



Senior Times

The Voice of the Hubbardston Senior Center

November 2021

Editors:
Pat Lamoureux
Susan Breagy

November is Alzheimer's Awareness Month

My wish for you...Mom

Can't go back, never gonna be - what it was
We're both looking at the same thing
What do you see? It's not what I see
Your eyes so far away now, what are you thinking?
What are you doing? Inside your head

Inside your head, a tangled web of memories
You were there, I saw you
You loved that, didn't you?
What you know now, what you remember
Is a twisted jumble of thoughts, memories, and experiences
Enmeshed into one matted snarl
Memories that no longer make sense to your audience, or to you

Are you afraid, each time you misspeak?
Each time you are corrected?
Do you wonder why people seem so angry?
Can you understand what's happening?
Will it feel better once there are no memories at all,
When you retreat completely Inside your head?
Will you feel better or alone?
Are you afraid?

I see you fighting for your life
I know that sometimes you still see
Are you thinking, like me, how cruel, how frightening this is?
And what about us left behind to mend what has unraveled?
To live in fear that someday this could be us; could be me

I thought I could do it - It's been so long...
Time moves forward; a river of raging rapids
A torrent, flooding our hearts and minds
And then again a babbling brook
With the most pleasant sights and sounds, so soft to the eye and ear

Teasing us with false hope
Time passes by us, tick tock...tick tock
Is today the day that you won't recognize me; remember my name?
When I say good morning, will you be gone?

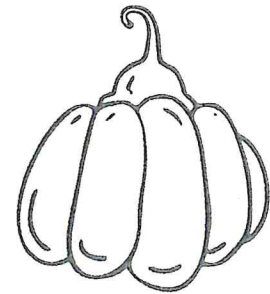
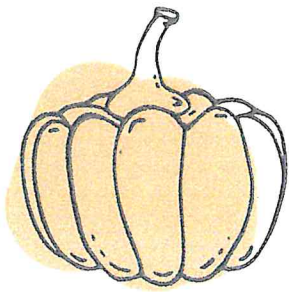
Will that be better than this purgatory, this hell on earth?
I see that you are hiding your fears and worries
Fighting for the you, that you remember, insisting you are fine
Suspicious and resenting those who love you most
Fighting to be right or at least not always wrong
Wanting to be of value, desperate to matter
Is today the day, tomorrow, or the next?

So as time slips away, my wish for you, Mom
Sleep now, sleep, breathe in and breathe out
Rest your weary head, don't worry anymore
Let us carry your fears, hold onto your worries
We'll take care of them for you
We will release them and set you free
In turn, we will hold you now; carry you
For as long or short as you need
You go ahead into that world we can't understand
Let it all go...let it go, you don't need to keep track anymore
Be free of your fears and burdens, you've carried them long enough

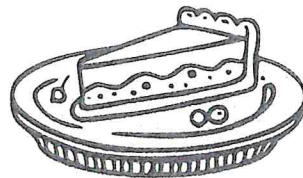
For now, just laugh, giggle, flirt
Hold only good things
Touch only joy
Feel only love
Be free and delight in the beauty of you
And the fabric of what you have sewn

Your loving daughter,
Tracy





HAPPY THANKSGIVING

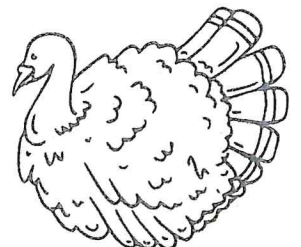
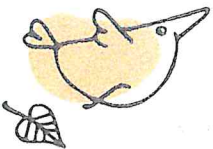


THE FRIENDS OF HUBBARDSTON SENIOR CENTER
CORDIALLY INVITE YOU TO

Join us for a delicious Thanksgiving meal on

SATURDAY, NOVEMBER 20, 2021 @2 PM

The Hubbardston Senior Center
7 Main Street, Hubbardston, MA
Call 978-928-1400 x204
Seating is limited.



UPCOMING TRIPS

Christmas in the White Mountains

December 13-15 2021

This trip will start with a visit to the new Living Shorts Aquarium . We will then travel to the deluxe White Mountain Hotel & Resort where we will enjoy a welcome reception at the Tullamore Tavern. Our first evening we will enjoy an elegant dinner and afterwards adjourn to the grand Echo Ballroom and enjoy the evening's entertainment.

The second day, after a hearty breakfast at the Ledges Restaurant, we'll depart on a guided sight-seeing tour, of northern Mt. Washington Valley. After lunch, a sleigh ride at Nestlenook Farm in Jackson NH will be fun. In the evening, another dinner in Ledges will be followed by the grand finale Christmas show with a gift from Santa!



The third day, after breakfast, we will make a special stop at Zeb's General Store. Arrival back to Hubbardston is 3:30 p.m. Call 978-928-1400 x211

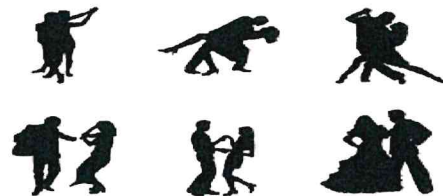
An American Bandstand New Year's Eve Day

Featuring the Tom LaMark Orchestra

Friday – December 31, 2021

Price \$105pp Includes plated luncheon, Meal tax & meal gratuity, show tickets and transportation (driver gratuity not included) Home by 5 p.m.

Come join us for a great time!



Call Claudia at 978-928-1400 x211 for further information on all trips.

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Coffee 9-11 Wii-Bowling 9-11 Bingo 12:30	2 Walking Club 9 Singing 1:30	3 Coffee 9-11 Wii-Bowling 9-11 Golden Age 1	4 Egg Drive-thru 8:30 Walk Club 9:00 Cribbage 1:30	5 Paint Class 9-11 Pitch Party 6:30	6
7	8 Coffee 9-11 Wii-Bowling 9-11 Bingo 12:30 Selectman 6:30	9 Walking Club 9 Singing 1:30	10 Coffee 9-11 Wii-Bowling 9-11 Pitch 1:30 COA meeting 6:30	11 Veterans Day Egg Drive-thru 8:30 Walk Club 9:00 Cribbage 1:30	12 Paint Class 9-11	13 Winter Boutique
14 Winter Boutique	15 Coffee 9-11 Wii-Bowling 9-11 Bingo 12:30	16 Walking Club 9 Singing 1:30	17 Coffee 9-11 Wii-Bowling 9-11 Book Club 11 Golden Age 1	18 Egg Drive-thru 8:30 Walk Club 9:00 Cribbage 1:30	19 Paint Class 9-11 Card making 1 Pitch Party 6:30	20
21	22 Coffee 9-11 Wii-Bowling 9-11 Bingo 12:30	23 Walking Club 9 Singing 1:30	24 Coffee 9-11 Wii-Bowling 9-11 Pitch 1:30	25 Egg Drive-thru 8:30 Walk Club 9:00 Cribbage 1:30	26 Paint Class 9-11	27
28	29 Coffee 9-11 Wii-Bowling 9-11 Bingo 12:30	30 Walking Club 9 Singing 1:30				



WINTER
BOUTIQUE
SALE

SATURDAY, NOVEMBER 13 9-4

SUNDAY, NOVEMBER 14 9-3

COME SEE OUR GENTLE USED FINDS

Traveling to Florida? We may have something you like! Lots of Winter stuff too!

Senior Work-off Program

Over 60? Income under \$48,950 for a single person, under \$55,950 for 2 people? You own your home? You are a Hubbardston resident? If the answers are yes – you may qualify for this program. You can earn up to a \$1,500 credit on your property tax. Either come to the Senior Center or call Claudia at 978-928-1400 x211 for an application and more information.

Book Club

Love to read? Come join us November 17 at 11 for a lively discussion. We are reading "Four Winds", by Kristen Hannah.

The Friends of Hubbardston Senior Center

Meetings the second Wednesday of the month at 11. We're trying to collect 2,500 pair for this fund raiser. We have till mid November to complete this project. Remember – we need gently used or new shoes for men, women, boys and girls. Any and all sizes welcome!

KNITTING GROUP

Anyone interested in a knitting group? Please call Cindy at 978-928-5526



Baked Acorn Squash

By: Emily Luckhurst

2 Med. Accorn squash
1/4 c. honey
1/4 c. butter or margarine

1/2 tsp. salt
Dash of pepper

Halve the squash lengthwise. Scoop out seeds and pulp. Trim the bottoms so the squash will stand level. Blend together honey, butter, salt and pepper. Divide among the halves. Place the squash in a greased baking dish and cover tightly with foil. Bake in preheated 375 deg. Oven for 1 hours. Uncover and bake for 15 to 20 minutes longer, until lightly browned and soft, basting frequently with butter mixture.

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community of Hubbardston
In God we Trust!*

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**Donate Your Gently Worn,
Used and New Shoes To
The Friends of the
Hubbardston Senior Center**

Help us raise funds for our organization by
donating your gently worn, used and new shoes!

.....
WHERE/WHEN:

Hubbardston Senior Center OR the
Evangelical Congregational Church

We only have a few weeks to collect
150 bags. The time is now!

.....
CONTACT:

Kay Senckowski
808)372-5167
Wavegrl38@gmail.com



November 2, 2021. 9:00 – 9:45 A.M. Our State Rep, Don Berthume, will have a representative here at the Senior Center. Come on down with your questions!



CAROLING

LIKE TO SING? COME JOIN US ON TUESDAY'S AT 1:30. WE HAVE UPCOMING CONCERTS ON DECEMBER 8TH IN GARDNER, DECEMBER 14TH AT BARRE, AND WE WILL BE CAROLING AROUND TOWN ON DECEMBER 18TH. COME JOIN THE FUN.



*Christmas Fair -
December 4th*

9:00 a.m. - 3:00 p.m.

Have your picture taken with Mr. & Mrs. Claus

We have tables available! Call Claudia for
information 978-928-1400 x211

SHINE – Don't forget – it's time to renew your medical coverage for 2022. Call the Senior Center to make an appointment to review your choices for health insurance. Our SHINE representative is available now. Call 978-928-1400 x211



Christmas Fair—December 4th 9-3

Food—Decorations—Special Holiday Goodies

Bring the Grandchildren to visit and get a picture with Mr. & Mrs. Claus!



GOLDEN AGES

The Golden Age Club meets at the Senior Center at 1:00 every 1st + 3rd Wednesday. I appreciate everyone who baked for Field Day. Thank you! November 19, 2021 at 1:00 pm we are making Christmas cards at the Senior Center. Our cost is 5.00 per person for materials. Christmas Fair is coming up. Once again we will be calling for your help baking goods. Speaking of Christmas, watch your mail for your Golden Age invitations to the Christmas luncheon. Thank you everyone. President, Beverly Kohlstrom



TO OUR VETERANS—THANK YOU FOR YOUR SERVICE!



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 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.

Fall Word Search

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

AUTUMN
BROWN
CHILLY

FOOTBALL
HARVEST
LEAVES

ORANGE
PINE CONE
PUMPKIN

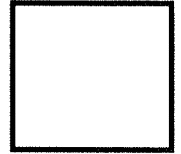
RAKE
REAP
SEASON

TREES
WIND
YELLOW



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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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