



Senior Times

The Voice of the Hubbardston Senior

May 2023

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Assistants
Susan Breagy
Bonnie Cunningham
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Memorial Day Celebration!

Where: Town of Hubbardston

When: Memorial Day, May 29th

Parade begins at Curtis Field at 11:15 a.m.

Ceremony on the Common at 12:00 noon

All welcome!

Join us for an complimentary American patriotic celebration afterwards. Hotdogs and ice cream social after completion of ceremonies at the Senior Center across the street. Compliments of the Hubbardston Lions Club, The Golden Agers, The Friends of the Hubbardston Senior Center, and the C.O.A.





Paint Class

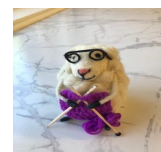
*Like to paint?
Come join us
every Friday
from 9:00—
11:00 a.m.*

All mediums

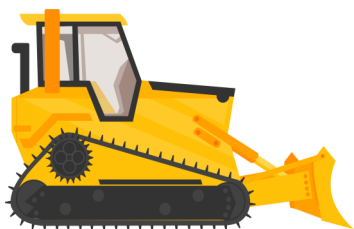


Yarn-it-All

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!



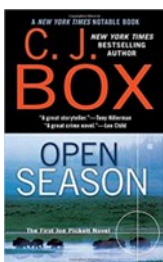
Expect traffic delays for the ongoing project on Main Street.



Book Club

Wednesday, May 11:00—Noon

The book this month is *Open Season* by C.J. Box.



Please note



HELP WANTED

Hubbardston Cultural Council

Requirement; Someone who wants to help our residents have fun.

Meets 6 times per year.

If you are interested, please contact either Sara Lyon at saralyonrn@gmail.com or Bill Shea at bill@therupturedduck.com. You can call Bill at 978-928-4440.

Thank you!



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,

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**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.

Wednesday, May 10

11:00 a.m.

Mass Bar Association

Elder Law Seminar

How to protect your home & assets, power of attorney, health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing homes.

Call 978-928-1400x211 to register.

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.

Questions on your health insurance? The Shine Counselor is available on Friday, May 12; 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



The Golden Age Club Presents
A SING ALONG WITH DENIS COMIER
Wednesday, May 17 at 2:00 pm
Light Refreshments will be served.

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

Thank you GFA for sponsoring our newsletter.



Upcoming Events

CONCERT

Seniors meet Youth in Harmony

Sunday, May 7th

2:00 p.m.

Hubbardston Center School

Come join the Hubbardston Swingin' Singin' Seniors for a lively concert with the youth in our area. All are welcome to see us sing Taylor Swift and more!



2023 Elections

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

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!



Hubbardston Fair

June 10 9 am—2 pm

Curtis Recreation Field

26th Annual Library 5K

September 9th 9 am

Registration starts 8 am

Free T-shirt to 1st 100 registrants

Applications available at the Library

Candidates' Night

There will be a Candidates' Night held at the Senior Center in May. More information will follow!

Date to be determined.

The Golden Agers

Our meetings will be on May 3rd and the 17th this month at 1:00 p.m.

We are looking forward to sponsoring live entertainment on the 17th with impersonator Denis Cormier at 2:00 p.m. Come join us—light refreshments will be served. All are welcome—guaranteed fun!

On June 21st we're planning a nail art demonstration. We'll learn how to use nail art. She will show us how to use lip balm, and other personal "state of the art" products. All welcome.

Voting Day Bake Sale

Hosted by

The Friends of Hubbardston Senior Center

Tuesday, June 13

7:00 a.m.—8:00 p.m.



Mark Your Calendars!

Protect yourself and your money from Scams
Advice from the Attorney General's Office

Wednesday, June 7

11:00 a.m. — Noon

At the Senior Center

More information to follow in the June Senior Times.

*Hubbardston Historical Society
Pie & Baked Goods Sale
June 17th 10 am-1pm*

Life is short—eat more pie!

We would like to invite all veterans to march or ride in our Memorial Day parade. Complementary hat and t-shirt for all veterans who participate.

Please stop by or call the Senior Center at 978-928-1400 x211.

After the ceremony join the Memorial Day Committee for an old-fashioned

All-American Gathering

Free hot dogs sponsored by the Lions Club

Ice cream provided by



Cream Crock
ICE CREAM

If you would like to make a donation, please make out your check to:

Town of Hubbardston with a note in the memo *Memorial Day Donation Account*.

Bacon, Egg, and Cheese Roll-Ups

Ingredients

- 6 large eggs
- 2 tbsp. milk
- 1/4 tsp. garlic powder
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. butter
- 1 tbsp. finely chopped chives
- 12 slices bacon
- 2 c. shredded cheddar



Directions

- In a large bowl, whisk together eggs, milk, and garlic powder and season with salt and pepper.
- In a nonstick skillet over medium heat, melt butter. Add eggs and scramble, 3 minutes, then stir in chives.
- On a cutting board, lay out three strips of bacon. Sprinkle the bottom third with cheddar and top with a large spoonful of scrambled eggs. Roll up tightly. Repeat with remaining cheese and eggs.
- Return skillet to heat and add bacon roll-ups seam side down. Cook until crispy on all sides, then transfer to a paper towel-lined plate until ready to serve.

Bonnie's Bits for Mother's Day

Mom's recipe for iced coffee:

- 1 – Have kids.
- 2 – Make coffee
- 3 – Forget you made coffee
- 4 – Drink it cold

Mom's Learning Curve

- 1st child eats dirt; Mom calls the Doctor.
- 2nd child eats dirt; Mom cleans out his mouth.
- 3rd child eats dirt; Mom wonders if she still needs to make lunch.

Flower Water

To preserve your Mother's Day bouquet:

Instead of the pricy flower preservative packets, make your own. Use one quart of water, 2 tbs of lemon or lime juice; 1 tbs sugar, 1/2 tbs of bleach. Mix solution and trim off ends of flowers at a 45-degree angle to allow the greatest amount of water to be absorbed to freshen them before putting into vase. Remove all leaves that will be below the water line; submerged leaves will rot and promote bacteria and algae growth. Flowers that have woody stems, like lilacs and forsythias, require a different treatment; split the last two inches of the stems with a sharp knife, and then pound that part of the stem with a hammer until it is well-frayed. The stem will then allow water to be drawn all the way to the blooms.

"Aging is not a problem we need to solve, but an stage in life to be lived well." Morris Schwartz, author of *Tuesdays With Morrie*.

Excerpted from Readers Digest

Winner of the basket raffle held at the Senior Center:

Louise Williams

Congratulations!



The following are hints from the newspaper column, "The Everyday Cheapskate." I will be putting in some of these each month, to help our readers save time and money.

Retire your iron!!

Do-it-yourself wrinkle remover spray

You can spend \$7.99 for a bottle of Downy Wrinkle Re-leaser, or you can make your own:

Pour 8 oz. of distilled water in a spray bottle. Add 1 tsp. liquid fabric softener and 1 tsp. rubbing alcohol. Close the lid tightly, and shake the bottle well. Set the spray pattern to fine mist. Spray the wrinkles with a fine mist, and then smooth them out with your hand. This spray will dry quickly, and the wrinkles will be gone.

Planning ahead:

It's never too early to think about Christmas; one reader said that one year she bought seven matching piggy banks for her grandchildren at the dollar store. She decorated them with stickers and permanent markers and lined them up on her dresser, where she dropped in her spare change. When it came time for Christmas gifts, she made sure that each bank held exactly the same amount. Simple, imaginative and inexpensive!

Kitty Be Gone!

Keep cats out of your grandkids' sandbox by pouring distilled white vinegar around the box once a month. Keep in mind that vinegar will kill some types of grass and vegetation, so be careful where you pour it.

It's nearly time to break out the picnic cooler/ice chest.

Add about an inch of water to the bottom of the cooler; drop in four Alka-Seltzer tablets, and allow them to sit for an hour. Pour out the dirty water, rinse and dry. All odors will be gone, making the cooler clean and ready for its next use.

Spa-style loofah gloves

These are great when cleaning outside windows and outdoor furniture. Wear them on one hand or both. With a quick swish in your soap bucket and a wipe down, the dirt disappears. Then rinse off everything with the hose.

May 2023

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	2 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	3 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	4 Coffee 9-11 am Eggs 8:30 am Crafts 10:00—noon Cribbage 1:00 pm	5 Paint Class 9-11 am Pitch Party 6:30 pm	6
7 Senior & Children's Concert 2:00 p.m. Center School	8 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	9 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	10 Coffee 9-11 am Wii-Bowling 9-11 am Elder Law Seminar 11am Pitch Party 1:00 pm	11 Coffee 9-11 am Eggs 8:30 am Crafts 10:00—noon Cribbage 1:00 pm	12 Paint Class 9-11 am Pitch Party 6:30 pm	13
14	15 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	16 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	17 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm Denis Cormier 2:00 pm	18 Coffee 9-11 am Eggs 8:30 am Crafts 10:00—noon Cribbage 1:00 pm	19 Paint Class 9-11 am Pitch Party 6:30 pm	20
21	22 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	23 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	24 Coffee 9-11 am Wii-Bowling 9-11 am Pitch Party 1:00 pm	25 Coffee 9-11 am Eggs 8:30 am Crafts 10:00—noon Cribbage 1:00 pm	26 Paint Class 9-11 am Pitch Party 6:30 pm	27
28	29 Memorial Day Parade 11:15 am Hot Dog & Ice Cream Social 12:30 pm	30 Coffee 9-11 am Knitting 10-noon Singing 1:30 pm	31 Coffee 9-11 am Wii-Bowling 9-11 am			

WORD SEARCH

S	U	G	S	E	V	E	R	L	C	T
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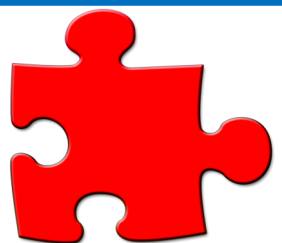
BANDANNA BRINK CLUSTERS

COMMANDEER EVIL JUST LEAK MAMBO

OVERWROUGHT PEBBLE REBUTTAL SEVER

UPSTAIRS VALIANT WEEP

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 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

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Please leave a message.
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SECRETARY/OUTREACH WORKER
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OFFICE OF ELDER AFFAIRS*

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