



Senior Times

The Voice of the Hubbardston Senior

January 2024

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Dear Hubbardston Seniors,

As the holiday season draws to a close, I find myself filled with gratitude and optimism for the New Year ahead. Looking back on 2023, the community has much to celebrate. The Lions Club generously funded and built a beautiful new pavilion at Curtis Field, which will enable more town events and bring residents together for years to come. The fresh facelift along Main Street has revitalized the heart of Hubbardston, and looks to be done in 2024. The friendly new additions at Town Hall have already made great strides to improve communication and accessibility.

Most of all, I am thankful for all of you – the people who make Hubbardston so special. Your continued involvement at senior center events, volunteer work across our community, and passionate participation at town meetings is what enables local government to truly understand and serve your needs. We are all partners in shaping the future of Hubbardston.

As we enter 2024, I aim to increase transparency, seek constituent input, and ensure responsible financial management. Expect regular budget updates with opportunities for feedback, listening sessions to welcome open dialogue, and collaboration with state and federal partners to bring resources home to Hubbardston. We will also continue working to support and invest in our talented town employees. When we lift each other up, our entire community becomes stronger.

While new challenges undoubtedly await in the year to come, I am confident Hubbardston will meet them with compassion and courage. Our seniors' voices will remain at the heart of each decision we face together. Please know my door is always open, and I welcome you to share concerns, ideas and feedback with me at any time.

Here's to a happy, healthy 2024 ahead! Let's make it the best year yet for our hometown.

Nate

Nathan R. Boudreau, MPA
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Town of Hubbardston
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Frozen Assets Is Back!

The Outhouse will be located at 5 Williamsville Rd at The Country Hen pond in the beginning of February.

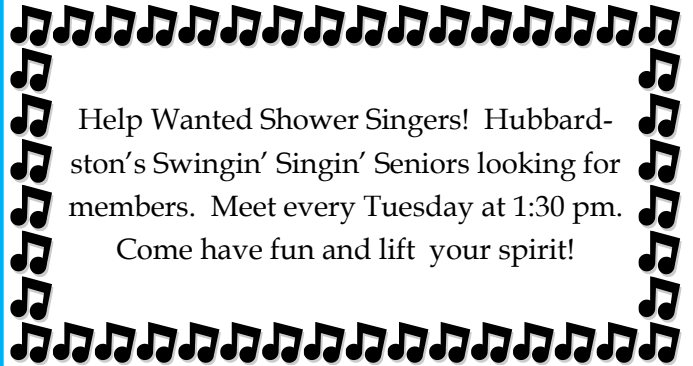
Forms are available at Stars & Stripes Diner, Giacomo's Gourmet Foods, The Hubbardston Pizza Palace, or The Country Trail. Take 5 guesses on when the outhouse will fall through the ice!



Suggestion of \$20 donation for each Frozen Assets Form. All donations go into the Special Events Fund for this and other special events.

Art Group

Meets every Friday from 9-11 am All mediums welcome! For more information call Cindy at the Senior Center.



Help Wanted Shower Singers! Hubbardston's Swingin' Singin' Seniors looking for members. Meet every Tuesday at 1:30 pm. Come have fun and lift your spirit!

Important January News from our Town Clerk

Census forms will be mailed early January. Remember, if you don't return your form after 2 years, you are dropped from the voting rolls. Dog license renewals and burn permits from the Fire Department will be included in this mailing.

Book Club



Our next meeting is January 24th at 11 am. This month's book is *The Silent Patient* by Alex Michaelides. Would you like to join us for stimulating discussion? Call the Library to get the book at 978-928-4775 and join us for lively conversation.

Sewing Circle Monday 10-2 pm meets in the basement of the library. Bring your machine and project. Great conversations and collaboration.



Inclement Weather

Call the Senior Center to see if we're open. 978-928-1400 x211.

{At my age} getting a second doctor's opinion is kind of like switching slot machines.

*STATESMAN Jimmy Carter

**Old age ain't for sissies.
Actress Bette Davis**

When I was forty and looking at sixty, it seemed like a thousand miles away. But sixty-two feels like a week and a half away from eighty. It must now get on with those things I always take about doing but put off.
Actor/Singer Harry Belafonte

Winter

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

FIRE
FREEZE
FROST
GALE
GLOVES
HAT
HORSE SLEIGH
ICE
ICICLE
ICINESS
IGLOO
JANUARY
MISTLETOE
POLAR BEARS
PRECIPITATION
SALT
SCARF
SEASON
SHIVER
SKATE
SKI
SNOW
STEW

ANTIFREEZE
ARCTIC WIND
ASTRONOMIC

BECOME FROSTED
CHATTERING TEETH
CHILLY

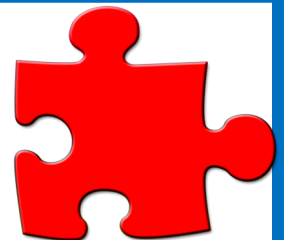
CHRISTMAS
COLD
DECEMBER


FRIENDS?

What do the following words have in common?

ACT COAT DOG FOOT LINE PIN STAND

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.





MARK YOUR CALENDARS
SUNDAY, FEBRUARY 11TH
12:00 — 2:00 P.M.
VALENTINES DAY BRUNCH
AT THE SENIOR CENTER
MORE DETAILS TO FOLLOW!

Valentines Day Raffle

ONE WINNER TAKES ALL!

*Take a chance on winning a lot of
gift cards from area businesses.
Gift cards include, Kohl's, Nails by
Hannah, The Old Mill Restaurant
and many more.*

*Suggested donation is \$10 for 25
tickets. They are available at the
Senior Center.*

*All proceeds go towards building
the Patio/deck.*

Smoke

Detector Safety
Seminar

10:00-11:00 am

January 2nd

Senior Center

Come learn how to keep your
smoke detectors up to snuff.
Light refreshments served.



TIME from a Gramma's perspective
by Elaine Daisy McKay

There isn't time, there isn't time,
To do the things I do adore.
With all the books I want to read
And all the rail trails to explore.

With all the things I want to write
And all the stories to be told
And all the folks I want to meet
To share God's Love, because I know
It can't be beat.

To capture the colors of my
life, as it rolls along.
Perhaps in words, or picture
or I'll do it with a song.
To share about life's wisdom,
Because it's lived and true.
To touch life each day, for
that's what
I know I'm here to do.



So what is **time**, **time** is today,
To savor the blessings that will come my
way.
For the gift of each day, the treasure is mine.
To accomplish each task, in my given **time**.

Elaine McKay Nov. 2006

Fire Extinguisher
Safety Seminar

10:00 -11:00 am

January 16th

Senior Center

Did you know that
an extinguisher has
an expiration date? Come to the
seminar hosted by the Hubbard-
ston Fire Department. Light re-
freshments will be served



One of the things that happens when you get older is your ear hairs really start growing,. Can't stand 'em, so I want 'em out. Barber pours the wax around my ears, lets it settle, the pulls. You can hear a ripping noise as the hairs come out.

Financier T. Boone Pickens

Healing Cabbage Soup

My body craves this cabbage soup whenever I have a cold, but it's equally delicious on a cold winter's night. It's so easy to make; add extra vegetables, leftover chicken, or rice for a more substantial meal.



Ingredients

- 3 tablespoons olive oil
- ½ onion, chopped
- 2 cloves garlic, chopped
- 2 quarts water
- 4 teaspoons chicken bouillon granules
- 1 teaspoon salt, or to taste
- ½ teaspoon black pepper, or to taste
- ½ head cabbage, cored and coarsely chopped
- 1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced

Directions

1. In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.
2. Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.
3. Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.
4. Serve hot and enjoy!

Golden Age Group

Many things will be happening during the month of January. First of all, we will be electing officers for the board on January 3rd. Also on that agenda is making plans for fun outings throughout the year.

On January 17th we will be hosting a Cannabis seminar to widen our knowledge on this product. Come join us with your questions.

Congratulations to Anne Shea who was the winner of our "Wine Around the World Advent Calender".

We hope you will consider joining our group. We meet the 1st and 3rd Wednesday of the month.

Thank you for all that supported the Friends at the Holiday Fair! Congratulations to Marcia Smith for winning the lottery tree.

Coffee & Community Conversations

Join us for Coffee & Community Conversations, a monthly coffee hour happening the last Tuesday of November-April from 8:30-9:30AM at the **Stars and Stripes Diner in Hubbardston!**

This casual event hosted by Hubbardston Town Administrator Nathan Boudreau and other town guests is a great chance to chat over coffee about town issues, get questions answered, share ideas, and connect.

The first coffee hour is coming up on **Tuesday, January 30th from 8:30-9:30AM**. Bring your thoughts, questions, and appetite for discussion!

TIME TO APPLY

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

Acquiring fuel assistance requires a lot of documentation, but the results are well worth the effort. 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

Medicare Advantage Open Enrollment Period

If you are in a Medicare Advantage plan on January 1st, you can again make a change to your Medicare health coverage. The Medicare Advantage Open Enrollment Period runs from January 1st through March 31st. This is especially important if your doctor no longer accepts your Medicare insurance in the new year. Contact the Senior Center if you have any questions for your SHINE counsellor on this matter.-928-1400 x211

Hubbardston Extends Veterans Services
with New Office Hours

Make an appointment to see our
Veterans Agent
Lauren Wright call 978-928-1400
X 244 or email
vet@hubbardstonma.us

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 events at the Senior Center should 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.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed	2 Coffee 9-11 am Wii-Bowling 9-11 am Smoke alarm safety 10-11 am Knitting 10-noon Singers 1:30-3 pm	3 Coffee 9-11 am Wii-Bowling 9-11 am Golden Ages 1 pm	4 Eggs 8:30 pm Coffee 9-11 am Wii-Bowling 9-11 am	5 Art Group 8-11 am Pitch Party 6:30 pm	6
7	8 Coffee 9-11 am Wii-Bowling 9-11 am Sewing Group 10-1pm Bingo 12:30 pm	9 Coffee 9-11 am Wii-Bowling 9-11 am Knitting 10-noon Singers 1:30-3 pm	10 Coffee 9-11 am Wii-Bowling 9-11 am Pitch Party 1 pm	11 Coffee 9-11 am Wii-Bowling 9-11 am	12 Art Group 8-11 am	13
14	15 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	16 Coffee 9-11 am Wii-Bowling 9-11 am Fire Escape Planning 10-11 am Knitting 10-noon Singers 1:30-3 pm	17 Coffee 9-11 am Wii-Bowling 9-11 am Golden Ages 1 pm	18 Eggs 8:30 pm Coffee 9-11 am Wii-Bowling 9-11 am	19 Art Group 8-11 am Pitch Party 6:30 pm	20
21	22 Coffee 9-11 am Wii-Bowling 9-11 am Sewing Group 10-1pm Bingo 12:30 pm	23 Coffee 9-11 am Wii-Bowling 9-11 am Knitting 10-noon Singers 1:30-3 pm	24 Coffee 9-11 am Wii-Bowling 9-11 am Book Club 11 am Pitch Party 1 pm	25 Coffee 9-11 am Wii-Bowling 9-11 am	26 Art Group 8-11 am	27
28	29 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	30 Coffee 9-11 am Wii-Bowling 9-11 am Knitting 10-noon Singers 1:30-3 pm	31 Coffee 9-11 am Wii-Bowling 9-11 am			

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Thank! You!



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
Susan Breagy
William Lipka
Lorraine Michals
John Nason

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