



Senior Times

The Voice of the Hubbardston Senior Center

March 2022

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Assistants
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Fun facts of St. Patrick's Day

Do they really celebrate St Patrick's Day in Ireland?

Saint Patrick's Day is a **public holiday** in the Republic of Ireland, Northern Ireland, the Canadian province of Newfoundland and Labrador (for provincial government employees), and the British Overseas Territory of Montserrat

What is a traditional St Patrick's Day dinner in Ireland?

Spring lamb comes into season around St. Patrick's Day; and roasts, such as a leg of lamb with rosemary, are popular. Pies are, too, such as fish pies (made with cod or haddock), shepherd's pie (meat with a potato crust), or Guinness and Beef Pie.

Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.

Beer is one of the most widely consumed beverages on St. Patrick's Day.

There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.

The world's shortest St. Patrick's Day parade is held in an Irish village. It lasts only 100 yards, between the village's two pubs.

*Hubbardston Swingin' Singin'
Seniors*

St. Patrick's Day Concert
Tuesday, March 15
1:30 p.m.

*Light refreshments provided by
the Golden Age Club*

All welcome!



Come join "The Crafty Crew"

Thursday's 10-12

March's projects are Easter eggs and bunny decorations. Share your talents and ideas!

Call Cindy at 978-928-5526



Love to sing? Come Tuesday's at 1:30 to join our Hubbardston Swingin' Singin' Seniors.

Senator Gobi Announces March Office Hours

Monday, March 14, 2022

1:00 – 2:00 p.m.

Her representative, Lucas McDiarmid, will be here. You can call 413-324-3082 to make an appointment or just stop by.

Don't Tell Mom—but mark your calendar

Pie for Breakfast Event

Saturday, April 30, 2022

9:00—11:30 A.M.

Suggested donation \$8.00 pp

Sponsored by COA



Community Services and Information

- **SHINE**—Counselor available. Call Senior Center to make appt or to discuss over the phone with Shine counselor.
- **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



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

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.

Best Classic Shepherd's Pie Recipe

The Best Classic Shepherd's Pie - AKA Shepards Pie or Cottage Pie. Ground Beef (or lamb) with vegetables in a rich gravy, topped with cheesy mashed potatoes and baked.

Ingredients

Meat Filling:

2 tablespoons olive oil	1/2 teaspoon ground black pepper
1 cup chopped yellow onion	1/2 teaspoon ground black pepper
1 lb. 90% lean ground beef -or ground lamb	1 tablespoon Worcestershire sauce
2 teaspoons dried parsley leaves	2 garlic cloves -minced
1 teaspoon dried rosemary leaves	2 tablespoons all purpose flour
1 teaspoon dried thyme leaves	2 tablespoons tomato paste
1/2 teaspoon salt	1 cup beef broth
1/2 cup frozen corn kernels	1 cup frozen mixed peas & carrots*

Potato Topping:

1 1/2 - 2 lb. russet potatoes -about 2 large potatoes peeled and cut into 1 inch cubes	1/2 teaspoon garlic powder
8 tablespoons unsalted butter -1 stick	1/2 teaspoon salt
1/3 cup half & half	1/4 cup parmesan cheese
1/4 teaspoon ground black pepper	

Instructions

Make the Meat Filling.

1. Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.
2. Add the ground beef (or ground lamb) to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt, and and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
3. Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
4. Add the flour and tomato paste. Stir until well incorporated and no clumps of tomato paste remain.
5. Add the broth, frozen peas and carrots, and frozen corn. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
6. Set the meat mixture aside. Preheat oven to 400 degrees F.

Make the potato topping.

1. Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
3. Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed together.
4. Add the parmesan cheese to the potatoes. Stir until well combined.

Assemble the casserole.

1. Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
2. If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes.** Cool for 15 minutes before serving.

Notes

*If you can't find frozen mixed peas and carrots, you could use 1/2 cup frozen peas and 1/2 cup frozen sliced carrots.

**Bake at 400° F. Start preheating the oven after you make the meat mixture (listed in step 6).

Book Club

This month's book is *The Good Neighbor* by Maxwell King. We meet 4th Wednesday of each month. Come join us for a lively discussion!



TOWN NEWS—IMPORTANT DATES

Excise Taxes due March 14st
Dog License fee due March 31st
Annual Town Meeting—June 7th
Annual Town Election—June 14th
State Primary—September 6th
State Election—November 8th

Wood Carving -

Interested on learning how
to do it? Already know how
to? Call Cindy at 978-928-
5526.



7 Mind Stimulating Activities & Cognitive Games for Seniors

- Word Games. Word games serve as effective and fun ways to engage the mind. ...
- Games and Puzzles. ...
- Card Games. ...
- Chess & Strategy Games. ...
- Reading. ...
- Activities Involving the Use of Hands. ...
- Physical Exercise & Healthy Lifestyle.

Craft Donations Needed

The Crafty Crafters are looking the following:

Yarn

Wrapping paper

Unfinished projects

Scrap booking paper

Construction paper

Embroidery floss

Felt

Small picture frames (no bigger than 8x10)

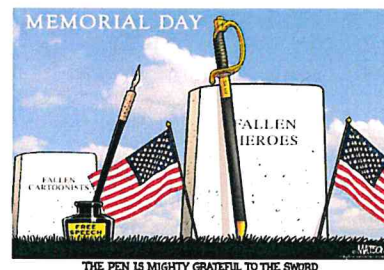
Etc.

Call Cindy with your questions 978-928-5526



Mark your Calendar! May 30th 11:-00 a.m.

The Memorial Day Parade Committee is planning the Memorial Day event for our Town. The new Vietnam Era Memorial will be dedicated. Come join them for the parade which will include floats, a marching band, and many other organizations. Afterwards is an ice cream social. Great patriotic event for the entire family to participate in!



Answers to Crossword Puzzle

- | | |
|----------------|---------------|
| 4. Dublin | 1. March |
| 5. Jig | 2. Luck |
| 7. Pinch | 3. Blarney |
| 9. Seventeenth | 6. Ireland |
| 11. Shamrock | 7. Potato |
| 12. Green | 9. Leprechaun |
| 13. Errie | 10. Clover |



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Kimberly Clark

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John H. Mack, Director

Kevin J. Mack, Director

www.mackfamilyfh.com

MARCH 2022



Sun Mon Tue Wed Thu Fri Sat

		1 Walk Club 9 Knitting 10 Singing 1:30	2 Coffee 9 Wii-Bowling 9 Golden Age 1	3 Egg Drive Thru 8:30 Walk Club 9 Craft Class 10 Cribbage 1	4 Paint Class 9 Pitch 6:30	5
6	7 Coffee 9 Wii-Bowling 9 Bingo 12:30	8 Walk Club 9 Knitting 10 Singing 1:30	9 Coffee 9 Wii-Bowling 9 Pitch Party 1	10 Egg Drive Thru 8:30 Walk Club 9 Craft Class 10 Cribbage 1	11 Paint Class 9	12
13	14 Coffee 9 Wii-Bowling 9 Bingo 12:30	15 Walk Club 9 Knitting 10 Singing 1:30 St. Patrick's Day Concert 1:30	16 Coffee 9 Wii-Bowling 9 Golden Age 10 Friends 5-6 COA 6:30	17 Egg Drive Thru 8:30 Walk Club 9 Craft Class 10 Cribbage 1 	18 Paint Class 9 Pitch 6:30	19
20	21 Coffee 9 Wii-Bowling 9 Bingo 12:30	22 Walk Club 9 Knitting 10 Singing 1:30	23 Coffee 9 Wii-Bowling 9 Book Club 11 Pitch Party 1	24 Egg Drive Thru 8:30 Walk Club 9 Craft Class 10 Cribbage 1	25 Paint Class 9	26
27	28 Coffee 9 Wii-Bowling 9 Bingo 12:30	29 Walk Club 9 Knitting 10 Singing 1:30	30 Coffee 9 Wii-Bowling 9	31 Egg Drive Thru 8:30 Walk Club 9 Craft Class 10 Cribbage 1		

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

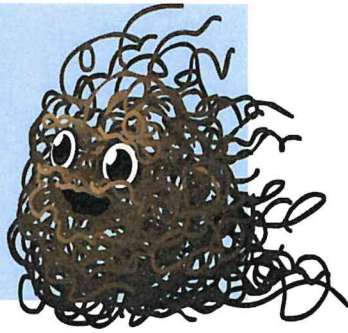
Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

Yarn-It-All

Tuesdays from 10-12

Come join our wonderful group.
All welcome – novice to expert!



CENTRAL MASSACHUSETTS SENIOR DENTAL PROGRAM ACCEPTING PATIENTS

Are you an older adult looking for preventative dental care in Central Mass? Check out the Central Massachusetts Senior Dental Clinic, a partnership between CMAA and Quinsigamond Community College's Dental program. **This clinic offers comprehensive dental assessments, cleanings, x-rays, fluoride treatments and other services for older adults ages 55+ in Central Massachusetts FREE OF CHARGE!** Transportation to and from the clinic is provided by Yellow Cab, an additional program partner.

To schedule an appointment with the senior dental clinic, call 508-854-4306 Monday-Friday from 8:30am-4:30pm.

NOTE: The cab will come to Hubbardston to pick you up! Just Remember—this is a 3 -1/2 hour appointment.



WHO KNEW?

Dryer Sheet:

1. To loosen caked-on food, place one in a pan, then fill with warm water and soak overnight.
2. Banish musty smells from books by slipping a dryer sheet between a few pages.
3. To pick up pet hair from furniture, swipe a sheet over Spot's favorite spot.
4. A sheet at the bottom of a gym bag helps tamp down odors.
5. In place of a sachet in a drawer, try a scented dryer sheet.
6. Help shoes smell fresher by storing a sheet inside each one.
7. To stop static cling on clothes – or tame flyaway hair – rub a sheet over the problem area.
8. Sawdust on a basement workstation comes up fast with one pass of a wipe.
9. Press an iron (on a low setting) over a dryer sheet until any residue on plate disappears.
10. To prevent tangles, run a threaded needle through a sheet before you begin stitching.
11. Use a dryer sheet to dust venetian blinds without kicking up a cloud.

Golden Ages

Spring is coming and everyone is welcome to join the Golden Ages. We meet at 1:00 p.m. every 1st and 3rd Wednesday at the Senior Center. Everyone enjoyed making a Pot of Gold.

What will April bring to the Golden Ages?

Bev. K.

Thank you GFA for
sponsoring our
newsletter.





Worcester County District Attorney's Office

Joseph D. Early, Jr.

Community News Brief: March is National Nutrition Month

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being. Nutrition is about eating a healthy balanced diet so your body will get the proper nutrients it needs to function. Nutrition is an important component of lifestyle regardless of age, and it may be a factor in the prevention of some diseases including osteoporosis, high blood pressure, heart disease, type 2 diabetes, and even certain cancers.

What makes it harder for me to eat healthy as I age?

- Change in homelife such as suddenly living alone or change in the home environment
- Health problems that make it harder for you to cook or feed yourself
- Difficulty with mobility
- Medications that may alter appetite, cause gastrointestinal issues, or change how food tastes
- Change in income
- Change in sense of smell or taste

Problems chewing or swallowing your food

What steps can I take to maintain a healthy diet?

- Eat foods that are nutrient-dense, without lots of extra calories. This includes foods such as fruits and vegetables, whole grains like oatmeal, fat-free or low-fat dairy products, seafood, lean meats, poultry, eggs, beans, nuts, and seeds
- Pick foods that are low in cholesterol and fat. This includes avoiding/limiting fried foods, and food from fast-food restaurants.
- When dining out, choose from the lighter side of the menu. If the portions are large, limit yourself to half the meal and save the rest for later.
- Avoid empty calories. This includes foods that are limited in their nutritional value including chips, candy, baked goods, soda, and alcohol.
- Try a meal kit program, prepackaged meals can assist with portion control.
- Drink lots of liquids, especially water.

Be physically active. If you notice you do not have an appetite, exercise is a great way to boost the feeling of hunger.

How can I maintain a healthy eating schedule?

- Organize some potluck meals or cook with a friend. You can also look into meals offered by senior centers or religious organizations to avoid eating alone.
- If you are having difficulty chewing, make an appointment to see your dentist.
- If you are having difficulty swallowing, make an appointment with your healthcare professional and try drinking plenty of fluids with every meal.
- Add healthy, easy snacks to your diet throughout the day.

If an illness is making it hard for you to cook your meals, check with your health care provider regarding resources such as meal delivery or occupational therapy.

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

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