



NON SUCH APPLE



Senior Times

The Voice of the Hubbardston Senior

September 2021

Editors: Patricia Lameroux
Susan Breagy

ASK CLAUDIA

What is the main focus of the Council on Aging (COA)/Hubbardston Senior Center?

Helping the Seniors in town be socially active and provide informational programs.

Claudia, when you say socially active, what exactly do you mean?

It is important to keep active as a Senior citizen—mental and physical. Whether it's encouraging people to attend Wii-Bowling to playing Pitch (and everything in between). Helping people battle loneliness is important. As a group, we try to do trips that people are interested in. We always welcome ideas for new adventures. We do outreach to our Seniors with well visits, phone calls, etc. Covid has made some of this difficult—but we are doing our best.

Claudia, when you say information, what does that mean?

There is so much information available to our Seniors in town. We have access to the SHINE Councilor to help with questions on insurances that change every year. Need help at home because of illness? We have information on the VNA. For Veterans who have questions, we can help you get in touch with the right people. We have information on fuel assistance, farmers coupons, and MOC meals (Meals on Wheels).

Claudia, are these services only for Seniors or can others call for help?

Anyone can call. We get many calls from adult children who's Mom or Dad need help. This information is available to them.

Claudia, what else do people need to know about the Senior Center?

Probably one of the things that people are unaware of is that we have access to a lot of medical equipment. Whether there's a need for a cane, wheelchair, or a shower seat we can help you get this equipment.

We are here for the Seniors and welcome any and all questions. Another important aspect of our center is that we are successful because of our volunteers. Please come join us!

PLEASE NOTE A CHANGE:

PITCH IS THE 1ST AND 3RD FRIDAY NIGHT AT 6:30 PM EACH MONTH!

24th Annual Hubbardston
Library 5K Road Race/Walk

Saturday September 11,
2021

9 AM—SHARP
Rain or Shine

DPW looking for help. Know of someone
who would like to join a terrific team. Call
978-928-1408 if interested.

Get your Flu shot here!

October 12

9 till noon

Hubbardston Annual Field Day

September 18th

9:00—3:00

Rain date September 19th

Love to read? Come join us! It's
the 4th Wednesday of every
month at 11:00 a.m.

Next gathering is September 22th
at 11. This month we're reading
Big Lies in a Small Town by Diane
Chamberlin.

Don't forget—the newsletter is posted onto the Town website. www.hubbardstonma.us.

Friends of Hubbardston Seniors

Come visit our booth at the Hubbardston Fair on September 18th

Come have cider donuts, cider or iced coffee.

Take a chance on the Lottery Tree and raffle baskets!

Thank you for your support for our Seniors in Town!

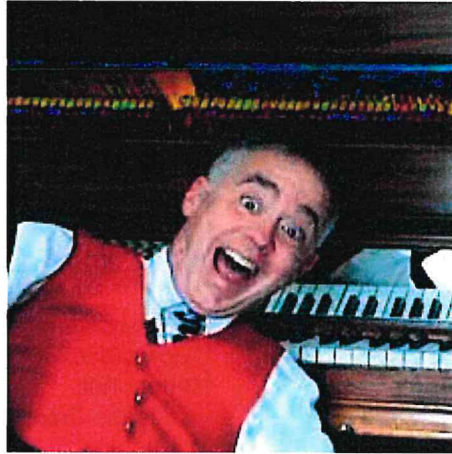
SEPTEMBER 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------|---|---|---|--|---|----------------------------|
| | | | 1 Coffee w/Friends 9:00 Wii-Bowling 9:00 Golden Age Mtg 1:00 | 2 Walk Club 9:00 Farmers Market 8:30-9:30 Egg Drive-thru 8:30 Cribbage 1:30 | 3 Water Color Painting 9:00 Pitch Party 6:30 | 4 |
| 5 | 6 Coffee w/Friends 9:00 Wii-Bowling 9:00 Bingo 12:30 | 7 Walk Club 9:00 Singing 1:30 | 8 Coffee w/Friends 9:00 Wii-Bowling 9:00 Friends 11:00 Pitch 1:30 | 9 Walk Club 9:00 Farmers Market 8:30-9:30 Egg Drive-thru 8:30 Cribbage 1:30 | 10 Water Color Painting 9:00 | 11 Library Road Race 9 |
| 12 COA Tea 1:00 | 13 Coffee w/Friends 9:00 Wii-Bowling 9:00 Bingo 12:30 | 14 Walk Club 9:00 Singing 1:30 | 15 Coffee w/Friends 9:00 Wii-Bowling 9:00 Golden Age Mtg. 1:00 | 16 Walk Club 9:00 Farmers Market 8:30-9:30 Egg Drive-thru 8:30 Cribbage 1:30 | 17 Water Color Painting 9:00 Pitch Party 6:30 | 18 Hubbardston Fair 9-3 |
| 19 Wildwood, NJ trip | 20 Coffee w/Friends 9:00 Wii-Bowling 9:00 Bingo 12:30 Wildwood, NJ trip | 21 Walk Club 9:00 Singing 1:30 Wildwood, NJ trip | 22 Coffee w/Friends 9:00 Wii-Bowling 9:00 Book Club 11:00 Pitch 1:30 Wildwood, NJ trip | 23 Walk Club 9:00 Farmers Market 8:30-9:30 Egg Drive-thru 8:30 Cribbage 1:30 | 24 Water Color Painting 9:00 | 25 |
| 26 | 27 Coffee w/Friends 9:00 Wii-Bowling 9:00 Bingo 12:30 | 28 Walk Club 9:00 Singing 1:30 | 29 Coffee w/Friends 9:00 Wii-Bowling 9:00 | 30 Walk Club 9:00 Farmers Market 8:30-9:30 Egg Drive-thru 8:30 Cribbage 1:30 | | |

GOLDEN AGERS OF HUBBARDSTON

PRESENTS

GARY LANDGREN IN CONCERT – HONKY TONK PIANO



FREE ADMISSION

OCTOBER 15, 2021 AT 1:00 PM

AT THE HUBBARDSTON SENIOR CENTER


EVERYONE WELCOME!

COFFEE AND COOKIES WILL BE SERVED



RAFFLE BASKET

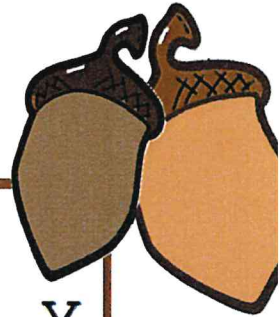
SEPTEMBER MOC MEALS

| TUESDAY | Totals | THURSDAY | Calories |
|---|--------------------------------|--|--|
| * All meals include 1% milk | | 2 Roast Pork Apple Gravy Cinnamon Sw Potato Mixed Veggies, Rye Bread Applesauce | Calories: 619 Sodium: 506 |
| 7 BBQ Chicken Leg Qtr Mac & Cheese Broccoli/Cauliflower Wheat Dinner Roll Strawberry Cheesecake Diet: Choco Grahams | Calories: 1010 Sodium: 1055 | 9 Beef Stew Brussels Sprouts Corn Bread Mixed Fruit Cup | Calories: 786 Sodium: 432 |
| 14 Gr. Chicken Marsala Egg noodles, Spinach Multigrain Bread Vanilla Yougurt | Calories: 571 Sodium: 779 | 16 Chicken Jambalaya Brown Rice, Mixed Veggies Dinner Roll Mandarin Oranges | Calories: 654 Sodium: 603 |
| 21 Beef & Lentil Chile Brown Rice Broccoli Wheat Bread Pears | Calories : 627 Sodium: 576 | 23 Salmon/mixed greens Israeli CousCous Salad Cauliflower & Red pepper Salad Marble Rye Clementine | Calories: 694 Sodium: 495 |
| 28 Chicken Teriyaki Vegetable Fried Rice Asian Bld Vegetables Multigrain Bread Fortune Cookie, Mandarin Oranges | Calories: 664 Sodium: 920 | 30 Gr. Chicken Piccata Chantilly Potatoes Glazed Carrots Whole Wh Dinner Roll Iced Choc Brownie Diet: Choco Grahams | Calories: 756 Sodium: 1016 |
| | |  | Suggested voluntary donation: \$3.00 |

Autumn



WORD SEARCH



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



SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF

ANNOUNCEMENTS

The Golden Ages meet on the 1st and 3rd Wednesday of each month. New members are always welcomed. With fall coming we have many new activities planned.

We are going to a play at Mount Wachusett Community College, Theatre at the Mount. Of course planning for our Christmas Party takes a lot of time, but we plan way ahead of time. We are also planning a special event October 15th at 1:00 p.m. at the Senior Center. Everyone is welcome. Watch for our flyer!



Mark your Calendar

Q&A session with a panel of
representatives from varied
VA resources

**This is for Veterans and
family members.**

October 8, 2021 at 1:00 p.m.

Location at Hubbardston Senior Center

Light Refreshments will be served.

Call 978-928-1400 x211 limited seating.

September 11, 2001

Let's never forget



September 11 attacks: A series of airline hijackings and suicide bombings against U.S. targets perpetrated by 19 militants associated with the Islamic extremist group al-Qaeda. The attacks were planned well in advance; the militants – most of whom were from Saudi Arabia – traveled to the U.S. beforehand, where a number received commercial flight training. Working in small groups, the hijackers boarded 4 domestic airliners in groups of 5 on Sept. 11, 2001, and took control of the planes soon after takeoff. At 8:46 AM (local time), the terrorists piloted the first plane into the north tower of the World Trade Center in New York City. A second plane struck the south tower some 15 minutes later. Both structures erupted in flames and, badly damaged, soon collapsed. A third plane struck the southwest side of the Pentagon near Washington, D.C., at 9:40, and within the next hour the fourth crashed in Pennsylvania after its passengers – aware of events via cellular telephone – attempted to overpower their assailants. Some 2,750 people were killed in New York, 184 at the Pentagon, and 40 in Pennsylvania. All 19 terrorists died.



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.

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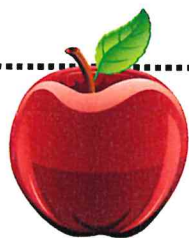
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REACH YOUR CUSTOMERS 365 DAYS A YEAR!



Baked Apple & Carrot Casserole

Mary Ellen Shaughnessy

6 Apples, core, peeled and thinly sliced
1/3 c. brown sugar
3/4 C. orange juice

2 c. cooked carrot slices
2 T. flour

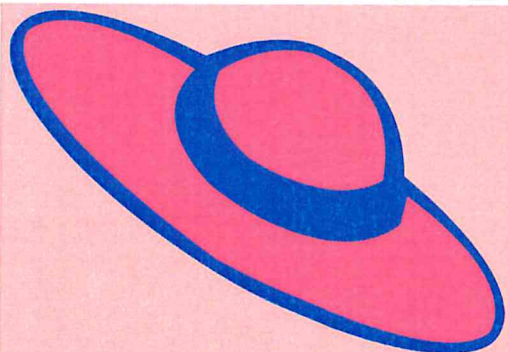
Place 1/2 of apples in a greased 2-quart baking dish and cover with 1/2 of the carrots. Mix the brown sugar and flour. Sprinkle 1/2 of the mixture over the carrots. Repeat layers and pour orange juice over the top. Bake at 350 degrees for 45 minutes.

Friends of the Hubbardston Senior Center

Shoe Drive—Starting September 1—October 31st

Looking for gently worn or new shoes. Have a pair of shoes that you no longer need? Don't wear? Still in good shape? Please donate them to our fund raiser.

We will have a pick-up truck at Field day—we are challenged to fill it!



A VICTORIAN TEA

HOSTED BY THE HUBBARDSTON COA

SEPTEMBER 12, 2021 AT 1:00 P.M.

DONATION: \$5.00

Menu: Tea breads, soup, dainty sandwiches and petite desserts



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
Center 978-928-1400 x 211.
Please leave a message
Home 978-928-5195
coa@hubbardstonma.us

CHAIRPERSON

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Florence Pervier
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SECRETARY/OUTREACH WORKER

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Home: 978-928-5120
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*THIS PUBLICATION IS PARTIALLY FUNDED BY A
GRANT FROM THE MASSACHUSETTS EXECUTIVE
OFFICE OF ELDER AFFAIRS*