

# Senior Times

The Voice of the Hubbardston Senior

October 2023

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**You're invited to our special  
Boutique sale at the Senior  
Center!**

**October 6, 7, 8, & 9**

**9:00 a.m. —3:00 p.m.**

**We have lots of quality used  
clothing—from kids to adults.**

**Many sizes—from small to XXL.  
Come check out our selection.**

**Holidays are coming—we have  
many dressy outfits as well as  
winter coats, boots, shoes, and  
much more. Here's a chance to  
look sharp on a budget and help  
the Senior Community at the  
same time.**



Hubbardston COA & Claudia Provencal  
presents:

**Sunday, October 15**

**Jack-O-Lantern Spectacular Trip  
@ Roger Williams Zoo  
& Wright's Chicken Farm**

\*Please note that payment is due when you make your reservation.

For Reservations Call:

Claudia Provencal @ 978.928.1400 Ext. 211  
or 978-928-5195



**Lions Annual HHHH Walk**

**October 20 & 21**

**5:30 p.m. to 9:00 p.m.**

**Curtis Rec Field**

**Annual Halloween "Horribles Parade"**

**October 28rd 12:00 p.m.**

**Children march from the Hub-  
bardston Fire Station to Cen-  
ter School for a party with a  
magician for entertainment.  
Children are escorted by both  
Police and Fire Department.  
All welcome!**



## CANDIDATES NIGHT

**TUESDAY, OCTOBER 3, 2023 AT 6:30  
PM**

**HUBBARDSTON SENIOR CENTER**

**COME MEET THE CANDIDATES THAT  
ARE RUNNING FOR THE VACANT STATE  
SENATE SEAT.**

**BRING YOUR QUESTIONS AND  
CONCERNS.**

## Special State Primary

**October 10**

**Polls opened from 7:00 am to  
8:00 pm**

**Held in the Center School Gym**

**Special Town Meeting**

**October 26**

**6:00 pm**

**Hubbardston Center School Gym**

## Open Sewing Circle

**Monday 9-2 pm**

**Under Library**

**October 9th and 23rd**

**Bring your sewing machine and  
project you're working on. All  
Welcome Call Cindy for more in-  
formation 978-928-5526.**



### Volunteer Opportunity

We know it's a little early to ask this – but Memorial Day Committee is looking for volunteers to help make this day special as we honor those who gave the ultimate sacrifice to our Country. Our next meeting is October 11th at 4 pm in the town offices. Come join us!

Did you know...

The Hubbardston Police Department has a Medical Disposal container in the lobby.

Accepted:

- Unused or expired prescription meds
- Unused or expired over the counter medicines
- Pet medications

NOT Accepted:

- Illegal drugs
- Needles/ sharps
- Batteries of any type
- Non-pharmaceuticals (e.g. thermometers, hydrogen peroxide)



## Upcoming Events



### Artisan Group

All Artists and media are welcome. It's an open forum to create your art and share your knowledge or just meet up with other artist and share your stories. 9-11 a.m. on Fridays. Call Cindy at the Senior Center 978-928-1400 x211.

Friends of the Hubbardston Senior Center presents a

### Raffle for a Cord of Wood



### Medicare Seminar and Luncheon October 27 at 12:30 p.m.

#### Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

If you are new to Medicare this is the #1 question most people have when looking for additional insurance. However, once on a plan, it's always a good idea to re-look at your choices each year. Circumstances Change. So Can Your Health Plan. Every year, during the open enrollment period from October 15 to December 7, you can change your Medicare plan for the following year. So even if you're already on a plan, join our webinar and make sure you're still enrolled in the best plan for you. No Blue Cross plan details will be presented, but you will leave with an understanding of which type of plan best fits your needs.

#### What We'll Cover:

- What's Original Medicare
- Differences between Medicare Supplement and Medicare Advantage Plans
- Do I need Prescription Drug Coverage?
- Real life case studies

Resources to help you in the decision process

Sponsored by BlueCross BlueShield of Massachusetts



\$5.00 for one ticket,

\$20.00 for five tickets

Winning ticket to be drawn on Halloween

Hubbardston BOH & Mass Public Health Network

Vaccine Clinic

Thursday November 2, 2023

5-7:30 p.m.

Covid & Flu Shots

Hubbardston Center School Gym

Bring Insurance Information

### Book Club

October's book is

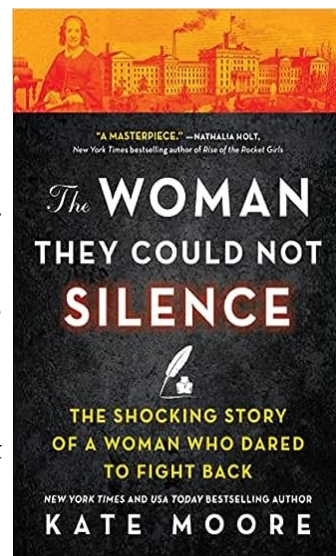
*The Woman Could Not Silence* by Kate Moore.

Meets every 4th Wednesday of the month.

Would you like to join us for lively discussion?

Call the

Library to get the book at 978-928-4775 and join us for lively conversation.



Thank you GFA for sponsoring our newsletter.





# OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	3 Coffee—9-11 am Knitting 10-noon Singing 1:30 pm  Candidates Night 6:30 pm	4 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	5 Coffee 9-11 am Eggs 9 am Cribbage 12:30 pm	6 Boutique 9-3 pm	7 Boutique 9-3 pm
8 Boutique 9-3 pm	9 Boutique 9-3 pm	10 Coffee—9-11 am Knitting 10-noon Singing 1:30 pm  State Primary 7 am—8 pm	11 Coffee 9-11 am Wii-Bowling 9-11 am Pitch Party 1:30 pm	12 Coffee 9-11 am Eggs 9 am Cribbage 12:30 pm	13 Artisan 9-11 am	14
15 Jack-O-Lantern Bus Trip 1:15 pm	16 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	17 Coffee—9-11 am Knitting 10-noon Singing 1:30 pm	18 Coffee—9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	19 Coffee 9-11 am Eggs 9 am Cribbage 12:30 pm	20 Artisan 9-11 am Pitch Party 6:30 pm	21
22	23 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	24 Coffee—9-11 am Knitting 10-noon Singing 1:30 pm	25 Coffee 9-11 am Wii-Bowling 9-11 am Book Club 11 am Pitch Party 1:30 pm	26 Coffee 9-11 am Eggs 9 am Cribbage 12:30 pm  Special Town Mtg 6 pm	27 Artisan 9-11 am  Medicare Seminar 12:30 pm	28 Horribles Parade noon
29	30 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	31 Coffee—9-11 am Knitting 10-noon Singing 1:30 pm				

### TIME TO APPLY

**Low-income Home Energy Assistance**  
**Fuel is expensive, and winter is long!**

If you need help with Fuel Assistance, we have just the person to help. Call the Senior Center at 978-928-1400 x211 to make an appointment with Pat Lamoureux. She can help with the paperwork.

**Fuel Assistance—978-342-4520 (NEFWC); 978-342-9407 (Salvation Army);  
877-563-4645 (Joe for Oil)**

### SHINE

Open enrollment starts October 15 thru December 7TH. Call Senior Center to make appt or to discuss your health insurance needs over the phone with the SHINE counselor. 978-928-1400 x211

### Senior Work Off Applications

Applications will be available October 10th. This program is income edible.



### TRANSPORTATION

Call or leave a message for Sharon at 207-710-1777 or 978-928-1400 x210.

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 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.

**Please remember the MART van will not be running when school is closed due to weather or holidays.**



# Be Seated



ARMCHAIR

BEANBAG

BENCH

BLEACHER

BOOSTER

BOOTH

CART

CHAIR

CHAISE

COUCH

CUSHION

DIVAN

FUTON

HASSOCK

LAP

LOVESEAT

OTTOMAN

PAPASAN

PEW

RECLINER

ROCKER

SADDLE

SETTEE

SKI LIFT

SOFA

STOOL

STOOP

THRONE

WINGBACK

ZABUTON



**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  
William Lipka

#### **Advisory Committee**

John Nason

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Hubbardston MA Council on Aging