



"Uncertain Times"

It might be time to turn the news off and find time to laugh. Living through this past year has meant having to navigate radical changes in our lives that made us anxious for our families, our communities and our country. However, even if it feels like we are making our personal worlds smaller and more confined, the one thing we can control is our reactions to those changes we have had to make. The human mind and spirit are very resilient, and are ingenious at finding ways to cope. Sometimes reaching back into our collective pasts can help us rediscover old ways that helped us weather tough times as children and brought us many happy memories.

While we were channeling much of our energies to the outside world before Covid, now it is time to turn inward, to our home and family, bringing back the board games, books and puzzles to help reinforce the strength of the family circle. Having dinner together, as we always did in the old days, was a way of interacting with our children, our spouses and their days' events. We would spend hours at the supper table just talking. This kept the lines of communication open, and we could draw strength from the concern and support of the people who loved us.

We need to find activities today that can keep ourselves and our families maintain positive mindsets. As long as parents keep an open and positive attitude, children will be okay, and learning from their parents' example will help them develop "coping muscles" to deal with the challenges of tomorrow.

Though we are spending more time inside, outside activities are perfect for both adults and children for exercise and relieving stress; sliding, building snowmen or snow forts are great, and snowball fights are a must! Those "coping muscles" the children are developing can come in handy when they are recruited to shovel the driveway!

Baking goodies and bringing them to someone or making someone a meal or casserole, just to let them know they are thought of, is a very nice thing to do, and phone calls or Zoom visits with loved ones can keep them close in heart.

We are hoping for a better year in 2121, not necessarily going back to normal, but with a little more freedom. In the meantime, many little blessings can be found by slowing down and doing the ordinary tasks in life with more awareness, and valuing our relationships by showing patience and love in our dealings with others.

Please remember you may always contact the Senior Center for any support or help that you may need. We are here for you.

A Philosophy for the Near Year

We push, we strive, we hurry, we worry,
We reach for the stars, we plot and we plan.
Our days are filled with going and doing,
With wanting more and hoping for better,

Author Unknown

But how lovely it is to stop, rest, and savor the simple pleasures –
To want and enjoy what we already have.
There is no striving, just allowing.
here is no searching, just sweet repose.
As we gather small moments and small delights
And arrange them to enrich our days,
The spirit and the soul are nurtured to full blooming

Winter Sudoku Puzzle

Instructions: Fill in the missing numbers (from 1 to 9) to solve the Sudoku puzzle. Each column, row and 3x3 subgrid **must** only contain each number once

1	6	4		3	5	7	9	8
	9		8	4	6	3	2	
8		3		7		6		
2	4	5	6	9	3	1		7
	3		7		8		5	9
	8	9			1		3	6
	5	2	9	1				3
	1	8		6	4	9	7	2
9	7			8	2		1	4

Wishing you a fresh start with renewed energy and confidence throughout the New Year!

2021 DOG LICENSE'S

Massachusetts State Law requires all dogs be licensed and vaccinated by 6 months of age. Dog Licenses must be renewed each year before April 1.

Any Resident who will is or will be 70 years or over as of March 31st shall pay no fee to license their dog (Hubb Bylaw Ch. XXII, Sec. 9.1)

Fees: \$15 Males/Females \$10 Neutered Males & Spayed Females.

Please don't forget to enclose current rabies and spay/neuter certificate (if not already on file) and a self-addressed stamped envelope (2 or more tags require extra postage). Check to be made payable to "Town of Hubbardston" MAIL TO: Town of Hubbardston, Town Clerk, 7 Main St. Unit 12, Hubbardston, MA 01452.

Secure drop box also available 24 hrs/day at entrance to Town Clerk's office.

You may also renew online at www.hubbardstonma.us. Ownership of 5 dogs or more requires a Special Permit per Hubbardston Zoning Bylaws, Article 4.2. Contact the Town Clerk at 978-928-1400 Ext 202 or Planning Board at Ext 209 for more information

2021 CENSUS

Census forms are scheduled to be mailed out the week of January 4th and will look slightly different due to the changing of mailing companies. Forms should be updated accordingly and returned at your earliest convenience. Please note: Per MGL Ch. 51, Sec. 4(c) failure to respond to the annual census for 2 consecutive years shall result in removal from the active voter list. Burn permits will be included in the mailing, please be sure to write 2 separate checks for dog licenses and burn permits as they are collected by different departments.

JANUARY SPECIAL EVENTS

January 6th– Book Club

"The Underground Railroad" 11 a.m-12

January 6th & 20– The Golden Ages

1 Pm at the Senior Center

Senior Center Ongoing Events

Monday

9 a.m. – 11 a.m. Coffee with Friends

12pm-3 p.m– Bingo Please call Flo to Register 978-928-5113. Ten person limit.

Tuesday

9 a.m. – 11 a.m. Walking Club. Richard Hackett

MOC Meals Delivery

Wednesday

9 a.m. – 11 a.m. Coffee with Friends

Thursday

9 a.m – 11 a.m. Walking Club Richard Hackett
MOC meal delivery.

1:00-3:00 p.m. Water Color painting, 10 person limit. Taught by Charles Gray.
Drive through for food and eggs

Friday

Closed

Activities can change due to Covid-19 compliance.

CHICKEN NOODLE SOUP FOR A COLD WINTER'S DAY

Whether you're trying to get over a cold or the flu, or just want to curl up with your favorite comfort food, chicken noodle soup is the ultimate meal for a cold day. Before you reach for that can, make it yourself with fresh ingredients.

Ingredients:

- **2 tablespoons of extra-virgin olive oil**
- **1 large diced sweet onion**
- **2 large diced carrots**
- **1 large diced celery stalks**
- **3 minced garlic cloves**
- **1 1/2 cups of cooked shredded chicken breast**
- **5 cups of chicken broth**
- **1 tablespoon of chopped fresh thyme**
- **1 tablespoon of chopped fresh parsley**
- **1 cup of uncooked egg noodles**
- **Salt and pepper to taste**

Directions:

- **Heat the olive oil in a large pot on the stove on medium.**
- **Add the onions and cook until soft and translucent.**
- **Then add the diced carrots and celery and continue to cook until soft.**
- **Stir in the minced garlic and cook for another minute or so.**
- **Add the cooked chicken to the pot and combine with the other ingredients.**
- **Pour in the chicken broth along with the chopped herbs and salt and pepper**

IRISH OATMEAL COOKIE

Ingredients:

- 1-1/4 cups softened butter**
- 1/2 cup firmly packed brown sugar**
- 1/2 cup granulated sugar**
- 1 egg slightly beaten**
- 1 tps. vanilla extract**
- 1 1/2 cups all-purpose flour**
- 1 tps. baking soda**
- 1 tps. salt**
- 1 tps. cinnamon**
- 3 cups McCann's Quick Cooking Irish Oatmeal**
- 3/4 cup raisins**
- 1/2 cup chopped walnuts**

Preparation

- 1. Preheat oven to 350°F (180°C).**
- 2. In a large bowl, cream the butter and sugars. Add egg and vanilla extract.**
- 3. Combine flour, baking soda, salt and cinnamon. Add to butter mixture. Mix well.**
- 4. Stir in McCann's Quick Cooking Irish Oatmeal, raisins and walnuts.**
- 5. Drop rounded teaspoons of batter on an ungreased cookie sheet.**
- 6. Bake for 12-15 minutes at 350 degrees. Cool for 1 minute before moving to wire rack.**

Makes approx. 30 cookies

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,
7 PHILBROOK TERRACE, HAMPTON, NH 03842



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ANNOUNCEMENTS

Medicare News from SHINE

The Medicare Savings Program is GREAT NEWS!!!

The Massachusetts Medicare Savings Program **pays your monthly Part B Premium**, \$148.50 for 2021, and you **may be eligible for significant assistance** in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. The income eligibility for a single person is \$1,755 and for a married couple \$2,371. Asset limits are \$15,720 single and \$23,600 for a married couple.

Medicare Advantage Plan Open Enrollment Period

This period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan (HMO or PPO plans). You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS.**

SHINE counselors are available to discuss your Medicare questions or concerns. Contact your SHINE counselor by phoning your local Senior Center.

Happy New Year! Here's to living on the edge a little more in 2021. As Hunter S. Thompson said: Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!"

Friends of Hubbardston-You don't have to be a senior or a Hubbardston resident to be part of the Friends of the Hubbardston Senior Center. Our Annual Membership dues are \$10.00. Please contact Kay Senckowski at 978-820-1360 home or cell 808-372-5167 or email me at wavegrl38@gmail.com.



GOLDEN AGES

Meeting 1st & 3rd Wednesday at 1:00 P.M.

A New Year- New Adventures.

Golden Agers Cookbooks \$5.00 each

Time tested recipes from the kitchens of Hubbardston seniors. Guaranteed to be a crowd pleaser.

HOW TO SCHEDULE APPOINTMENTS FOR THE MART VAN

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 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.

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



HUBBARDSTON CANDLE COMPANY

Hubbardston Candle Company is a husband and wife team that have a passion for making the best beeswax candles with scents that we, and our customers enjoy. Joanne is a full-time English Language Arts teacher and Doug spends his days behind the computer as a Software Engineer. While we are not working our full-time jobs we look forward to making, packaging and shipping our beeswax candles. It is a passion that we hope to be able to continue to grow in the coming years.

All of our beeswax candles start with 100% pure beeswax. We really care about the environment and your health. Our scented candles use phthalate-free scents infused with essential oils and non-toxic dyes. Each candle is made by hand in small batches in our home. We take our time to make sure that you have the highest quality candle with attention to detail.

Our tapers come in 6" and 10" lengths and are solid throughout. They burn approximately 1 inch per hour and are smoke free and virtually drip free. The jar candles have approximately 8 ounces of wax and burn between 30 and 40 hours. Each jar candle is double-poured to ensure that there are no air pockets and you are getting the most candle for your money.

Our melts very fragrant and the scent lasts a long time. They are pretty substantial at .6 ounces each melt.. Our 6 piece melts weigh 3.6 ounces compared to the standard clam-shell melts which usually weight 2.5 ounces. These melts have a cute bee design and come in an organza bag to store them in.

We now have 100% pure beeswax tealights and votive candles. The tealights burn for 3 to 4 hours and the votive candles burn between 12 and 15 hours. Burn time is affected by the environment which they are burned.

We hope that you enjoy all of our Hubbardston Candle Company products. If you are not completely satisfied with your purchase, please contact us, and we will do whatever we can to resolve the issue.

You can find our products on our [Shop](#) page our [Amazon](#), [eBay](#), [Etsy](#) or [Bonanza](#) or our retail store [Giacomo's Gourmet Foods](#) 32 Main Street, Hubbardston, MA 01452 .

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

Contact any of the members listed below with ideas and suggestions for future activities or any senior issues that need to be addressed

DIRECTOR

Claudia Provencal
Center 978-928-1400 x 211.
Home 978-928-5195
coa@hubbardstonma.us
crprovencal47@yahoo.com

CHAIRPERSON

Hilary (Skip) Scott Jr.
978-928-1372
skscott417@aol.com

VICE CHAIR

Florence Pervier
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ppervier@yahoo.com

SECRETARY/OUTREACH WORKER

Mary Ellen (Mel) Shaughnessy
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Cell-978-895-5618
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Khorvathcpa@gmail.com

MEMBERS

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