



Senior Times

The Voice of the Hubbardston Senior

October 2022

Editor: Claudia Provencal
Assistants
Susan Breagy
Bonnie Cunningham

Do you know the difference between Medicare Supplement Plans vs. Medicare Advantage Plans? Come to a free seminar – hosted by COA & BlueCross/BlueShield of Massachusetts

Friday, October 21st

11-:30 am – 12:30 pm

Hubbardston Senior Center



Fall Prevention Seminar

Wednesday, October 5, 2022

10:00 – 11:00 am

Dr. Timothy Gallagher

The Hubbardston Senior Center

Light refreshments. Call Senior Center to reserve a space.

978-928-1400 x211

Something Fun to Do!

Tower Hill—Boylston

AARP members and five guests can enjoy free admission to the NE Botanic Gardens at Tower Hill in Boylston on Tuesdays in Sept. and Oct. The group must arrive in one car and mention the code FUN50 at the gate.

Hours are 10 am to 5 pm. There are 171 acres of gardens, woodlands and trails

Nonesuch Night

October 8th 4pm

Rec field

Food trucks, band & free movie.

Rain date 10/9



Veterans Agent

October 19

9:00 – 11:00 AM



Come join the Hubbardston Vet's Agent for coffee and light refreshments. Town Veterans and their families are all welcome. Bring any issues and learn about available benefits.

Thank you GFA for sponsoring our newsletter.



Important Town News

Last day to register to vote: 5pm on Saturday, October 22nd

Special Town Meeting—regarding the Budget
October 26 at 7:00 p.m. at the Hubbardston Center School Gym, 8 Elm Street

Vote by mail application deadline: 5pm on Tuesday, November 1st

Voting Day: Tuesday, November 8, 2022
Polls Open: 7am – 8pm
Voting Location: Hubbardston Center School Gym, 8 Elm Street

Early Voting Location: Town Clerks office, 7 Main Street

Early Voting Hours:

- Saturday, October 22nd: 12pm – 5pm
- Monday, October 24th 3pm – 6pm
- Tuesday, October 25th 9am – 12pm
- Wednesday, October 26th 9am – 12pm
- Thursday, October 27th 9am – 12pm
- Monday, October 31st 3pm – 6pm
- Tuesday, November 1st 9am – 12pm
- Wednesday, November 2nd 9am – 12pm
- Thursday, November 3rd 9am – 12pm

Annual Halloween "Horribles Parade"

October 23rd 1:00 p.m.

Children march from the Hubbardston Fire Station to Center School for a party with a magician for entertainment. Children are escorted by both Police and Fire Department. All welcome!



Halloween Hoedown with DJ

October 31st from 4 –8 p.m.

In the parking lot at the Police Station

Come for games, food, music, and CANDY!

Sponsored by Bill and Donna Shea of the Rupture Duck. Donations to C.H.O.P (Community Holiday Outreach Program) are welcome. This benefits under privileged children in need at Christmas. Refreshments provided by Rietta Ranch.

Haunted Hay Ride

Rietta Ranch

October 28 & 29

5:30—9:30 P.M.

Kids under 12 free

978-895-1767



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.

Heed your Mass Health mailings!

Be sure to respond to any mail you get from MassHealth. Over the next several months as the Federal Public Health Emergency (PHE) ends, MassHealth will be sending numerous notices reviewing and detailing the status of MassHealth coverage. These mailings often have deadlines involved, and you need to respond to Mass Health by a specific date or **YOU may lose your coverage**. If you have not heard from MassHealth recently, we suggest that you contact them to make sure they have your current address. If mail is returned to MassHealth **YOU MAY LOSE YOUR COVERAGE AS WELL**.

Finally, if you get mail from MassHealth that you do not understand, you should contact the Senior Center at 978-928-1400 x211 and we will have the SHINE Counselor contact you.

TIME TO APPLY

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

Please submit an application early! <https://toapply.org/NEFWF> Or come in to the Senior Center on Tuesdays and ask for Pat Lamoureux. She can help with the paperwork.

REMEMBER – It's an ongoing process and you're working with bureaucracy – the reward is worth the effort!

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

Open Enrollment for Health Care Coverage

October – December

In person time available on
Fridays with SHINE

Call 978-928-1400 x211 to secure
your space

Make your appointment
now

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	4 Coffee 9-11 Knit Club 10-noon Singing 1:30	5 Coffee 9-11 am Wii-Bowling 9-11 am Golden Ages 1:00 pm Fall Prevention 10-11 am	6 Eggs 8:30 am Crafty Crew 10-noon Cribbage 1:00	7 Paint Class 9-11 am Pitch Party 6:30 pm	8
9	10 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	11 Coffee 9-11 Knit Club 10-noon Singing 1:30	12 Coffee 9-11 am Wii-Bowling 9-11 am Pitch 12:30 pm	13 Eggs 8:30 am Crafty Crew 10-noon Cribbage 1:00	14 Paint Class 9-11 am	15
16	17 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	18 Coffee 9-11 Knit Club 10-noon Singing 1:30	19 Coffee 9-11 am Wii-Bowling 9-11 am Golden Ages 1:00 pm Vet Agent 9-11 am	20 Eggs 8:30 am Crafty Crew 10-noon Cribbage 1:00	21 Paint Class 9-11 am Blue Cross Mtg 11:30-12:30 Pitch Party 6:30 pm	22
23	24 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	25 Coffee 9-11 Knit Club 10-noon Singing 1:30	26 Coffee 9-11 am Wii-Bowling 9-11 am Book Club 11:00 am Pitch Party 12:30 pm	27 Eggs 8:30 am Crafty Crew 10-noon Cribbage 1:00	28 Paint Class 9-11 am	29
30	31 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm					

Needed!

Looking for **Clamshell** eye glass cases for a Crafty Crew project. Drop off at Senior Center. Questions— Call Cindy at

978-928-5526

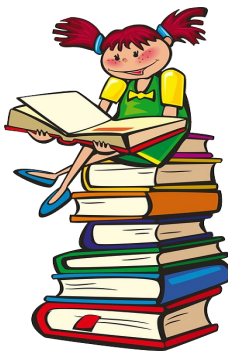


Every Monday & Wednesday

9:00 – 11:00 AM

Wii-Bowling

Are you competitive? Come join us for friendly competition. Coffee and light refreshments served.



Senior Book Club

October 26 at 11 – noon

This month's book: *The Lilac Girls*
by Martha Hall Kelly

If you would like to join, call the Hubbardston Librarian at 978-928-4775. Book Club meets the 4th Wednesday of the month.

Hubbardston Singin' Swinin' Seniors

Love to sing? Come raise your voice with us every Tuesday at 1:30 pm.

Holiday Music practice begins!



The Friends of Hubbardston Senior Center

We would like to thank all that supported us at September's Hubbardston Field Day.

We are proud of the support we lend to all Seniors in Hubbardston. Watch for our 2nd annual Thanksgiving Dinner which will be held sometime in November. Date and time to be determined.



Maple-Roasted Acorn Squash

Ingredients

Acorn Squash, unpeeled, halved through the stem, and seeded

1 Tbs unsalted butter, diced

1 tablespoon pure maple syrup, plus extra for serving

Good olive oil

Kosher salt & freshly ground black pepper

Flaked sea salt, such as Maldon for serving

The Golden Ages

September was a busy month. Field Day was fun and our food sold quickly. The Yard Sale was a busy time for all of us.

We meet the 1st and 3rd Wednesday of each month and are looking forward to our field trip on the 19th for lunch. Where? TBD. Call Bev for information at 978-464-5041.

Hmmm. What will happen in November – Stay Tuned!

Directions:

1. Preheat the oven to 350 degrees F.
2. Place the squash, cut sides up, on a sheet pan. Place 1/2 Tbs butter and 1/2 TBS maple syrup in the cavity of each squash. Brush the cut sides with olive oil and sprinkle the squash with sprinkle kosher salt and pepper. Roast for 40 to 60 minutes until tender when pierced with a small knife.
3. Place the squash on a serving platter. If the halves are too large for one serving, cut each piece in half through the stem. Drizzle lightly with extra maple syrup, sprinkle with sea salt, and serve hot.

Name: _____ Date: _____

Harvest festival

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

ANNUAL
APPLES
AUTUMN
CELEBRATION
CONTESTS
CORN
CORNUCOPIA
CROPS
FARMER
FEASTING
FESTIVAL
FIELDS
GAMES
HARVEST



HAYRIDE
LEAVES
MERRIMENT
MUSIC
OCTOBER
PUMPKINS
REGIONAL
SCARECROW
SEPTEMBER
SQUASH



122A/944 Main Street Holden, MA
508-829-4333
 WWW.sunnysideford.com



*A New Place to Call
 Home in A Community
 That Cares*

50 Pine Street
 Gardner, MA
(978) 632-8292
 Www.hwcommons.com

Established
 1994

The Donna Warfield Team

Donna AM.
 Warfield
508-479-1047
 Donnawarfield99@gmail.com



Kimberly Clark
978-906-1503
 Kimberlyclark1@remax.net

WE ARE THANKFUL FOR ALL OF THE SUPPORT FROM THE HUBBARDSTON COMMUNITY

"WE ARE HERE TO ASSIST YOU IN ANY OF YOUR REAL ESTATE NEEDS"

RE/MAX ADVANTAGE1
 WWW.THEDONNAWARFIELDTEAM.COM



27 Years of Servicing Hubbardston, Barre, Oakham, Hardwick, Petersham & More

Your Local Choice for Quality Therapy Service



Returning 95% of all admissions back to the Community
 59 East Circle, Gardner, MA – 978-632-8776– Gardner Rehab.com



Hubbardston Liquors & Food Mart
32 Main Street
Hubbardston, MA 01452
978-928-5038

We're glad to serve the Hubbardston Community
IN GOD WE TRUST!



Advanced Funeral Planning
 Serving the Community of Hubbardston for over 125 years

1158 Main Street
 Holden, MA
 508-829-4434

**Richard Mansfield
 Ricky Mansfield
 Funeral Directors**

100 Worcester RD
 Sterling, MA
 508-978-422-0100



105 Central Street
 Gardner, MA
 978-632-0158
 John H. Mack, Director
 Kevin J. Mack, Director
 Www.mackfamilyfh.com

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

CHAIR

Florence Pervier
SECRETARY/OUTREACH WORKER
Mary Ellen (Mel) Shaughnessy
TREASURER
Ken Horvath

MEMBERS

Nancy Afonso
Bonnie Cunningham
Pat Lamoureux
William Lipka

Advisory Committee

John Nason

*THIS PUBLICATION IS PARTIALLY FUNDED BY A
GRANT FROM THE MASSACHUSETTS EXECUTIVE
OFFICE OF ELDER AFFAIRS*

Follow us on Facebook
Hubbardston MA Council on Aging