In a large bowl, mix together the flours, baking powder, baking soda, salt, sugar and caraway seeds using a fork. With a pastry blender or 2 knives, cut in the butter until the mixture resembles coarse sand. Add the raspberries and chopped walnuts; toss gently.
3. In a small bowl, whisk together the buttermilk and egg; add to the flour mixture and stir gently with a wooden spoon just until mixed. (Do not overmix.)
4. For a higher, sturdier-structured bread, turn the dough onto a floured surface and knead lightly about 5 times, adding additional flour if the dough is too sticky. (This step is optional.)
5. Mound the dough onto the cornmeal-dusted baking stone and bake until the loaf is slightly golden and sounds hollow when tapped, 55 to 60 minutes. Cool completely before slicing.

### Cook's Note

If you don't have buttermilk, use any of these substitutions: 1 tablespoon vinegar plus enough milk to make 1 1/3 cups liquid; or 1 cup plain yogurt plus 1/3 cup milk or water; or 1 1/3 cups kefir.



### Souper Tuesday

March 14 & 28

10:30 – 12:30 pm

All Welcome!

Come join us for soup, fresh bread, and something sweet.



### Painting Class

Every Friday morning  
from 9-noon

All mediums



### Coffee Hour

9:00—11:00 a.m.

Monday thru Thursday

Come join us for some  
Wii-Bowling and great  
conversation



### Crafty Crew

Spring is here!

Easter project for shut-ins  
and May Baskets.

Meet every Thursday from  
10:00—Noon



Hubbardston Community Theatre Presents:

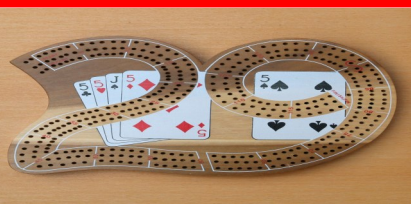
*"Wonderland High"*

Friday March 17 – 7:00 p.m.  
Saturday, March 18 – 1:00p.m. and 7:00 p.m.  
Sunday, March 19 – 1:00 p.m.

Hubbardston Center School, 8 Elm Street

Tickets are \$15 pp age 15 and older  
\$10 for ages 3-10 and Seniors

To reserve tickets email  
[hubtheatre123@gmail.com](mailto:hubtheatre123@gmail.com)



Cribbage every Thursday at 1:00 p.m. Come  
show us your Talent for winning!



Girl Scouts in Hubbardston will be  
working with the  
**Girl Scouts®** Hubbardston Boy  
Scouts to help clean  
up the recycling center this March.

There is a bottle and can drive at the  
Keep Hubbardston Beautiful on April  
22nd.

Trying to remember something?  
Clench your left fist. It might  
sound strange, but a new study  
suggests that the simple act of  
clenching your fist can help boost  
your memory! And that's no  
Blarney!





*The Hubbardston Library*  
*7 Main Street*  
*Hubbardston, MA 01452*  
*978-928-4775*

*We are fortunate to have this lovely gem right here in our back yard. Most people think books when it comes to offerings, but did you know that you can borrow a DVD player from the library? Did you know that they have magazines, and movies beside books? Did you know that they have curbside pickup so you don't have to climb the stairs? They also have discounted museum passes across the state - from the Norman Rockwell Museum in Stockbridge to the Boston Museum of Science. The Library provides the books for the Senior Book Club. You really need to take the time to make your own discoveries here at this wonderful gem.*

*The phone number to the Library is 978-928-4775. Chris Barbera and her outstanding staff is ready to help answer any questions you might have.*

**Hours of Operation:**

Monday 1:00 p.m. to 7:00 p.m.

Tuesday 4:00 p.m. to 7:00 p.m.

Wednesday 10:00 a.m. to 4:00 p.m.

Thursday 1:00 p.m. to 7:00 p.m.

Saturday 9:00 a.m. to noon

## DOES SHOPPING WAREHOUSE CLUBS MAKE SENSE?

Everyone wants to save money, and in many cases buying in quantity from someplace like Sam's Club or BJ's seems to make sense. However a recent article questions that premise, at least for certain items:

**Paper Products:** You'll get a better deal at the supermarket, CVS or Rite Aid. Shop the markets the 1<sup>st</sup> and 3<sup>rd</sup> weeks when they're on sale, and use coupons to add savings.

**Generic Diapers:** You can find some quality generics for your grandbaby at Target or Walmart on sale for 4 cents a diaper or less.

**Liquid bleach or detergents:** They lose their effectiveness after 6 months or so as the active ingredients break down over time; you might not get through a warehouse club's supersize fast enough.

**Name Brand Cereals:** Warehouse Clubs don't have sales on these. Buy at your supermarket when they go on sale and use a manufacturer's coupon.

**Cooking oils:** Steer clear of large jugs of olive oil and vegetable oil, because they go bad 3-5 months after opening.

**Electronics:** You can usually find even better bargains on deal and coupon sites. Be vigilant when comparing prices; make sure that they have the same features.

**Printer paper:** Most office supply chains offer customers who sign up to receive emails from them a 100% cash back rebate on printer paper several times a year; Special rebates also apply to other office supplies, such as Post-its, pens, folders and notebooks.

**Fresh produce:** Prices at warehouse clubs generally stay the same year-round, while grocery stores offer deep price cuts when fruits and veggies are in season.

**Milk:** You can usually find regular milk at the grocery store 40-60 cents a gallon cheaper.

**Soda:** It is always less at the grocery store.

**Beauty products:** You don't need a big container or the three-pack of something like sunscreen, which can have a shelf life of as little as three months.

# MARCH 2023



Sun Mon Tue Wed Thu Fri Sat

<p>Upcoming Town Events</p> <p>Mark your calendars</p> <p>Easter Egg Hunt – April 1st</p> <p>Keep Hubbardston Beautiful – April 22nd</p>			<p>1</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p> <p>Golden Ages 1:00 pm</p>	<p>2</p> <p>Eggs 8-Noon</p> <p>Coffee 9-11 am</p> <p>Crafts 10-noon</p> <p>Art Museum 11:00 am</p> <p>Cribbage 1:00 pm</p>	<p>3</p> <p>Painting Class 9-noon</p> <p>Pitch Party 6:30 pm</p>	<p>4</p>
<p>5</p>	<p>6</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p> <p>Bingo 12:30 pm</p>	<p>7</p> <p>Coffee 9-11 am</p> <p>Knitting 10-noon</p> <p>Singing 1:30 pm</p>	<p>8</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p> <p>Pitch 1:00 pm</p>	<p>9</p> <p>Eggs 8-Noon</p> <p>Coffee 9-11 am</p> <p>Crafts 10-noon</p> <p>Cribbage 1:00 pm</p>	<p>10</p> <p>Painting Class 9-noon</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p> <p>Bingo 12:30 pm</p>	<p>14</p> <p>Coffee 9-11 am</p> <p>Knitting 10-noon</p> <p>Soup 10:30-12:30 pm</p> <p>Singing 1:30 pm</p>	<p>15</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p> <p>Golden Age 1:00 pm</p>	<p>16</p> <p>Eggs 8-Noon</p> <p>Coffee 9-11 am</p> <p>Crafts 10-noon</p> <p>Cribbage 1:00 pm</p>	<p>17</p> <p>Painting Class 9-noon</p> <p>Pitch Party 6:30 pm</p> 	<p>18</p>
<p>19</p>	<p>20</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p> <p>Bingo 12:30 pm</p>	<p>21</p> <p>Coffee 9-11 am</p> <p>Knitting 10-noon</p> <p>Singing 1:30 pm</p>	<p>22</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p> <p>Book Club 11:00 am</p> <p>Pitch 1:00 pm</p>	<p>23</p> <p>Eggs 8-Noon</p> <p>Coffee 9-11 am</p> <p>Crafts 10-noon</p> <p>Cribbage 1:00 pm</p>	<p>24</p> <p>Painting Class 9-noon</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p> <p>Bingo 12:30 pm</p>	<p>28</p> <p>Coffee 9-11 am</p> <p>Knitting 10-noon</p> <p>Soup 10:30-12:30 pm</p> <p>Singing 1:30 pm</p>	<p>29</p> <p>Coffee 9-11 am</p> <p>Wii-Bowling 9-11 am</p>	<p>30</p> <p>Eggs 8-Noon</p> <p>Coffee 9-11 am</p> <p>Crafts 10-noon</p> <p>Cribbage 1:00 pm</p>	<p>31</p> <p>Painting Class 9-noon</p>	

# Saint Patrick's Day

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

EMERALD  
 GREEN  
 SHAMROCK  
 MARCH  
 IRELAND  
 CHRISTIANITY  
 PATRICK  
 TRADITION  
 PARADE  
 RAINBOW  
 SNAKES  
 POT OF GOLD  
 LUCK  
 FAIRY  
 LEGEND  
 SAINT  
 CELTIC  
 HOLIDAY



Play this puzzle online at : <https://thewordsearch.com/puzzle/5451/>

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



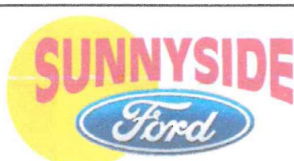


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**Hubbardston Senior Center**  
7 Main Street Unit #3  
Hubbardston, MA 01452



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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  
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*

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